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ACTION-ORIENTED INSIGHTS: UNVEILING PHARMACOLOGICAL PRINCIPLES IN DRAVYAGUNA

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ABSTRACT:

The principles of the age-old, holistic medical discipline of Ayurveda address both general health and the treatment of illnesses that are linked to it. Many formulas that aid in curing the illness are mentioned during the management process. In Ayurvedic scriptures, numerous plants and their preparations are listed. There is also an explanation of their dosage, formulation, and mode of action. Dravyaguna is the name of the specific branch of Ayurveda that addresses the fundamental ideas of Ayurvedic pharmacology and pharmacognosy. Dravyaguna Vigyan is made up of many different parts, some of which include Namajnana, Rupajnana, Gunajnana, and Yuktijnana. In Ayurveda, the Dravyaguna Vigyan provides a framework for understanding the properties of Dravya (medicines) in great detail. If we understand the term "Dravya Guna" literally, "Guna" denotes property and "dravya" signifies material or items. Vigyan Consideration is given to Guna, Virya, Rasa, Prabhav, and Vipak when the pharmacological effects of medications are investigated. Ayurveda holds that the qualities of the aforementioned medications are inherent and alone enhance their medicinal effects. Thus, this study presents the fundamental idea of Dravyaguna and explains how its characteristics facilitate medicinal effects.

KEYWORDS: *Dravyaguna, Guna, Pharmacognosy, Pharmacological action, Rasa*

INTRODUCTION:

When looking into the pharmacological effects of drugs, Virya, Prabhav, Guna, Rasa, and Vipak are taken into consideration. According to Ayurveda, the aforementioned drugs' inherent properties work alone to improve their therapeutic benefits. Thus, the basic concept of Dravyaguna is presented in this study along with an explanation of how its properties aid in the therapeutic benefits.

Drugs that include a particular Mahabhuta predominance aid in the treatment of linked illnesses. The balanced character is also essential to the principles of tridosha. When the tridosh is in a balanced state, it facilitates normal physiological functions, and when it is out of balance, it interferes with those functions. There are several Ayurvedic medications that balance the body's tridoshik, which helps to calm particular dosha vitiations. Our body's biological processes are governed by doshas and panchmahabhootas. Numerous pharmacological properties aid in controlling the vitiated state of doshas, which in turn aids in their normalization^[1,2].

Guna's Function according to Pharmacological Actions

"Guna" describes an attribute or feature of a medication. Numerous Ayurvedic medication Gunas, including are referenced in the classical literature. The ability to put on weight, or guru guna, aids in preserving the doshik and panchmahabhoutic balance in an underweight individual. These drugs are panchmahabhoutic (ruled by the elements of earth and water) and dosha dominant, which means they enhance Kapha. Drugs like vidarikanda, shatavari, and other chemicals have guru guna. The body feels lighter and can travel to the scene of action more readily when a medication that opens the minute channels and stimulates the Laghu Guna is taken. When used as prescribed, these drugs help control the vata dosha and the heart rate. One such is Maricha Chitraka. Because sheeta guna is associated with calming fever and controlling coolness in the body, medications those are mostly present in it aid in reducing inflammatory situations and addressing the elevated activity of the digestive fire in diseases like diabetes. The traditional cures for sheeta guna include chandana and kamal. Ushna Guna-infused treatments have a heated potency that helps them fight off coughs and colds. These drugs also help to balance Pitta by increasing the digestive fire, which regulates metabolism. Two such are Shatapushpa and Chitraka.

The medications belonging to the Singdha Guna family are known for their silky texture, which aids in removing excess dryness from the body. These medications help to maintain stable fluid levels in the body and treat skin disorders. Shatavari and Yashtimadhu, for example. Ruksha Guna makes the body more dry, and other medications like khadir and kutaja help to balance out the body's excessive sensuality. Teekshna Guna-containing products help the body rid itself of pollutants like madanaphala and shigrubeeja by pacifying dullness and facilitating detoxification. Teekshna Guna's body possesses the ability to be sharp.

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panchmahabhoutic balance in an underweight individual. These drugs are panchmahabhoutic (ruled by the elements of earth and water) and dosha dominant, which means they enhance Kapha. Drugs like vidarikanda, shatavari, and other chemicals have guru guna. The body feels lighter and can travel to the scene of action more readily when a medication that opens the minute channels and stimulates the Laghu Guna is taken. When used as prescribed, these drugs help control the vata dosha and the heart rate. One such is Maricha Chitraka. Because sheeta guna is associated with calming fever and controlling coolness in the body, medications those are mostly present in it aid in reducing inflammatory situations and addressing the elevated activity of the digestive fire in diseases like diabetes. The traditional cures for sheeta guna include chandana and kamal. Ushna Guna-infused treatments have a heated potency that helps them fight off coughs and colds. These drugs also help to balance Pitta by increasing the digestive fire, which regulates metabolism. Two such are Shatapushpa and Chitraka.

Sara guna, which translates to "mobility," refers to the ability of these medications to disperse throughout the body. Trivruta and haritaki, for instance. Mridu guna means softness, because softness makes tissues brittle. Shatavari, for instance. Hardness and stiffness are the results of Kathina guna. For instance, Shalmapantaka and Khadira. Stickiness is caused by Pichilla guna, which also coats dhatus. Ex. Chandrashoora and Mocharasa. Clearness is the attribute of Vishada guna, which also has the ability to wash away dirt. For example, nimba. Shalakhana, which implies smoothness, has therapeutic uses; haridra and abhraka are two examples. Khara guna is in charge of lekhana qualities like shilajitu and vacha, as well as roughness. Bulkiness, or sthula, is a popular term used to describe the delayed breakdown of medications, such as pinyaka and dadhi. Sookshma guna is the attribute that allows a substance to enter the body through the smallest of openings. Saindhava and Madya, for instance. Sandra talks about coagulation, and this guna facilitates the particles' binding. Drava guna is in charge of the flow. For instance, Jal and Dughda^[3,4,5,7].

Rasa's Function in Relation to Pharmacological Actions

The combination of Panchmahabhutas in Dravya affects Rasa, which is the taste of medicines. Rasa comes in six distinct forms. Certain biological effects of these Rasa lead to advantageous therapeutic benefits. As a result, Madhura Rasa Pitta shamak rasa and Kapha prakopak enhance vitality and lessen the severity of Pitta and associated illnesses. Amla Rasa in dravya promotes Pitta and Kapha, whereas ingredients like these that balance Vata shamaka Dosha stimulates hunger, acts as a carminative, and aids in digestive issues. The chemicals that have Dipana-pachana characteristics, and which make up most of Amla Rasa, are responsible for Agni's growth.

In order, the digestive tract is supported and help treat anorexia and other digestive disorders, Dravya with Lavana Rasa increases Pitta and reduces Vata Dosha. These chemicals also have moisturizing qualities since they soothe Vata and alleviate Vatika problems. In Ayurvedic remedies, Katu Rasa has a Vata-enhancing and Kapha-decreasing



impact that affects bowel and urine movements. Katu rasa may be helpful for disorders where the Kapha is exacerbated. Igneous drugs that include katu rasa cause the digestive fire to flare up. compounds with Kapha shamak and Vata prakopak properties that come from the Tikta Rasa system. These drugs act as absorbents to help unclog the body's small channels and remove obstructions. These substances help alleviate kaphaja issues by regulating the body's circulatory system^[6].

Vipaka's Function in Relation to Pharmacological Actions

The term "the end product," or "vipaka," describes the final pharmaceutical metabolite generated following the completion of the digestion process. Vipaka comes in various forms, such as katu, amla, and madhura. This classification is done according to taste. Vipaka is classified into two groups, called Laghu and Guru, according to its attributes. Madhura vipaka-containing medications elevate carminative in nature, vata shamaka dosha stimulates hunger and aids in digestive issues. The compounds that comprise majority of Amla Rasa have qualities similar to Dipana-pachana, which is why agnei flourishes significant impact on whether or not drugs improve physical health^[8].

Virya's Function according to Pharmacological Actions

The word "virya" means "power" or "potency". The potency of a medicine to elicit a therapeutic response is increased by vibrya. According to the Acharaya Charaka, the Virya of a medicine makes it behave like an instrument. A drug's virya has a significant influence on how it acts; it is believed that when a patient is administered a medication, a low viral load will not yield the greatest pharmacological effects—quite the opposite is also true. Furthermore, Virya's knowns as the synthesis of the five Bhutas that contribute to the medication's therapeutic effectiveness^[9].

Prabhava's Function in Relation to Pharmacological Actions

The distinctive feature of the medicine, known as "prabhava," is what defines its pharmacological action and distinctive character. Its foundation is the composition of Bhautika. Prabhava affects the nature of specific actions such as purging and emesis, among other things. Prabhava is different from Virya in that it is renowned for its particular actions, but Virya has a generic power. It is stated that the impact of Prabhava gives rise to medications having comparable Rasa and Guna but different pharmacological actions^[10].

CONCLUSIONS:

In Ayurveda, the vishista guna of Dravya is called Dravyaguna. Ayurveda claims that the inherent properties of its medicines—Guna, Vipak, Rasa, Virya, and Prabhav—contribute to their pharmacotherapeutic benefits. Herbal medicines work in line with their Guna, Vipak, Rasa, Virya, and Prabhav, according to Ayurvedic siddhant. The pharmacological significance of the taste, properties, potency, and specific actions of the medication's constituents, or prabhav and active metabolite, is described in depth in this siddhant.

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