

**YUGIKA DRAVYA SIDDHANT IN RASASHASTRA AND
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ABSTRACT

Ayurvedic medicines have an exceptional way of pharmacodynamics and pharmacokinetics. The pharmacological actions of Ayurvedic drugs were explained through Rasa, Guna, Virya, Vipaka, Prabhava etc. Ayurveda is well known for both single and polyherbal formulation, among them poly herbal formulations have prime role because of its multiple pharmacological actions. Various basic concepts of Ayurveda such as Samyoga, Samskara, Rasapanchaka, Anupana etc were playing behind the formation of polyherbal formulation. The concept of Samyoga, is the essential norm behind the formation of Polyherbal preparations. Thus, literary review mainly intended to know the role of Samyoga in the preparation of various Ayurvedic poly herbal preparations and to highlight their importance of Oushadha Samyoga (multidrug/ polyherbal formulation) in the present era.

KEYWORDS: Drug formulations, Factors, Kala, Samskara, Samyoga, Shodhana.

INTRODUCTION

It's been observed that the activity, the main action of the drug is activated or catalysed or accelerated by means of combination of herbs in Ayurveda, which is called as YOGA.

Explained as YOGA PRABHAVA means the formulation is getting a higher potency

The main reason for the combination drugs or classical principle medicines is due to the combination of number of drugs commonly given during the one episode of illness tends to increase the potency and its action, along with above mentioned reason the action of one drug combination is influences or modified or balanced with the other herbs in the combination.

Some of the uses of combinations formulas are

- Increases the potency of the formula
- Avoid severe side effects or drug reactions
- To save time and money
- When single herb fail to meet the needs
- Double benefits
- Increases absorbability
- Sometimes useful in confused differential diagnosis or unidentified doshic imbalance.
- Useful in disease predominant in two doshas and three doshas.

Introduction

Drugs are combined to increase the activity apart from obtaining few other advantages. Whether the drugs are of herbal or mineral origin such combinations are seen to offer many advantages. A certain amount of freedom has been given to practitioner to combine the drugs but strictly on the basis of Standards explained in Ayurvedic texts. Samskara and Gunantradhana (addition of Properties) are the prime essentials of drug formulation. By Samskara, transformation of inherent attributes to the drug Formulations take place.

METHODS

The Samskaras or various factors which achieve the gunatardhana (addition of properties) are water, heat, cleaning, Maceration, region, Season, flavor, and trituration (bhavana). It is only to obtain adequate color, taste, touch, and smell which can act decisively in a specific disease. It is felt that because of these above factors formulations might have acted eliminating the clinical features. Conclusion: In the present review, various factors that influence the combination of drugs which attributes transformations of qualities are critically analyzed.

Sanskra has several meaning in Indian philosophy, namely, Mental Satisfaction, recollection, and psychological mark particularly in the development of certain qualities in human life. In Ayurveda, Sanskara means Gunataradhan^[1] (transformation of inherent attributes). Of the

three major principles of Ayurveda,^[2] namely, Hetu, linga, and Aushadhi, Aushadhi holds a very imperative place. However, the Aushadhi utilized should be safe and effective. According to Charaka while explaining the Virechana drugs (which is generally applicable to any drug), he has clarified the properties of a drug which relieves the disease quickly and easily and which does not cause any discomfort, especially to the vital organs, i.e., marmas like heart, the anal region, or other internal organs. More than anything else any formulation which flush out morbid doshas completely from the body, is considered as an ideal formulation even it is teekshna in nature.^[3] The vaidyas has the authority as far as the entire process of Chikitsa is concerned. Vaidyas can make a firm decision about the drug or drugs that he desires to choose. It may be a single herbal drug or a single mineral drug, or it may be a combination of two or more herbal or mineral drugs. The question naturally arises as to why the drugs are used in combinations. From the era of Charaka till today, such combinations are used. A combination often involves a more chemical process than a physical one.

By these combinations, Gunataradhana, i.e., transformation of inherent attributes occurs. Due to many dosic variations (amshamsha kalpana) and interaction of doshas, dooshyas, and malas, combination of drugs becomes important. As per Kashyapa, drugs of opposite rasa may exist with differing guna or veerya or even vipaka. However, when they are combined judiciously, they do not act antagonistically. On the contrary, they combine to act beneficially. By the virtue of the gunataradhana brought about by the factors such as Samyoga, Vishlesha, Kala, and samskara, a combination of drugs in spite of its smaller dosage can actually be more effective in eradicating the disease. Similar drugs when combined become more potent by their combined chemical and pharmacological action.

CONCEPT OF GUNATARADHANA (TRANSFORMATION OF INHERENT ATTRIBUTES)

Role of Samyoga (Addition of Ingredients)

Samyoga incorporates the standard of utilizing the whole of intelligence available in a plant, not just a partial value captured in an isolated ingredient. The composition of one formulation mainly depends on criteria such as primary herbs target a specific area of health, supporting herbs that improve the activity of the essential herbs and strengthen their healing action, bioavailability herbs that enable your body to absorb and utilize the nutrients, herbal cofactors that expel impurities and the impacts of ideal processing from body, balancing herbs that counter balances any potential inconveniences, or side effects that can accompany

with the benefits of a particular herb. Used together, these distinctive types of herbs, accurately mixed, create a whole that is greater than the sum of its parts and result in a final formula that has the twin benefits of wholeness and balance.

Role of Vishlesha (Elimination of the Ingredients)

As per Sushruta chikitsa,^[6] if there is yoga which contains a few drugs prescribed in a disease, drugs of similar qualities may be added to the same yoga without any apprehension. Further, more he has given a green signal even to remove the drugs from yoga if considered unnecessary if the constituent's drugs are numerous. As per kashyap, 7the yogas which are prescribed by our sheers in classics, with combinations of certain drugs, in a specific disease should be used in the same form, without any alteration what so ever. This statement seems to be contradictory to the one made by Sushruta mentioned earlier. However, from author point of view it is important that formulations described in different literatures can not require any drastic changes.

Role of Kala (Proper Season and Recommended Duration of Time)

Jatarasam is the term employed by the Acharyas for Asava/Aristha after which the final product can be used, and this may take anything from a few days to a few months as can be seen in the following table.

Sr. No.	Samhita	Minimum Time Limit	Maximum Time Limit
1.	Charak Shareerasthan 6	7 days	1½ months
2.	Sushruta Shareersthana 9	7 Days	4 months
3.	Ashtang Samgraha 7	7 days	6 Months
4.	Asthang Hridaya	15 days	1 Month

It is to be noted that, this is the minimal period advised for the fermented product before internal use, i.e., to acquire Jatarasam stage, which needs to be confirmed by the various tests prescribed. However, the concept of Kala Samskara needs more deliberation given with the intelligent excerpt from Sharangadhara Samhita. The medicated ghee or oil should not be prepared in a single night and the period should be lingered so that more fat-soluble content of the drug is absorbed in the Sneha, thereby making the Sneha more potent.^[10] The duration of Snehapaka depends on the Drava dravya used in the Snehapaka Kalpana. For example - if dugdha is used in Sneha Kalpana as a Drava dravya, then Snehapaka should be continued at least for two nights. Likewise, if svarasa is used, then paka should be done for 3 ratri. If paka has to be done with takra, aranala, etc., then the duration should be of 5 ratri. If Snehapaka

has to be done with mula and valli, then it should be done for 12 nights and paka should be completed on a single night if brihi and mamsarasa are used.^[11] Role of Samskara. The change in quality and property may be due to the role of water, heat, cleanness, habitat, time, season, flavor, and containers. These factors affect both the dietary supplements as well as medicinal drugs. The drugs either dietetic one or medicinal value obtained from natural sources undergo certain processing known as Samskara which can alter a change the natural qualities and properties of said drugs. It can be said that both a simple process of combination as well as the other mechanical/natural factors play an important role in bringing about a change in the medicinal combination.

Role of Water

The role of water in this context is to make hard and rough texture change to smooth and soft as well as extract the active principle of said drug. The therapeutically valuable part is termed as “Saara Bhaaga” in the terminology of Ayurveda.^[12] This can be achieved through particular processing. Numerous a times, the substance may contain more than one therapeutically helpful constituent. Different techniques may be required to separate out such valuable constituent. The components dissolve in water are extracted in water, whereas solvents such as fat, oil, or alcohol are required to extract ingredients soluble in those solvents. A combined solvent system is also used sometimes. Depending on the requirement, different procedures are adopted to extract therapeutically useful ingredients Water being universal solvent is utilized for the majority of extractions. According to some texts,^[14] utilization of particular extraction system relies on the specific disease condition, the objective patient, and the source substance. A portion of the plants require particular extraction technique for obtaining expected therapeutic action,^[15] for example, *Centella asiatica* “Mandookparni” and *Tinospora cordifolia* “Guduci” should be utilized only in the form of expressed juice for their “Rasayana” impact and *Convolvulus pleuricaulis* “Shankhpushpi” should only be Dash, et al.: Analysis of Ayurvedic drug combinations utilized in the form of paste (Kalka). Dosage forms involved to extract the therapeutic useful part are Swaras (if plant parts may not contain enough moisture to obtain the juice by applying mechanical pressure, in such cases, two parts of water are added to the ground plant material and it is left to soak overnight),^[16] Kwaatha (by boiling the finely powdered plant material in required quantity of water till all the active ingredients are extracted completely in the water),^[17] Hima and Phanta (finely powdered plant material is soaked overnight in six parts of water to obtain cold infusion and finely powdered plant material is soaked in hot

water and thoroughly mixed to obtain hot infusion),^[18,19] Arka (drugs soaked in water using the Arkayantra),^[20] Ksheera Paka (to attain water-soluble, fat-soluble, and protein-soluble active principle from the drug),^[21] oil/ghee (role of water is one of the important as per principle of these preparation oil liquid media and parts are normally required for the preparation of medicated ghee/oil),^[22] Aasava or Aristas (prepared with cold water or from the decoction of the drug through fermenting process of medicinal plants),^[23] Avaleha (after strained decoctions (Kwaatha)^[24] are boiled down, sugar or jiggery is added to it making a thick paste), Ghana (the water content of the “kwatha” is evaporated by subjecting it to slow heating),^[25] Lepa (water, cow’s urine, oil, and ghee are some of the media used for mixing),^[26] and Sattva (water extractable solid substance collected from a plant).

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