

A Critical Analysis on Agrya Sangraha (Foremost Substances) In Ayurveda

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Abstract: The Agrya is the foremost or best among substances of different qualities, actions and effects. Here an attempt is made to classify the Agrya dravya into different groups done on the basis of Action on Dosha, Action on Dhatu, Action on Mala, Action as Prabhava, Action on G.I.T., Action on Respiratory system, Action on Cardio-Vascular system, Action on Reproductive system, Action on Urinary system, Action on Nervous System, Action on Skin diseases, Action on E.N.T. disorders, Action on Haemorrhoids, Usage in Panchkarma, Long term usage, Aetiological factors for the diseases, Ahara-vidhi, Rasa, Effect on Mana, Related to Milk, Related to Sadavrutta, Related to Vyadhi Sutra, Related to chikitsa chatuspada and Related to Desha so that these are readily used in different branches of Ayurveda. The present critical review helps in proper planning of a treatment protocol and also prescription of wholesome and unwholesome diet in different ailments.

Keywords: Agrya dravya, Astang Hrudaya , Ashtanga Sangraha, Ayurveda, Charak samhita, Chikitsa, Foremost substance,

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