

# CHAPTER-24

## BILWADI AGADA A WONDER YOGA IN AYURVEDA IN THE CONTEXT OF AGADATANTRA: A REVIEW

**Dr. ENOSH MANU JOSEPH**

Assistant Professor,  
Department of Ayurveda  
Glocal College of Ayurvedic Medical Sciences and Research Centre  
Glocal University, Saharanpur, U P, India

**DOI:** <https://doi.org/10.52458/9788196830069.nsp.2024.eb.ch-24>  
**Ch.Id:-GU/NSP/EB/GHTAGA/2024/Ch-24**

## **ABSTRACT**

*Agadatantra, also known as toxicology or Visha Chikitsa in Ayurveda, is a specialized branch of traditional Indian medicine that practices with the diagnosis, treatment, and prevention of poisoning and toxicological conditions. This ancient system of medicine, Ayurveda, has been practiced and propagated for thousands of years and encompasses various branches, with Agadatantra being one of them. Bilwadi Agada is a traditional Ayurvedic medicine with a history dating back to ancient India. This herbal formulation is renowned for its therapeutic properties, primarily targeting digestive disorders and related ailments. The core ingredient, Aegle marmelos (commonly known as Bilva or Bael), lends its name to the formulation and is a key contributor to its efficacy. Bilwadi Agada is prepared through a meticulous process of combining various herbs and minerals to create a potent remedy.*

**Keywords:** *Agadatantra, visha, Bilwadi Agada, therapeutic properties, toxins.*

## **1. INTRODUCTION**

Agadatantra is an essential branch of Ayurveda dedicated to the study of toxins and their effects on living organisms, as well as the development of methods for their prevention and treatment. It reflects the ancient Indian knowledge and expertise in managing toxicological issues, and it continues to be relevant in contemporary medicine, particularly in dealing with poisoning emergencies and environmental hazards. Bilwadi Agada is a traditional Ayurvedic medicine used in India. It is part of the Ayurvedic pharmacopoeia and is known for its potential therapeutic benefits. This formulation is often used in the management of various digestive disorders, particularly those related to the gastrointestinal system. Key ingredients in Bilwadi Agada may include Bilva (Aegle marmelos), Dhataki (Woodfordia fruticosa), Guduchi (Tinospora cordifolia), and other herbs. The combination of these ingredients is believed to have a balancing effect on the doshas (Vata, Pitta, and Kapha) in Ayurvedic medicine, which are thought to be essential for maintaining good health. Further more references are present in Saharsra yogam, Visha jotsnika, Kriya kaumudi (kerala books on toxicology). In kriya kaumudi we touch upon this yoga along with other important yoga which is named as “visha vilwadi agada”.

## **2. LITERATURE REVIEW**

Reference of Bilwadi Agada can be found in Ashtanga Hrudhya Utharasthana visha prathisheda

**Table 1: Ingredients present in Bilwadi Agada**

S. No	Name of the drug	Botanical name	Part used	Quantity
1.	Bilwa	Aegle marmelos	Moola	1 portion
2.	Surasa	Ocimum sanctum	Pushpam	1 portion
3.	Karanja	Pongamia pinnata	Phala	1 portion
4.	Natam	Valeriana wallichii	moola	1 portion
5.	Surahwam	Cedrus deodara	Kanda sara	1 portion
6.	Haritaki	Terminalia chebula	Phala	1 portion
7.	Vibheetaki	Terminalia bellerica	Phala	1 portion
8.	Amalaki	Embica officinalis	Phala	1 portion
9.	Shunti	Zingiber officinale	Kanda	1 portion
10.	Maricha	Pipper nigrum	Phala	1 portion
11.	Pippali	Piper longum	Phala	1 portion
12.	Haridra	Curcuma longum	Kanda	1 portion
13.	Daruharidra	Berberis aristata	Kanda	1 portion

## 2.1 Method of Preparation

All the drugs mentioned in table 1.1 as the ingredients for bilwadi yoga are taken in equal quantity and mixed well & *bhavana* (tritu- ration) with *basta mootra* (*aja mootra*- goat's urine) is given.

**Table 2: Rasa panchaka and karma of Bilwadi Agada**

S. No	Drug	Rasa	Guna	Veerya	Vipaka	Karma
1	Bilwa	Kashaya, tikta	Laghu, ruksha	Ushna	Katu	Kapha-vata shamaka, mruduechaka
2	Surasa	Katu, tikta	Laghu, ruksha	Ushna	Katu	Kapha-vata shamaka, tvak raktashodhaka Vishaghna, doshahara
3	Karanja	Tikta, katu, Kashaya	Laghu, tikshna	Ushna	Katu	Kaphavata shamaka, kandugna, jantugna, kushtagna
4	Natam	Tikta,	Laghu,	Ushna	Katu	Kapha-vata

		katu, Kashaya	snigdha			shamaka, vishagna
5	Surahw am	Tikta	Laghu, snigdha	Ushna	Katu	Kaphavata shamaka, kushtaghna, jwaraghna
6	Haritaki	Kashaya pradhana lavana varjitha panchara sa	Laghu, ruksha	Ushna	Madhura	Tridosahara, kushtaghna, jwaraghna, rasayana
7	Vibhitak i	Kashaya	Ruksha, laghu	Ushna	Madhura	Tridosahara, krimighna, jwaraghna, Raktasthambhana
8	Amalak ki	Amla pradhana lavana varjith panchara sa	Guru, ruksha,	Sheeta	Madhura	Tridosahara, sthambhana, daha-prashamana, rasayana
9	Shunti	Katu	Laghu, snigdha	Ushna	Madhura	Vatakaphahara, deepana, bhedana
10	Maricha	Katu	Laghu, tikshna	Ushna	Katu	Vatakaphahara, lekhana, deepana, pachana, krimighna
11	Pippali	Katu	snigdha, tikshna, laghu,	Anushna -sheeta	Madhura	Kaphavata shamaka, kushtaghna, jwaraghna, balya rasayana
12	Haridra	Tikta, katu	Ruksha, laghu	Ushna	Katu	Kaphavata shamaka, kushtaghna, jwaraghna
13	Daruhar idra	Tikta, Kashaya	Laghu, ruksha	Ushna	Katu	Kapha-pitta shamaka, katu- paushtika

## 2.2 Indication

Bilwadi Agada has indications in<sup>[16]</sup>;

- Sarpa Visha – snake bite
- Lootha Visha – spider bite

- Vrschika Visha – scorpion sting
- Visuchika – Cholera
- Ajeerna – Indigestion
- Gara visha
- Jwara – Fever
- Mental disorders

### **2.3 Mode of Administration**

- Pana – Oral medicine
- Nasya – Nasal instillation
- Anajana – Collyrium

**Table 3: Analysis of karma of Bilwadi Agada according to all its ingredients**

<b>Karma</b>	<b>Percentage</b>
Vishaghna	60%
Jwarahara	15%
Kushtaghna	10%
Rasayanam	2%
Krimighna	5%
Deepana	1%
Pachana	1%
Kandughna	3%
Raktaprashodhana	1%
Twak doshahara	1%

## **3. DISCUSSION**

**When we analysis the table 3 date we can find that:**

- 60% of ingredients is having vishaghna or antidotal action in it, that implies this is wonderful remedy for visha or poisonous conditions and also the visha complications.

- 15% of ingredients is having jwaraghna or antipyretic action.
- 10% of ingredients is having kushtaghna action that implies it is useful in skin diseases.
- 5% of ingredients is having krimighna or antimicrobial/antifungal action.
- 2% of ingredients is having rasayana or rejuvenation action.
- Deepana and pachana karma implies its action on digestion.
- 3% of ingredients is having kandughna karma which implies action on skin related symptoms.

If we look into the indications of Bilwadi Agada we can see its wide usage is diseases including visha and also other diseases.

- **Sarpa Visha** - all types of snake this is indicated and practiced.
- **Lootha Visha** - in spider bite, yoga can be utilized as both oral medication and external application
- **Vrschika Visha** - scorpion sting be used as both oral medication
- **Visuchika** - Cholera is used as oral medication
- **Ajeerna** - In indigestion Bilwadi agada is used because of deepana and pachana karma.
- Gara visha induced diseases can also be treated with Bilwadi Agada.
- **Jwara** - Bilwadi Agada is also having jwaraghna or antipyretic action
- **Mental disorders** - Bilwadi Agada is used as nasal medication and is found to be useful.

#### **4. CONCLUSION**

The action of Bilwadi Agada has unique combination of drugs which gives special action to the yoga. Most of the ingredients in the yoga are katu (pungent) and tikta (bitter) rasa's which acts as kapha-vatahara (pacifies kapha & vata in the body). Most of the ingredients in the yoga are ushna veerya (hot potency). Most of the ingredients in the yoga are katu vipaka so it acts on visha quickly as an antidote. The formulation can be exercised as an antibiotic, anti-inflammatory, analgesic, antioxidant, and also beneficial in disorders like gastroenteritis and allergic conditions.

## **REFERENCES**

1. Sharma P V, editor, [10<sup>th</sup> ed.]. *Commentary Ayurveda Rasayana of Hemadri on Astanga hridayam of Vagbhata, utara sthana; visha prathishedam: Chapter:36 versus:84-85.* Varanasi:Chaukamba orientalia;2014
2. Sharma P V, editor, [10<sup>th</sup> ed.]. *Commentary Ayurveda Rasayana of Hemadri on Astanga hridayam of Vagbhata, utara sthana; visha prathishedam: Chapter:36 versus:84.* Varanasi:Chaukamba orientalia;2014
3. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 110*
4. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 110*
5. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 167*
6. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 110*
7. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 507*
8. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 753*
9. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 216*
10. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 220*
11. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 519*
12. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 448*
13. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 452*
14. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 513*

15. J L N shastry, *Dravyaguna Vijnana, Varanasi, Chaukambha Orientalia, Reprint edition 2012, page no: 1134, pp: 54*
16. Sharma P V, editor, [10<sup>th</sup> ed.]. *Commentary Ayurveda Rasayana of Hemadri on Astanga hridayam of Vagbhata, uttara sthana; visha prathishedam: Chapter:36 versus:84. Varanasi:Chaukamba orientalia;2014*
17. Yasmin Sahala, Dr. M Jithesh, et al, *VILWADI GULIKAAS NASYA IN DEPRESSION - A CASE REPORT, INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH, online: [https://www.worldwidejournals.com/international-journal-of-scientific-research-\(IJSR\)/fileview/vilwadi-gulika-as-nasya-in-depression-andamp-ndash-a-case-report\\_October\\_2019\\_1571918998\\_8102806.pdf](https://www.worldwidejournals.com/international-journal-of-scientific-research-(IJSR)/fileview/vilwadi-gulika-as-nasya-in-depression-andamp-ndash-a-case-report_October_2019_1571918998_8102806.pdf)*