

A Conceptual Study of Aragvadhadi Gana

Dr. Priyanka Sanjay Bihade¹ and Dr. Nilesh Kulkarni²

¹PG Scholar, Dept. of Aurveda Samhita Siddhant

²HOD, Dept. of Aurveda Samhita Siddhant

Sumatibhai Shah Ayurved Mahavidyalay, Hadapsar, Pune.

Abstract: *Aragvadhadi Gana is one of the important herbal groupings described in classical Ayurvedic texts, primarily in the context of Gana dravyas classified by their therapeutic actions. The present conceptual study aims to analyze Aragvadhadi Gana with respect to its classical references, constituent drugs, rasa, guna, virya, vipaka, doshaghna properties, and therapeutic utility. Aragvadhadi Gana mainly exhibits Kusthaghna, Krimighna, Kandughna, Shothaghna, and Vishaghna actions, making it especially useful in the management of skin disorders, pruritus, parasitic infestations, inflammatory conditions, and toxin-related diseases. Most of the drugs in this Gana predominantly possess tikta and kashaya rasa, laghu-ruksha guna, ushnavirya, and katuvipaka, contributing to their efficacy in alleviating Kapha and Pitta dosha predominance. The study highlights the relevance of Aragvadhadi Gana in both preventive and curative aspects of Ayurvedic therapeutics. Understanding its pharmacodynamic principles provides a strong conceptual basis for its clinical application and scope for further pharmacological and clinical research in contemporary healthcare.*

Keywords: Aragvadhadi Gana, Virechana, Rakta Dushti, Kustha, Dosha Shamana.

I. INTRODUCTION

Aragvadhadi Gana is a therapeutically important group of medicinal substances elaborately described in Ashtanga Hridaya Shodhanadigana Samgrahaniya Adhaya. The concept of Gana in Ayurveda represents a systematic grouping of drugs based on similarity in therapeutic action, thereby facilitating rational drug selection and clinical application. Aragvadhadi Gana derives its nomenclature from its chief drug Aragvadha (Cassia fistula), which is widely recognized for its Mrudu Virechaka (mild purgative) property and safe eliminative action on morbid Doshas.

This Gana is predominantly indicated in Sodhana Chikitsa, particularly Virechana Karma, and is extensively utilized in pathological conditions arising due to vitiation of Pitta and Kapha Dosha along with Rakta Dushti. The collective pharmacodynamic attributes of the drugs included in Aragvadhadi Gana such as predominance of Tikta and Kashaya Rasa, Laghu and Ruksha Guna, Ushna Virya, and Madhura or Katu Vipaka contribute to their Pitta-Kapha Shamana, Rakta Prasadana, and detoxifying actions.

II. AIM AND OBJECTIVES

Aim

To study Aragvadhadi Gana conceptually based on classical Ayurvedic literature.

Objectives

1. To compile classical references of Aragvadhadi Gana
2. To analyze its pharmacodynamic properties (Rasa, Guna, Virya, Vipaka)
3. To evaluate its Dosha karma and therapeutic indications

III. MATERIALS AND METHODS

The present study is a conceptual and literary review based on classical Ayurvedic texts including *Charaka Samhita*, *Ashtang Hrudaya*, and relevant Ayurvedic commentaries. Secondary sources such as published research articles and



standard Ayurvedic textbooks were also reviewed to interpret the pharmacodynamic and therapeutic aspects of AragvadhadiGana. The collected information was analyzed and interpreted according to classical Ayurvedic principles.

AragvadhadiGana Ingredients :

1. Aragwadha - Cassia fistula
2. Indrayava - Holarrhenaantidysenterica
3. Patali - stereospermumsuaveolen
4. Kakatika - Leela hirtaroxb
5. Nimba - Azadiracta indica
6. Amruta - Tinospora cordifolia
7. Madhurasā - Moringa oliefera
8. Sruvavriksha - Butea monosperma
9. Pata - Cycleapeltat
10. Bhunimba - Andrographis paniculata
11. Saireyaka - Srobilanthes ciliates
12. Patola - Tricosanthescucumerina
13. Karanja - Pongamia glabra
14. Pootikaranja - Holoptelia integrifolia
15. Saptachada - Alstonia scholar
16. Agni - Plumbago zeylanica
17. Karavella - Bitter gourd - Momordica charantia
18. Bana - Tephrosia purpurea
19. Madanphala - Randia dumetorum

Rasa Panchakaof Aragvadhadi Gana¹:

SN	Drug	Rasa	Virya	Vipaka	Guna	Karma	Indication
1.	Aragwadha ²	Madhura	Shita	Madhura	Mrudu, Guru, Snigdha	Kapha-Pittahara, Sramsana	Kushtha, Prameha
2.	Indrayava ³	Tikta, Kashaya	Shita	Katu	Laghu, Ruksha	Kapha-Pittahara	Kushtha, Krimi, Visarpa
3.	Patali ⁴	Tikta, Kashaya	Anushna	Katu	Laghu, Ruksha	Tridoshara	Shotha, Raktapitta
4.	Kakatika ⁵	Tikta, Kashaya	Shita	Katu	Laghu, Ruksha	Kapha-Pittahara	Kandu, Visha, Krimi
5.	Nimba ⁶	Tikta, Kashaya	Shita	Katu	Laghu, Ruksha	Kapha-Pittahara, Dipana, Grahi	Kushtha, Visha, Roga, Vrana, Kandu
6.	Amruta ⁷	Tikta, Kashaya	Ushna	Madhura	Guru, Snigdha	Tridosha Shamaka, Medhyarasayan	Kandu, Kushtha, Visarpa
7.	Madhurasā ⁸	Tikta, Kashaya	Ushna	Katu	Guru, Ruksha	Kapha-Vata Hara, Jwara Hara	Kushtha, Prameha
8.	Sruvavriksha ⁹	Katu, Tikta, Kashaya	Ushna	Katu	Laghu, Snigdha	Vata-Kapha Hara, Grahi	Krimi, Pliharoga
9.	Pata ¹⁰	Tikta	Ushna	Katu	Laghu, Tikshna	Vata-Kapha Hara, Grahi	Krimi, Pliharoga
10.	Bhunimba ¹¹	Tikta	Shita	Katu	Laghu, Ruksha	Kapha-Pittahara, Dipana	Kushtha, Kandu
11.	Saireyaka ¹²	Tikta,	Ushna	Katu	Laghu	Kapha-Vata Hara,	Kushtha, Visha



		<i>Madhura</i>				<i>Kesranjaka</i>	<i>Roga, Vrana, Kandu</i>
12.	<i>Patola</i> ¹³	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahra, Dipana</i>	<i>Kushtha, Kandu</i>
13.	<i>Karanja</i> ¹⁴	<i>Tikta, Katu, Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Kapha-Vata Hara, Shothhara</i>	<i>Kushtha, Krimi, Shotha</i>
14.	<i>Pootikaranja</i> ¹⁵	<i>Tikta, Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahra, Krmighna</i>	<i>Kushtha, Krimi</i>
15.	<i>Saptachada</i> ¹⁶	<i>Tikta, Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Tridoshara, Dipana, Hrdya</i>	<i>Kushtha, Krimi, Vrana</i>
16.	<i>Agni</i> ¹⁷	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Vata -Kapha Hara, Dipana</i>	<i>Krimi, Sula</i>
17.	<i>Karavella</i> ¹⁸	<i>Tikta, Katu</i>	<i>Shita</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahra, Dipana</i>	<i>Krimi, Prameha</i>
18.	<i>Bana</i> ¹⁹	<i>Tikta, Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Kaphavatahara, Vishaghna</i>	<i>Pliharoga, Jwara</i>
19.	<i>Madanphala</i> ²⁰	<i>Madhura, Tikta,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kaphavatahara, Lekhana</i>	<i>Visharoga, Kushtha, Vrana</i>

Pharmacodynamic Attribute:

The predominance of *Tikta Rasa* facilitates *Amapachana*, *Pitta-Kapha Shamana*, and *Vishaghna Karma*, while *Kashya Rasa* aids in *Rakta Prasadana* and *KledaShoshana*. *Laghu* and *Ruksha Guna* help in alleviating *Guru* and *Snigdha* qualities of aggravated *Kapha*, thereby promoting *Srotoshodhana*. *Ushna Virya* enhances metabolic activity and assists in resolving *Sanga*, whereas *KatuVipaka* supports *Dosha Anulomana*.

Dosha and Srotas Involvement

Aragvadhadi Gana primarily pacifies *Kapha* and *Pitta Doshas* while facilitating the normal movement of *Vata* through its *Anulomana* effect. The Gana acts chiefly on *Annavaha*, *Rasavaha*, *Raktavaha*, *Medovaha*, and *PurishavahaSrotas*. It corrects *Srotodushti* manifested as *Sanga* and *Ati Pravritti*, thereby restoring physiological homeostasis.

IV. DISCUSSION

The therapeutic efficacy of Aragvadhadi Gana can be attributed to its collective pharmacodynamic properties rather than the action of individual drugs. The *Rechaka* nature of the Gana plays a pivotal role in eliminating vitiated *Pitta* and *Kapha Doshas*, particularly in diseases associated with *Rakta Dushi*. The combined *Shodhana* and *Shamana* actions help in breaking the pathogenesis of chronic disorders such as *Kushtha* and *Prameha*. By facilitating *Ama Pachana*, *KledaUpashoshana*, and *Srotoshodhana*, the Gana ensures both detoxification and metabolic regulation, thereby reducing recurrence.

V. CONCLUSION

Aragvadhadi Gana is a therapeutically significant Ayurvedic drug group with potent *Virechana*, *Rakta Shodhana*, and *Kushthaghna* properties. Its pharmacodynamic attributes effectively target *Kapha-Pitta Dosha Dushti* and *Srotorodha*, making it highly useful in chronic, inflammatory, and metabolic disorders. A thorough conceptual understanding of this Gana provides a strong foundation for its rational clinical application and supports its relevance in contemporary Ayurvedic practice.



REFERENCES

- [1]. Srikantamurthy K. Ashtanga Hrudayam Sutra Sthana Chapter 15, Varanasi, Chowkamba Press, Reprint: 207;202
- [2]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.200
- [3]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.328
- [4]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.403
- [5]. SrikanthaMurthyK.R, Bhavaprakasa of Bhavamisra vol.1varanasi, Chowkhamba Krishnadas Academy, 6th ch. P.120
- [6]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.123
- [7]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.33
- [8]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.363
- [9]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.144
- [10]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.51
- [11]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.354
- [12]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.884
- [13]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.250
- [14]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.167
- [15]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.952
- [16]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.325
- [17]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.315
- [18]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.790
- [19]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.180
- [20]. Dr. L.N. Sastry, forward by prof. K.C. Chunekar, DravyagunaVijnana vol. 2, Varanasi, Choukhamba Orientalia, Reprint:2008; p.282

