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Review Article

## Agastya Haritaki Rasayana: A Critical Review

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### ABSTRACT

*Rasayana* is a specialized section of Ayurveda, which mainly deals with the prevention of disease and promotion of the health. *Agastya Haritaki Rasayana* is a popular *Avaleha kalpana*, used in the *pranavaha sroto vikaras* like *Kasa, Shwasa, Hikka, Kshaya*, etc. The study was taken with a view to enlist the ingredients of *Agastya Haritaki Rasayana* from different Classical text of Ayurveda and critical analysis was done based on the properties of ingredients and their indications. A thorough and comprehensive review of *Agastya Haritaki Rasayana* from different Ayurvedic classical texts, contemporary texts, online journals, articles and internet materials has been done. Most of the ingredients of *Agastya Haritaki Rasayana* are having -*Tikta, Kashyaya, Madhura rasa, laghu, ruksha, tikshna guna, katu vipaka, ushna veerya* and having *kaphavata shamaka* properties. Thus, *Agastya Haritaki Rasayana* is used in the management of diseases which are mainly *vata-kapha pradhana*. *Agastya Haritaki Rasayana* is indicated as main line of treatment in *Shwasa, Kasa roga* as well as used as the *Naimittika Rasayana* in various other diseases like *grahani, aruchi, arsha* etc.

**Keywords:** *Agastya Haritaki Rasayana, Rasayana, Naimittika Rasayana, Shwasa, Kasa*

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### Introduction

*Agastya Haritaki Rasayana* is an *Avaleha* preparation, propounded by Sage *Agastya*. It is indicated mainly in the *pranavaha sroto vikaras* like *kasa, swasa, hikka, kshaya*, etc. It promotes complexion, longevity, as well as strength, cures wrinkles of the skin and graying of the hairs.<sup>1</sup>

*Avaleha* is a semisolid preparation of drugs, prepared with addition of jaggery, sugar /sugar candy and boiled with prescribed juices or decoction.<sup>2</sup> They are also known as *leha, lehya, Rasakriya*, etc.<sup>3</sup> It is also the *upkalpana* of *kwatha kalpana*. *Avaleha* is popular *Kalpana* due to its dosage form which help in easy administration, palatability and long shelf life.

*Agastya Haritaki Rasayana* contains *Haritaki* as one of the main ingredients is *Ruksha, Laghu, Kashaya Pradhana Pancharasa(except lavana), Madhura vipaka, ushna veerya, Rasayani* and *Vata-kaphahara*.<sup>4</sup> The plant has been extensively used for anorexia, indigestion, anaemia, pharyngitis, hiccough, dyspnoea, cough, coryza, asthma, intermittent fevers, cardiac disorders, neuropathy, general debility etc.<sup>5</sup> *Haritaki* has been well reported for its anti-oxidant, anti-mutagenic, anti-carcinogenic, anti-ageing, anti-bacterial, anti-viral, anti-fungal, anti-diabetic, cardio-protective, hepato-protective, anti-ulcer and wound healing properties.<sup>6</sup>

Ayurveda has described a large number of *Rasayanas*, which deals with the prevention of disease and promotion of the health. They promote both physical and mental health, improve the status of *Dhatu*(tissues), confer immunity & rejuvenate the system.<sup>7</sup> There are 3 types of *rasayanas*: *kamyas, naimittika* and *ajasrika*.<sup>8</sup> *Naimittika rasayana* deals with the diseases & proved for its beneficial role in the patients suffering from chronic diseases. It also helps in promoting the vitality & ability to withstand the devastating effects of the disease. Usually it is used as adjuvant to the main treatment of the disease and prevention of the disease.<sup>9</sup>

### Aims & Objectives

The study was taken with a view

- to enlist the ingredients of *Agastya Haritaki Rasayana* from different Classical text of Ayurveda
- to enlist the indication of *Agastya Haritaki Rasayana* from different Classical text of Ayurveda
- to critically analyze the properties of the ingredients of *Agastya Haritaki Rasayana*

### Methodology

A thorough and comprehensive review of *Agastya Haritaki Rasayana* with its ingredients and the indications from Ayurvedic classical texts, contemporary texts, online journals, articles and internet materials has been done.

Table 1: Ingredients of Agastyaharitaki Rasayana according to different Authors

S.N	Name of the drugs	C.S <sup>10</sup>	S.S <sup>11</sup>	A.H <sup>12</sup>	B <sup>13</sup>	B.R <sup>14</sup>	S.Y <sup>15</sup>	C.D <sup>16</sup>	V.S <sup>17</sup>	B.S <sup>18</sup>	G.N <sup>19</sup>	G.N <sup>20</sup>	G.N <sup>21</sup>
1.	Dashmoola	+	+	+	+	+	+	+	+	+	+	+	+
2	Kapikacchu	+	+	+	+	+	+	+	+	+	+	+	+
3	Shankapusphi	+	+	+	+	+	+	+	+	+	+	+	-
4	Shati	+	+	+	+	+	+	+	+	+	+	+	-
5	Bala	+	+	+	+	+	+	+	+	+	+	+	-
6	Gajapipali	+	+	+	+	+	+	+	+	+	-	+	+
7	Apamarga	+	+	+	+	+	+	+	-	+	+	+	+
8	Pippalimula	+	-	+	+	+	+	+	-	+	+	+	-
9	Chitraka	+	+	+	+	+	+	+	-	+	+	+	+
10	Bharangi	+	+	+	+	+	+	+	+	+	+	+	-
11	Puskarmoola	+	+	+	+	+	+	+	+	+	+	+	-
12	Rasna	-	+	-	-	-	-	-	-	-	+	-	-
13	Guduchi	-	+	-	-	-	-	-	-	-	+	-	-
14	Patha	-	+	-	-	-	-	-	-	-	+	-	-
15	Nagara	-	+	-	-	-	-	-	-	-	+	-	-
16	Pippali	-	+	-	-	-	-	-	-	-	+	-	+
17	Devadaru	-	-	-	-	-	-	-	+	-	-	-	-
18	Madhulika	-	-	-	-	-	-	-	+	-	-	-	-
19	Punarnava	-	-	-	-	-	-	-	+	-	-	-	-
20	Panchakola	-	-	-	-	-	-	-	+	-	-	-	-
21	Pasanbheda	-	-	-	-	-	-	-	+	-	-	-	-
22	Dantimoola	-	-	-	-	-	-	-	-	-	-	-	+
23	Chirabilva	-	-	-	-	-	-	-	-	-	-	-	+
24	Bhallataka	-	-	-	-	-	-	-	-	-	-	-	+
25	Bhela	-	-	-	-	-	-	-	-	-	-	-	+
26	Amahaldi	-	-	-	-	-	-	-	-	-	-	-	+
27	Daruhaldi	-	-	-	-	-	-	-	-	-	-	-	+
28	Yava 1 Adhaka	+	+	+	+	+	+	+	+	+	+	+	+
29	Guda 1 tula	+	+	+	+	+	+	+	+	+	+	+	+
30	Ghrita 1 tula	+	+	+	+	+	+	+	+	+	+	+	+
31	Taila 1 tula	+	+	+	+	+	+	+	+	+	+	+	+
32	Pippali 1 tula	+	+	+	+	+	+	+	+	+	+	+	+

C.S-Charka Samhita, S.S Sushruta Samhita, A.H Astanga Hrudiya, B- Basabarajeeyam, B.R- Bhaisajya Ratnawali, S.Y- Saharshayogam, C.D-Chakradutta, V.S-Vangaseen Samhita, B.S Bhela Samhita, G.N- Gada Nigraha

Table 2: Karma &amp; Doshagnata/ Actions &amp; Therapeutic Indications of Agastyaharitaki Avaleha according to different Authors

S.N	Name of the disease	C.S	S.S	A.H	B.B	B.R	S.Y	C.D	V.S	G.N 1 <sup>st</sup>	G.N 2 <sup>nd</sup>
1.	Vali	+		+	+	+	+	-	+	-	+
2	Palitya	+		+	+	+	+	-	+	-	+
3	Varna Ayu Bala vardhana	+	+	+	+	+	+	+	+	+	+
4	Kasa	+	+	+	+	+	+	+	+	+	+
5	Kshaya	+	+	+	+	+	+	+	+	-	++
6	Swasa	+	+	+	+	+	+	+	+	+	+
7	Hikka	+	+	+	+	+	+	+	-	+	+
8	Vishamajwara	+	+	+	+	+	+	+	+	+	+
9	Gulma	-		+	-	-	+	-	+	-	+
10	Meha	-		+	-	-	+	-	-	-	+
11	Grahani	+	+	+	+	+	+	+	+	+	+
12	Arsha	+		+	+	+	+	+	+	-	+
13	Hridroga	+		+	+	+	+	+	-	+	+
14	Aruchi	+		+	+	+	+	+	+	-	+
15	Pinasa	+		+	+	+	+	+	+	-	+
16	pleeha	-		-	-	-	-	-	+	-	-
17	Swarabhanga	-		-	-	-	-	-	+	-	-
18	Agnijanana	-		-	-	-	-	-	+	-	-
19	Pandu	-		-	-	-	-	-	+	+	-
20	Rajayakshma	-		-	-	-	-	-	+	+	-
21	Shiroroga	-	+	-				-	-	+	-
22	Netraroga	-		-						+	

C.S-Charka Samhita, S.S Sushruta Samhita, A.H Astanga Hrudiya, B- Basabarajeeyam, B.R- Bhaisajya Ratnawali, S.Y- Saharshayogam, C.D-Chakradutta, V.S- Vangaseen Samhita, B.S Bhela Samhita, G.N- Gada Nigraha

### Methods of preparation of Agastya Haritaki Rasayana

The drugs from the 1 to 20 (from Rasapanchaka table) (2 pala = 96 gm each; Dashmoola 96gm each individual) are coarsely powdered and kept in a vessel.

Pancha adhaka(5\*3.072 ltrs=15.360 ltrs) of water is added and qwatha is prepared reducing it to 1/4<sup>th</sup>(4.8 ltrs)

Yava(1 adhaka=3.072kg) and Haritaki(100 in number) are bundled in a piece of cloth which is immersed by suspension, as in dolayantra. Mixture of Yava and Haritaki is boiled till Yava becomes soft.

Bundle is opened and Yava is discarded.

Jaggery(1 tula=4.2 kg) and Haritaki is added to the decoction and boiled to the required paka.

After paka ghrita & taila(4 pala=192 g each) is added along with the pippali churna (4 pala=192gm). Allowed to cool and finally honey (4 pala=192gm) is added.<sup>22</sup>

The *siddhi lakshana* of the *avaleha* includes *asanna siddhi lakshana*(*Tantumatva, Apsumajjana, Sthirata*) and *Siddha lakshana*(*Piditomudre, Gandhavararnarasodhava, Sukhamarda*).<sup>23</sup>

Table 3: Rasa panchaka of Individual components of Agastyaharitaki Rasayana based on Bhavaprakash Nighantu<sup>24</sup>

S.N	Latin Name	Latin Name	Rasa	Guna	Veerya	Vipaka	Doshagnata
1	<i>Bilva</i> (Rt/st.Bk)	<i>Aegle marmelos</i> Linn.	Madhura	Laghu	Sita	Madhura	Tridoshagna
2	<i>Syonaka</i> (Rt/st.Bk)	<i>Oroxylum indicum</i> (L)Benth ex Kurz.	Madhura Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kaphavatashamaka
3	<i>Gambhari</i> (Rt/st.Bk)	<i>Gmelina arborea</i> Roxb.	Tikta, Kashaya, Madhura	Guru	Ushna	Katu	Tridoshasamaka
4	<i>Patala</i> (Rt/st.Bk)	<i>Stereospermumsuaveolens</i> (Roxb) DC.	Tikta, Kashaya	Lagu, Ruksha	Ushna	Katu	Tridoshasamaka
5	<i>Agnimantha</i> (Rt/st.Bk)	<i>Premna mucronata</i> Roxb.	Tikta Katu, Kashaya Madhura	Lagu, Ruksha	Ushna	Katu	Kaphavatasamaka
6	<i>Salaparni</i> (pl)	<i>Desmodium gangeticum</i> DC	Madhura Tikta	Guru, Snigdha	Sita	Madhura	Tridoshasamaka
7	<i>Prisniparni</i> (pl)	<i>Uraria picta</i> Desv	Madhura tikta	Laghu Snigdha	Ushna	Madhura	Tridoshasamaka
8	<i>Brhati</i> (pl)	<i>Solanum indicum</i> linn	Katu, Tikta	Lagu, Ruksha, Tikshna	Ushna	Katu	Kaphavatasamaka
9	<i>Kantakari</i> (pl)	<i>Solanum surattense</i> Burm	Tikta Katu	Lagu, Ruksha, Tikshna	Ushna	Katu	Kaphavatasamaka
10	<i>Gokshura</i> (pl)	<i>Tribulus terrestris</i> Linn.	Madhura	Guru, Snigdha	Sita	Madhura	Vatapittasamaka
11	<i>Atmagupta</i> (sd)	<i>Mucuna prurita</i> Wight	Madhura Tikta	Guru, Snigdha	Ushna	Madhura	Tridoshasamaka
12	<i>Shankapusphi</i> (pl)	<i>Convolvulus pluricaulis</i> Choisy	Kashaya, Katu	Snigdha, Picchila	Sita	Madhura	Tridoshahara
13	<i>Sati</i> (Rz)	<i>Hedychium spicatum</i> Sm in A Rees	Katu, Tikta, Kashaya	Laghu, Tikshna	Ushna	Katu	Vatakapha shamaka
14	<i>Bala</i> (Rt)	<i>Sida cordifolia</i> Linn	Madhura	Snigdha, Guru	Sita	Madhura	Vatapitta Samaka
15	<i>Hastipippali</i> (Fr)	<i>Piper chaba</i> Trel&Yunck	Katu	Ruksha	Ushna	Katu	Vatahara
16	<i>Apamarga</i> (Rt)	<i>Achyranthes aspera</i> Linn	Tikta Katu	Sara, Tikshna	Sita	Madhura	Kaphavata samaka
17	<i>Pippalimula</i> (Rt)	<i>Piper longum</i> Linn	Katu	Tikshna, Lagu, Snigdha	Anusna	Madhura	Kaphavata samaka
18	<i>Chitraka</i> (Rt)	<i>Plumbago zeylanica</i> Linn	Katu	Tikshna	Ushna	Katu	Kaphavata samaka
19	<i>Bharangi</i> (Rt)	<i>Clerodendron serratum</i> Linn	Katu, Tikta	Ruksha, Laghu	Sita	Madhura	Kaphavata samaka
20	<i>Puskaramula</i> (Rt)	<i>Inula racemosa</i> Hook	Katu, Tikta	Tikshna, Lagu	Usna	Katu	Vatakapha samaka
21	<i>Yava</i> (Sd)	<i>Hordeum vulgare</i> Linn	Kashaya, Madhura	Ruksha, Guru, Picchila	Ushna	Katu	Kaphahara
22	<i>Haritaki</i> (P)	<i>Terminalia chebula</i> Retz.	Kashaya pradhana lavana varjita	Lagu, Ruksha	Usna	Madhura	Tridoshahara

Rt/st bk- Root/stem bark, Pl-plant, Sd- Seed, Rz- Rhizome, Fr- Fruit, P-Pulp

## Discussion

The basic method of the preparation of *Agastya Haritaki rasayana* includes major 4 components; *Drava-dravya* (containing *qwatha* of *Dashmula*, *Atmagupta*, *Shankapusphi* etc.) *Madhura dravya* (with *Guda* & *Makshika*;) *Sneha dravyas* (*Ghritha* & *Taila*), *Prakeshapa dravya* (*Pippali*). *Drava* form helps in the extraction of active principles in the form of *qwatha*; sugar medium is responsible for palatability & also acts as preservatives; *Sneha* to keep the *Avaleha* soft & also helps in preservation; *Prakeshapaka dravyas* enhances the taste as well as increases the bioavailability of the drugs.<sup>25</sup>

The methods of preparation of *Agastya Haritaki rasayana* are similar in all the texts. Pharmaceutical Principle regarding the preparation was first described by *Shrangadhara* in *Sarangadhara Samhita*.<sup>26</sup> A modified form is now adopted to facilitate the preservation over the longer period of time by removing the seeds from the boiled *Haritaki* are removed and pulp is dried well and powdered. After the required *paka*, the powdered *Haritaki* along with *Pippali choorna* is added.<sup>27</sup> *Pharmacognostical and Phytochemical evaluation of Agastya Haritaki rasayana* is a step towards standardization of polyherbal formulations in *Avaleha* form.<sup>28</sup>

*Haritaki* as the main ingredients (100 in number); along with *Dashamoola*, *Kapikacchu*, *Shankapusphi*, *Shati*, *Bala*, *Gajapippali*, *Apamarga*, *Chitraka*, *Bharangi*, *Pippalimoola*, & *Puskarmula* is mentioned in *Charaka* which is common in most of the classical references. *Sushruta* has added *Rasna*, *Guduchi*, *Patha*, *Nagara*, *Yavasa* and *Pippali* & omitted *Apamarga* and *Pippali mula*. *Vangasena* has added *Devadaru*, *Madhulika*, *Punarnava*, *Panchakola*, *Pashanbhedha*, and omitted *Apamarga*, *Pippalimoola* and *Chitraka*.

*Gadanigraha* has three preparations; 1<sup>st</sup> *Agastya Haritaki rasayana* has the same ingredients as that of the *Sushruta*, 2<sup>nd</sup> *Agastya Haritaki rasayana* has followed the preparation of the *Charaka*, whereas 3<sup>rd</sup> one has the following ingredients like *Dashmoola kapikacchu*, *Gajapippali*, *Apamarga*, *Pippali*, *Dantimoola*, *Chirabilwa*, *Bhallataka*, *Bhela*, *Amahaldi* & *Daruhaldi* with the name of *Vasista Haritaki*, (contains 1000 *Haritaki* in number) which is also mentioned by *Vangasena*.

The similarity in the formulation may be due to the availability of the plants at that period of time. Since the preparation contains the similar type of the drugs some drugs may have been added to increase the potency of the formulation and while some might have been omitted due to non availability as well as can be due to deletion, substitution while copying of the manuscript.

There is similarity in indication of the *Agastya Haritaki rasayana*, mainly indicated for *Kasa*, *Shwasa*, *Hikka*, *Aruchi*, *Kshaya*, *Grahani*, *Arsha*, *Vali*, *Palitya*, *Hridroga*, & *Pinasa*. *Sushruta* has added *Shiroroga* while *Gulma Meha* has been added by *Chakradutta*. *Pleeha*, *swarbhangha*, *Agnijanana*, *Pandu*, *Rajyakshma* has been added by *Bangasena*. Here, in all classical references, it is mainly indicated for the *Kasa Shwasa Kshaya*, *Hikka* and *Varna Bala Ayu bardhanama* as action. In *Bhela Samhita*, the indication has not been listed it is said to be *lupta*, may be due to the unavailability of that particular subject matter.

*Gadanigraha* & *Vangasena* – mentions intake of *Vasistha haritaki Avaleha*, for specific duration for treatment of disease. If taken for 1 month, it cures all types of *Jwara*, 2 months cures *Netra roga*, if 3 months cures complications of *Kustha*, if 4 months cures *Bhagandara*, *Shlipada*, *Vatagulma*, *Arsharoga*, if taken for 5 months it acts as *Keshya*.

In *Adhikarana of the Rasayana*, most of the author has given preference to the disease, which is why this preparation is given under the management of the *Kasa roga*, and then followed by *Hikka* & *Shwasa*. *Gadanigraha* has mentioned in the preparation chapter giving emphasis on the way of preparation under *leha-adhikara* chapter.

Based on the properties, the major drugs mentioned in the preparation of the *Agastya Haritaki rasayana* are of *Ushna veerya* with few *Sita veerya* drugs. *Tikta Katu*, *Madhuara Kashaya* is the dominant *rasa* present within it. *Laghu Ruksha* and *Tikshna guna* are the major *Guna*, with few *Guru*, *Picchila*, *Snigdha* of the individual drugs present in the formulation of the *Agastya haritaki rasayana*. *Katu Vipaka* is the more in number compared to the *Madhura vipaka*. Most of the drugs are of *Vatakapaha samaka* as well as the *Tridoshasamaka* in nature.

Based on the properties of various ingredients present in *Agastya Haritaki Rasayana*, it has been mentioned in various diseases like- *Kasa*, *Swasa* and *Hikka*. *Laghu guna* is *Lekhana* & *Ropana* in nature<sup>29</sup> whereas *Tikshna guna* is *Sodhana* & *Kaphavatahnut*.<sup>30</sup> *Laghu Tikshna guna* acts as antagonistic to *gunas* of *Kapha*, normalises the *Kapha*. *Ruksha guna* does *Soshana*<sup>31</sup> & is *Kaphahara*.<sup>32</sup>

*Katu rasa* combats the *Kapha*, clears the obstruction in the *Srotas* and does *Sodhana*<sup>33</sup> where as *Kashaya rasa* does alleviation of the *Kapha* and *Pitta* disorders along with the *Sodhana* effect.<sup>34</sup> *Tikta rasa* has the property of the *Lekhana* and *Kanta-sodhana* properties.<sup>35</sup> *Ausadha* is always *Veerya pradhana* in nature while *Ahaara* is *Rasa pradhana* in nature.<sup>36</sup> *Veerya* contributes to the most of the therapeutic condition of the drugs. *Ushna veerya* drugs are *Agnimahabhoota* dominant and contribute to *Pachana*, *Liquification of Kapha*, are a potent *Vatakapaha samaka*;<sup>37</sup> it helps in reversing the pathophysiology of *swasa roga*.

Most of the *dravyas* in *Agastya Haritaki rasayana* are of *Tridosha samaka* and of *Vatakapaha* pacifying in nature. In *Kaphaj* type of *Kasa* it will be more beneficial since the drugs enlisted are of *Kaphavatasamaka* type along with *Tridoshahara*. It can also be given as the adjuvant therapy, as *Naimittika rasayan* which helps in preventing the disease to become more chronic and thus prevents any damage to the involved tissues as well as recurrence of the disease.

*Grahani* is mainly due to vitiation of *Agni*.<sup>38</sup> *Ushna veerya* & *Katu vipaka* is responsible for the *Deepana* & *Pachana* effect.<sup>39</sup> *Katu rasa* enhances *Agni*, helps in proper absorption, and maintains digestion.<sup>33</sup> *Tikta rasa* removes the *Aruchi*, causes *Deepana* and *Pachana*, stimulating the *Agni*.<sup>40</sup> *Kashaya rasa* is responsible for the *Sthambana* effect as well as *Ropana* effect along with the *Sodhana*.<sup>34</sup> *Laghu Ruksha guna* subsides the aggravated *Kapha*,<sup>41</sup> and *Tikshna guna* enhances the function of *Pitta* which stimulates *Jatharagni* which is in turn stimulates the other *Agnis*.<sup>30</sup> *Agastya Haritaki Rasayana* can be used as the *Naimittika rasayana* in the main line of treatment in case of *Grahani* as it does *Srotosodhana*, *Deepana Pachana* finally stimulating the function of *Agni*.

Diminution of *Raktadi dhatus*/depletion of *Dhatvagnis* or obstruction to their *srotas* results in the manifestation of the *Rajyakshma*. Here, *Jatharagni*, *Dhatwagni* & *Bhootagni* is affected leading *mandata* of *Agni* along with the *Sanga* and *Vimargagamana* of the *dosha*.<sup>42</sup> It is a *Tridoshaja vyadhi*. *Ushna veerya* drugs causes the liquification and mitigation of *doshas*,<sup>37</sup> clearing the obstruction in the *Srotas*. *Katu vipaka* helps in *Deepana Pachana* maintaining the normalcy of the *Agni*. *Guru*, *Snigdha guna* along with the *Madhura rasa* is responsible for the *Dhatu* nourishment and the *ojas* formation. Here *Agastya Haritaki Rasayana* can be employed



in the sense of *Naimittika Rasayana* for *Balya*, *Brimhana* by maintaining the fundamental aspects of *Dhatu*, *Agni* and *Srotas* leading to overall development/improvement, and finally maintaining the ojas the essence of all the *Dhatus* and responsible for vital strength of the body and resistance against the disease.

*Prameha* is *Kapha pradhana tridoshaja vyadhi* mainly due to *Kapha dusti* along with the *medo vrudhhi*. Most of the drugs enlisted in *Agastya Haritaki Rasayan* are of *Ushna veerya*, *Katu vipaka*, *Laghu Ruskha guna Katu tikta Kashaya rasa* which is responsible for *Kapha samana Agni deepana & pachana* effect.<sup>37</sup> Here it can be used as *Naimittika rasayana* for maintaining the *Dosha, Dhatu and Agni* within the body.

In the case of *Aruchi*, *Katu rasa* is responsible for *Deepana, Pachana, Ruchya, Sodhana*, cleansing the mouth, increasing the appetite, helps in the absorption as well as clearing the obstruction in the channels.<sup>34</sup> *Tikata rasa* is responsible for the *Deepana Pachana* effect and it itself cures anorexia.<sup>40</sup> Similarly the *Laghu, Ruksha Ushna guna* also helps in *Deepana Pachana* maintaining the *Agni*, enhancing the *Piita* thus stimulating the *Jataragni*. *Katu vipaka* and *Ushna veerya* attribute also helps in the stimulation of *Deepana Pachana* effect, increasing the appetite and is *Ruchya* in nature.

*Balya* drugs like *Shalaparni*, *Prisnaparni*, *Gokshura*, *Atmagupta*, *Shankapusphi* and *Bala* are mentioned in the ingredients of the *Agastya Haritaki Rasayana*. For *Bala Ayu Vardhana*, *Madhura Rasa* containing drugs are responsible for *shareeraindriya satmya*, *preenana*, *jeevana*, *tarpana*, *sapta dhatu vardhana*, *bala varna pradhana*.<sup>43</sup> Similarly, *Guru & Snigdha guna* are responsible for the forming the bulkness i.e. *brimhana*<sup>44</sup>; *Bala Varna*<sup>45</sup> karma of the body. *Sheeta veerya* drugs are responsible for *sthirikarana* and *jeevana* property. *Madhura Vipaka* drugs are responsible for promoting the *kapha bhava* in the body i.e. the bulkiness of the body.<sup>46</sup>

## Conclusion

*Agastya Haritaki Rasayana*; a popular *Avaleha kalpana*, works at various levels including *Dhatus, Agni & Srotas*, improving the *Vyadikshmatva* of the body. The methods of preparation, ingredients and indication are almost similar with few differences in classical texts.

Most of the diseases mentioned in *phalashrutya* are of *Vatakapha pradhana* type & the ingredients in *Agastya Haritaki Rasayana* have *Vatakapha samana* and *Tridoshahara* properties. Based on *Gunakarma* and *Doshakarma* of the drug; it can be used as main line of treatment in disease as well as *Naimittika Rasayana* to boost up the immunity and cure the diseases in faster & better way. Concepts of *Naimittika Rasayana* bring a new dimension into the health care and promote an integrated approach between different modalities in the field of medicines. Further research work can be taken to analyze the potent *Agastya Haritaki Rasayana*, as mentioned in different classical texts.

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