

**A COMPREHENSIVE REVIEW ON MEDICINAL HERBS  
BENEFICIAL FOR EYES (NETRYA DRAVYA) WITH SPECIAL  
REFERENCE TO AYURVEDIC LEXICON BHAVAPRAKASHA  
NIGHANTU**

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### **ABSTRACT**

The Netrya (beneficial for eyes) dravya and Chakshushya (improves vision health) dravya from Bhavaprakash nighantu which can be used in the treatment of various netra rogas are elaborated in this article. After describing their pharmacological properties in detail, the importance of studying tikta rasa, katu vipaka and laghu guna come to light. In this study, 21 dravya are found ushna veeryatmaka means kaphashamak in nature or have lekhana karma. Chakshu is main site of alochaka pitta and it needs to be protected from kaphadosha as both are opposite in their guna (properties). On the contrary 17 chakshushya dravya in this study are sheeta veeryatmaka and *are madhura, sheeta and snigdha* which acts by nurturing sapta rasadi dhatu, ojavardhan

and therefore netrendriya poshana. Pittadhikya (vitiated Pitta) with vidagdhata, paaka and daaha can cause netra indriyabalahrash and drushtidourbalya, so pittashamak (sheeta) dravya also have their role in pathology of eye disorders. So balancing both pitta and kapha and maintaining equilibrium of tridoshas plays important role in netrachikitsa. Abundantly found tikta rasa pacifies pitta dosha, also increases Vata and pacifies Kapha. Its laghu guna (lightness) is responsible for relieving avarodha in ashruvaha srotas (obstruction in channels) of netrendriya.

**KEYWORDS:** Netrya, Chakshushya, Bhavaprakash Nighantu, Ayurveda.

## INTRODUCTION

Ayurveda science is divided in eight branches called Ashtang Ayurveda which constitutes study of following disciplines: Kayachikitsa (General or Internal Medicine), Balaroga (Pediatrics), Graharoga (Psychiatry and Parapsychology), Urdhwang chikitsa or Shalakyatantra (Ear, Nose, Throat, Head and Ophthalmology), Shalyatantra (Surgery), Danshtra (Toxicology), Jara (Geriatrics), and Vrishyachikitsa (Rasayan- vajikaran means rejuvenating therapy, Immunomodulation therapy or Aphrodisiac therapy). Ophthalmology or netra vidnyan branch deals with diseases of eye and their treatment with Chakshushya or netrya dravya. Chakshu means Darshanendriya. Chakshushya means *chakshushe hitah syaat chakshus yat*<sup>[1]</sup>, *chakshushe lochanay hitam* i.e. beneficial for eyes.<sup>[2]</sup> Dravyaguna is the branch of Ayurveda related with the science of drugs or dravya or medicines of herbal origin, their properties and actions.<sup>[3]</sup>

Most of the dravya in netraroga are labelled under the heading of Netrya or Chakshushya dravya. Netrya dravya means various herbs which are beneficial for eyes and chakshushya which improves vision health; under which there are so many dravyas entitled in Brihatrayi, Laghutrayi, nighantus and other texts. The nighantu literature has significant role in the study of Ayurveda; especially in the subject of Dravyaguna vidnyan and it has collection of words, synonyms and names of the medicinal plants. The statement in Raj nighantu clearly states that the knowledge of nighantu is indispensable for a Vaidya.<sup>[4]</sup> In this article, we will deliberate Chakshushya dravya from Bhavaprakash nighantu. Bhavaprakash Nighantu is an important lexicon of Ayurveda, which is enumerated among 'Laghutrayi' in between 15<sup>th</sup> century A.D. and 17<sup>th</sup> century A.D. that is 16<sup>th</sup> century A.D. In this nighantu 426 drugs are mentioned which are classified in 22 Vargas.<sup>[5]</sup>

## MATERIAL AND METHODS

On studying this nighantu, it is found that Bhavamishra described Chakshushya dravya as Chakshushya, Netrya, Netrahitam, netraroganut, akshirogagham or akshirogapaham etc. All of these are Netrahitakara i.e. beneficial for eyes or Netrarogahara i.e. used for treating eye disorders. They are distributed in different 13 Vargas of this nighantu as follows-

1. Haritakyadi varga- 14
2. Karpuradi varga- 10
3. Guduchyadi varga- 16
4. Pushpa varga- 3

## 5. Phala varga- 2

Above all are herbal origin drugs.

## 6. Dhatu varga- a. Suvarna- netryam

b. Ranga- Chakshushya

c. Yashad- Chakshushya

d. Louha- Chakshushya

e. Suvarnamakshik- Chakshushya

f. Taramakshik- Chakshushya

g. Tuttha- Chakshushya

h. Kaansya- Netrahitam

## 7. Dugdha varga- a. Hastini dugdha- Chakshushya

b. Nari dugdha- Chakshushya

## 8. Navneet varga- Navneeta- Chakshushya

## 9. Ghruta varga- a. Gavyaghruta- Chakshushya

b. Ajaghruta- Chakshushya

c. Aavighruta- Chakshushya

d. Streeghruta- Chakshushya

e. Vadawaghruta- Netrarogaghna

f. Haiyanaveena- Chakshushya

## 10. Mutra varga- Gomutra- Akshiroganut

## 11. Taila varga- Taila- Chakshushya

## 12. Madhu varga-

a. Madhu- Chakshushya

b. Pingavarnamakshika- Netramayahara

c. Aarghyamadhu- Chakshushya

## 13. Khanda varga- Khanda- Chakshushya

These are jangam dravya from animal source, minerals, metals etc. and drugs of herbal origin only will be elaborated in this article.

**OBSERVATION AND RESULTS**

The data of herbal origin drugs from above mentioned first five varga is presented as per their action on eyes (karma). As per pharmacognostic view, drug's Latin name and family studied. Further, useful parts of the drug with their chemical constituents are mentioned as following.

## 1. Haritakyadi varga

Table 1: Chakshushya, netrya or akshirogahar dravya from Haritakyadi varga of Bhavaprakash nighantu.

Drug name	karma	Latin name	Family	Part used	Chemical content
Abhaya <sup>[6]</sup>	Akshiroge (used in eye disorders)	<i>Terminalia chebula</i> Retz.	Combretaceae	Mature fruit <sup>[7]</sup>	Tannins, anthraquinones, polyphenolic compounds
Bibhitaka <sup>[8]</sup>	Netrahitam (good for eyes)	<i>Terminalia bellirica</i> Roxb.	Combretaceae	Ripe fruit <sup>[9]</sup>	Gallic acid, tannic acid, glycosides
Ajmoda <sup>[10]</sup>	netramaya haret (treats eye diseases)	<i>Apium graveolens</i> Linn.	Umbelliferae	Fruits <sup>[11]</sup>	Essential oil, fixed oil
Jeeraka <sup>[12]</sup>	Chakshushya (beneficial for eyes)	<i>Cuminum cyminum</i> Linn.	Umbelliferae	Fruits	Volatile oil containing cumic aldehyde, thymol, fixed oil, pentosan
Shatapushpa <sup>[13]</sup>	Akshirogahrut (treats eye diseases)	<i>Anethum sowa</i> Kurtz.	Umbelliferae	Fruits	Volatile oil Dill-apiol, hydrocarbon anethene, carvone
Tumburu Phala <sup>[14]</sup>	akshiruk naashayet (in painfull eyes)	<i>Zanthoxylum alatum</i> Roxb.	Rutaceae	Fruit	Essential oil
Samudrafen <sup>[15]</sup>	Chakshushya (beneficial for eyes)	<i>Sepia officinalis</i>	Cephalopoda	Cuttle fish bone	Calcium carbonate, phosphate, sulphate, silics
Yashtimadhu <sup>[16]</sup>	Chakshushya (beneficial for eyes)	<i>Glycyrrhiza glabra</i> Linn.	Leguminosae	Stolon, roots <sup>[17]</sup>	Glycyrrhizin, glycyrrhizic acid, glycyrrhetic acid, asparagine, sugars, resin starch
Manjishtha <sup>[18]</sup>	Akshiruknut (in painfull eyes)	<i>Rubia cordifolia</i> Linn.	Rubiaceae	Stem <sup>[19]</sup>	Glycosides
Daruharidra <sup>[20]</sup>	Netraroganut (treats eye diseases)	<i>Berberis</i> species	Berberidaceae	Dried stem <sup>[21]</sup>	Alkaloids
Rasanjan <sup>[22]</sup>	Netravikarnut (treats eye diseases)				
Lodhra <sup>[23]</sup>	Chakshushya (beneficial for eyes)	<i>Symplocos racemosa</i> Roxb.	Symplocaceae	Stem bark <sup>[24]</sup>	Alkaloids loturine, colloturine, red coloring matter
Rasona <sup>[25]</sup>	Netrya (beneficial for eyes)	<i>Allium sativum</i> Linn.	Liliaceae	Bulb <sup>[26]</sup>	Volatile oil containing allyl disulphide, diallyl disulphide, allin, allicin, mucilage albumin
Saindhava <sup>[27]</sup>	Netryam (beneficial for eyes)				

## 2. Karpuradi varga

**Table 2: Chakshushya, netrya or akshirogahar dravya from Karpuradi varga of Bhavaprakash nighantu.**

Drug name	karma	Latin name	Family	Part used	Chemical content
Karpura <sup>[28]</sup>	Chakshushya (beneficial for eyes)	<i>Dryobalanops camphora</i>	Diptero-carpaceae	Camphor	C <sub>10</sub> H <sub>18</sub> O
Latakasturi <sup>[29]</sup>	Chakshushya (beneficial for eyes)	<i>Hibiscus abelmoscheus</i> Linn.	Malvaceae	Leaves, roots, seeds	Albumin, volatile oil
Gandhamarjar <sup>[30]</sup>	Netryam (beneficial for eyes)				
Raktachandan <sup>[31]</sup>	Netryahitam (beneficial for eyes)	<i>Pterocarpus santalinus</i> Linn. F.	Leguminosae	Heart wood <sup>[32]</sup>	Glycosides, colouring matter
Aguru <sup>[33]</sup>	Akshi rogagham (Treats of eye diseases)	<i>Aquilaria agallocha</i> Roxb.	Thymeliaceae	Heart wood <sup>[34]</sup>	Essential oil
Tagara <sup>[35]</sup>	Akshi rogapaham (Treats of eye diseases)	<i>Valeriana wallichii</i> D. C.	Valerianaceae	Dried rhizomes, stolons, roots <sup>[36]</sup>	Essential oil
Sarala Nirayasa <sup>[37]</sup>	Akshirogapa ha (Treats eye diseases)	<i>Pinus longifolia</i>	Pinaceae	Exudate from wood <sup>[38]</sup>	1- $\alpha$ -pinene, 1- $\beta$ -pinene, longifolene, mono & sesquiterpene
Lavang <sup>[39]</sup>	Netryahitam (beneficial for eyes)	<i>Syzygium aromaticum</i> Linn.	Myrtaceae	Flower bud <sup>[40]</sup>	Essential oil eugenolactone, caryophyllene
Nalika <sup>[41]</sup>	Chakshushya (beneficial for eyes)				
Prapoundarika <sup>[42]</sup>	Chakshushya m (beneficial for eyes)	Gulabakabuli- <i>Hedychium flavescens</i> Carey. Brahmakamal- <i>Sausurea obvallata</i> Wall. Ex. C. B. Clarke Chakshushyaa- <i>Cassia absus</i> Linn			

## 3. Guduchyadi varga

**Table 3: Chakshushya, netrya or akshirogahar dravya from Guduchyadi varga of Bhavaprakash nighantu.**

Drug name	karma	Latin name	Family	Part used	Chemical content
Jivanti <sup>[43]</sup>	Chakshushyaa (beneficial for eyes)	<i>Leptadenia reticulata</i> W. & A.	Asclepiadaceae	Leaves, roots	Terpenoids, phenolics, flavonoids, steroids, esters
Mudgaparni <sup>[44]</sup>	Chakshushyaa (beneficial for eyes)	<i>Phaseolus trilobus</i> Ait.	Fabaceae	Seeds <sup>[45]</sup>	Saponin, Starch, albuminoidal, oil
Karavir <sup>[46]</sup>	Netrakopapaham	<i>Nerium</i>	Apocynaceae	Dried	Cardiac

	(subsides vitiated humours in eyes)	<i>odorum</i> Soland.		roots <sup>[47]</sup>	glycosides, resinous matter
Nimba patra <sup>[48]</sup>	Netryam (beneficial for eyes)	<i>Azadiracta indica</i> A. Juss.	Meliaceae	Leaves, stem bark <sup>[49]</sup>	Triterpenoids, sterols, nimbin, nimbiol
Shigrubeej <sup>[50]</sup>	Chakshushya (beneficial for eyes)	<i>Moringa pterygosperma</i> Gaertn.	Moringaceae	Seeds <sup>[51]</sup>	Carbohydrate, protein, carotene, ascorbic acid
Nirgundi <sup>[52]</sup>	Netrahito (beneficial for eyes)	<i>Vitex nigundo</i> Linn.	Verbenaceae	Leaves <sup>[53]</sup>	Alkaloids, essential oil
Gunja <sup>[54]</sup>	Netramayaharam (Treats eye diseases)	<i>Abrus precartorius</i> Linn.	Fabaceae	Roots <sup>[55]</sup>	Glucoside glycyrrhizin
Eraka <sup>[56]</sup>	Chakshushyaa (beneficial for eyes)	<i>Typha elephantine</i> Roxb.	Typhaceae	Leaves <sup>[57]</sup>	Pentacosane, 1-triacontanol, sitosterol
Shatavari <sup>[58]</sup>	Netryaa (beneficial for eyes)	<i>Asparagus racemosus</i> Willd.	Liliaceae	Tuberous roots <sup>[59]</sup>	Sugar, glycosides, saponins, sitosterols
Asthi Samharaka <sup>[60]</sup>	Akshirogajit (Treats eye diseases)	<i>Vitis quadrangularis</i> Wall.	Vitaceae	Stem <sup>[61]</sup>	Calcium oxalate, carotene, ascorbic acid
Kumari <sup>[62]</sup>	Netryaa (beneficial for eyes)	<i>Aloe vera</i> Tourn. Ex. Linn.	Liliaceae	Leaves	Aloin glucoside, Barbaloin, isobarbaloin, $\beta$ -barbaloin, aloe-emodin
Bhringaraj <sup>[63]</sup>	netra artinut (in painfull eyes)	<i>Eclipta alba</i> Hassk.	Compositae	Whole plant <sup>[64]</sup>	Alkaloids, ecliptine, nicotine
Kakmachi <sup>[65]</sup>	Netrahitaa (beneficial for eyes)	<i>Solanum nigrum</i> Linn.	Solanaceae	Whole plant <sup>[66]</sup>	Alkaloids, saponins
Mesha shrungi <sup>[67]</sup>	Akshishulanut (in painfull eyes)	<i>Dolichandrone falcate</i> Seem.	Bignoniaceae	Leaves, roots <sup>[68]</sup>	Triterpenoid saponins of gymnemic acid A, B, C, D with sugar residues, hydrocarbon
Aakashavalli <sup>[69]</sup>	Akshyaamayapaha (Treats eye diseases)	<i>Cuscuta reflexa</i> Roxb. <i>Cassytha filiformis</i> Linn.	Convolvulaceae Lauraceae	Stem, seeds	Cuscutin, cuscatalin, reducing sugar
Jalapippali <sup>[70]</sup>	Chakshushyaa (beneficial for eyes)	<i>Phyla nodiflora</i> (Linn.) Greene	Verbenaceae	Whole plant <sup>[71]</sup>	Flavonoids mainly nodiflorin A & B, nodifloretin, lippiflorins A & B

#### 4. Pushpa varga

**Table 4: Chakshushya, netrya or akshirogahar dravya from Pushpa varga of Bhavaprakash nighantu.**

Drug name	karma	Latin name	Family	Part used	Chemical content
Swarnajatika <sup>[72]</sup>	akshi artijit (in painfull eyes)	<i>Jasminum grandiflorum</i> Linn.	Oleaceae	Flowers, leaves	Volatile oil, alkaloids, salicylic acid
Yuthika <sup>[73]</sup>	Akshirogapaham (Treats eye diseases)	<i>Jasminum auriculatum</i> Vahl.	Oleaceae	Flowers, leaves	Aromatic oil
Swarnaketaki <sup>[74]</sup>	Chakshushyaa (beneficial for eyes)	<i>Pandanus odoratissimus</i> Roxb.	Pandanaceae	Flowers, leaves	Aromatic oil

#### 5. Phala varga

**Table 5: Chakshushya, netrya or akshirogahar dravya from Phala varga of Bhavaprakash nighantu.**

Drug name	karma	Latin name	Family	Part used	Chemical content
Kataka <sup>[75]</sup>	Netryam (beneficial for eyes)	<i>Strychnous potatorum</i> Linn.	Loganiaceae	Seeds <sup>[76]</sup>	Alkaloids
Draksha <sup>[77]</sup>	Chakshushyaa (beneficial for eyes)	<i>Vitis vinifera</i> Linn.	Vitaceae	Fruits	Sugar, Mallic, tartaric, racemic, oxalic acid

**Table 6: Data of Rasa, Guna, Veerya and Veepaka of Chakshushya, netrya or akshirogahar dravya from Bhavaprakash nighantu.**

Sr. No	Drug name	Rasa						Vipaka		Veerya		Guna					
		M	A	L	C	T	K	M	C	S	U	Lg	Rk	Tk	Gr	Sn	
1.	Abhaya	+	+		+	+	+	+			+	+	+				
2.	Bibhitaka						+	+			+		+		+		
3.	Ajmoda				+	+			+		+	+	+	+			
4.	Jeeraka				+				+		+	+	+				
5.	Shatapushpa				+	+			+		+	+	+	+			
6.	Tumburuphala				+	+			+		+	+	+	+			
7.	Yashtimadhu	+						+		+					+	+	
8.	Manjishtha	+				+	+		+		+		+		+		
9.	Daruharidra					+	+		+		+	+	+				
10.	Lodhra						+		+	+		+	+				
11.	Rasona	+		+	+	+	+		+		+			+	+	+	
12.	Karpura	+			+	+			+	+		+		+			
13.	Latakasturi	+			+	+			+	+		+	+	+			
14.	Raktachandana	+				+			+	+			+		+		
15.	Aguru				+	+			+		+	+	+	+			



16.	Tagara				+	+	+		+		+	+				+
17.	Sarala niryasa	+			+	+			+		+	+		+		+
18.	Lavang				+	+			+	+		+				+
19.	Jivanti	+						+		+		+				+
20.	Mudgaparni	+						+		+		+	+			
21.	Karavir				+	+			+		+	+	+	+		
22.	Nimba patra					+	+		+	+		+				
23.	Shigrubeej				+	+			+		+	+	+	+		
24.	Nirgundi				+	+			+		+	+	+			
25.	Gunja					+	+		+		+	+	+	+		
26.	Eraka	+				+	+	+		+		+				+
27.	Shatavari	+				+		+		+					+	+
28.	Asthisamharaka	+						+			+	+	+			
29.	Kumari	+				+		+		+		+	+	+		
30.	Bhringaraj				+	+			+		+	+	+			
31.	Kakmachi					+			+	anushna		+				+
32.	Meshashrungi					+	+		+		+	+	+			
33.	Aakashavalli					+	+		+	+						
34.	Jalapippali				+		+		+	+		+	+			
35.	Swarnajatika					+	+		+		+	+				+
36.	Yuthika	+				+	+		+	+		+				
37.	Swarnaketaki	+				+	+		+		+	+				+
38.	Kataka	+				+	+	+		+					+	
39.	Draksha	+						+		+					+	+
		18	01	0	17	30	17	11	28	17	21	30	22	12	08	12

## OBSERVATIONS

In Bhavaprakash nighantu, netrya or chakshushya dravya (beneficial for eyes) and akshirogahar dravya (treating eye diseases) are distributed in total 13 varga as mentioned before. Out of them, Haritakyadi varga, Karpuradi varga, Guduchyadi varga, Phala varga and Pushpa varga contains herbal origin drugs. Excluding some controversial drugs whose rasapanchaka cannot be stated on the basis of grantha, total 39 herbs are taken into consideration for study.

## Interpretation of Rasa

**Table 7: Six rasa with their number of netrya or akshirogahar dravya from Bhavaprakash nighantu.**

Sr. no.	Rasa	No. of drugs	Percentage
1	Madhura (sweet)	18	46%
2	Amla (sour)	01	2.56%
3	Lavana (salty)	01	2.56%
4	Katu (pungent)	17	44%
5	Tikta (bitter)	30	77%
6	Kashaya (astringent)	17	44%



**Interpretation of Vipaka****Table 8: Three vipaka with their number of netrya or akshirogahar dravya from Bhavaprakash nighantu.**

Sr. no.	Vipaka	No. of drugs	Percentage
1	Madhura	11	28%
2	Amla	0	0
3	Katu	28	72%

**Interpretation of Veerya****Table 9: Two veerya with their number of netrya or akshirogahar dravya from Bhavaprakash nighantu.**

Sr. no.	Veerya	No. of drugs	Percentage
1	Sheeta	17	44%
2	Ushna	21	54%

**Interpretation of Guna****Table 10: Guna with their number of netrya or akshirogahar dravya from Bhavaprakash nighantu.**

Sr. no.	Guna	No. of drugs	Percentage
1	Laghu	30	77%
2	Ruksha	22	56%
3	Tikshna	12	31%
4	Guru	08	20.51%
5	Snigdha	12	31%
6	Pichchhila	02	5.1%
7	Sara	01	2.56%
8	Ushna	01	2.56%
9	Mrudu	02	5.1%
10	Vishada	01	2.56%

From above observations of rasa, vipaka, veerya and guna of all herbs, it is determined that the most of the netrya, chakshushya or akshirogahar dravya predominantly contains tikta rasa, katu vipaka and laghu guna.

**DISCUSSION**

Dravya are classified as per their effect on dosha and dhatu.

1. Firstly they are Dosha-prashamana (pacifier) which we use as therapeutic agents.
2. Secondly Dhatu-pradushana (vitiator) dravya are etiological factors responsible for production of diseases.

3. Swasthahita (maintainer) dravya maintains equilibrium of our body and averts ailments.<sup>[78]</sup>

These chakshushya dravya shows their action on dosha-dhatu mainly because of their paanchabhoutik sanghatan (constitution of five basic elements mahabhutas). According to the verse 'sarvam dravyam paanchabhoutikam asminnarthe' every drug consists of five mahabhutas with one Pradhan (main) and other subordinate mahabhutas. In our circle of study in netra utpatti process it is mentioned that maans part of netra is formed by pruthvi, rakta by agni, krushnabhag by vayu, shwetabhag by aap and ashrumarg by aakash mahabhuta. Tajasastu rupam rupendriyam<sup>[79]</sup> In case of chakshu indriya the main mahabhuta is Teja, which resides there as Alochaka pitta.<sup>[80]</sup>

In this study, 21 dravya are found ushna veeryatmaka means kaphashamak in nature or have lekshana karma. Acharya Charak told '*Chakshustejomayamtasyavishesat sleshmatobhayam*' means chakshu is main site of alochaka pitta and it needs to be protected from kaphadosha as both are opposite in their guna (properties).<sup>[81]</sup> So the treatment of shoth, potaki, shukra, timira like kaphaja netravikaras is done by the use of these ushna veeryatmaka dravyas. On the contrary 17 chakshushya dravya in this study are sheeta veeryatmaka. '*Chakshushe hitam yat tat chakshushyam | Yatha maansarasa*' means chakshushya dravya are madhura, sheeta and snigdha in their properties which acts by nurturing sapta rasadi dhatu, ojovardhan and therefore netrendriya poshana.<sup>[82]</sup> Pittadhikya (vitiated Pitta) with vidagdhatu, paaka and daaha can cause netra indriyabalahrash and drushtidourbalya<sup>[83]</sup>, so pittashamak (sheet) dravya also have their role in pathology of eye disorders. So balancing both pitta and kapha dosha and maintaining equilibrium of tridoshas plays important role in netrachikitsa.

After studying rasa of all netrya dravya in Bhavaprakash nighantu, it is found that 77% of total dravya possess Tikta as pradhan rasa. The composition of rasas has been described by inference on the basis of their effect on our body.<sup>[84]</sup> Here tikta rasa pacifies pitta dosha. It increases Vata and pacifies Kapha which clearly shows predominance of vayu in its composition. These tikta rasatmaka dravya have laghu guna (lightness) and responsible for relieving avarodha in ashruvaha srotas (obstruction in channels) which contain akasha. This indicates existence of akasha mahabhuta in Tikta rasa in addition to Vayu. After tikta, second most found rasa is madhura. Tikta and madhura both rasa are soumya in nature which decreases pitta. But, though belonging to soumya group, tikta rasa stimulates agni by promoting vayu and absorbing excess kapha at netrendriya.

If we see the vipaka of chakshushya dravya in Bhavaprakash nighantu, they are either madhura vipaki or katu vipaki that to maximum 72% found drugs are katu vipaki. The effect of rasa is extended only up to the level of digestion but vipaka has got systemic effect after metabolism.<sup>[85]</sup> 77% of chakshushya dravya from bhavaprakash nighantu are found with laghu guna. These dravya with katu vipaka and laghu guna acts as kaphashamaka. Tikshna, Ushna gunatmaka dravya are also helpful in internal administration of the preparations in aamavastha (metabolic toxins) where doshasanga (obstruction by the humours) is present in various eye disorders.

## CONCLUSION

In Bhavaprakash nighantu, netrya or chakshushya dravya (beneficial for eyes) and akshirogahar dravya (treating eye diseases) are two divisions of drugs acting for eye disorders. After describing their pharmacological properties in detail, the importance of studying tikta rasa, katu vipaka and laghu guna come to light. Dravyas with ushna veerya are kaphashamak in nature or have lekhana karma. *Chakshushya dravya* with sheeta veerya are *madhura*, *sheeta* and *snigdha* in their properties which acts by nurturing sapta rasadi dhatu, ojavardhan and therefore netrendriya poshana. Pittadhikya (vitiated Pitta) with vidagdhatu, paaka and daaha can cause netra indriyabalahrash and drushtidourbalya, so pittashamak (sheet) dravya also have their role in pathology of eye disorders. Abundantly found tikta rasa pacifies pitta dosha, also increases Vata and pacifies Kapha. These tikta rasatmaka dravya have laghu guna (lightness) and responsible for relieving avarodha in ashruvaha srotas (obstruction in channels) of netrendriya.

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