

**A CRITICAL REVIEW ARTICLE ON CONTROVERSIAL DRUGS
(SANDIGDHA DRAVYAS) MENTIONED IN AYURVEDA****Neha Rai^{1*}, Suresh Chaubey² and Shailendra Pradhan³**¹Assistant Professor, Dravyaguna Department, Ankerite Ayurvedic Medical College,
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College, Lucknow.**ABSTRACT**

India is a very vast country. It is one of the world's top 12 mega diversity country, so many different species of plant are present. It is just a continent with various languages, various dialects, various types of persons. So, one plant is known by various names in different parts of country. There is a proverb in Gujarati "Bar gauye boli Badlaya" means at every twelve miles the names of the plant gets changed which has resulted and contributed to many controversial plants or *sandigdha dravyas*. Present article is an approach to study controversial drugs and methods to overcome controversies related to it.

KEYWORDS: Controversial drugs, *Sandigdha dravyas*.**INTRODUCTION**

Ayurveda is the system of medicine which most ancient and effective pathy gifted by our *Acharyas*, consists of thousands of *Dravyas* and formulations (*Kalpas*). Our *Acharyas* spread *Ayurveda* worldwide, by means of their continuous breakthrough efforts. Basically Herbo-mineral preparations are used in *Ayurvedic chikitsa padhhati*. The regular and widespread use of the herbal drugs is getting popular in the present era creating new horizons. As herbal drugs have become the main attention and global importance since a decade, it is prime necessity to relieve the controversies related to *Dravyas*. '*Sandhigdha dravyas*' is a term used for medicinal plants having controversial sources, appear in the ancient Indian literature. Information has gained from *Ayurvedic* literature where one vernacular name is applied for two or more plants. India is a country

having multiple languages and peoples, dependent on different tribal and folklore medicine. Confusion in nomenclature arises from variation in languages. Moreover, description of plants in the ancient literature were based on anatomical structure, natural habitat, morphological characters, functions, pharmacological actions, historical base etc. These synonyms have caused controversy in the identification of plants and hence the correct source sometimes misleading with a fictitious plant for e.g.- *Bhadra* used for more than two plants as a synonym like- *Bala*, *Nili*, *Danti*, *Kashmiri*, *Sariva*, *Shweta* etc. So, it is prime necessary task to generate or create parameters of identification as well as differentiation among different *Dravyas* which having similar names. Since herbal products are prepared using the extracts of plant known for particular activity, the controversial source sometimes led to inefficacious formulation.

Causes of Controversy

1. Multiple languages
2. Manual manuscript writing
3. No printing
4. Unscientific nomenclature
5. Unskilled collectors, improper identification of correct species of plant and collection methods also leads to controversy
6. Poor understanding of Sanskrit words in different context

Steps to overcome controversies related to drug

- **Proper nomenclature based on taxonomical classification-** It leads exact identification of relative *dravya*.
- **Documentation of Ayurvedic manuscripts and it would be revised by research scholars of Ayurveda-** Documentation in proper printed way results into accurate information related to *dravyas*, these printed copies should be revised time to time by the research scholar.
- Through sessions and seminars, awareness towards controversy and their aids would be discussed.
- **Morphological examination-** Through the modern techniques morphological examinations of plants should be done.

- **E) Analytically controversial plants should be tested-** It includes botanical examination, chemical examination (chemical composition), physical examination (physical tests).

Some of the controversial *dravyas* in *Ayurveda* as follows-

S.No.	<i>Dravya</i> (with L.N. and Family)	<i>Sandigdha Dravyas</i> (with L. N. and Family)
1.	<i>Pashanabheda</i>	1) <i>Bergenia lingulata</i> , Wall., (<i>Saxifragaceae</i>) 2) <i>Aerva lanata</i> Juss., (<i>Amarantaceae</i>) 3) <i>Aerva javanica</i> , (<i>Amarantaceae</i>) 4) <i>Ammania baccifera</i> , Linn. (<i>Lythraceae</i>) 5) <i>Rotula aquatica</i> , Lour. (<i>Ehretiaceae/ Boraginaceae</i>) 6) <i>Coleus aromaticus</i> (<i>Labiatae</i>) 7) <i>Bryophyllum calycinum</i> , Salisb. (<i>Crassulaceae</i>) 8) <i>Bridelia montana</i> (<i>Euphorbiaceae</i>) 9) <i>Homania riporia</i> , Lour., (<i>Euphorbiaceae</i>) 10) <i>Ocimum basillicum</i> (<i>Labiatae</i>)
2.	<i>Murva</i>	1) <i>Marsdenia tenacissima</i> , Roxb. (<i>Asclepiadaceae</i>) 2) <i>Clematis triloba</i> , Heyne ex Roth., (<i>Ranunculaceae</i>) 3) <i>Maerua arenaria</i> , Hook. (<i>Capparidaceae</i>) 4) <i>Sesuvium roxburghiana</i> , Schuttl., (<i>Haemodoraceae</i>) 5) <i>Sesuvium zelanica</i> (<i>Amaryllidaceae</i>) 6) <i>Helicteris isor</i> , Linn., (<i>Sterculiaceae</i>) 7) <i>Bauhinia tomentosa</i> (<i>Leguminosae</i>) 8) <i>Chenomorpha macrophylla</i> (<i>Apocynaceae</i>)
3.	<i>Arjuna</i>	1) <i>Terminalia arjuna</i> , (<i>Euphorbiaceae</i>) 2) <i>Sterculia urens</i> 3) <i>Terminalia tomentosa</i> 4) <i>Terminalia sterculia</i> 5) <i>Jarul</i> (<i>Lagerstromia flos-regina</i>)
4.	<i>Ashoka</i>	1) <i>Saraca asoka</i> , 2) <i>Bauhinia variegata</i> 3) <i>Polalthis longifolia</i> , Benth & Hook., (<i>Anonaceae</i>) 4) <i>Saraca indica</i> , Linn. Syn. <i>Jonesia ashoka</i> (<i>Caesalpiniaceae</i>) 5) <i>Shorea robusta</i> , Gaertn (<i>Dipterocarpaceae</i>)
5.	<i>Rasna</i>	1) <i>Pluchea lanceolata</i> , C. B. Clarke (<i>Compositae</i>) 2) <i>Vanda tessellate</i> , Hook ex G. Syn. <i>Vanda roxburghii</i> , R. Br. (<i>Orchidaceae</i>) 3) <i>Alpinia galanga</i> , Swartz., (<i>Scitamineae</i>) 4) <i>Viscum album</i> , Linn., (<i>Loranthaceae</i>) 5) <i>Withania coagulens</i> , Dunnell in Dc. (<i>Solanaceae</i>) 6) <i>Aristolochia indica</i> , Linn., (<i>Aristolochiaceae</i>) 7) <i>Inula racemosa</i> , Hook., (<i>Compositae</i>) 8) <i>Mula Rasna- Rauwolfia serpentina</i> , Benth ex Kurz (<i>Apocynaceae</i>) 9) <i>Patra Rasna- Lochnera rosea</i> , Reichb., syn. <i>Vinca rosea</i> (<i>Apocynaceae</i>)

		10) <i>Trina Rasna- Vanda roxburghii</i> or <i>Enicostema littoral</i> , Blume. (Gentianaceae) 11) <i>Dodonaea viscosa</i> , (Sapindaceae)
6.	<i>Nagkesharam</i>	1) <i>Mesua ferrea</i> , Linn., (Guttifereae) 2) <i>Ochrocarpus longifolius</i> , Benth & Hook., (Guttifereae) 3) <i>Cinnamomum tamala</i> , Fr-nees., (Lauraceae) 4) <i>Dillenia pentagyna</i> , Linn., (Dilleniaceae)
7.	<i>Bramhi</i>	1) <i>Bacopa moniera</i> , (Scrophulariaceae) 2) <i>Hydrocotyle asiatica</i> , (Umbellifereae)
8.	<i>Talishpatra</i>	1) <i>Abies webbiana</i> , (Connifereae) 2) <i>Tarus baccata</i> , (Connifereae) 3) <i>Rhododendron anthopogan</i> , D. Don., (Ericaceae)
9.	<i>Daruharidra</i>	1) <i>Berberis aristata</i> , DC., (Berberidaceae) 2) <i>Berberis lyceum</i> , Royle., (Berberidaceae) 3) <i>Berberis asiatica</i> , Roxb., (Berberidaceae) 4) <i>Valli-Haridra- Coscinium fenestratum</i> , (Menispermaceae)
10.	<i>Twaka</i>	1) <i>Cinnamomum tamala</i> , (Lauraceae) 2) <i>Cinnamomum zeylanicum</i> , Beeyn., (Lauraceae)

CONCLUSION

As this present review focused on Controversy related to medicinal plants, the characteristics like *Rasa*, *Virya*, *Vipaka*, *Karma* and *Prabhava* plays an important role in solving the controversies related to the medicinal plants. Pharmacognosy is the branch of Pharmacology which plays an important role in solving the controversial confusions, in briefly. In Standardization techniques plant materials and their derived products had been examined, and it has always been important part of Phyto-pharmaceuticals. A big quantum of research work in area of authentication of correct plant source has been undertaken to provide means of differentiation among many controversial medicinal plants, it possesses examinations like- Macroscopic examination, Microscopic, Morphological, Histological, Physico-chemical, Pharmacognostical, Phytochemical, Taxonomical, Heavy metal estimation, Radiological contaminations etc.

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