

**EKASARA GANA: A REVIEW**Krishnapriya S ^{*1}, Sk. Hafiz Hasan ¹, Gazala Hussain ²¹Final year PG Scholar, Dept. of Agada Tantra, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India²Associate Professor, Dept. of Agada Tantra, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India

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ABSTRACT

Agada Tantra is the branch of medicine that deals with Toxicology and is one among the eight branches of Ayurveda. In Bruhatrayees many formulations are mentioned for the management of poisons. In Susrutha samhita under the context of sarpadashta visha chikitsa Ekasara gana is mentioned. It is a group of 19 drugs out of which 18 drugs are of plant origin and one is krishnamrutika. A single drug or combination of two, three drugs, etc. based on predominance of dosha can be selected and used internally or externally for the management of poisonous conditions of snake bite. Out of the drugs mentioned, seven drugs are sheeta veerya and twelve drugs are ushna veerya in nature. Many drugs have proved to have anti-microbial, antivenom, antioxidant, antimicrobial, etc. properties. Most of the drugs are easily available, easy to formulate and practice; there remains scope for research of this gana.

Key words: Ekasara gana, Visha, Sarpa**INTRODUCTION**

Poison is defined as any substance taken into or formed in the body that destroys life or impairs health. Knowledge on the origin, development and toxicity manifestations of accumulated poisons exogenous or endogenous, and suitable remedial measures are an integral part of health¹. As there is mention of vishaghna gana in Charaka samhita in similar lines one can find the mention of

Ekasara gana in Sushruta Samhita in visha Chikitsa. Most of the drugs have properties of visha that may help in the quicker action in management of visha².

Ekasara gana is a group of drugs mentioned to be used with a single, drug, two, three or any combination based on the condition of the poison and manifestations in patients. It is a group of 19 drugs and most are of plant origin³.

Table 1: Ingredients of Ekasara gana

Name	Latin name	Part used
Katabhi	<i>Celastrus paniculatus</i>	Bark
Nirgundi	<i>Vita nigundo</i>	Leaf
Bakuchi	<i>Psoralea corylifolia</i>	Seed
Varuna	<i>Crataeva nurvala</i>	Stem bark
Kushta	<i>Saussurea lappa</i>	Root
Sarpagandha	<i>Rauvolfia serpentina</i>	Root
Saptala	<i>Acacia concinna</i>	Bark
Punarnava	<i>Boerhavia diffusa</i>	Leaf
Sirisha	<i>Albizia lebbeck</i>	Stem bark
Aragvada	<i>Cassia fistula</i>	Fruit pulp
Shyama	<i>Operculina turpethum</i>	Root bark
Arka	<i>Calotropis gigantea</i>	Latex
Ambastha	<i>Cissampelos pareira</i>	Root
Vidanga	<i>Embalia ribes</i>	Fruit
Asmantaka	<i>Ficus rumphii</i>	Stem bark
Bhumi		
Kurabaka	<i>Barleria prionitis</i>	Bark
Choraka	<i>Angelica glauca</i>	Root
Amra	<i>Mangifera indica</i>	Seed

Table 2: Pharmacological properties of individual drugs⁴

Drug	Rasa	Guna	Veerya	Vipaka	Karma ⁵
Katabhi	Katu (pungent), Tikta (bitter)	Laghu (light) , ruksha (dry)	Ushna (hot)	Katu (pungent)	Vranahara (ulcer- healing), Visarpa (erysipelas)
Nirgundi	Tikta (bitter), Katu (pungent)	Laghu (light) , ruksha (dry)	Ushna (hot)	Katu (pungent)	Vishaghna (anti-poisonous), Krimighna (anti-microbial)
Bakuchi	Katu pungent) , Tikta (bitter)	Laghu (light) , ruksha (dry)	Ushna (hot)	Katu (pungent)	Kushtaghna (useful in skin disease), Krimighna (anti-microbial)
Varuna	Kashaya (astringent), Tikta (bitter)	Laghu (light)	Sheetha (cold)	Katu (pungent)	Krumihara (anti-microbial), Hrudya (cardio protective), Raktadoshahara (purifies blood)
Kushta	Tikta (bitter), Madhura (sweet)	Laghu (light), ruksha (dry)	Ushna (hot)	Katu (pungent)	Kushtaghna (useful in skin disease), Visarpa (erysipelas)
Sarpagandha	Tikta (bitter)	Laghu (light)	Sheetha (cold)	Katu (pungent)	Vranahara (wound healing) Krimighna (anti-microbial), Vishaghna (anti-poisonous)
Saptala	Tikta (bitter)	Laghu (light)	Sheeta (cold)	Katu (pungent)	Kandughna (itching), Twakvikara (skin disease)
Punarnava	Tikta (bitter), Madhura(sweet)	Laghu (light) , ruksha (dry)	Ushna (hot)	Katu (pungent)	Vranahara (wound healing), Hrudrogajith (cardio protective)
Shirisha	Kashaya (astringent), Tikta (bitter)	Laghu (light)	Sheetha (cold)	Katu (pungent)	Visarpa (erysipelas), Vishaghna (anti-poisonous)
Aragwadha	Madhura (sweet)	Mrudu (soft) , Snigdha (unctuous)	Sheetha (cold)	Madhura (sweet)	Hrudya (cardio protective), Jwaraghna (anti-pyretic)
Shyama	Tikta (tikta) , Katu (pungent)	Laghu (light)	Sheetha (cold)	Katu (pungent)	Krumihara (anti-microbial), Hrudya (cardio protective)
Arka	Katu (pungent) Tikta (bitter)	Laghu (light), ruksha (dry)	Ushna (hot)	Katu (pungent)	Krumihara (anti-microbial), Vranahara (ulcer)
Ambashta	Tikta (bitter)	Laghu (light)	Ushna (hot)	Katu (pungent)	Vishaghna (anti-poisonous), Hrudya (cardio protective), Krumighna (anti-microbial), Garavisha (artificial poison)
Vidanga	Kashaya (astringent), Tikta (bitter)	Laghu (light)	Ushna (hot)	Katu (pungent)	Krimihara (anti-microbial)
Ashmantaka	Kashaya (astringent)	Laghu (light)	Sheetha (cold)	Katu (pungent)	Vishaghna (anti-poisonous), Daha (burning sensation)
Bhumi	-	-	-	-	-
Kurabaka	Tikta (bitter), madhura (sweet)	laghu (light)	Ushna (hot)	Katu (pungent)	Kushta (skin disease), Kandughna (itching)
Choraka	Katu (pungent), Tikta (bitter)	Laghu (light)	Ushna (hot)	Katu (pungent)	Hridya (cardio protective), Sangnyasthapaka
Amra	Kashaya (astringent)	Laghu (light)	Sheetha (cold)	Madhura (sweet)	Chardighna (anti-emetic)

Based on veerya of the ingredients

63.16% of the ingredients are having ushna veerya and 36.84% of the ingredients are having sheeta veerya (Fig :1).

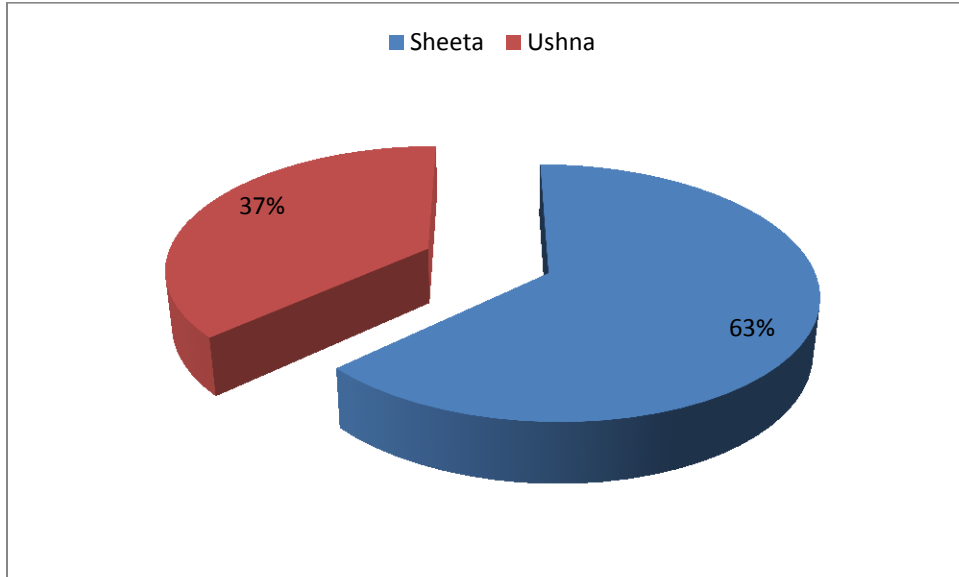


Fig 1: Veerya of ingredients

Based on action of the ingredients

The ingredients have various actions and 31.58% of drugs have Vatahara action, 26.32% are Pittahara, 47.37% are Kaphahara, 21.10% are Vishaghna, 15.79% are Kushtaghna, 5.26% are Sophahara and Dahaprashamana, 10.53% are Vranaropana and Kandughna, and 31.58% are Krimighna (Fig :2).

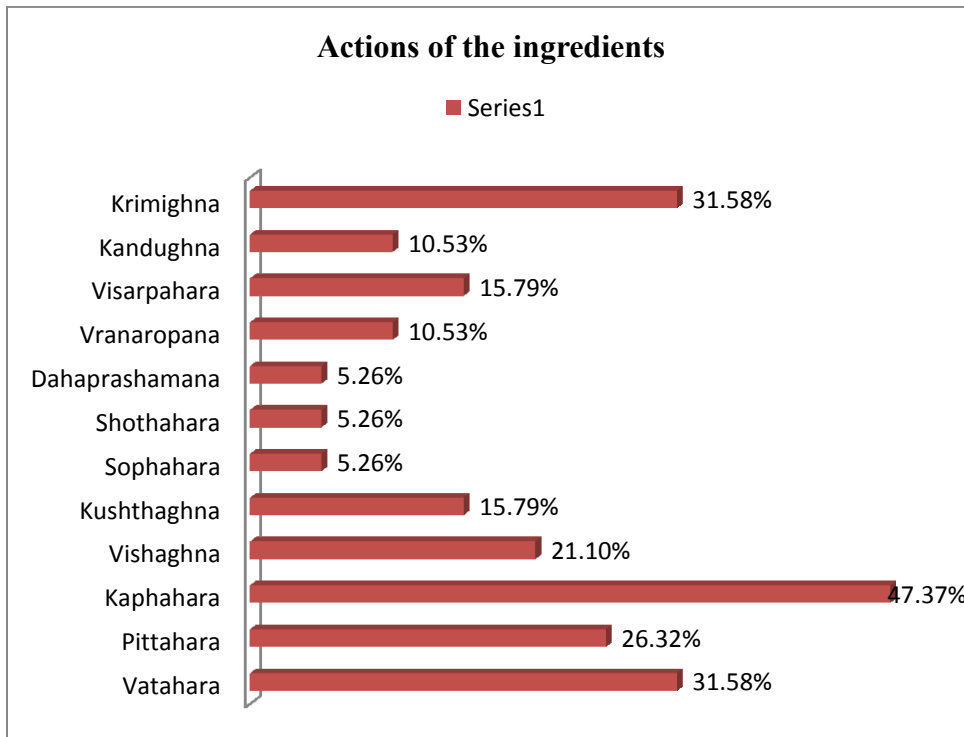


Fig 2: Action of ingredients

DISCUSSION

Ekasara gana is mentioned for the treatment of visha under sarpadashta visha chikitsa. In this group of drugs, 18 drugs are of plant origin and one is krishna mruttika⁶. Seven drugs are having sheetha veerya and twelve drugs are having ushna veerya. Compared to the properties of visha these drugs have seetha, laghu, snigdha, etc. properties and hence will act in counteracting the ill effects caused because of visha. Most of the drugs have kaphapittahara properties. Nirgundi has antivenom, antioxidant, and antimicrobial properties⁷. Punarnva has hepatoprotective activity⁸ and bakuchi has antimicrobial activity⁹.

The mode of administration and dosage form has not been mentioned and hence it can be used in different forms based on the type of poison and condition of patient.

CONCLUSION

Ekasara gana is a group of drugs explained for management of visha that can be used single or in combination based on the yukti and manifestation of the doshas. Single drug like Nirgundi, Bakuchi, Varuna, Sarpagandha, Shyama, Arka, Ambashta and Vidanga have antimicrobial, anti-inflammatory, etc. have proved that it can be used in the management of visha. No research works are carried out on this gana and hence there remains a wide scope for research. Most of the drugs are easily available and hence can be practiced and used in clinical studies.

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