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Pharmacological Concept of Dravyaguna according to Actions

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Abstract

Ayurveda is ancient medical holistic science and its concepts deals with the overall health and management of disease related to health. During the management of disease number of formulations are mentioned which helps to overcome the disease. Many plants and their formulations are mentioned in Ayurvedic texts .Their mode of action, formulation and dosage is also being explained. The special branch of Ayurveda which deals with the general principles related to the Ayurveda pharmacognosy and pharmacology is called as Dravayaguna. Namajnana, Rupajnana, Gunajnana, and Yuktijnana are only a few of the components that make up Dravyaguna Vigyan. The Dravyaguna Vigyan in Ayurveda is a platform where we may understand the qualities of Dravya (medicines) comprehensively. If we take the word "Dravya Guna" at its literal definition, dravaya means material or objects, and "Guna" implies property, relates Dravyaguna Vigyan Rasa, Guna, Virya, Vipak, and Prabhav are considered while examining the pharmacological effects of medications. Rasa, Guna, Virya, Vipak, and Prabhav are said to be intrinsic qualities of medications in Ayurveda, and they merely serve to enhance the drug's therapeutic effects. Therefore, I am offering this study about the fundamental idea of Dravyaguna and how its qualities contribute to pharmacological activities.

Keywords

Dravyaguna, Pharmacognosy, Pharmacological action, Rasa, Guna etc.

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1. Introduction

Dravyaguna, which includes scientific pharmacological information on herbs and Ayurvedic formulations including their nature, nomenclature, qualities, and pharmacological activities, describes Ayurveda in connection to the guna and karma of medications. Pharmacognosy, pharmacokinetics, pharmacology, therapeutic value, and the relationship between the actions and qualities of medications employed in Ayurveda make up Dravaya guna science. The physio-chemical qualities of these medications are said to revolve around the theories of Panchabhutas and Tridosha, according to Ayurvedic scriptures. Akasha, Vayu, Agni, Jala, and Prithivi are the five panchabhutas. These panchmahabhootas are in charge of the body's physiological functions.

The drugs which are having specific predominance of any of specific Mahabhuta helps in the management of related ailments. Principals of tridosha also depend upon the balancing nature. In balance state, the tridosha helps in the normal physiological function of the body and if they are in imbalance state then it hampers the normal body functions. Numbers of Ayurveda drug are there which work upon the tridoshik balancing of the body and thus helps in the pacification of specific dosha vitiation. In our body, biological functions are controlled by virtue of panchmahabhootas and doshas. Various properties of drugs help in the management of vitiated state of Doshas and thus help in the normalization of vitiated doshas.

Ayurveda is discussed in relation to the guna and karma of medicines in the book Dravyaguna, which provides scientific pharmacological information on herbs and Ayurvedic formulations, including information on their nature, nomenclature, characteristics, and pharmacological actions. Dravaya guna science consists of pharmacognosy, pharmacokinetics, pharmacology, therapeutic value, and the link between the properties and activities of Ayurvedic medicines. According to Ayurvedic texts, the physiochemical properties of these drugs are supposed to be based on the Panchabhutas and Tridosha theories. The five panchabhutas are Prithivi, Vayu, Agni, Jala, and Akasha. The physiological processes of the body are controlled by these panchmahabhootas.

2. Role of Guna as per Pharmacological Actions

The term "Guna" refers to a medicine's quality or characteristic. The classical books mentioned several Ayurvedic drug Gunas, such as the Guru, Laghu, Shita, Ushna, Snigdha, Ruksha, Tikshna, Mridu, Kathina, Sukshma, Vishada, and Pichhila Gunas, among others. Guru guna denotes the capacity for weight gain, which helps to maintain the doshik and panchmahabhoutic balance in an emaciated person. These drugs increase Kapha because they are dominated by the earth and water elements, in accordance with their dosha predominancy and panchmahabhoutic constituency.Shatavari, vidarikanda, and other drugs are examples of substances with guru guna. A medication that activates the Laghu Guna makes the body feel lighter and travels more readily to the point of action, clearing the minute channels.

When used, these medications aid in managing Vata Dosha and regulating the circulatory system. Maricha Chitraka is one example. Drugs that are mostly found in sheeta guna serve to reduce inflammatory situations and correct the increased functioning of digestive fire in diseases like diabetes because sheeta guna attributes to calm fever in the body and controls coolness.Kamal and chandana are two examples of sheeta guna medicines, medications with Ushna Guna have a heated potency,

which makes them effective against colds and coughs. These medications also assist to balance Pitta by boosting the digestive fire, which controls metabolic activity. Shatapushpa and chitraka are two examples.

Drugs from the Singdha Guna family have an unctuous quality that aids in removing dryness from the body and decreases excessive dryness. These medicines aid in treating skin conditions and keep the body's fluid levels stable. Yashtimadhu and Shatavari, for instance. Ruksha Guna enhances the dryness in the body and these drugs contributes in counteract of excessive unctuousness of the body, for example kutaja and khadir. Teekshna Guna possesses the quality of sharpness in the body, substance with Teekshna Guna helps in the pacification of the dullness and helps in the process of detoxification; thus, results in the clearation of toxins from body, for example madanaphala and shigrubeeja. Sthira guna mainly brings out the firmness. Sara guna means mobility and these drugs are having the quality by which the substance spreads all over the body.Example haritaki and trivruta.

Figure 1.a. Sathavari

Figure 1.b. Yashtimadhu

Mridu duna refers to softness and this brings about fragility to the tissues. Example shatavari. Kathina guna gives rise to rigidity and hardness Example khadira, shalmalikantaka. Pichilla guna is responsible for stickiness and produces coating over dhatus.Ex.mocharasa and chandrashoora. Vishada guna is responsible for clearness and by this property dirt is washed away. Ex. nimb. Shalakhana means smoothness and is usefull in healing, example is haridra and abhraka. Khara guna is responsible for roughness and lekhana property, such as vacha and shilajitu. Sthula is commonly referred to bulkiness and it brings about delay in disintegration of drugs, example dadhi and pinyaka.

Sookshma guna is the quality by which the virtue of which a drug can penetrate through minutest channels. Example saindhava and madya. Sandra refers to coagulation and this guna helps in the binding of the particles. Example ghrita and navneet. Drava guna is responsible for the fluidity Example jala and dughda.

2.1. Role of Rasa as per Pharmacological Actions

Rasa, which refers to the flavor of medications, is influenced by the combination of Panchamahabhutas in Dravya. There are six different forms of rasa. These Rasa have specific biological effects, which result in beneficial therapeutic effects. Therefore, Madhura Rasa Pitta shamak rasa and e Kapha prakopak encourage strength and aid in the aggravation of Pitta and associated diseases. Dravya that contains Amla Rasa encourages Kapha and Pitta, whereas such substances Vata shamaka Dosha serves as a carminative, stimulates hunger, and aids in digestive issues. The drugs that make up the majority of Amla Rasa have Dipana-pachana actions, which contribute to Agni's growth.

Dravya contain Lavana Rasa boosts Pitta and calms Vata Dosha, promoting the digestive system and aiding in the treat-

ment of anorexia and other digestive illnesses. Since it calms Vata and treats Vatika disorders, these substances also have moisturizing properties. The Vata-enhancing and Kapha-decreasing effects of Katu Rasa in Ayurvedic medicines influence bowel and urinary motions. Disorders with an aggravated Kapha might benefit from katu rasa. Drugs containing Katu Rasa are igneous, which activates the digestive fire. Compounds from the Tikta Rasa system with Vata prakopak and Kapha shamak qualities. These medications work as absorbents and aid in clearing blockages in the body's tiny channels. These substances aid in controlling the body's circulatory system to treat kaphaja problems. Kashaya Rasa functions as a pitta shamak Dosha and vata prakopak, and medications containing it have the power to regulate the jhatharagni and treat Pittaja problems. These medications have Stambhana properties, making them beneficial for conditions like diarrhea and for treating bleeding issues.

2.2. Role of Vipaka as per Pharmacological Actions

Vipaka, which literally translates as "the end product," refers to the last medication metabolite produced after the digestive process is complete. There are several varieties of vipaka, including katu, amla, and madhura. This categorization is made based on personal preference. Vipaka is divided into two categories, known as Guru and Laghu, based on its characteristics. Drugs containing Madhura vipaka increase Kapha Dosha and speed up the excretion process. Amla vipaka enhances Pitta; as a result, these substances have carminative effects and enhance digestion. Drugs containing Katu vipaka strengthen the Vata dosha, which helps to regulate the body's circulatory system. Vipaka alters the effects of Dosha, Dhatu, and Mala; as a result, Vipaka strongly influences whether medications have a positive or negative impact on physical health.

2.3. Role of Virya as per Pharmacological Actions

Literally, the word "virya" means "power" or "potency" of a substance. Virya increases a drug's potency in eliciting a therapeutic response.The Acharaya Charaka claims that a drug's Virya causes it to function like an instrument. Drug action is greatly impacted by its virya; it is said that if a drug's virya is low when it is administered to a patient, the medicine will not exert the best pharmacological effects, and the opposite is also true. Additionally, it is stated that Virya is the culmination of the five Bhutas that make up the drug's medicinal efficacy.

2.4. Role of Prabhava as per Pharmacological Actions

The drug's unique quality, or "prabhava," is what determines its special character and pharmacological effect. It is based on the Bhautika composition. Prabhava influences the character of particular acts like emesis and purging, among others. Because Virya has a generic power and Prabhava is known for its specific deeds, it differs from Virya. It is stated that Prabhava's influence is what causes medications with comparable Rasa and Guna but different pharmacological actions.

3. Conclusions and Future Scope

Dravyaguna is the ayurvedic term for the vishista guna of Dravya, which includes Rasa, Guna, Virya, Vipak, and Prabhav. According to Ayurveda, Rasa, Guna, Virya, Vipak, and Prabhav are intrinsic qualities of Ayurvedic medicines that contribute to their pharmaco-therapeutic effects. According to Ayurvedic siddhant, herbal medications function in accordance with their Rasa, Guna, Virya, Vipak, and Prabhav. This siddhant details the pharmacological relevance of the flavor, characteristics, active metabolite, potency, and particular activities of the drug ingredients, or prabhav.

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