

A REVIEW OF DOSHAGHNA KARMA OF VAGBHATOKTA DOSHASHAMAK GANA BY COMPARING GUNA OF DOSHA AND DRAVYA

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Article Received on
03 Sept. 2021,

Revised on 23 Sept. 2021,
Accepted on 13 October 2021

DOI: 10.20959/wjpr202113-21741

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ABSTRACT

Acharya Vagbhat had mentioned *Shodhanadi Gana Sangraha Adhyaya* in Sutrasthan of Ashtanghrudaya. In this Adhyaya he had explained group of drugs useful for Shodhan Karma, Shaman Karma and Vyadhiharan Karma. Under this subject there three Doshshamak Gana i.e. *Bhadradarwadi Gana*, *Durvadi Gana*, *Aargwadhadi etc Gana* which acts Shamak on Vata, Pitta and Kapha respectively. This article focus on how the drugs in gana decrease the elevated dosha with their exact opposite guna as compare to dosha.

KEYWORDS: Shodhandi Ganasangraha, *Bhadradarwadi Gana*, *Durvadi Gana*, *Aargwadhadi Gana*.

INTRODUCTION

According to Ayurveda there are only three Doshas in body which responsible for health and disease. The normal and balanced proportion of Dosha leads to proper health and increased or decreased proportion of Dosha causes disease. Elevated proportion of dosha is called as *Doshvrudhi*, which itself a diseased condition and also cause for many diseases. To counteract this elevated proportion of Dosha Acharya Vagbhata had mentioned Doshashamak Gana in Ashtanghrudaya Samhita. Drugs in these Ganas have opposite properties with that of Dosha. Bhadradarwadi Gana acts Shamak on Vata dosha with its Snigdha, Ushna etc Guna, while Durvadi Gana acts on Pitta dosha with Sheet etc Guna, Aargwadhadi etc acts on Kapha

with Ruksha etc Gunas. This article aims to evaluates the doshaghna karma of this Ganas with their properties.

Table no. 1: Guna of tridosha.^[1]

Dosha	Vata	Pitta	Kapha
Guna	Ruksha (Dry)	Sasneh (Slightly oily)	Snigdha(Oily)
	Laghu (Lightness)	Tikshna (Entering in deep tissue)	Sheet (Cold)
	Sheet (Cold)	Ushna (Hotness)	Guru (Heavyness)
	Khar (Roughness)	Laghu (Lightness)	Mand (Mild, Viscous)
	Sukshma (Minuteness)	Vistra (Bad smell)	Shlakshna (Smooth, Clear)
	Chal (Movement)	Sara (Having Fluidity)	Mrustna(Slimy, Jelly)
		Drava (Liquidity)	Sthira (Immobility, Stability)

Table no. 2: Bhadrardwadi gana.^[2,3]

Drug	Latin Name	Ras	Virya	Vipaka
Bhadrardaru	Cedrus Deodra	Tikta, katu, kashay	Ushna	Katu
Tagar	Valeriana wallichii	Tikta, Madhur, Katu	Ushna	Katu
Koshta	Saussurea lappa	Tikta, Madhur, Katu	Ushna	Katu
Baladway	Sida cordifolia & Abutilon indicum	Madhur	Sheet	Madhur
Dashamool				

Table no. 3: Durwadi gana.^[4, 5]

Drug	Latin Name	Ras	Virya	Vipaka
Durwa	Cynodon dactylon	Madhur Kshay Tikta	Sheet	Madhur
Sariva	Hemidesmus indicus	Madhur, Tikta	Sheet	
Nimba	Azadiracta indica	Tikta, Kashay	Sheet	Katu
Vasa	Adhathoda vasica	Tikta, Kashay	Sheet	Katu
Kapikacchu	Mucuna prurita	Madhur, Tikta	Ushna	Madhur
Shatawari	Asparagus racemosus	Madhur Tikta	Sheet	Madhur
Priayngu	Callicarpa macrophylla	Tikta, Kashya, Madhur	Sheet	Katu
Gundra				
Sheetpaki (Gunja)	Adbrus precatorius	Tikta, Kashay	Ushna	Katu

Table no. 3: Kaphaghna gana.^[6]

Drug	Ras of gana	Virya of gana	Vipaka of gana
Aargwadhadi	Tikta	Ushna	Katu
Arkadi	Katu	Ushna	Katu
Mushakadi	Katu	Ushna	Katu
Asanadi	Kashay	Sheeta	Katu
Surasadi	Katu	Ushna	Katu
Mustadi	Tikta Katu	Ushna	Katu

DISCUSSION

From all above tables it is clear that drugs in every Gana carries exact opposite properties with respective dosha. In Bhadradarwadi Gana herbs have Ushna veerya, Madhur Ras, Guru, Sthir and Snigdha guna which are opposite to guna of Vata dosha i.e. Sheet, Ruksha, Laghu, chal guna. From this knowledge its time to think applied aspect of this such as a patient having Joint Pain with history of Sheet(cold) consumption in Vihar(environment) or Aahar (food) then drugs of Ushna guna from this Gana can usefull for treatment. Same if patients have complaint of gaseous distension in abdomen with previous history of consuming Ruksha Gunatmak Aahar then drug from Vataghna guna which has ability to do Pachana karma and Snigdha guna are usefull for treatment.

In Durwadi gana herbs have Sheet veerya, Madhur, Tikta, Kashay rasa and Madhur vipaka and mand Sugandhi guna which are exact opposite of pitta properties. In applied aspect of this if there is a patient with complaint of Daha(burning sensation) with history of Ushna gunatmak Aahar Vihar drug of sheet guna from Pittaghna guna for treatment are usefull. Same if patient with wound having Paka avastha (pus formation) and Bad smell from secretion of wound then Sugandhi dravya from pittashamak gana are usefull which helps to reduce paka of Vran and because of having Sugandhi guna will help to counteract Vistra guna.

In Aaragwadadhi, Arkadi etc gana all herbs have properties of Tikta, Katu Kashay Rasa, Ushna Veerya, Katu Vipaka, Ruksha, Laghu, Tikshna, chal guna which are exactly opposite to Snigdha, Sheet, Guru, Mand, Shlakshna, Mrutsna, Stheer guna of Kapha. In patient of Obesity if there is Madhur Ras consumption as Hetu (cause of disease) drugs of Tikta Rasa from Kaphaghna guna for the treatment are usefull, because Tikta rasa carries Aakash and Vaayu Mahabhuta which are opposite to Kapha. If patient have symptoms of difficulty in breathing and with previous history Abhishyandi(Viscous, have ability to block small vessels) Sheet and Snigdha aahar vihar drugs of Pramathi, Ushna and Ruksha guna from Kaphaghna guna are usefull for the treatment.

CONCLUSION

From above discussion it can conclude that all Doshashamak Gana contains drug which have exact opposite properties of dosha. In this modern scenario some more new plant of such properties can be added to this gana and can use for treatment on the basis of Dravyaguna.

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