

Clinical Indications of Agastya Haritaki Avaleha: An Experiential and Scientific View¹

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Date of Receiving: 27 Mar 2023, Date of Acceptance: 23 May 2023, Date of Publication: 08 June 2023

ABSTRACT

Lehas are group of formulations which usually contains plenty of sugar or jaggery. Most of the Avalehas are having Madhura rasa and Brimhana in action. Ayurveda physicians frequently use avalehas in their clinical practice. Ashwagandha, Kooshmanda avaleha, Agastya haritaki, Agastya rasayana, shatawari guda, Vasavaleha, Bilvavaleha, Chyavana prashavaleha, kamsa haritaki, Kuta javaleha, Jeerakadi Rasayana, Madhusnuhi Rasayana, Bahushala guda, Arsho guda, Kantakaryavaleha, Guda pippali, are the Avaleha formulations which are commonly used in the management of various disorders. Agastya haritaki is one of such formulation which is used in the management of respiratory disorders – Kasa, Tamaka shwasa, Pratishyaya, Pinasa, Kshavathu, Deviated Nasal Septum, Nasal polyps and adenoides are treated with Agastya haritaki avaleha along with other suitable adjuvants in the clinical practice. The present paper highlights about the clinical indications of Agastya haritaki avaleha in an experiential and scientific view,

Keywords – *Agastya haritaki avaleha; Rasayana; Respiratory disorders*

Avaleha formulations are commonly used by Ayurveda physicians all over India. They are usually tasty, nutritious and palatable also. Usually taste, colour and flavour will be pleasant in these formulations. 1,2. They can be prepared for 1 or 2 years after the manufacture.

Ingredients

- 1) Bilve (Aegle marmelos)
- 2) Agnimantha (Premna integrifolia Roxb)
- 3) Shyonaka (oroxylum indicum Vent)
- 4) Patala (Stereospermum suaveolens)
- 5) Kashmari (Gmelina arborea)
- 6) Kantakari (Solanum xanthocarpum)
- 7) Brihati (Solanum indicum Linn)
- 8) Gokshura (Tribulus terrestris Linn)
- 9) Shaliparni (Pseudorthea viscidowal)
- 10) Prashniparni (Urarea picta Desu)
- 11) Atmagupta (Mucuna Prurians)
- 12) Shankhapushpi (Clitoria ternatea L)

¹ How to cite the article: Acharya S., Ballal M.R., Apr-Jun 2023, Clinical Indications of Agastya Haritaki Avaleha: An Experiential and Scientific View; International Journal of Pharmacy and Pharmaceutical Studies, Vol 7, Issue 2, 16-19

- 13) Shati (*Kaempferia galanga* L)
- 14) Bala (*Sida cardifolia* L)
- 15) Gaja pippali (*Scindapsus officinalis* schoott)
- 16) Apamarga (*Achyranthus aspera*)
- 17) Pippali moda (*Piper longum* linn)
- 18) Chitraka (*Plumbago indica*)
- 19) Bharangi (*cleorondendrum serratum*)
- 20) Pushkaramoolasava (*Inula rasemosa*)
- 21) Yava (*Hordeum Vulgare* Linn)
- 22) Haritaki (*Terminalia Chebula*)
- 23) Guda (Jaggery)

Prakshepaka Dravya.

Pippali choorna (*Piper longum*)

Gohrita (Ghee)

Taila (*Sesamum indicum*)

Madhu (Honey)

Aim and Objectives

To study and evaluate about clinical indications of Agastya Haritaki leha in an experiential and scientific view.

Methods

Subject matter is compiled from samhitas, sangraha granthas, research monographs, scientific journals, internet and from personal experience.

Actions 3,4.

- 1) Madhura Kashaya rasayukta
- 2) Kasahara
- 3) Shwasahara
- 4) Dipana
- 5) Kaphanissaraka
- 6) Expectorant
- 7) Antiallergic
- 8) Anti inflammatory
- 9) Rasayana
- 10) Hridya
- 11) Kaphavatahara
- 12) Malavatanulomana
- 13) Antistress
- 14) Virechana

Indications 5,6.

- 1) Kasa
- 2) Tamaka shwasa
- 3) Kaphaja jwara
- 4) Rhinitis
- 5) Coryza
- 6) Chronic bronchitis
- 7) Bronchial asthma

- 8) Bronchiectasis
- 9) Emphysema
- 10) Cor pulmonale
- 11) Kshavathu
- 12) Headache
- 13) Sinusitis
- 14) Malabandha
- 15) Pulmonary tuberculosis
- 16) Deviated Nasal septum
- 17) Nasal polyps
- 18) Adenoides
- 19) Karnashoola
- 20) Karna Srava
- 21) Oolitis media

Amayika Prayoga

1. Kasa – It can be given with Vasakarishtha and Sitopaladi chourna
2. Tamaka shwara – It can be given with Pushkaramoolasava and Talisadi choorna
3. Rhinitis – It can be given with Pippalyasava and Naradiya laxmi vilasa rasa
4. Coryza – It can be given with Naradiya laxmi vilasa rasa and dashamoolarishta
5. Chronic Bronchitis– It can be given with Somasava and Sheetamshu rasa
6. Bronchiectasis – It can be given with Talisadi choorna and Pushkaramoolasava
7. Emphysema – do –
8. Cor pulmonale – It is given with Arjunarishta, Prabhakaravati and Punarnavasava
9. Pratishyaya – It is given with Naradiya laxmivilasa rasa and mrityunjayaya rasa
10. Pinasa -do-
11. Kshavathu – It is given with Pippalyasava and mrityunjaya rasa
12. Headache – It is given with Laghu sootha shekhara vati and pathyadi kadha
13. Sinusitis – It is given with Shirahshooladi vajra rasa and pathyadi kadha
14. Malabandha – It is given with triphala vati or abhyangarishta
15. Pulmonary tuberculosis – It is given as an adjuvants with anti Koch's treatment
16. Deviated Nasal septum – It is given with Pushkaramoolasava and roudra rasa
17. Nasal Polyp – It is given with chitra kasava and roudra rasa
18. Adenoids – It is given with sheetamshu rasa and chitrakasava
19. Karna shoola – It is given with Shuddha gandhaka
20. Karna srava – It is given with gandhaka rasyana and sarvadyasava
21. Otitis media – It is given with Shuddha gandhaka and sarivadyasava
22. Kaphaja Jwara – It is given with Mrityunjaya rasa and amritarishta

Discussion

Agastya haritaki leha is an avaleha preparation usually given in the management of respiratory disorders. 7,8. It contains Dashamoola, shati, pushkaramoola, gokshura, yava. Haritaki and some more drugs, ghee drugs are usually having actions like Kasahara, shwasahara, kaphavatahara, Vishnu virya and Madhura Kashaya rasa. Agastyaharitaki is usually given in kasa, shwasa, rajayakshma, pratishyaya, pinasa adenoids, deviated nasal septum, nasal polyps, sinusitis and ushavathu disorders with suitable diseases specific adjuvants for good outcome.9,10. This formulation usually does not produce any serious adverse reaction even after prolonged use. 11.Pathyapathya is to be followed while taking agastyaharitaki leha usually sheetavirya yukta, ice creams, cold bevarages, fried and curried items can be best avoided while taking this medicine.

Conclusion

1. Agastya haritaki leha is effective in the management of upper and lower respiratory tract diseases.
2. The medicine can be given for prolonged period by no adverse drug reactions
3. This formulations is palatable and patient friendly for external use

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