



REVIEW ARTICLE

A COMPREHENSIVE REVIEW ON NABHINIRVISHADI AGADA

Devika G S^{1*}, Shiji R S^{2**}, Abeena R^{3***}

¹MD Scholar, Department of Agadatantra, Government Ayurveda College, Thiruvananthapuram, Kerala, India

²Professor and HOD, Department of Agadatantra, Government Ayurveda College, Thiruvananthapuram, Kerala, India

³Assistant Professor, Department of Agadatantra, Government Ayurveda College Thiruvananthapuram

*Email: devikasathgo@gmail.com

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Abstract

Agadatantra, a specialized branch of Ayurveda, is dedicated to the diagnosis, prevention, and management of various toxicological conditions (*visha*). Kerala has historically held a prominent place in *visha chikitsa* (toxicology), supported by a wealth of traditional texts and practices. Among the notable contributions is *Prayoga Samuchaya*, a classical text authored by *Kochunni Thampuran*, which compiles practical formulations used by Kerala's traditional *visha vaidyas*. The fifth chapter (*Panchama Paricheda*) of this text includes an important formulation known as *Nabhi Nirvishadi Agada*, renowned for its efficacy in managing *sarva visha* (various poisonings). It has 36 ingredients. The mode of application include *jihwagra lepana* (application over the tongue tip) and application over the *vrana mukha* (mouth of the ulcer or wound). The administration of this multi-component Agada formulation can serve as an effective therapeutic approach in Ayurveda, providing rapid onset of action, extensive systemic penetration, and multifaceted therapeutic effects. This review paper aims to explore the therapeutic potential of *Nabhi Nirvishadi Agada* based on *Rasa Panchaka* principles.

Introduction

Agadatantra deals with identifying, preventing, diagnosing and treating various types of envenomation and intoxication. Kerala has a long-standing and well-developed tradition of *Viṣha Cikitsā*. Several factors including the decline of traditional knowledge transmission, reduced number of *Viṣha Vaidyas*, lack of documentation and research, absence of standardization, and the emergence of modern toxicological management, contributed to the gradual decline of *Viṣha Cikitsā*, but nowadays many of the practices and formulations are being used by practitioners which led to its revival. Many *keralaleeya visha chikitsa granthas* and manuscripts were used in Kerala for *visha chikitsa*. One among them is *Prayoga samuchaya* written by Kochunni Thampuran^[1]. Book consists of eleven chapters (*parichedas*). *Prayoga Samuccaya* primarily focuses on the management of poisoning, presenting a wide range of single-drug therapies and therapeutic modalities beyond Panchakarma procedures. It describes specialized Kerala *Visha Chikitsa* practices such as *Kālavanchana Prayoga*, *Ūthu Chikitsa*, and *Thooku Dhāra*. It provides a more detailed account of the clinical features and management principles of different types of poisoning. Several Kerala-specific *visha chikitsa* methods and formulations, including *Śīgrupārṇavādi*, *Paranthiyādi Taila*, *Śuddhavela Prayoga*, *Tāruṇa Bhāskara*, *Nābhi Nirviṣādi*, and *Pāvitra Vaṭaka*, are described.

Most of the key formulations discussed in this textbook are mineral-based preparations. *Rasachikitsa* offers several advantages, including the use of minimal dose, lack of unpleasant taste, and rapid action in restoring health. *Nabhi nirvishadi agada* is one among the formulations mentioned in *Panchama paricheda*, *sarva visha chikitsa* under *sarpa samanya chikitsa* of *Prayoga samuchaya*. It was a potent formulation used by traditional *visha vaidyas*. It is also mentioned in the fifteenth *Adhikara* of *Visha Vaidya jyotsnika* ^[2].

Nābhi Nirviṣādi Agada possesses predominantly *Kaṭu*, *Tikta rasa* with *Laghu*, *Rūkṣa*, *Tikṣṇa*, *guṇas*, *Uṣṇa virya*, *Kaṭu vipāka*, and exhibits *Viṣaghna*, *Doṣa-śāma*, *Dīpana-Pācana* and *Srotoviśodhana* actions.

AIMS AND OBJECTIVES

This paper attempts to review the formulation *Nabhi nirvishadi agada* in the management of *sarva visha* based on its *rasa panchaka*.

MATERIALS AND METHODS

Review of literature

Name of yoga : Nabhi nirvishadi agada

The classical reference of this yoga is available in *Prayoga samuchaya*, *Panchama paricheda* (5th chapter) - *sarpa samanya chikitsa* under the context of *sarva visha chikitsa*. The yoga consists of 36 ingredients which include plant origin, animal origin and mineral origin.

LIST OF INGREDIENTS OF NABHI NIRVISHADI AGADA

Sl no.	DRUG	BOTANICAL NAME/SCIENTIFIC NAME	FAMILY	PART USED
1	<i>Vatsanabhi</i> ^[3]	<i>Aconitum chasmantham</i> Stapf. ex Holmes	Ranunculaceae	Root
2	<i>Nirvisha(kasthuri)</i> ^{[1] [4]}	<i>Moschus moschiferus</i> L.	—	Dried secretion from preputial follicles of male musk deer
3	<i>Pashana (gowri pashana)</i> ^[5]	Arsenic trioxide (As ₂ O ₃)	—	Mineral
4	<i>Rasa</i> ^[6]	Mercury (Hg)	—	Mineral
5	<i>Gandhaka</i> ^[7]	Sulphur (S)	—	Mineral
6	<i>Tankana</i> ^[8]	Borax (Na ₂ B ₄ O ₇ ·10H ₂ O)	—	Mineral
7	<i>Tutham/paalthutham</i> ^[9]	Zinc sulphate (ZnSO ₄)	—	Mineral
8	<i>Indupp (rock salt)</i> ^[10]	Sodium chloride (NaCl)	—	Mineral
9	<i>Thurissu</i> ^[11]	Copper sulphate (CuSO ₄ ·5H ₂ O)	—	Mineral
10	<i>Hingu</i> ^[12]	<i>Ferula foetida</i> Regel.	Umbelliferae	Oleo-gum-resin from rhizomes and roots
11	<i>Manassila</i> ^[13]	Realgar (As ₂ S ₂)	—	Mineral
12	<i>Aswagandha</i> ^[14]	<i>Withania somnifera</i> Dunal.	Solanaceae	Root
13	<i>Vacha</i> ^[15]	<i>Acorus calamus</i> Linn.	Araceae	Dried rhizome
14	<i>Pippali</i> ^[16]	<i>Piper longum</i> Linn.	Piperaceae	Dried immature fruits
15	<i>Maricha</i> ^[17]	<i>Piper nigrum</i> Linn.	Piperaceae	Dried fruit
16	<i>Nagara</i> ^[18]	<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Dried rhizome
17	<i>Amalaki</i> ^[19]	<i>Emblica officinalis</i> Gaertn. / <i>Phyllanthus emblica</i> Linn.	Euphorbiaceae	Dried mature fruit
18	<i>Vibheetaki</i> ^[20]	<i>Terminalia bellirica</i> Roxb.	Combretaceae	Pericarp of dried ripe fruit
19	<i>Hareetaki</i> ^[21]	<i>Terminalia chebula</i> Retz.	Combretaceae	Pericarp of dried fruit
20	<i>Neeli</i> ^[22]	<i>Indigofera tinctoria</i> Linn.	Fabaceae	Dried root
21	<i>Swetha arka moola</i> ^[23]	<i>Calotropis procera</i> (Ait.) R. Br.	Asclepiadaceae	Dried root
22	<i>Neervala</i> ^[24]	<i>Croton tiglium</i> Linn.	Euphorbiaceae	Dried seeds
23	<i>Garuda pacha</i> ^[25]	<i>Selaginella rupestris</i>	Selaginellaceae	Whole plant
24	<i>Paal Garudapacha</i> ^[26]	<i>Stachytapheta cayennensis</i>	verbenaceae	whole plant
25	<i>Easwaree moola/Anali veru</i> ^{[1]. [27]}	<i>Alstonia venenata</i> R. Br.	Apocynaceae	Root
26	<i>Karuka</i> ^[28]	<i>Cynodon dactylon</i> (Linn.) Pers.	Poaceae	Leaves
27	<i>Cheroola</i> ^[29]	<i>Aerva lanata</i> (L.) Schultes	Amaranthaceae	Whole plant

28	Poovankurunnila ^[30]	Vernonia cinerea Lees.	Asteraceae	Whole plant
29	Muyalchevi ^[31]	Emilia sonchifolia (L.) DC.	Asteraceae	Whole plant, leaves
30	Mukkutti ^[32]	Biophytum sensitivum (L) DC	Oxalidaceae	Whole plant
31	Uzhinja ^[33]	Cardiospermum halicacabum Linn	Sapindaceae	Whole plant
32	Kayyonni ^[34]	Eclipta alba Hassk.	Asteraceae	Whole plant
33	Vishnukranthi ^[35]	Evolvulus alsinoides Linn.	Convolvulaceae	Whole plant
34	Nilappana ^[36]	Curculigo orchoides Gaertn.	Amaryllidaceae	Whole plant
35	Thiruthali ^[37]	Ipomoea sepiaria Koen. ex Roxb.	Convolvulaceae	Whole plant
36	Jambeera ^[38]	Citrus limon (L.) Burm. / Citrus medica var. limonum	Rutaceae	Fruit

PROPERTIES OF THE INGREDIENTS OF NABHINIRVISHADI AGADA

Sl no.	Drug	Rasa	Guna	Veerya	Vipaka	Karma
1	Vatsanabhi	Madhura	Vikasi, Vyavayi, Laghu, Ruksha, Tikshna, Yogavahi	Ushna	Madhura	Rasayana, Tridosahara, Svedana, Pittasantapakaraka
2	Nirvisha (Kasthuri)	Katu, Tikta	Guru, alkaline in nature	Ushna	Katu	Kapha-Vata shamaka; Vishaghna
3	Pashana	Katu, Tikta	Snigdha; rasa-bandhakara, doshaghna	Ushna	Katu	Kustagna, Jwaragna, Vrishya, Balya, Rasayana, Vajeekarana, Kledana
4	Rasa	Shadarasa	Snigdha, Sara	Ushna	Madhura	Yogavahi; disinfectant, laxative, diuretic
5	Gandhaka	Madhura, Katu, Tikta, Kashaya	Sara, Snigdha	Ushna	Katu	Rasayana, Dipana, Pachana, Vishahara, Kapha vatahara, Balya, Medhya, Pittala, Chakshushya, Krimihara, Kushthahara, Amashoshahara
6	Tankana	Katu	Ruksha, Tikshna, Sāraka,	Ushna	Katu	Hridya, Balya, Sāraka, Kapha nissāraka, Dipana, Stri-pushpajanana, Mūdhagarbha pravartaka
7	Tutham / Paalthutham	Kashāya, Tikta	Laghu, Ruksha	Sita	Katu	Kaphapittahara
8	Indupp	Madhura, lavana	Laghu, snigdha, tikshna	Anushna sita	Madhura	Sotha ,vibandha,vrana doshahara,netra roga hara,vrana hara
9	Thurissu	Katu, Kashāya, Madhura	Laghu, Sara	Ushna, Śita	Katu	Kaphapittahara, Lekhana, Bhedana, Balya, Tridoshaghna, Rasayana, etc.
10	Hingu	Katu	Tikshna	Ushna	Katu	Anulomana, Deepana, Vata-Kapha prasamana, Hridya, Krimighna, Pachana, Ruchya
11	Manassila	Tikta, Katu	Snigdha, Guru, Sara	Ushna	Katu	Lekhana, Kapha Hara, Visha Nashaka Prabhava.
12	Ashwagandha	Tikta, Kashaya	Laghu	Ushna	Madhura	Rasayana, Vata-Kapha pahana, Balya, Vajeekara
13	Vacha	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Dipana, Krimihara, Kanthya, Kaphahara, Medhya, Vatahara, Mala & Mootravisodhani, Vamak
14	Pippali	Madhura, Katu, Tikta	Laghu, Snigdha	Anushna	Madhura	Dipana, Hridya, Kaphahara, Rucya, Tridosahara, Vatahara, Vrishya, Rasayana, Rocana

15	Maricha	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Sleshmahara, Deepana, Medohara, Pittakara, Rucya, Vatahara, Chedana, Jantunghna
16	Nagara	Katu	Guru, ruksha, tikshna	Ushna	madhura	Deepana, hridya, kaphahara, vatahara, rochana, bhedana, svarya, vrishya
17	Amalaki	Madhura, amla, katu, tiktha, kashaya	Laghu, ruksha	Sita	madhura	Tridoshajit, vrishya, rasayana, Chakshushya
18	Vibheetaki	Kashaya	Laghu, ruksha	Ushna	madhura	Chakshushya, keshya, kapha pittajit, bhedaka, kriminashana, kasahara
19	Haritaki	Madhura, amla, katu, tiktha, kashaya	Laghu, ruksha	Ushna	madhura	Chakshushya, deepana, hridya, medhya, sarvadoshaprasamana, rasayana, anulomana
20	Neeli	Katu, tiktha	sara	Ushna	Katu	Kaphahara, Keshya, Recani, Vatahara, Bhrama-Mohahara
21	Swetha arka moola	Katu, tiktha	Laghu	Ushna	Katu	Deepana, Kaphavata hara, Bhedana, Krimighna, Vranahara, Vishaghna
22	Neervala	Madhura	Guru, snigdha	sita	Madhura	Kaphahara, pittahara, rechana
23	Garuda pacha	Tikta, kashaya	Laghu, ruksha	Ushna	-	Pittahara, vishahara
24	Paal garudapacha	-	-	-	-	Sarpa vishahara ^[39]
25	Anali vega / Vishaghni / Eeswara moola	Kashaya, tikta	Laghu, ruksha	Ushna	Katu	Pittahara, vishahara
26	Karuka	Madhura, tikta, kashaya	Laghu	Sita	Madhura	Kaphahara, Pittahara, Sramsana, Rucya
27	Cheroola	Tikta, kashaya	Laghu, tikshna	Ushna	Katu	Kapha vata samana
28	Poovankurunnila (Sahadevi)	Katu, tikta	Laghu, ruksha	Ushna	Katu	Sothahara, Kaphavata samaka, Svaraghna, Nidrakara
29	Muyalchevi	Tikta, kashaya, katu	Laghu, tikshna	Sita	Katu	Kaphapitta shamana; sudorific, antiseptic, astringent, depurative
30	Mukkutti	Tikta, kashaya	Laghu, ruksha	Sita	Katu	Kapha pitta samana
31	Uzhinja	Katu, tikta	Laghu, ruksha, tikshna	Sita	katu	Mutrala, Kaphasamaka, Kesya, Medhya, Rasayana, Vamaka, Vatahara, Vishaghna, Virecaka
32	Kayyonni	Katu, tikta	Ruksha, tikshna	Ushna	Katu	Balya, Kaphahara, Vatahara, Amahara, Rasayana, Kesya, Tvacya, Dantya, Cakshusya, Vishahara
33	Vishnukranthi	Tikta, katu	Laghu, ruksha	Ushna	Katu	Kaphavata shamana; antiseptic, anthelmintic
34	Nilappana	Madhura	Guru, snigdha	Sita	Madhura	Vata-Pitta samana; Kapha-vardhaka
35	Thiruthali (Lakshmana)	Madhura	Guru, snigdha	Sita	Madhura	Vata-Pitta samana; Kapha-vardhaka
36	Jambeera	Amla	Guru, tikshna	Ushna	Amla	Rochana, hridya, dipana, pachana, anulomana, pittasaraka, krimighna, hridya

Method of Preparation

Ingredients are triturated in lemon juice (*Jambeera rasa*) for three days

Dosage

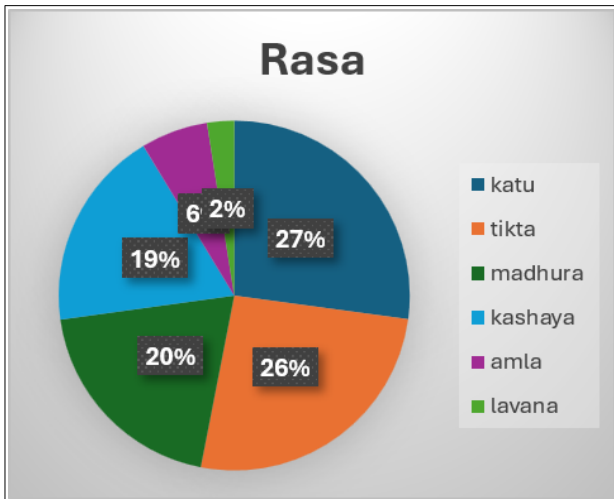
Lepana in *tila matra*

Method of administration

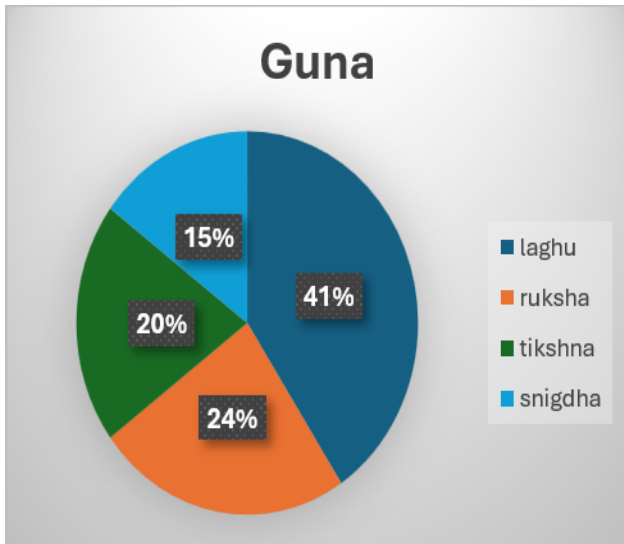
Jihwagra lepana (apply over tip of the tongue), *vrana mukha lepana*

RESULTS AND DISCUSSION

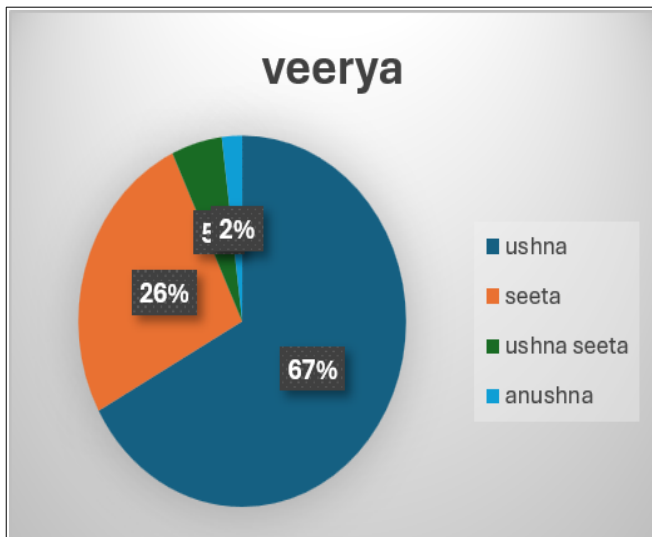
Analysis of *rasa* of ingredients of *nabhinirvishadi agada*



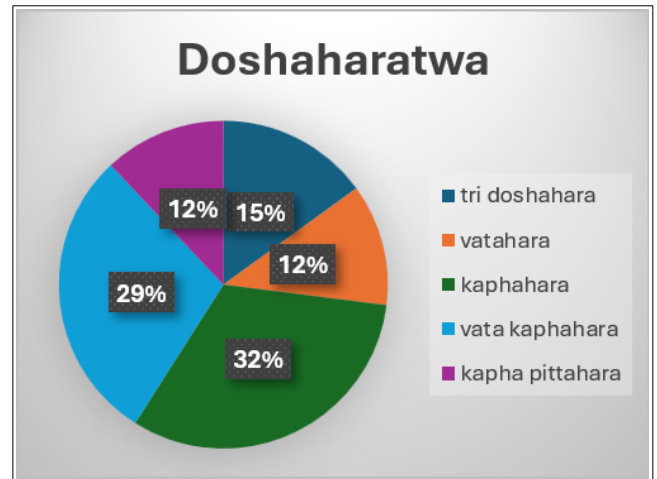
Analysis of *guna* of ingredients of *nabhinirvishadi agada*



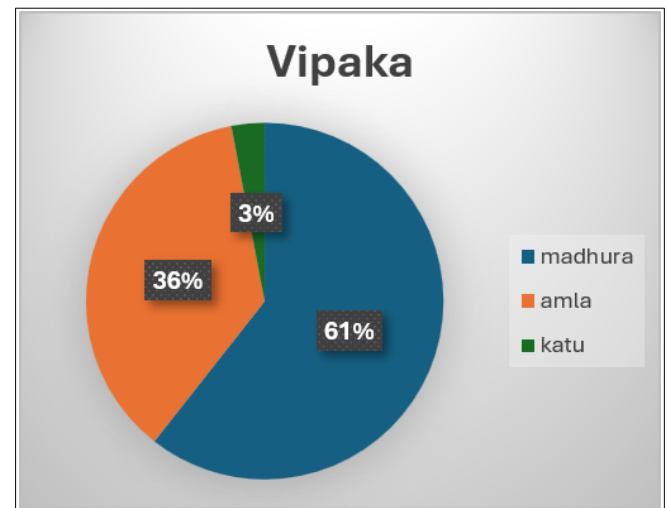
Analysis of *veerya* of ingredients of *nabhinirvishadi agada*



Analysis of *vipaka* of ingredients of *nabhinirvishadi agada*



Analysis of *doshaharatva* of ingredients of *nabhinirvishadi agada*



Rasa Analysis

Analysis of the formulation reveals a clear predominance of *Katu* (27%) and *Tikta* (26%) rasa. These rasas have *viṣaghna*, *srotoshodhaka* and *āmapācana* properties. *Katu* rasa further aids in clearing channels, reducing *srotorodha*, and enhancing drug bioavailability.

Katu rasa promotes *viṣa nirharaṇa*, clears obstructed channels, and enhances drug absorption, while *Tikta* rasa acts as *viṣa nāśaka*, improves *rakta prasādana*, and reduces inflammatory reactions. *Tikta* rasa contributes to *kapha-pitta śamana* and *stambhana*, thereby preventing the rapid dissemination of *viṣa* into systemic circulation. *Tikta* rasa also penetrates deeply into *rasa*, *rakta* and *māṁsa dhātus*, aiding in *rakta śodhana*, breakdown of *viṣa-āma* complexes, and reversal of tissue-level toxin spread.

Guna Analysis

With respect to *guṇa*, the formulation is predominantly *laghu* (41%), *rūkṣa* (24%), and *tikṣṇa* (20%). These *guṇas* facilitate entry into subtle *srotases*, enabling quick systemic distribution of the drug, while *rūkṣa guṇa* counteracts *kapha vridhhi* in poisoning. The combined dominance of *Laghu*, *Rūkṣa* and

Lekhana guṇas facilitates removal of *āma* from circulating pathways and prevents further obstruction. Although *Rūkṣa guṇa* increases *vāta*, this property provides the necessary *gati* for medicines to reach target sites rapidly.

Virya Analysis

The formulation exhibits a dominant *Uṣṇa vīrya* (67%), which enhances circulation, corrects *srotoduṣṭi*, accelerates antidotal action, and facilitates *viṣa chedana* and *āmapācana*.

Vipaka Analysis

Regarding *Vipāka*, *Katu vipāka* (61%) predominates, suggesting enhanced digestion, metabolism, rapid toxin elimination, and prevention of systemic spread of *viṣa* through effective *srotoshodhana*.

Karma Analysis

A significant proportion of the ingredients exhibit *Kaphahara* (32%) and *Vāta-Kapha hara* (29%) actions, which is essential in poisoning where *kapha*-induced obstruction and *vāta*-driven rapid spread of toxins coexist.

Therapeutically, *Viṣaghna karma* (30.5%) is prominent, highlighting the formulation's primary antidotal role.

Viṣa is described in Ayurveda as having a destructive nature, rapidly spreading through all *dhātus* and impairing tissue integrity, immunity, thermoregulation, and reperfusion mechanisms. Here, drugs possessing *tvagrogahara*, *vraṇahara* and *jvarahara* actions are of paramount importance in poisoning. *Jvarahara* drugs help by *pitta* and *rakta śamana*, restoring *agni* without producing *āma*, preventing further *srotoduṣṭi*, and protecting vital centres such as *hṛdaya*, *prāṇavaha* and *rasavaha srotas*, thereby reducing mortality risk.

Aśvagandhā, *Āmalakī* and *Kayyonni* support tissue repair and regeneration, while *Mārica*, *Pippalī* and *Jambīra* provide cardio-respiratory support. Thus, the formulation not only targets the toxin but also preserves *ojas* and vital functions, which is essential in life-threatening poisoning.

Viṣaghna Karma and Systemic Protection

The *Viṣaghna* property of the formulation contributes to:

Prāṇa-sthāpana – preventing respiratory and cardiac collapse

Srotoshodhana – restoring airway patency and organ perfusion

Pratyānika action – direct neutralisation of toxins

Dhātu protection – reducing tissue necrosis and organ failure

Āmapācana – limiting toxin absorption and circulation

Together, these actions ensure both toxin neutralisation and preservation of vital functions.

Probable Mode of Action- based on mode of administration

a) Jihvagra lepana

The unique mode of administration, *Jihvāgra lepana*, plays a crucial role in the formulation's rapid action. Oral transmucosal absorption avoids hepatic first-pass metabolism, facilitating quick systemic availability, similar to sublingual nitroglycerine used in cardiac emergencies^[40].

The oral mucosa, composed of stratified squamous epithelium, is highly permeable due to the absence of keratinisation and the presence of salivary glands. Its hydrated environment supports drug dissolution, while a stable pH (6.5–7) provides a chemically benign medium. This route enhances bioavailability even with very low doses, reducing potential adverse effects^[41].

b) Vrana mukha lepana

Vraṇa mukha lepana suggests a strong role in local *rakta śodhana* and wound management. The formulation includes ingredients with supportive antidotal actions. *Krimighna* effects from *Hingu*, *Haritakī* and *Vacā* prevent secondary infection. *Tridoṣahara* action from *Trikāṭu* and *Triphalā*. *Srotoshodhaka* support from *Tankana* and *Tūttham* helps in healing process.

Laghu guṇa restores free circulation of *rasa* and *rakta*, *Rūkṣa guṇa* reduces *kleda* and controls *vraṇaja śopha*, while *Uṣṇa guṇa* alleviates *rakta skannatā* by increasing *sarattva* and *dravatva* of *pitta*, further aiding *srotoshodhana*. *Vraṇahara* action aids in restoring damaged *māṁsa*, *rakta dhātus* and *tvak*, which is crucial in post-venom injury care.

Role of Mineral Drugs and Adjuvants

Mineral ingredients such as *Mānashilā*, *Pāṣhāṇa*, *Rasa* and *Gandhaka* are renowned for their *āsukāritva* and *yogavāhi* properties, enabling rapid neutralisation of *viṣa* at cellular and systemic levels. Their inclusion ensures minimal dosage, maximum potency, and quick onset of action via mucosal absorption.

Jambīra svarasa, a saliva-stimulating agent, aids faster disintegration and dissolution of the formulation, further enhancing absorption through the lingual route.

Clinical Significance

Nābhi Nirviṣādi Agada shows clinical importance due to its rapid action, dual route of administration, and multifaceted antidotal properties. *Jihvāgra lepana* facilitates quick transmucosal absorption and early systemic availability, while *Vraṇa mukha lepana* supports local *viṣahara*, *rakta śodhana*, *krimighna* and *vraṇahara* actions, aiding in the management of venom-induced tissue damage. The presence of drugs with *āsukāritva* and *yogavāhi* properties enhances the potency and quick onset of action even in small doses. Thus, *Nābhi Nirviṣādi Agada* have potential application in emergency management of poisoning, especially where rapid antidotal action and local wound care are required.

Limitations

Despite its strong therapeutic potential, limitations include restricted availability of certain ingredients and higher cost, which may affect large-scale clinical application.

Conclusion

Nabhi Nirvishadi Agada, selected from *Prayoga Samuchaya*, is a unique formulation integrating *Rasaushadhis*, herbal drugs, and animal-origin ingredients to achieve rapid *vishagna* effect.

The lingual administration of this multi-component *Agada* formulation is a powerful therapeutic intervention in Ayurvedic practice, offering rapid action, deep systemic reach,

and multi-dimensional effects. It combines the sharp, detoxifying action of metallic-mineral substances with the stabilizing, nourishing, and calming effects of botanicals. The combination of herbal and mineral drugs in the preparation along with bhavana with lemon juice makes it a highly potent medicine capable of fighting against the complications of venom. When used correctly, it embodies the classical Ayurvedic principle of "Agada – that which removes visha and restores life."

Nābhi Nirviṣādi Agada may have clinical relevance in modern practice as a polyherbal antidotal formulation with potential roles in toxic exposure management, supporting detoxification, modulating inflammatory responses, improving digestion and metabolism, and enhancing systemic recovery through its *Viśaghna*, *Dīpana-Pācana* and *Srotoviśodhana* actions.

Standardisation of *Nābhi Nirviṣādi Agada* is essential to ensure uniform quality, safety, efficacy, and reproducibility of the formulation by establishing proper identification, authentication, physicochemical parameters, phytochemical markers, dosage consistency, and quality control measures for its clinical application in modern practice.

Future studies should focus on standardisation of the formulation, pharmacognostical and phytochemical profiling, evaluation of its toxicological safety, experimental validation of its *Viśaghna* activity, mechanism of action studies, and well-designed clinical trials to establish its efficacy and therapeutic potential in modern toxicological practice.

Nābhi Nirviṣādi Agada have potential applications beyond snake poisoning, including management of other toxic exposures, insect and animal bites, food poisoning, drug-induced toxicity, inflammatory conditions, and disorders associated with impaired metabolism, owing to its *Viśaghna*, *Dīpana-Pācana*, *Srotoviśodhana*, and systemic protective properties.

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