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THE ROLE OF HIMAVAN AGAD IN AGAD TANTRA: A COMPREHENSIVE REVIEW

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ABSTRACT

Himvaan Agad is a specialized polyherbal antitoxic formulation described by *Acharya Vagbhata* in the *Ashtanga Hridaya (Uttara Sthana)* for managing vasculotoxic snakebite envenomation (*Mandali Sarpavisha*) and secondary toxic-inflammatory dermatoses. **Objective:** This review critically evaluates the phytopharmacological dynamics, doshic mechanisms, and therapeutic efficacy of *Himvaan Agad* in mitigating local tissue injury, acute inflammation, and systemic toxicity. **Methods:** Classical literature from *Agada Tantra* was synthesized alongside modern pharmacological data on the individual botanical constituents. The formulation's bio-active profile was analyzed with respect to its organoleptic properties (*Rasa, Veerya, Vipaka*) and targeted bio-actions. **Results:** *Himvaan Agad* is predominantly characterized by *Kashaya* (astringent) and *Tikta* (bitter) tastes, paired with *Sheeta Veerya* (cooling potency). These

properties effectively suppress hyper-active *Pitta* and *Rakta* vitiation—the primary drivers of vasculotoxic pathology. The constituent phytochemicals (tannins, flavonoids, triterpenoids, and polyphenols) exert marked anti-inflammatory, antipyretic, hemostatic, and tissue-regenerative effects (*Dahahara*, *Jwaraghna*, *Vishaghna*, *Shothahara*, *Vranaropana*). The addition of honey (*Kshoudra*) acts as a bio-enhancer (*Yogavahi*), accelerating cellular absorption and microbial barrier control. **Conclusion:** *Himvaan Agad* presents a multi-target therapeutic strategy that effectively counteracts local edema, necrosis, burning sensation, and hemorrhagic complications associated with viperine toxicity. Standardized preclinical neutralization studies and modern dosage-form formulations are recommended to integrate this classical antitoxin into contemporary integrative protocols.

Keywords: *Himvaan Agad*, *Ashtanga Hridaya*, *Agada Tantra*, *Mandali Sarpavisha*, Vasculotoxic Envenomation, Polyherbal Antitoxin, *Pitta-Rakta Shamaka*.

INTRODUCTION

Agad Tantra is a specialized branch of Ayurveda dedicated to toxicology and the comprehensive management of poisons. It encompasses the study of natural toxins derived from flora, fauna, and minerals, as well as synthetic and artificial toxic agents. Rooted in classical *Ayurvedic* literature, *Agada Tantra* provides systematic insights into the clinical identification, symptomatology, and therapeutic antidotes for diverse toxicities, emphasizing systemic detoxification and the restoration of homeostatic balance.

Central to this discipline is the therapeutic application of *Agadas*—specialized polyherbal and herbo-mineral formulations designed to neutralize systemic toxins, re-establish *dosha* equilibrium, and facilitate physiological recovery. Among these classical formulations, *Himavan Agada* is specifically highlighted by *Acharya Vagbhata* in the therapeutic management of *Mandali Sarp Visha* (viperine snake envenomation). Comprising 16 distinct ingredients, *Himavan Agada* possesses potent **antitoxic, anti-inflammatory, and antipyretic properties**. Beyond snakebite envenomation, classical texts indicate its therapeutic efficacy in managing associated clinical manifestations such as ***Shotha***(edema), ***Visarpa*** (erysipelas/cellulitis), ***Vishphota***(vesicular eruptions), ***Jwara***(fever), and ***Daaha*** (burning sensation) [1].

METHOD PREPARATION AND ADMINISTRATION

Method of Preparation (*Nirmana Vidhi*)

All 16 raw ingredients are thoroughly cleaned, dried, and measured in equal proportions (1:1 ratio). The ingredients are then pulverized together to obtain a fine powder (*Sookshma Churna*). To prepare the topical formulation, an adequate quantity of *Kshaudra* (honey) is added to the

churna and mixed homogeneously until a paste-like consistency (*Lepa*) suitable for external application is achieved.

Mode of Administration and Dosage

- **External Application (*Bahya Parimarjana*):**

- **Formulation:** Applied topically as a paste (*Lepa*) over the affected area.
- **Indication:** Indicated for localized manifestations such as *Shotha* (edema), *Visarpa* (cellulitis/erysipelas), *Vishphota* (vesicular eruptions), and *Daaha* (burning sensation).

- **Internal Administration (*Abhyantara Parimarjana*):**

- **Formulation:** Administered orally to manage systemic manifestations including *Jwara* (fever) and generalized toxicity.
- **Anupana (Adjuvant):** No specific *Anupana* is explicitly mandated in classical texts for internal use; however, lukewarm water or honey (*Kshaudra*) is conventionally utilized in clinical practice depending on *dosha* involvement.

Table 1: Ayurvedic and pharmacological properties of the ingredients of Himvaan agad.

S. No.	Ingredients[2]	Properties[3]	Pharmacological properties
1.	<i>Shirish</i> (L.N.- <i>Albizia lebbek</i> Family – Fabaceae)	<i>Rasa</i> - <i>Kashaya, Tikta, Madhur</i> <i>Guna</i> - <i>Laghu, Ruksha</i> <i>Veerya</i> - <i>Ushna</i> <i>Vipaka</i> - <i>Katu</i> <i>Karma</i> – <i>Varnya, Vishagna, Shothahara, Vranaropana</i> <i>Dosha Prabhav</i> – <i>Tridoshahara</i>	Antioxidant, Anti Tussive, Anti Asthmatic, Antidiarrheal, Antiarthritic, Analgesic, Antidiabetic, Anti Inflammatory, Immunomodulatory, Antipyretic, Anti-Microbial[4]
2.	<i>Pippala</i> (L.N.- <i>Ficus religiosa</i> Family-Moraceae)	<i>Rasa</i> - <i>Kashaya, Madhur</i> <i>Guna</i> - <i>Guru, Ruksha</i> <i>Veerya</i> - <i>Sheeta</i> <i>Vipaka</i> - <i>Katu</i> <i>Karma</i> – <i>Varnya, Vranashodhana, Vranaropana</i> <i>Dosha Prabhav</i> - <i>Kaphapittahara</i>	Antidiabetic, Anti Inflammatory, Analgesic, Antioxidant, Anticonvulsant, Antimicrobial, Anti Amnesic, Anti Acetylcholinesterase Activity
3.	<i>Vat</i>	<i>Rasa</i> - <i>Kashaya</i>	Anti-Angiogenic, Antitumor, Anti

	(L.N.-Ficus benghalensis) Family- Moraceae)	Guna - Guru, Ruksha Veerya - Sheeta Vipaka - Katu Karma – Varnya, Sthambhana, Rakthapittahara, Visarpahara Dosha Prabhav - Kaphapittahara	Inflammatory, Anti-Oxidant, Antidiabetic, Antibacterial, Anti Diarrheal[6]
4.	Plaksha (L.N.-Ficus lacor) Family- Moraceae)	Rasa - Kashaya Guna - Guru, Ruksha Veerya – Sheeta Vipaka -Katu Karma Mutrasangrahaniya, Rakthapittahara, Vranahara Dosha Prabhav - Kaphapittahara	Anti-Inflammatory, Anti Arthritic, Free Radical Scavenging Activity, Antidiabetic, Hepatoprotective, Anthelmintic, Antifilarial Activity[7]
5.	Vetasa (L.N.-Salix caspera) Family- Salicaceae)	Karma – Jwaragna, Vednasthapan, Dosha Prabhav - Kaphapittahara	Neuroprotective, Hepatoprotective, Anti-Obesity, Anti Lipidemic[8]
6.	Aamlaki (L.N.-Emblica officinalis) Family- Euphorbiaceae)	Rasa - Panchrasa (Lavanrahit) Amla Pradhan Guna - Guru, Ruksha, Sheeta Veerya - Sheeta Vipaka - Madhur Karma – Dahaprashman, Chaksusya, Keshya Dosha Prabhav - Tridosahara	Anti-Ageing, Cardio Protective, Hepato Protective, Immunomodulator, Cytoprotective, Anti-Inflammatory, Antipyretic, Hypolipidemic, Antidiabetic, Antioxidant, Anticancer, Antibacterial, Neuroprotective, Nephroprotective[9]
7.	Haritaki (L.N.-Terminalia chebula) Family- Combretaceae)	Rasa - Panchrasa (Lavanrahit), Kashaya Pradhan Guna - Laghu, Ruksha Veerya - Ushna Vipaka - Madhur Karma – Jwaragna, Prajasthapan, Kushtagna, Kaashagna Dosha Prabhav - Tridosahara	Antidiabetic, Antiviral, Anticancer, Antibacterial, Cardiotonic, Cardioprotective, Antifungal, Antioxidant, Cytoprotective, Anti-Inflammatory, Anti-Arthritic, Radioprotective, Antispasmodic, Hypolipidemic, Hypocholesterolic[10]

8.	<i>Vibhitaki</i> (L.N.- <i>Terminalia bellirica</i>) Family- Combretaceae)	<i>Rasa</i> - Kashaya <i>Guna</i> - Ruksha, Laghu <i>Veerya</i> - Ushna <i>Vipaka</i> - Madhur <i>Karma</i> – Jwarahara, Shothhara, Vedanasthapan, Raktasthambhak <i>Dosha Prabhav</i> – Tridosahara (Mainly Kaphara)	Analgesic, Anti Diarrhoeal, Anti-Hypertensive, Anti-Microbial, Anti Spasmodic, Wound Healing, Anticancer, Antiulcer, Antipyretic, Antithrombotic, Thrombolytic Activity[11]
9.	<i>Yashtimadhu</i> (L.N.- <i>Glycyrrhiza glabra</i>) Family- Leguminosae)	<i>Rasa</i> - Madhur <i>Guna</i> - Guru, Snigdha <i>Veerya</i> – Sheeta <i>Vipaka</i> - Madhur <i>Karma</i> – Dahashamak, Keshya, Vedanasthapan, Shothhara, Varnya <i>Dosha Prabhav</i> - Vaatpittahara	Antioxidant, Anti Tussive, Antidemulcent, Anti-Malarial, Antifungal, Immunostimulatory, Anti Inflammatory, Anti-Viral, Anti Thrombotic, Neuroprotective, Antidiabetic, Anti Dyslipidemic, Skin Lightening[12]
10.	<i>Nagapushpa</i> (L.N.- <i>Mesua ferrae</i>) Family- Guttiferae)	<i>Rasa</i> - Kashaya, Tikta <i>Guna</i> - Laghu, Ruksha <i>Veerya</i> - Ushna <i>Vipaka</i> – Katu <i>Karma</i> – Vedanasthapan, Chardinigrahan, Shonitsthapan, Kushtagna, Vishagna <i>Dosha Prabhav</i> - Kaphpittashamak	Anti-Oxidant, Analgesic, Anti Inflammatory, Anti Arthritic, Antimicrobial, Antifungal, Water Disinfectant Properties, Anti Venom Activity (In Scorpion) Anti Hemorrhoid, Wound Healing, Antiulcer, Antidiabetic, Immunomodulatory, Hormone Balance, Hepatoprotective, Cardioprotective, Anticancer[13]
11.	<i>Elavaluka</i> (L.N.- <i>Prunus cerassus</i>) Family- Rosaceae)	<i>Rasa</i> - Kashaya <i>Guna</i> - Laghu, Sheeta <i>Veerya</i> – Sheeta <i>Vipaka</i> – Katu <i>Karma</i> – Grahi, Jwarahara <i>Dosha Prabhav</i> - Varnya,	Antidiabetic, Immunomodulatory, Enhanced Sleep, Antioxidant, Antimicrobial, Anti Tumor, Anti Estrogen, Anticancer[14]

		<i>Rakthapittahara</i>	
12.	Jeevaka (L.N.- <i>Malaxis accuminata</i> Family- Orchidaceae)	Rasa - Madhura Guna – Guru Veerya – Sheeta Vipaka – Madhura Karma – Shukraprada,dahahara, jwarahara Dosha prabhav - Vaatpittahara	Aphrodisiac, Analgesic, Antidysentric, Antimicrobial, Anti-Inflammatory, Digestive Stimulant, Immunomodulatory, Depurative, Antioxidant, Carminative, Anti-Ageing[15]
13.	Rushabhaka (L.N.- <i>Melaxis musifera</i> Family- Orchidaceae)	Rasa – Madhura Guna – Guru, Sheeta Veerya – Sheeta Vipaka – Madhura Karma – Jeevaniya, Jwaragna, Shukrala Dosha Prabhav - Vaatpittahara	Rejuvenative, Haemostatic, Antidiarrhoeal, Antioxidant, Anti-Inflammatory, Anti-Aging, Spermatogenic, Antidysenteric[16]
14.	Sheeta(Chandana) (L.N.- <i>Santalum Album</i> Family- Santalaceae)	Rasa - Tikta, Madhura Guna - Laghu, Ruksha Veerya – Sheeta Karma – Varnya,Dahagna, Jwaragna, Visarpahara Dosha Prabhav - Kaphapittahara	Hepatoprotective, Antiulcer, Antibacterial, Antipyretic, Insecticidal, Anticancer, Anti-Inflammatory, Cardioprotective, Antihyperglycemic, Antihyperlipidemic, Antiviral, Hemolytic, Antioxidant[17]
15.	Padmaka (L.N.- <i>Prunus Cerasoides</i> Family- Rosaceae)	Rasa - Kashaya, Tiktha Guna – Laghu Veerya – Sheeta Vipaka – Katu Karma – Varnya, Rakthapittahara, Visarpahara, Kushtagna Dosha Prabhav - Kaphapittahara	Antibacterial, Diuretic, BPH Protective, Antioxidant, Cytotoxic Activity[18]
16.	Utpala (L.N.- <i>Nymphaea Nouchali</i>	Rasa - Madhura, Kashaya, Tiktha Guna - Laghu, Snigdha, Picchil Veerya - Sheeta	Antimicrobial, Antifungal, Antihepatotoxic, Analgesic, Anti Inflammatory,

	Family- Nymphaceae)	Vipaka – Madhura Karma – Rakthapithahara, Dahagna, Jwaragna Dosha Prabhav - Tridosahara	Antidiabetic, Antiulcer, DNA Protective[19]
17.	Kshoudra (Honey)	Rasa - Kashaya, Madhura Guna - Sheeta, Laghu, Ruksha Veerya - Sheeta Karma – Lekhana, Varnya, Vranashodanaropana, Dahagna, Kushtagna Dosha Prabhav - Kapha-Pitta Shamaka	
18.	Sita (Sugar)	Rasa – Atimadhura Veerya – Sheeta Karma – Dahahara, Jwaragna, Chardigna Dosha Prabhav - Vatapittahara	

INDICATIONS AND THERAPEUTIC MECHANISM

Indications

Himavan Agada is primarily indicated in classical Ayurvedic literature for the management of *Mandali Sarpa Visha* (viperine snake envenomation). Furthermore, it is indicated for secondary inflammatory and systemic complications, including:

- **Shotha (Edema / Localized Swelling)**
- **Visarpa (Spreading Inflammatory Lesions / Erysipelas)**
- **Vishphota (Vesicular and Blister Eruptions)**
- **Jwara (Fever / Systemic Inflammatory Response Syndrome)**
- **Daha (Burning Sensation / Local Hyperthermia)**

Pathophysiological Correlation and Mode of Action

1. Clinical Correlation with Vasculotoxic Envenomation

The clinical presentation of *Mandali Sarpa Visha* closely mirrors modern vasculotoxic envenomation, such as that caused by vipers (*Viperidae* family). Modern hematotoxins induce microvascular damage, tissue necrosis, cellular inflammation, and systemic coagulopathies.

- **Local Manifestations:** *Shotha* (edema), *Daha* (burning pain), and local *Vedana* (pain) reflect localized endothelial injury, tissue destruction, and acute inflammation.
- **Systemic Manifestations:** Systemic spread of the venom can trigger hemorrhagic conditions (e.g., epistaxis, hematuria, hematemesis), systemic hypotension, and acute multi-organ dysfunction.

2. Pharmacodynamics of Himavan Agada

Since *Pitta Dosha* and *Rakta Dhatu* (blood tissue) are predominantly vitiated in *Mandali Sarpa Visha*, the therapeutic strategy necessitates interventions that are cooling, anti-inflammatory, and detoxifying (*Pitta-Rakta Shamaka*). *Himavan Agada* addresses this through a multi-targeted pharmacological approach:

- **Rasa (Taste) Profile:** Dominated by *Kashaya* (astringent) and *Tikta* (bitter) tastes, which naturally pacify aggravated *Pitta* and *Kapha*, cleanse the *Rakta Dhatu* (blood), and arrest inflammatory discharges.
- **Veerya (Potency):** The predominant *Sheeta Veerya* (cold potency) across its formulation counteracts the *Ushna* (hot) and *Tikshna* (sharp) qualities of snake venom, thereby alleviating localized burning sensations (*Dahaprashamana*) and systemic inflammatory response (*Jwaraghna*).
- **Pharmacological Actions (Karma):**
 - **Anti-toxic & Analgesic (*Vishaghna&Vedanasthapana*):** Neutralizes circulating toxins and mitigates pain.
 - **Anti-inflammatory & Anti-edematous (*Shothahara*):** Reduces vascular permeability and swelling.
 - **Wound Healing & Hemostatic (*Vranaropana&Raktapittahara*):** Promotes microvascular integrity and accelerates tissue repair at the bite site.
- **Synergistic Vehicle (*Yogavahi*):** *Kshaudra* (honey) functions as a *Yogavahi* (bio-enhancer), facilitating deeper tissue penetration and enhancing the bio-absorption of the active phytoconstituents.

INDICATIONS OF HIMAVAN AGADA IN MANDALI SARPA VISHA

1. Clinical & Pathophysiological Correlation

Mandali Sarpa Visha (viperine snake envenomation) presents a clinical profile that directly aligns with modern vasculotoxic and hematotoxic snakebite pathology (primarily from the *Viperidae* family).

- **Local Envenomation Manifestations:** The localized symptoms of *Mandali Vishadamsha* (bite site)—principally *Shotha* (acute edema), *Daha* (severe localized hyperthermia and burning sensation), and *Vedana* (intense pain)—are pathological reflections of venom-induced endothelial breakdown, capillary hyperpermeability, acute tissue inflammation, and cellular necrosis.
- **Systemic Vasculotoxic Complications:** The rapid absorption and systemic diffusion of viperine hemotoxins trigger coagulopathy and vascular injury. Clinically, this presents as localized or distant hemorrhagic tendencies (e.g., epistaxis, hemoptysis, hematemesis, hematuria), profound hypotension, intravascular hemolysis, and multi-organ dysfunction syndrome (MODS).

2. Multi-Targeted Pharmacodynamics of *Himavan Agada*

Himavan Agada serves as a specialized antitoxic (*Vishaghna*) formulation formulated to systematically neutralize both localized and systemic manifestations of *Mandali Sarpa Visha* through distinct pharmacological pathways:

A. Dosha-Dhatu Target Dynamics

Mandali Sarpa Visha predominantly aggravates *Pitta Dosha* and severely vitiates *Rakta Dhatu* (blood and vascular tissue). The herbal matrix of *Himavan Agada* counteracts this pathology via:

- **Rasa (Taste) Profile:** Dominated by *Kashaya* (astringent) and *Tikta* (bitter) tastes, which pacify hyperactive *Pitta*, purify vitiated *Rakta*, and inhibit exudative or hemorrhagic fluids.
- **Veerya (Potency):** The predominant *Sheeta Veerya* (cooling energy) directly neutralizes the *Ushna* (hot) and *Tikshna* (sharp/penetrating) attributes (*Gunas*) inherent to snake venom, providing rapid relief from tissue hyperthermia (*Daha*) and systemic pyrexia (*Jwara*).

B. Therapeutic Properties (Karma)

The constituents of *Himavan Agada* exhibit synergistic pharmacological actions essential for envenomation management:

- **Dahaprashamana&Trushnaprashamana:** Reduces burning sensations and alleviates severe systemic thirst.
- **Raktapittahara&Vishaghna:** Restores microvascular stability, arrests systemic hemorrhagic tendencies, and neutralizes circulating toxins.
- **Shothahara&Vedanasthapana:** Exerts anti-edematous and analgesic actions by mitigating localized inflammation and microvascular leakage.

- **Vranaropana&Jwaraghna:** Facilitates necrotic tissue repair at the bite mark and controls venom-induced Systemic Inflammatory Response Syndrome (SIRS)/fever.

C. Bio-enhancement via Kshaudra (Honey)

When co-administered or blended into a paste (*Lepa*), *Kshaudra* functions as a *Yogavahi* (catalytic bio-enhancer). It facilitates rapid dermal and systemic absorption of the active phytoconstituents across biological membranes without altering their inherent potency.

INDICATIONS OF HIMAVAN AGADA IN SHOTHA (EDEMA & INFLAMMATION)

1. Pathophysiological Background of *Shotha*

In Ayurvedic pathology, *Shotha* denotes localized inflammatory swelling or generalized edema caused by microvascular breakdown and fluid retention. Although initiated primarily by an aggravation of *Vata Dosha* disrupting fluid movement (*Kleda*), secondary involvement of *Pitta* (inducing localized heat, erythema, and increased vascular permeability) and *Kapha* (causing fluid stagnation and tissue swelling) plays a critical role—particularly during toxin-induced inflammatory cascades.

2. Multi-Targeted Pharmacodynamics of *Himavan Agada* in *Shotha*

The therapeutic efficacy of *Himavan Agada* in mitigating *Shotha* relies on its *Tridosahara* (balancing all three *doshas*) and multi-factorial pharmacodynamics:

A. *Rasa, Guna, Veerya, and Vipaka Dynamics*

- **Exudate Control (*Kashaya Rasa&Ruksha Guna*):** The predominant *Kashaya* (astringent) taste and *Ruksha* (dry) property exert styptic and fluid-binding effects, effectively drying tissue exudates and reducing microvascular extravasation.
- **Endotoxin Clearance & Metabolic Correction (*Laghu Guna&Katu Vipaka*):** Promotes the digestion and neutralization of *Ama* (metabolic toxins/endotoxins), halting inflammatory signalling and preventing further interstitial fluid accumulation.
- **Microcirculatory Dynamics (*Ushna vs. Sheeta Veerya Synergy*):**
 - *Ushna Veerya* (warm potency) components enhance local lymphatic drainage and dissolve *Kapha*-induced stagnation.
 - *Sheeta Veerya* (cold potency) components counteract *Pitta*-mediated hyperthermia, soothe active endothelial inflammation, and prevent tissue destruction.

B. Key Therapeutic Actions (*Karma*)

- **Shothahara (Anti-edematous):** Directly decreases capillary permeability and promotes systemic fluid clearance.
- **Vedanasthapana (Analgesic):** Mitigates nociceptive sensation and localized pain at the inflammatory site.
- **Raktapittahara&Jwaraghna (Anti-hemorrhagic & Antipyretic):** Protects vascular walls, prevents local extravasation of red blood cells, and manages systemic inflammatory response syndrome (SIRS).

3. Key Phytotherapeutic Agents

Classical texts emphasize specific botanical ingredients within *Himavan Agada* renowned for their anti-inflammatory and tissue-protective properties:

- **Shirisha (*Albizia lebbek*):** Widely recognized for its potent *Vishaghna* (antitoxic), anti-histaminic, and mast-cell stabilizing properties.
- **Vibhitaki (*Terminalia bellirica*):** Acts as a powerful anti-inflammatory and diuretic agent that facilitates fluid excretion.
- **Yashtimadhu (*Glycyrrhiza glabra*):** Provides significant demulcent, anti-inflammatory (glycyrrhizin-mediated), and tissue-soothing activity.

Collectively, these phytoconstituents confer **anti-inflammatory, analgesic, antimicrobial, diuretic, anti-arthritic, and antipyretic** pharmacological actions, making *Himavan Agada* a comprehensive formulation for managing venom-induced and general inflammatory *Shotha*.

INDICATIONS OF HIMAVAN AGADA IN VISARPA (ERYSIPELAS / CELLULITIS)

1. Pathophysiological Background of *Visarpa*

In Ayurvedic dermatology and toxicology, *Visarpa* refers to acute, rapidly spreading inflammatory skin lesions clinically comparable to acute cellulitis, erysipelas, or necrotizing soft-tissue complications triggered by vasculotoxic envenomation. The disease pathogenesis (*Samprapti*) is principally driven by hyper-vitiated *Pitta Dosha* interacting with *Rakta* (blood), *Mamsa* (muscle/soft tissue), *Twak* (skin), and *Lasika* (lymph/interstitial fluid), leading to intense localized erythema, burning pain (*Daha*), vesicular eruptions, and tissue breakdown.

2. Pharmacodynamics and Mode of Action

Himavan Agada acts as a potent anti-dermatosis (*Kushtaghna*) and anti-erysipelas (*Visarpahara*) formulation through a multi-targeted therapeutic mechanism:

A. Dosha-Dhatu Balancing Dynamics

- **Pitta-Rakta Pacification (*Tikta&Kashaya Rasa*):** Dominated by bitter (*Tikta*) and astringent (*Kashaya*) tastes, the formulation effectively neutralizes hyper-active *Pitta* and purifies the *Rakta Dhatu*, halting the lateral spread (*Sarpana*) of inflammatory lesions.
- **Thermal Regulation (*Sheeta Veerya*):** The predominantly cooling potency (*Sheeta Veerya*) counteracts localized hyperthermia, soothes burning sensations (*Daha*), and inhibits heat-mediated tissue necrosis.
- **Tridosha Equilibrium:** While primarily targeting *Pitta-Rakta* pathology, its comprehensive *Tridosahara* profile prevents secondary *Vata*-mediated pain and *Kapha*-mediated exudation/edema.

B. Specific Phytotherapeutic Actions

Classical literature identifies key ingredients within *Himavan Agada*—including *Vata* (*Ficus benghalensis*), *Chandana* (*Santalum album*), and *Padmaka* (*Prunus cerasoides*)—as specific remedies for spreading dermatoses (*Visarpahara*):

- **Raktapittahara&Vishaghna:** Purifies microcirculation, counteracts systemic vascular endotoxins, and decreases microvascular permeability.
- **Shothahara&Vranaropana:** Suppresses inflammatory exudate, reduces localized edema, cleanses necrotic tissue (*Vrana Shodhana*), and accelerates epithelial tissue regeneration (*Vrana Ropana*).

C. Contemporary Biomedical Relevance

From a pharmacological perspective, the phytoconstituents in *Himavan Agada* exhibit synergistic **antipyretic, antiviral, antimicrobial, antioxidant, and analgesic** properties:

- **Microbial & Inflammation Control:** Prevents secondary bacterial superinfections common in ulcerative/vesicular dermatoses and downregulates pro-inflammatory cytokines.
- **Oxidative Stress Mitigation:** Rich polyphenolic and flavonoid constituents scavenge venom-induced reactive oxygen species (ROS), protecting cellular membranes and restoring skin structural integrity.
- **Dermal Restoration:** Anti-photoaging and skin-soothing properties aid in resolving post-inflammatory hyperpigmentation, restoring tissue barrier function, and accelerating overall recovery.

Here is the publication-ready, academic revision of the **Indications of *Himavan Agada* in *Vishphota*** section, tailored for submission to a peer-reviewed research journal.

INDICATIONS OF *HIMAVAN AGADA* IN *VISPHOTA* (VESICULAR & BLISTER ERUPTIONS)1. Pathophysiological Background of *Visphota*

In Ayurvedic pathology, *Visphota* denotes acute, painful bullous or vesicular skin eruptions characterized by fluid-filled blisters, intense localized hyperthermia, erythema, and epidermal desquamation. In the context of *Mandali Sarpa Visha* (viperine snake envenomation), *Visphota* represents a localized epidermolytic reaction induced by hemotoxins and phospholipase enzymes. Pathogenetically (*Samprapti*), the disease is driven by severely vitiated *Pitta* and *Rakta Dosha* invading the cutaneous membranes (*Twak*) and interstitial fluids (*Lasika*).

2. Pharmacodynamics and Mode of Action

Himavan Agada neutralizes the pathogenesis of *Visphota* through a synergistic, multi-factorial pharmacological matrix:

A. *Dosha-Dhatu Target Dynamics*

- ***Pitta-Rakta Pacification (Madhura Rasa&Sheeta Veerya)***: The predominant *Madhura* (sweet) taste and *Sheeta Veerya* (cooling energy) directly subdue hyperactive *Pitta Dosha* and soothe inflamed *Rakta Dhatu*, rapidly quenching localized burning sensations and reducing thermal tissue injury.
- ***Exudate Control & Dermal Cleansing (Vranashodhana)***: Astringent (*Kashaya*) and bitter (*Tikta*) sub-notes act as styptics, drying exudative fluid within the vesicles and halting further bulla formation.

B. *Specific Therapeutic Actions (Karma)*

- ***Varnya&Raktapittahara***: Cleanses blood-borne toxins (*Rakta Shodhana*), restores cutaneous integrity, and prevents post-inflammatory hyperpigmentation or scarring.
- ***Vishaghna&Shothahara***: Neutralizes localized toxic metabolites, stabilizes endothelial membranes, and attenuates perilesional edema.
- ***Vranaropana***: Accelerates re-epithelialization, wound contraction, and tissue repair at rupture sites.

C. *Contemporary Biomedical Mechanism*

From a modern pharmacological perspective, the phytoconstituents in *Himavan Agada* provide comprehensive dermatoprotective coverage:

- ***Anti-inflammatory & Analgesic***: Suppresses pro-inflammatory mediators (such as prostaglandins and histamine), significantly reducing nociceptive pain and vesicular swelling.

- **Antioxidant & Free Radical Scavenging:** Rich in polyphenols, flavonoids, and tannins, the formulation neutralizes reactive oxygen species (ROS), mitigating lipid peroxidation and protecting epidermal cell membranes from oxidative destruction.
- **Hepatoprotective & Hematological Detoxification:** Systemically aids hepatic metabolism to neutralize circulating exotoxins and metabolic wastes, expediting overall systemic clearance and clinical recovery.

Here is the publication-ready, academic revision of the **Indications of Himavan Agada in Jwara** section, tailored for submission to a peer-reviewed research journal.

INDICATIONS OF HIMAVAN AGADA IN JWARA (FEVER / SYSTEMIC INFLAMMATORY RESPONSE)

1. Pathophysiological Background of Jwara

In Ayurvedic clinical practice, *Jwara* represents systemic pyrexia and is considered the cardinal manifestation of systemic disease. In the context of *Mandali Sarpa Visha* (viperine snake envenomation), *Jwara* corresponds to venom-induced Systemic Inflammatory Response Syndrome (SIRS), triggered by circulating hematotoxins, cellular necrosis, and pyrogenic cytokines. Pathogenetically (*Samprapti*), *Jwara* originates from the impairment of *Agni* (digestive and metabolic factors) leading to the formation of *Ama* (endotoxins), which obstructs the *Srotas* (micro-channels), displacing thermal energy (*Usma*) throughout the systemic circulation.

2. Pharmacodynamics and Mode of Action

Himavan Agada addresses systemic pyrexia through a multi-dimensional pharmacological approach that targets both the metabolic origin and inflammatory cascades of *Jwara*:

A. Dosha-Dhatu Target Dynamics

- **Pitta Pacification and Tissue Protection (*Tikta, Kashaya, Madhura Rasa & Sheeta Veerya*):** The predominant bitter (*Tikta*), astringent (*Kashaya*), and sweet (*Madhura*) tastes, combined with cooling potency (*Sheeta Veerya*), directly suppress hyperactive *Pitta Dosha*. This cools systemic hyperthermia, protects *Dhatus* (tissues) from catabolic breakdown, and mitigates vascular endothelial injury.
- **Metabolic Detoxification (*Amapachana & Srotoshodhana*):** Select ingredients possessing warm potency (*Ushna Veerya*) and *Tikta* taste stimulate cellular metabolism (*Dhatvagni*), digest circulating endotoxins (*Ama*), and clear microvascular channels (*Srotas*), thereby restoring normal thermal distribution.

B. Classical Therapeutic Actions (*Karma*)

- **Jwaraghna (Antipyretic):** Directly lowers elevated core body temperature and regulates central thermoregulation.
- **Vishaghna (Antitoxic):** Neutralizes circulating exotoxins and venom-derived inflammatory mediators.
- **Shothahara (Anti-inflammatory):** Attenuates systemic microvascular inflammation and tissue breakdown.

C. Contemporary Biomedical Mechanism

From a modern pharmacological standpoint, the active phytoconstituents in *Himavan Agada* exhibit comprehensive therapeutic effects:

- **Antipyretic & Cytokine Modulation:** Regulates central thermoregulation in the hypothalamus by inhibiting cyclooxygenase (COX) pathways and reducing pyrogenic cytokines (such as IL-1, IL-6, and TNF- α).
- **Broad-Spectrum Antimicrobial Coverage:** Displays significant **antibacterial, antiviral, and antifungal** properties, preventing secondary opportunistic infections that frequently complicate snake envenomation or severe febrile illness.
- **Immunomodulatory & Antioxidant Protection:** Enhances cell-mediated and humoral immune responses while scavenging reactive oxygen species (ROS), protecting cellular integrity from oxidative stress during severe systemic inflammation.

INDICATIONS OF HIMAVAN AGADA IN DAAHA (BURNING SENSATION & LOCAL HYPERTHERMIA)

1. Pathophysiological Background of *Daaha*

In Ayurvedic clinical toxicology, *Daaha* denotes an intense, distressing burning sensation that can present locally at the bite mark or systemically across cutaneous and mucosal tissues. In the context of *Mandali Sarpa Visha* (viperine snake envenomation), *Daaha* serves as a primary marker of acute vasculotoxicity and cellular hyperthermia. Pathogenetically (*Samprapti*), it is driven by severely aggravated *Pitta Dosha* and vitiated *Rakta Dhatu* (blood tissue), induced by the sharp (*Tikshna*), hot (*Ushna*), and tissue-corrosive properties of viperine venom.

2. Pharmacodynamics and Mode of Action

Himavan Agada neutralizes *Daaha* through a multi-targeted therapeutic mechanism designed to regulate thermal homeostasis, protect blood vessel integrity, and flush out metabolic toxins:

A. Dosha-Dhatu Target Dynamics

- **Pitta-Rakta Pacification (*Madhura Rasa, Madhura Vipaka, &Sheeta Veerya*):** The formulation is rich in sweet taste (*Madhura Rasa*), sweet post-digestive effect (*Madhura Vipaka*), and cooling potency (*Sheeta Veerya*). These properties act as direct antagonists to the *Ushna* (hot) and *Tikshna* (sharp) attributes of *Pitta* and snake venom, rapidly quenching internal thermal energy and reducing burning sensations.

indications of Himvaan Agad in Daah (Hyperthermic & Inflammatory States)

In Ayurvedic pathology, **Daah** denotes a severe state of internal or cutaneous hyperthermia and burning pain, primarily mediated by the exacerbation of *Pitta dosha* and systemic involvement of *Rakta dhatu* (vascular/blood tissue). **Himvaan Agad** (*Himavan Agada*), a classical polyherbal antitoxic formulation described by Acharya Vagbhata in *Ashtanga Hrudayam* (*Sarpa Visha Pratishedha Adhyaya*), is indicated for hyperthermic, vasculotoxic, and inflammatory pathologies. These include *Mandali Sarpavisha* (hemotoxic snakebite envenomation), *Visarpa* (erysipelas/spreading dermatoses), *Visphota* (bullous lesions), *Shwayathu* (inflammatory edema), and *Jwara* (pyrexia).

The multi-target therapeutic efficacy of Himvaan Agad in resolving *Daah* is driven by its pharmacodynamics and modern biomedical correlates:

1. Thermodynamic Modulation via *Rasa-Panchaka*

- **Rasa (Taste Profile):** Predominantly *Madhura* (Sweet), *Kashaya* (Astringent), and *Tikta* (Bitter), which neutralize hyperacidity, suppress elevated *Pitta*, and cleanse the vascular channels (*Raktavaha Srotas*).
- **Veerya (Potency):** *Sheeta Veerya* (Cooling potency) acts as a direct thermodynamic antidote to the *Ushna* (Hot) and *Tikshna* (Sharp) properties of vitiated *Pitta*.
- **Vipaka (Post-Digestive Effect):** *Madhura Vipaka* exerts an anabolic, cytoprotective, and tissue-soothing effect, aiding endothelial restoration and preventing cellular dehydration.

2. Classical Phytotherapeutic Actions

- **Dahaprashamana & Raktapittahara:** Directly suppresses systemic and localized thermal overload while regulating microvascular fragility, preventing capillary leakage, and arresting internal hemorrhages.
- **Jwaraghna & Vishaghna:** Clears circulating endo-toxins (*Ama*) and exo-toxins (*Visha*) responsible for vascular inflammation and febrile spikes.

3. Modern Biomedical Pharmacological Pathways

- **Anti-inflammatory & Analgesic Activity:** Bioactive phytoconstituents (flavonoids, tannins, and polyphenols) downregulate pro-inflammatory cytokines and prostaglandin synthesis, alleviating erythema and nociception.
- **Antipyretic & Free-Radical Scavenging:** Lowers elevated core body temperature and neutralizes reactive oxygen species (ROS) in oxidized endothelial tissues.
- **Hepatoprotective Activity:** Supports hepatic degradation of metabolic endo-toxins, mitigating secondary metabolic heat buildup.
- **Diuretic (*Mootrala*) Effect:** Promotes renal excretion, facilitating the clearance of nitrogenous wastes, inflammatory mediators, and excess thermal energy through urine.

Conclusion

The therapeutic efficacy of **Himvaan Agad** (*Himavan Agada*) in managing *Pitta*-predominant and vasculotoxic conditions—as outlined in its classical *Phala-shruti*—is driven by a synergistic combination of classical Ayurvedic pharmacodynamics and modern pharmacological actions. Phytochemical constituents of Himvaan Agad primarily exhibit **Kashaya** (astringent) and **Tikta** (bitter) *Rasa*, **Sheeta Veerya** (cooling potency), and **Madhura Vipaka** (sweet post-digestive effect). These attributes collectively exert potent **Tridosahara** (specifically *Pitta-Kapha* pacifying), **Dahaprashamana** (heat-alleviating), **Raktapittahara** (hemostatic/vascular-protective), **Jwaraghna** (antipyretic), **Vranashodhana-Ropana** (wound-cleansing and healing), **Kushtaghna** (dermatological repair), and **Varnya** (skin-restorative) properties. Because vitiated *Pitta dosha* and *Rakta dhatu* morbidity represent the primary pathological drivers behind the targeted clinical indications (*Daah*, *Mandali Sarpavisha*, *Visarpa*, *Visphota*, *Shwayathu*, and *Jwara*), these classical pharmacodynamics break the core disease cascade (*Samprapti Bhanga*).

Furthermore, modern pharmacological correlates—including **antipyretic, anti-inflammatory, analgesic, antimicrobial, immunomodulatory, hepatoprotective, and diuretic** activities—substantiate the classical claims. These multi-target activities reduce localized and systemic vascular inflammation, facilitate hepatic detoxification, and enhance the renal clearance of metabolic waste and excess thermal energy. Together, these findings validate *Himvaan Agad* as an effective polyherbal formulation for hyperthermic, inflammatory, and toxicological disorders.

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