

## AN AYURVEDIC PERSPECTIVE ON THE DRAVYAGUNA CONCEPT AND ITS ROLE IN DRUG ACTION

**Dr. Sudhanshu Pratap Singh<sup>\*1</sup>, Dr. Akhilesh Kumar Ratre<sup>2</sup>, Dr. Yoganshu Verma<sup>3</sup> and  
Dr. Rishi Sahu<sup>4</sup>**

<sup>1</sup>Assistant Professor College - Apex Institute of Ayurvedic Medicine and hospital Samaspur  
Chunar Mirzapur Uttar Pradesh.

<sup>2</sup>Associate Professor Dravyaguna Swami Raghvendraacharya Tridandi Ayurvedic College and  
Hospital Gaya Bihar.

<sup>3</sup>Assistant Professor SSN Ayurved College and Research Institute, Paikmal, Bargarh, Odisha.

<sup>4</sup>Associate Professor Department of Panchakarma Swami Raghvendraacharya Tridandi  
Ayurvedic College and Hospital Gaya Bihar.

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**\*Corresponding Author**

**Dr. Sudhanshu Pratap  
Singh**

Assistant Professor College  
- Apex Institute of  
Ayurvedic Medicine and  
hospital Samaspur Chunar  
Mirzapur Uttar Pradesh.

### ABSTRACT

In addition to discussing the characteristics of medications, the ancient Ayurvedic philosopher also explained the idea of Dravyaguna, which links the biological effect of pharmaceuticals to their Ayurvedic features. The notion of Dravyaguna was associated with the characteristics, designations, behaviors, and attributes of Dravyas, among other things. Their biological action is largely influenced by the Dravya's Rasa, Guna, Virya, Vipaka, Prabhava, and Karma. The idea of Dravyaguna is highly valued in the Ayurvedic Samhitas. Due to their effects on Doshas and Dhatus, Rasa, Guna, Virya, Vipaka, and Prabhava all had pharmacological properties. These characteristics of Ayurvedic medications also change Agni and Strotas, which has a major impact on physiological functioning. The characteristics of medications thought to be in charge of particular therapeutic effects, such as the calming of Dosha, strengthening Dhatus, healing Agni vitiation, removing Strotas blockage, etc. All these healing properties are due to the Guna, Virya, Rasa, and Vipaka of Dravya.

Comprehending Dravyaguna Vigyan is essential for both therapeutic medicine suggestion and use. Appropriate Ahara for a sick person since some Ahara qualities cause specific reactions that may either make illnesses worse or better.

**KEYWORDS:** Ayurveda, Dravya, Dravyaguna, Ahara, Properties.

## INTRODUCTION

The Ayurvedic philosopher Dravyaguna describes the study of substances' qualities, particularly those of Aushadhi (drug substances) and Ahara (dietary substances).

The biological action of chemicals is influenced by their characteristics.

Likewise, compounds such as Visha shown lethal effects due to their characteristics that the Dravyaguna concept can explain. The curative activity of Dravyas (drugs) is due to their qualities, but if taken improperly, they can also have negative effects.

Their Dravyaguna is responsible for the negative consequences of drug overdose.

Likewise, Virudha Ahara's negative effects stem from their innate characteristics.

- ❖ The Dravyaguna contributed towards Panchabhutas (Akasha, Vayu, Agni, Jala and Prithivi).
- ❖ Drug compounds' inherent qualities change the vata, pitta, and kapha states, which aids in restoring their balances in pathological situations.
- ❖ Dravyaguna of Aushadhi and Ahara affects Dhatus, Agni and Srotas thus imparts some biological actions.
- ❖ The pharmacokinetic of Aushadhi inside the body merely depends upon their properties.
- ❖ Similarly adsorption, assimilation and elimination of Ahara depend upon their Guna, Rasa and Vipaka, etc.

The qualities of Dravyas (substances; drug & food, etc.) that can affect their action on the biological system are depicted in table no. 1.

Guna	Property
Rasa	Taste
Virya	Potency
vipak	Final transformation
Prabhav	Specific potency

As mentioned in table 1, these qualities of substances contributed towards their biological action (Karma).

## GUNAS

Guna can be explained as inherent property of substances which imparts some particular actions on biological system, thus before selecting Ahara and Aushadhi the consideration of their Guna is very important.

The somatic Guna of substances are as follows:

Guru: Heavy | Laghu: Light | Shita: Cold | Ushna: Hot | Snigdha: Unctuous | Ruksha: Rough | Manda: Dull | Tikshna: Sharp | Shlakshna: Smooth | Khara: Course | Sandra: Solid | Drava: Liquid | Mridu: Soft | Kathina: Hard | Sthira: Stable | Sara: Unstable | Sukshma: Minute | Sthula: Gross | Vishada: Non slimy | Pichhila: Slimy |

## The Dravyas' Psychic attributes (Guna)

Ichcha	Desire
Dvesha	Aversion
Sukha	Pleasure
Duhkha	Pain
Prayatna	Will
Buddhi	Determinative Intellect

## RASA

Rasa is the sensory organ that produces a certain kind of taste.

Rasa is a Dravya combination of Bhutas.

## Rasas of Dravyas

Madhura	Sweet
Amla	Sour
Lavana	Salty
Katu	Pungent
Tikta	Bitter
Kashay	Astringent

- ❖ Madhura Rasa pacifies Pitta and promotes strength
- ❖ Amla Rasa pacifies Vata and offers Dipana-pachana effects.
- ❖ Lavana Rasa pacifies Vata, it imparts carminative, digestive and appetizer properties, etc.
- ❖ Katu Rasa pacifies Kapha aggravation, stimulates digestive fire and cure constipation.
- ❖ Tikta Rasa pacifies Kapha and facilitates process of detoxification.

- ❖ Kashaya pacifies Pitta, cure diarrhoea and stop discharge.

### Vipaka

Vipaka represents final transformed state of drugs after complete digestion. Vipaka determines future course of drug action after biotransformation.

**Vipaka can be categorizes as follows**

According to taste and effect on Doshas	According to properties
Madhura	Guru
Amla	Laghu
Katu	-

- ❖ -Madhura vipaka helps in excretions and pacifies Pitta.
- ❖ Amla vipaka offers carminative effect and improves digestion.
- ❖ Katu vipaka helps to cure anorexia and relieves nausea/vomiting.

### Virya

Virya is Shakti that can be described as potency of substance. Drug acts as instrument by virtue of its Virya. It is believed that Virya decides onset and intensity of action of Dravyas.

- ❖ Shita Virya produces contentment and gives soothing effect.
- ❖ Ushna Virya offers digestive and purgative properties.
- ❖ Snigdha Virya gives pleasantness and Vaajikaran effect
- ❖ Ruksha Virya is good for Sangrahana
- ❖ Guru Virya fills cavities and gives Sanshleshana action
- ❖ Laghu Virya offers Kledaachushana and Lekhana effects

### Prabhava (Specific Power)

According to their Bhautika composition, Dravyas possess a specific power known as Prabha va, which can be defined as a particular property of substances or something that differs from common qualities. Because of their Prabhava, substances can perform the following specific actions:

### Danti Virechna karma Guggulu Mansa karma

Drugs	Prabhava Action
Shirisha	Vishaghna
Danti	Virechna karma
Guggulu	Mansa karma

Ergot is an analgesic medication that relieves pain and migraines due to its Prabhava effect. Colchicine also helps with gout pain, but it doesn't work for other pain diseases like osteoarthritis. Its Prabhava alone is responsible for its analgesic effects in gout.

### **KARMA (Action)**

The cause of conjunction and disjunction that leads to movement and certain activities is known as the karma (activity) of substances. Karma is found in Dravya, just like Guna, and it doesn't need anything else to produce its effects. Additionally, karma doesn't need other karma to function because it is Karma does not cause more Karma, according to Vaisheshikasutra.

### **Dravyaguna and mode of drug action**

The drug action is related with following basic fundamentals:

- ❖ Concept of Loka-purusha-samya
- ❖ Similar/dissimilar properties increases or decreases effects of substances inside the body
- ❖ The internal Prana of combined with the qualities of external Prana of five Bhutas to exert some biological action.
- ❖ When Rasa are of in equal strength, then Rasa is subdued by Vipaka and Virya.→
- ❖ When Rasa are in unequal strength the potent one overcomes the weaker one→
- ❖ When there is inequality of strength of Rasa then their own action arises due to their inherent property.

### **CONCLUSION**

The qualities of medications, foods, etc. are all included in the Ayurvedic concept of Dravyaguna.

This branch was devoted to Dravya identification, naming, and description.

Their qualities, which include Rasa, Guna, Virya, Vipaka, and Prabhava, are attributed to the biological action of Dravya.

The Rasa, according to Ayurveda,

When ingested as Aushadhi (drug substances) and Ahara (dietary substances), the Dravya's Guna, Virya, Vipaka, and Prabhava exhibit biological effects within the human body, affecting Doshas, Dhatus, Agni, Srotas, and Mala, among other things. The properties of drugs are

considered responsible for their specific therapeutic responses. Similarly health benefits of Ahara can be attributed to their properties. Dravyaguna contributed towards Panchabhutas constitution (Akasha, Vayu, Agni, Jala and Prithivi) and inherent properties of drug substances alter states of Vata, Pitta and Kapha thus helps to synchronize their balances in pathological conditions. The pharmacokinetic of Aushadhi inside the body merely depends upon their properties. Similarly absorption, assimilation and elimination of Ahara depend upon their Guna, Rasa and Vipaka, etc. The Dravyaguna not only provides health benefits but also causes harmful effects if Dravya (Aushadhi and Ahara) consumed inappropriately. The knowledge of Dravyaguna Vigyan is very important not only for therapeutic utilization of drugs but also for suggesting Pathya Ahara for diseased person.

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