

GANA VICHARAM IN SUSHRUTA SAMHITA: A REVIEW**Vineetha V.***

India.

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***Corresponding Author****Dr. Vineetha V.**

India.

ABSTRACT

The ancient Ayurvedic texts employ a unique classification system known as 'Gana', or therapeutic drug groups, to streamline the understanding and application of medicinal substances. While the Charaka Samhita is renowned for its Dashemani Ganas, the Sushruta Samhita offers a more procedural and disease-centric approach to Gana Vicharam. This review explores the organization, application, and clinical relevance of Gana Vicharam (Group-wise analysis of drugs) in Sushruta Samhita, with a special focus on Sutrasthana and its implications in surgical and medical therapeutics.

KEYWORDS: Gana Vicharam, Sushruta Samhita, Ayurvedic

Pharmacology, Drug Grouping, Therapeutic Classification, Vranachikitsa.

INTRODUCTION

Gana Vicharam refers to the systematic grouping and analysis of drugs based on their pharmacological actions, therapeutic applications, and dosha specificity. In Sushruta Samhita, this classification supports both diagnostic clarity and intervention planning, especially in surgical and post-surgical care, wound management, and disease-specific therapies.

Conceptual understanding of gana in ayurveda

The term 'Gana' denotes a collective of herbs or formulations that share similar properties or applications. Sushruta employs this method to assist practitioners in:

Disease-specific treatment planning

Rational drug selection

Multi-drug formulation creation

Facilitating teaching and memory retention

Types of ganas in sushruta samhita

Sushruta Samhita does not classify Ganas into fixed numerical groups like Charaka but rather integrates them contextually across various chapters. Some prominent categories include:

1. Shothahara ganas (Anti-inflammatory)

Mentioned in Mishrakadhyaya (Sutrasthana 37)

Sub-classified as: Vatashotha-hara (e.g., Rāsnā, Agnimantha)

Pittashotha-hara (e.g., Chandana, Madhuka)

Kaphashotha-hara (e.g., Ashwagandha, Sarala)

2. Vrana ropana ganas (Wound healing groups)

Drugs supporting Vrana Shodhana, Ropana, Utsādana, and Avasādana

Examples: Ropanagana: Somavalkā, Devadāru, Sālasāra

Shodhanagana: Haritāla, Manahshilā

3. Dāraṇīya dravyas (Tissue-breaking agents)

Useful in dāraṇa karma (Debridement), e.g., Danti, Chitraka, Trivrit.

4. Śodhanīya and Lekhana Ganas

For bio-purification and scraping therapy, often used in pre-surgical and post-surgical wound care.

Comparative insight with charaka samhita

Aspect	Charaka Samhita	Sushruta Samhita
Approach	Dosha/Pathya-based	Rogadhishtana-based
Gana Style	Dashemani (10 drugs each)	Flexible, contextual grouping
Focus	Internal medicine	Surgical, wound healing, toxicology

Clinical applications

Surgical practices: Gana-based drugs are used in preoperative purification (Shodhana), intraoperative management (Dāraṇa), and postoperative care (Ropana).

Wound management: The most elaborate use of Gana Vicharam is seen in Vrana Chikitsa, where multiple drug categories assist in various stages of healing.

Toxicology: Several Ganas have been designated for Vishaghna karma, helping manage agantuja conditions.

Significance in contemporary practice

Offers modular frameworks for drug selection in clinical protocols.

Encourages multi-targeted formulations with synergistic effects.

Facilitates the integration of classical knowledge with modern phytopharmacology.

CONCLUSION

The Gana Vicharam of Sushruta Samhita provides a dynamic and practically oriented structure for therapeutic application. By focusing on clinical utility rather than rigid enumeration, Sushruta enhances the adaptability and effectiveness of Ayurvedic interventions, especially in the domains of surgery, wound healing, and toxicology. A deeper study of these groups can help revive rational Ayurvedic polyherbal formulations in modern-day practice.

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