

ROLE OF VISHGHNA MAHAKSHAYA IN PRESENT SCENARIO

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Abstract- The terms *Danshra chikitsa*, *Agada tantra*, and *Vishagarvairodhik prashaman* are synonymous. *Danshra chikitsa* is the sixth branch of Ayurveda that primarily deals with *Agada*, or anti-poisonous medicine¹. *Visha* refers to the dravya that causes *vishaad* (sorrow or depression)². *Vishghna* are drugs that act against the toxic effects of substances³. There are numerous herbal medicines that can be used to counteract the effects of poison. In the fourth chapter of *Sutra Sthana*, *Shadvirechana Shatasritiya Adhaya*, *Acharya Charaka* describes *Vishaghana Mahakashaya* and describes ten *Vishaghana Dravyas*. *Mahakashaya* is a compilation of ten different functional drugs. The pharmacological properties of each *Vishaghana Mahakashaya* drug are broad-spectrum in Ayurvedic and modern science. Each *Vishaghna Mahakashaya* drug is the main ingredient in a variety of classical and *Agada* ayurvedic preparations with a wide range of therapeutic applications. *Vishaghna* and detoxification are both functional terms. *Vishaghna Mahakashaya* dravya works at both the macro and micro levels. At the micro level, it not only denatures toxics but also neutralises them at the cellular level, assisting in excretion from the body. In this study, we will investigate and apply *Agada Tantra* concepts to a variety of ailments and pathological conditions, including *Garavisha* and *Dooshivisha*, using antitoxic formulations such as *Charakokta Vishaghana Mahakashaya*.

Key words: *Agada*, *Vishaghna Mahakashaya*, toxic, dravya

INTRODUCTION:

Ayurveda, which literally means "The Science of Life," is one of the world's most ancestral medical sciences. Poison is defined as anything that has the potential to cause harm to a person when used incorrectly, by the wrong person, or in the wrong quantity. It comes in four different forms: solids (like pain reliever pills or tablets), liquids (like bleach-containing household cleaners), sprays (like cleaners), and gases (like carbon monoxide)⁴. *Acharya Charak* describes *Vishghna Mahakashaya* for the treatment of various diseases caused by the adverse consequences of *Visha*. It includes *Haridra* (*Curcuma longa*), *Manjishtha* (*Rubia cordifolia*), *Suvhaa* (*Pluchea lanceolata*), *Sookshama elaa* (*Elettaria cardamomum*), *Paalindee* (*Operculina turpethum*), *chandan* (*Santalum album*), *Kataka* (*Strychnos potatorum*), *Shireesh* (*Albizia lebbek*), *Sinduvaara* (*Vitex negundo*), *Shleshmaataka* (*Cordia dichotoma*). Drugs such as *Haridra*, *Manjishtha*, *Chandan*, *Shirish*, and *Shleshmaataka* have extremely powerful anti-allergy properties. According to ancient knowledge, these drugs are beneficial in the treatment of all types of poisoning, particularly snake bite, scorpion bite, spider bite, rat bite, and insect bite. Each drug in the *Vishaghna Mahakashaya* is a main component of numerous traditional preparations as well as the anti-poisonous ayurvedic preparation known as *Agada*. Detoxification and the term "*Vishaghna*" have similar functions. In addition to denature toxic substances, *Vishaghna Mahakashaya* Dravya also neutralises them at the cellular level and aids in their excretion from the body at the micro level. Drugs in *Vishghna Mahakashaya* work because *Raspanchak* is an antagonist to *Visha* (poison) and aids in the treatment of diseases produced by various *Asatamya aahar-vihaar*, *Dushivisha*, and also by contact or external application or produced by bites of various organisms such as snakes, spiders, and so on.⁵ This review focuses on the role of *Vishaghana Yogas* mentioned in *Agada Tantra*.

AIMS AND OBJECTIVES:

1. To research the therapeutic and detoxifying effects of *Vishaghna Mahakashaya*.
2. In order to study the ayurvedic and contemporary perspectives on *Vishaghna Mahakashaya*.
3. Compile *Vishaghna Mahakashaya* matter for prescribing formulation.

LITERARY REVIEW:

Gara visha-

Gara visha is another name for *kritrima visha*, a synthetic poison. Depending on their combinations, these *Gara vishas* can cause illnesses in the body such as *Shopha* (edema), *Pandu* (anaemia), *Udara* (ascites), *Unmada* (psychological disturbance), *Durnam* (piles), and so on⁶. In addition to inanimate and animated poison, the *Charaka Samhita* mentions a third type of poison known as *Gara*. *Gara* is a poisonous mixture of elements that causes a variety of diseases. It does not result in death immediately; rather, its *Vipaka* (assimilation) is delayed. According to *Chakrapani's* commentary, there are two types of *Gara Visha*: the former is known as *Gara visha*, and the latter is known as *Kritrima Visha*⁷. The former is a harmless chemical mixture known as *Nirvisha Dravya Samyonga*. *Gara visha* is currently used to describe any drug that is synthetic or artificial in origin and harmful to the body either directly or through its poisonous metabolites. Everyone who lives in the twenty-first century is impacted by artificial or synthetic substances because the world is full of them. The phrase "*Gara Visha*" covers a wide range of subjects, including incompatible diets, food adulteration, preservatives, additives, and sweeteners that are used in foods, pesticides or agrochemicals found in cereals, vegetables, fruits, and milk, drug-induced toxicity (drugs taken in combination or arbitrarily, such as analgesics, antibiotics,

anticonvulsants, oral contraceptives, etc.), occupational exposure to toxic substances, Therefore, any of the areas covered by the *Gara Visha* concept could be one of the causes of oxidative stress.

Dooshivisha-

The term "*dooshivisha*" refers to *Sthavara*, *Jangama*, or *Kritrima* poisons that are not entirely expelled from the body and dryen as a result of metabolism, antitoxic formulation, exposure to heat, air, or sunlight, or when the properties of the poison lose some of their potency. Due to its weak potency, it does not prove fatal for a person. As it gets absorbed by *Kapha*, it stays in the body for a number of years. When it is located in the colon, *dooshivisha* causes *vata-pitta* diseases, while when it is located in the stomach, it causes *kapha-vata* diseases. The patient additionally shows symptoms like hair loss, an emaciated body, and the appearance of a bird with its feathers and wings removed. *Dooshivisha* causes *Rasadi dhatus* (body tissues) to become disturbed, which leads to the illness known as *Dhatuvikara* in Ayurveda. Exposure to the elements, such as wind and cold, as well as cloudy days, worsen the negative effects. The patient develops post-meal euphoria, indigestion, anorexia, urticaria, skin eruptions in circular patches, mental confusion, tissue deterioration, edema on the face and extremities, ascites, vomiting, diarrhoea, discoloration, and fatigue, as well as fainting, irregular fever, and unquenchable thirst if the aforementioned issues are also ignored. It causes mental instability, stuttering, diminished reproductive tissue functions, and flatulence as it worsens. This results in numerous illnesses, such as widespread skin lesions.⁸⁻¹⁰

OXIDATIVE STRESS AND ANTIOXIDANT

A key concept in modern western medicine for maintaining a healthy biological system is the balance between oxidation and anti-oxidation¹¹. Free radicals are produced by a chemical process called oxidation, and they can start a chain reaction that could damage cells. Natural electrically charged ions called free radicals cause cell damage by rupturing cell membranes. They result from the metabolism of people. They react and create havoc when they come into contact with the nucleic acids, proteins, and proteins of the body. These attacks from free radicals are known as oxidative stress, and it can eventually lead to cell death by causing cells to lose their structure and function¹². As a result of dangerous exposure to food, unhealthy lifestyle choices, pollution, chemicals, and medications, oxidative stress is on the rise in the modern era. Oxidative stress brought on by free radicals is the main factor in the development of many human diseases, such as cancer, heart disease, neurological issues, liver issues, kidney issues, infections, and premature ageing. Antioxidants have the ability to neutralise free radicals, which also lowers the risk of oxidative stress-related damage. An antioxidant is a substance that protects cells from oxidative damage and stops other molecules from oxidising. In living cells, antioxidants are typically divided into two basic categories: enzymatic antioxidants and non-enzymatic antioxidants. The enzymatic antioxidants are further divided into primary and secondary defences. The body's first line of defence is comprised of three vital enzymes: glutathione peroxidase, catalase, and superoxide dismutase. These enzymes prevent the production of free radicals and neutralise them. The secondary defence includes glucose-6-phosphate dehydrogenase and glutathione reductase, which support basic enzymatic defence antioxidants but do not directly combat free radicals. The majority of the non enzymatic antioxidants subgroups (uric acid) are composed of the primary vitamins (A, E, and C), enzyme cofactors (Q10), minerals (zinc and selenium), peptides (glutathione), phenolic acids, and nitrogen compounds. It is important to maintain the delicate balance between free radicals and antioxidants. For instance, disrupting this balance in humans can result in serious health problems like cancer, cardiovascular and neurological diseases, as well as premature ageing.¹³ Traditional herbal remedies and dietary ingredients are the main sources of antioxidants that protect against the harm caused by oxidative stress and free radicals.

Dematological disorders:

Ayurveda has a vast array of therapeutic plants that are highly effective in the treatment and prevention of many different types of dermatological disorders (DD). To treat DD, herbal medications with anti-histaminic, anti-toxic, mast cell stabilising, and immune modulator properties should be used. Numerous herbal medicines used in Ayurveda have these qualities and can be a mainstay of treatment for skin allergies. Herbal medicine treatments not only reduce symptoms but also enhance quality of life. These herbal remedies can be safely prescribed for children as well as serving as an alternative to current anti-allergic medication. In the fourth chapter of *Sutrasthana*, *Acharya Charaka* lists and defines fifty *Mahakashaya*, with ten herbal medications in each group¹⁴. Each class of herbal medicines has distinct pharmacological effects and the same pharmacotherapeutic effects to treat a specific disease or disorder. *Charakokta Mahakashaya* is useful for treating specific diseases, and it has been prescribed in a way that the combination offers practical advice for the *Chikitsak*. It is possible to test fifty *Mahakashaya*, *Vishaghna Mahakashaya* for their capacity to treat allergic, toxic, and blood-purifying conditions.

Table 1 : Vishaghna Mahakashaya's Therapeutic Uses in Dermatological Disorders

Drug Name	Therapeutic uses with English equivalent terms (As per the Ayurvedic Formulary of India)	Therapeutic uses/properties ^{15-19,20-22}

<i>Curcuma longa</i> Linn.	<i>Krimighani</i> (Dermatophyte taenia infections), <i>varnya</i> (complexion), <i>tawakdoshhara</i> (skin ailment), <i>raktavikarhara</i> (blood detoxifier), <i>vranapaha</i> (anti ulcer), <i>kandughni</i> (anti itching), <i>Vishghna</i> (antidote or anti toxic), <i>kushthnuta</i> (Antidermatosis), <i>vishodhani</i> (blood purifier), <i>dahhara</i> (burn healer), <i>apachihara</i> (Tuberculoid Eczema or Tubercular Leprosy) ^{23,24,25,26,27}	Anti histamine, anti toxin, skin allergies, Phytonutrient, eczema, scabies & fungal infections(external use),purify the blood, Antibacterial, itching(pruritis), Antihelminthic&Anti Parasitic (Juice), Melanoma
<i>Rubia cordifolia</i> Linn.	<i>varnya</i> (complexion), <i>raktavikarhara</i> (blood detoxifier), <i>vranapaha</i> (anti ulcer), <i>Vishghna</i> (antidote or anti toxic), <i>kushthnuta</i> (Antidermatosis) ^{28,29,30,31,32}	Scabies, ringworm, eczema, anti-acne property, wound healing, antibacterial, major burns, pigmentation anomalies, leucoderma, promotion of complexion, diabetic ulcers, skin allergies
<i>Pluchea lanceolata</i> Linn.	<i>raktavikarhara</i> (blood detoxifier), <i>vranapaha</i> (anti ulcer), <i>Vishghna</i> (antidote or anti toxic), <i>dahhara</i> (burn healer), <i>loota visha hara</i> (antidote of spider venom), <i>pamahara</i> (anti scabies) ^{33,34,35,36,37}	Antibacterial, Balding, erysipelas, leprosy, Rabies, Elephantiasis, pimples wounds, Antifungal, Antioxidant, Burning Sensation
<i>Elleteria cardamomum</i> Maton.	<i>Vishghna</i> (antidote or anti toxic), <i>kandughni</i> (anti itching) ^{38,39,40,41}	Antiseptic, Antimicrobial, antitoxic, neutralize the effect of insect bites and mild poisons
<i>Operculina Turpethum</i> Linn.	<i>Krimighani</i> (Dermatophyte tenia infections), <i>visrapahara</i> (antierysepils), <i>Keetvisha</i> (antidote of hexapodes) ^{42,43,44,45,46}	Scorpion sting & snake bite, Taenia with secondary infection, Psoriasis, anti histamic
<i>Santalum album</i> Linn.	<i>varnya</i> (complexion), <i>raktavikar hara</i> (blood detoxifier), <i>Vishghna</i> (antidote or anti toxic), <i>dahhara</i> (burn healer) ^{47,48,49,50,51}	Anti toxic, eczema, scabies & fungal infections(external use),purify the blood, Antibacterial, itching(pruritis), anti-acne property,wound healing, antibacterial, major burns, pigmentation anomalies, leucoderma, promotion of complexion
<i>Strychnos potatorum</i> Linn.	<i>Krimidoshnuta</i> (anti worming /antibacterial), <i>Vishghna</i> (antidote), <i>daha hara</i> (burn healer) <i>Moolkushthagham</i> (Anti Leprosy Property have Root) ^{52,53,54,55,56}	Leprosy, Antimicrobial, diabetic ulcers, Blood purifier

<i>Albizia lebeckii</i> Linn.	<i>varnya</i> (complexion), <i>Vishghna</i> (antidote or anti-toxic), <i>visrapahara</i> (antierysepils), <i>Shothhara</i> (Anti inflammatory), <i>Shreshtha in Vishghnanam</i> (Best in anti Poison Plants) ^{57,58,59,60,61}	Antihistaminic, Antioxidant, wounds, Snake bite, Erysipelas, Pyoderma Gangrinosum, Toxic Epidermal Necrylisis, Allergic Vasculitis
<i>Vitex nirgundo</i> Linn.	<i>Krimighani</i> (Dermatophyte tenia infections), <i>kushthnuta</i> (Anti dermatosis), <i>shoolshothhara</i> (Analgesic and anti-inflammatory), <i>Kandughna</i> (Anti itching) ^{62,63,64,65,66}	Antimicrobial, Insecticidal, Antiseptic, Antifungal, Urticaria, Cellulitis, Abscess, eczema. Wounds, Lichen Planus, Chronic Lichen Simplex, Atopic dermatitis with keratinisation, Allergic dermatitis
<i>Cordia dichotoma</i> Linn.	<i>vrnapaha</i> (anti ulcer), <i>Vishghna</i> (antidote or anti-toxic), <i>kushthnuta</i> (Anti dermatosis), <i>Sopthhara</i> (ulcer healer), <i>visrapahara</i> (antierysepils), <i>Aamhara</i> (anti toxic) ^{67,68,69,70,71}	Antibacterial, Antifungal, Leprosy, Elephantiasis, Antioxident, Erysipelas

VISHAGHNA YOGA:

According to modern science, the phytochemical components of herbs, such as saponins, tannins, alkaloids, alkenyl phenols, flavonoids, terpenoids, phorbol esters, and sesquiterpene lactones, are primarily responsible for the desired healing effect. Even more than one of the aforementioned phytochemical components may be present in a single herb, and they all work in concert to produce pharmacological action.⁷² With the aid of various single herbs, combinations of herbs (Poly herbal formulations), or combinations of herbs and minerals, Ayurveda focuses on Equilibrium of *Dhatu* when treating illnesses or poisoning. The goal of any Ayurvedic treatment for a disease or poisoning condition is to eliminate Agni and any vitiation of the three *doshas*- *Vata*, *Pitta*, and *Kapha*- that may be present in that particular disease or poisoning condition. Therefore, in that disease or poisoning condition, single herbs, poly herbal formulations, or herb-mineral formulations are used. In accordance with the vitiation of the patient's doshas or the disease, the doctor can also alter the combinations, forms, and vehicles of these formulations. The majority of these antitoxic formulations function as *Raktashodhaka* (Blood purifier), *Tridoshaghna* (produces body humour equilibrium), *Hridya* (Cardio protective), and *Ojavardhaka* (Rejuvenate). Ten antitoxic herbs are mentioned by *Charaka Samhita* in *Vishaghna Mahakashaya*.

Table 2 : Some Agada Preparations and Therapeutic Applications of Vishaghna Mahakashaya Drugs.

S. N.	DRUGS	AGAD PREPARATIONS	INDICATION
1.	<i>Haridra</i>	<i>Maha Agada</i>	All Types of poisoning
		<i>Sanjivani Agada</i>	All Types of poisoning. ⁷³
		<i>Rajanyadi Agada</i>	<i>Keeta visha</i>
		<i>Kumkumadi Agada</i>	<i>Shatapadi visha</i> . ⁷⁴
		<i>Shireeshadi Agada</i>	Insect bite. ⁷⁵
		<i>Padamakadi Agada</i>	<i>Keet visha</i>
		<i>Champakad Agada</i>	Spider bite. ⁷⁶
2.	<i>Manjishtha</i>	<i>Maha Agada</i>	<i>Sarpadamsha</i>
		<i>Rishabha Agada</i>	<i>Keet visha</i> . ⁷⁷
		<i>Kahara Agada</i>	All Types of poisoning
		<i>Kalyanak ghrita</i>	All Types of poisoning. ⁷⁸
3.	<i>Ela</i>	<i>Champakad Agada</i>	Spider bite. ⁷⁹
		<i>Ajeya Ghrita</i>	All Types of poisoning
		<i>Dushivishari Agada</i>	<i>Dushi visha</i> ⁸⁰
		<i>Tarkshya Agada</i>	Snake bite
		<i>Rushabh Agada</i>	Insect bite. ⁸¹
4.	<i>Palindi</i>	<i>Mahasugandhi Agada</i>	Scorpion and spider bite. ⁸²
		<i>Rishabh Agada</i>	Insect bite
5.	<i>Chandan</i>	<i>Mahasugandhi Agada</i>	Scorpion and spider bite
		<i>Kalyanak ghrita</i>	All Types of poisoning
		<i>Tarkshya Agada</i>	Snake bite

		<i>Rushabh Agada</i>	Insect bite
		<i>Ajeya ghrita</i>	All Types of poisoning. ⁸³
6.	<i>Shirisha</i>	<i>Vanshtwadi Agada</i>	Snake,Spider, rat, Insect bite
		<i>Kshara Agada</i>	All Types of poisoning
		<i>Himwan Agada</i>	Snake bite. ⁸⁴
7.	<i>Sindhuvaar</i>	<i>Mahasugandhi Agada</i>	Scorpion and spider bite
		<i>Tarkshya Agada</i>	Snake bite
8.	<i>Shleshmatak</i>	<i>Kshara Agada</i>	All Types of poisoning

S.N.	Vishaghna Drugs	Ayurvedic Classification	Contemporary Uses ⁸⁶
1.	<i>Haridra</i>	<i>Kushthaghna</i>	Anti-inflammatory, Anti-oxidant, Antidiabetic, Cardio- Hepatoprotective, Antihistaminic, blood purifier, phytonutrient, Immunomodulator. ⁸⁷
2.	<i>Manjishtha</i>	<i>Raktaprasadana</i>	Antimicrobial, blood purifier, Anti-inflammatory, Anti-oxidant, Astringent. ⁸⁸
3.	<i>Suvaha</i>	<i>Vedanasthapana</i>	Anti-inflammatory, Anodyne, Antipsoriatic ⁸⁹
4.	<i>Ela</i>	<i>Dahaprashamana</i>	Antimicrobial, Antiseptic, Carminative, Antispasmodic, neutralize the insect bite and mildpoisons, Antitoxic. ⁹⁰
5.	<i>Palindi</i>	<i>Sukha Virechana</i>	Anti-inflammatory, Anthelmintic, Purgative, Carminative Antihistaminic, Antisnake bite and scorpion sting. ⁹¹
6.	<i>Chandan</i>	<i>Dahaprashamana</i>	Diuretic, Antiseptic, Cooling, Bacteriostatic, Antitoxic, Deodorant, Tonic. ⁹²
7.	<i>Katak</i>	<i>Chakshusya</i>	Antidiabetic, Anti-oxidant, Antimicrobial, Anti inflammatory, Antiarthritic. ⁹³
8.	<i>Shirisha</i>	<i>Vishaghna</i>	Antiseptic, Antibacterial, Antiallergic, wound healer, Antisnake venom. ⁹⁴
9.	<i>Sindhuvaar</i>	<i>Vedanasthapana</i>	Anti-inflammatory, Anti-oxidant, Astringnet, Antidiarrhoel, Insecticidal, Antiseptic. ⁹⁵
10.	<i>Shleshmatak</i>	<i>Snehopaga</i>	Diuretic, Anthelmintic, Antimicrobial, Anti-inflammatory, Demulscent. ⁹⁶

DISCUSSION:

People's health is deteriorating day by day as a result of deforestation, global warming, indiscriminate use of pesticides and fertilisers in farming, food adulteration, food additives, preservatives, and sweeteners, rising pollution levels, industrial emissions, hormonal administrations in poultry and dairy, indiscriminate use of various synthetic drugs, and so on. In today's world, the majority of diseases are caused by unusual aetiologies. Modern science focuses on oxidative stress caused by toxicants/chemicals for this unusual aetiology, whereas *Agada Tantra* focuses on *Viruddha Ahara* (Incompatible diet), *Gara Visha* (Concocted poison), and

Dooshi Visha (Denatured /Latent poison). All of these toxicants/chemicals enter the human body through various routes and are responsible for various disorders/diseases such as cancer, cardiovascular disorders, neurological disorders, liver disorders, renal disorders, skin diseases, infections, psychological disorders, premature ageing, and so on. Modern science emphasises oxidative stress in the development of these disorders/diseases, whereas Ayurveda emphasises dosha vitiation. Diseases, according to Ayurveda, are caused by an imbalance of Dosha (Body Humours) and *Dushya / Dhatu* (Body Tissues)⁹⁷. *Dhatuvaishmya* (Body humour or tissue imbalance) is referred to as *Vikara* (Disease)⁹⁸. Diseases caused by *Viruddha Ahara, Gara Visha, and Dooshi Visha* have the same management principle, which is *Shodhana Chikitsa* (Toxin Elimination) by inducing emesis or purgation before using antitoxic formulations. As an antitoxic formulation, it acts as a blood purifier, restores balance in the body humours (*Vata-Pitta-kapha*), is cardio protective, and rejuvenating. It also reverses the action of poison and assists in becoming poison-free. These antitoxic formulations aid in the treatment of diseases caused by incompatible diet, concocted poison, and denatured/latent poison. As a result, they help to improve human health and longevity.

CONCLUSION:

Agad Tantra, once the pinnacle glory of Ayurveda, is now being sidelined and forgotten. Most of the current disorders are caused by unconventional aetiology, such as indiscriminate use of pesticides and fertilisers in farming, food adulteration, food additives, preservatives, sweeteners, indiscriminate use of various synthetic drugs, and so on. Oxidative stress is linked to the concepts of *Virudha Ahara, Gara Visha, and Dooshi Visha*. Cancer, cardiovascular disorders, neurological disorders, liver disorders, renal disorders, psychological disorders, skin diseases, and other diseases are caused by this unusual aetiology. As a result, conventional drugs/treatment may be ineffective in treating diseases with unusual aetiologies. When *Visha* enters the body, it first vitiates *Rakta dhatu*⁹⁹. This property is particularly noticeable in *Vishas* that are deficient in ten properties and do not result in immediate death. *Visha's* ten properties aggravate dosha, vitiate dhatu, and target *marma* to cause death.

So one of the drugs that expels poison from the body, minimises the action of visha through antagonistic properties, cleanses and purifies vitiated dhatu, primarily *Rakta*, adsorbs and removes poison, and makes the body clean internally and externally is chosen for *Vishaghna Mahakashaya*. As a result, drugs with similar actions should be considered in the same context. Now is the time to investigate and apply the principles of *Agada Tantra* with Antitoxic formulations not only to poisoning conditions, but also to various diseases and pathological conditions in order to improve human health and longevity. Detoxification is aided by antitoxic formulations. Thus, the anti-toxic formulations mentioned in *Agada Tantra* will be nectar for society in the current state of chaos. As a result of this discussion, we have come to the conclusion that *Vishaghna Mahakashaya* plays a significant role in treating a variety of disorders, including allergies, dermato pathological disorders, wounds, and toxins. A collective understanding of the therapeutic and pharmacological evaluation of *Vishaghna Mahakashaya* and its component medications has been attempted in the current review. This collective knowledge on these drugs would motivate researchers and lead to further exploration of the pharmacological activities of these ingredients, as the demand for Ayurvedic products is increasing exponentially due to its fewer side effects when compared to other systems of medicine.

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