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REVIEW ON *Bhunimbadi Agada*

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ABSTRACT
Bhunimbadi Agada is a renowned Ayurvedic formulation cited in Ashtanga Sangraha Vishopadrava pratishedha, designed for addressing complications related to Visha. Crafted with seven key ingredients, it is predominantly administered as a Kashaya (decoction) to alleviate ailments, particularly vishaja atisara. The carefully curated blend of components works in harmony to amplify its healing properties. This review examines the formulation's constituents, their distinctive therapeutic benefits, and its practical applications in clinical settings. By integrating ancient Ayurvedic principles with contemporary perspectives, this paper emphasizes the continuing relevance of Bhunimbadi Agada in Ayurvedic treatment and its broader implications in managing Visha-induced disorders. Ultimately, it aims to showcase the formulation's lasting value and its practical implementation in modern healthcare.

KEYWORDS : *Bhunimbadi Agada, Vishopadrava, Vishaatisara, Poisoning*

INTRODUCTION
Agada Tantra, one of the eight foundational branches of Ayurveda, specializes in the identification, symptoms, treatments, and emergency management of different types of poisoning—namely *Jangama Visha* (poisons of animal origin), *Sthavara Visha* (plant-based toxins), and *Krithrima Visha* (artificial or man-made poisons). In *Ashtanga Sangraha*, an *Ayurvedic* classic, *Acharya Vagbhata* has mentioned about the complications of poison , among which, Diarrhoea is one of the most common complications of poisoning, that holds relevance even in the present era. *Bhunimbadi Agada*[1] is one such medicine which can counteract *Atisara* caused due to *Visha*. Through an in-depth examination of its ingredient profiles, preparation techniques, and pharmacological actions, this review explores *Bhunimbadi Agada's* therapeutic potential—particularly its efficacy in managing poison-induced diarrhoea.

REVIEW OF LITERATURE
The reference for *Bhunimbadi Agada*, is mentioned in the chapter, *Vishopadrava pratishedha*, of *Kalpa sthana*. It is administered through *Paana (*internal consumption), and it consists of 8 ingredients, excluding the water.

Table 1: Ingredients of Bhunimbadi Agada

SL.NO.	DRUG	BOTANICAL NAME	FAMILY	PARTS USED	PROPORTION
1.	***Bhunimba***	*Andrographis paniculata. B*	Acanthaceae	Whole plant	1
2.	***Musta***	*Cyperus rotundus. L*	Cyperaceae	Tuber	1
3.	***Katuka***	*Picrorrhiza kurroa. R*	Scrophulariaceae	Dried rhizomes	1
4.	***Trayanti***	*Gentiana kurroo. R*	Gentianaceae	Rhizome	1
5.	***Indrayava***	*Holarrhena antidysenterica. R*	Apocyanaceae	Seeds	1
6.	***Chitraka***	*Plumbago zeylanica. L*	Plumbaginaceae	Roots	2
7.	***Kutaja***	*Holarrhena antidysenterica. R*	Apocyanaceae	Bark	8

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Table 2 : Bhunimbadi Agada - Properties of the Ingredients

DRUG	RASA	GUNA	VEERYA	VIPAKA	KARMA
BHUNIMBA[2]	Tikta	Laghu, rooksha	Sheeta	Katu	Kaphapittahara
MUSTA[3]	Tikta, katu, Kashaya	Laghu, rooksha	Sheeta	Katu	Kaphapittahara
KATUKA[4]	Tikta	Laghu, rooksha	Sheeta	Katu	Kaphapittahara
TRAYANTI[5]	Tikta	Laghu, rooksha	Ushna	Katu	Kaphavtahara
INDRAYAVA[6]	Katu	Laghu, rooksha, sangrahi	Sheeta	Katu	Tridoshagna
CHITRAKA[7]	Katu	Laghu, rooksha, teekshna	Ushna	Katu	Kaphavatahra
KUTAJA[8]	Tikta, Kashaya	Laghu, rooksha	Sheeta	Katu	Kaphapittahara

METHOD OF PREPARATION

The above said ingredients are taken in mentioned ratio and are finely powdered separately. It is further made into *Kashaya* (decoction). While the exact dose is not prescribed, the standard dosage of *kashaya* of 2 Pala (around 96 ml) is administered internally on an empty stomach.

Diagram 1: Analysis of Rasa (taste) of ingredients in Bhunimbadi Agada
Tikta rasa - 62%, Katu rasa - 30%, Kashaya rasa - 20%

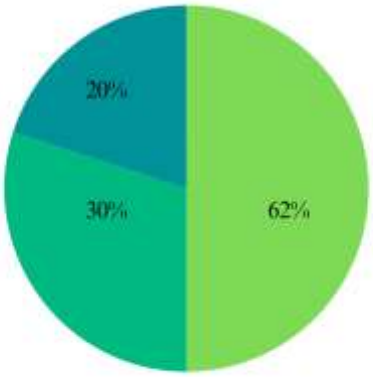

Diagram 2: Analysis of Guna (properties) of ingredients in Bhunimbadi Agada
Laghu guna - 48%, Rooksha guna - 48%, Sangrahi guna - 1%, Teekshna guna - 1%

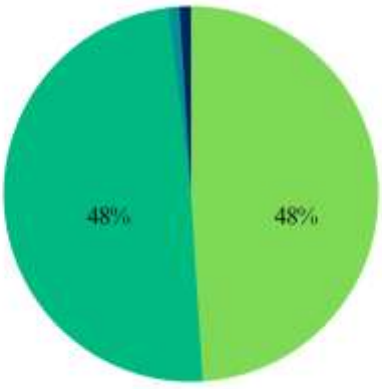

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Diagram 3: Analysis of Virya (potency) of ingredients in Bhunimbadi Agada
Sheeta virya - 70%, Ushna virya - 30%

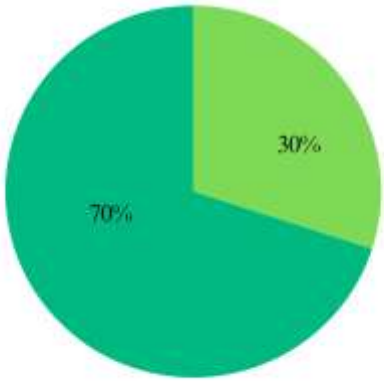
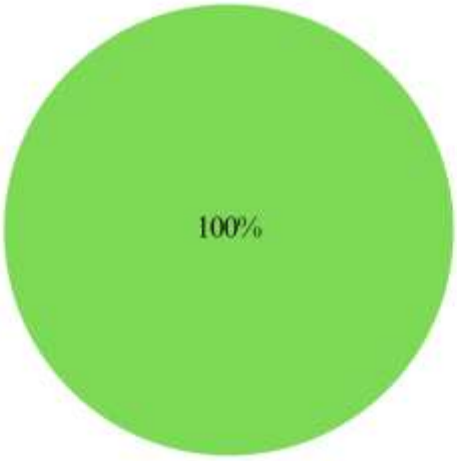


Diagram 4: Analysis of Vipaka of ingredients in Bhunimbadi Agada
Katu vipaka - 100%



INDICATIONS

Visha Atisara (diarrhoea caused due to poisoning), *Udavarta* (reverse movement of *vata*), *Kasa* (cough), *Shwasa* (upper respiratory diseases) and *Jwara* (fever).

PREVIOUS RESEARCH WORKS

A comparative in-vitro study was conducted on efficacy of *Bhunimbadi agada* and *Dusivisari agada* on *E.coli*, *Staphylococcus*, *Shigella* and *Salmonella* against *Vilvadi agada* and Ciprofloxacin in the context of bacterial food poisoning. It concluded that *Bhunimbadi agada* and *Dusivisari agada* showed equal antibacterial activity, when compared to standard Ciproflaxin and *Vilvadi agada.*[9]

DISCUSSION

Bhunimbadi Agada is an effective yet unexplored formulation, with its convenient mode of preparation. The formulation contains 62% of *Tikta rasa*, 38% of *Katu rasa* by then aiding in *Deepana-pachana*, and 20% of *kashaya rasa* that helps in *Sthambhana* of *Atisara*. *Laghu* and *rooksha gunas* not only help in *ama pachana* but also enhance the spreadability of the medicine. Even Though, it is *Katu vipaka*, the existing *Sheeta virya* counteracts the *visha* and acts mainly as *Kaphapittahara*, and *Kaphavatahara*.

Due to its *tikta rasa*, *laghu rooksha guna*, it can be even administered in *Ajeerna*. The presence of *Sthambhana guna* helps in treating conditions like *Grahani, Pravahika* and Irritable bowel syndrome. As the formulation highlights its utility in treating diarrhoea caused due to poisoning, it can also be administered in cases of Typhoid and Cholera, which are transmitted through contaminated water. *Bhunimbadi agada* can also be administered in Food poisoning.

CONCLUSION

Diarrhoea is one of the significant symptoms caused due to complications of poisoning. In the present era, water-borne illnesses are very common, in which diarrhoea is the main symptom involved. *Bhunimbadi agada*, mentioned in *Ashtanga sangraha* in the chapter *Visha pratishedha*, under the context of *visha atisara*, explains its utility in the modern, polluted and contaminated world. Even though, it is not available in the

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market, its readily available ingredients and easy method of preparation will hit the *Ayurvedic* community. It is crucial to undertake further research to deepen our understanding of *Bhunimbadi Agada's* efficacy and underlying mechanisms. Such investigations can help substantiate traditional *Ayurvedic* practices while potentially revealing new therapeutic applications. Advancing clinical insights may also contribute to the development of more effective, evidence-based treatment protocols for managing *vishaja atisara* (poison-induced diarrhoea). Overall, *Bhunimbadi Agada* holds significant promise within the scope of traditional medicine and merits ongoing study and integration into modern clinical practice.

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