

REVISITING AMBASHTADI GANA: A CONCEPTUAL ANALYSIS OF ITS ROLE IN SANDHANA AND VRANA ROPANA

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ABSTRACT

Ayurveda possesses a rich tradition of medicinal plant classification based on the intrinsic properties (*Guna*), therapeutic actions (*Karma*), and clinical applications of drugs. In the *Dravya Sangrahanīya Adhyaya* of *Sushruta Samhita* (*Sutrasthana*, Chapter 38), thirty-seven distinct *Ganas* (drug groups) are described, each formulated according to specific therapeutic objectives. Among these, *Ambashtadi Gana* occupies a significant position due to its traditional indications in *Vrana Ropana* (wound healing) and *Sandhana* (tissue union and regeneration). Although individual constituents of this group have been investigated for their pharmacological properties, a consolidated evaluation of *Ambashtadi Gana* as a composite therapeutic formulation is scarce. The present review critically examines the classical descriptions and contemporary scientific evidence related to this *Gana*, with particular emphasis on its role in wound management and tissue repair.

By correlating traditional Ayurvedic concepts with modern biomedical findings, this study seeks to highlight the potential integrative value of *Ambashtadi Gana* in current clinical practice.

KEYWORDS: *Ambashtadi Gana, Vrana Ropana, Bhagna Sandhana.*

INTRODUCTION

The classical Ayurvedic texts present a well-structured approach to the classification of medicinal substances, grouping drugs according to their inherent properties, therapeutic actions, and clinical applications. This systematic arrangement into *Ganas* facilitates a better understanding of the collective pharmacological behaviour and synergistic potential of related drugs, thereby serving as an important basis for rational therapeutics.

Among the major Ayurvedic compendia, the *Sushruta Samhita* provides one of the most comprehensive classifications of medicinal plants. In the *Dravya Sangrahaṇiya Adhyaya of Sutrasthana* (Chapter 38), *Acharya Sushruta* describes thirty-seven distinct *Ganas*, each comprising drugs that exhibit comparable morphological features, qualities (*Guṇa*), actions (*Karma*), and therapeutic utilities.^[1] The designation of each group is based on the first-mentioned drug, which symbolically represents the predominant characteristics of the entire collection.

The contribution of *Acharya Sushruta* to Ayurvedic pharmacology extends beyond classification. By incorporating several additional medicinal substances and arranging them according to their functional similarities, he broadened the scope of the Ayurvedic materia medica and strengthened its practical application in clinical settings. This methodical organization reflects a profound understanding of the relationships between drug properties and therapeutic outcomes.

Among these thirty-seven groups, *Ambashtadi Gana* occupies a notable place due to its traditional association with *Ropana* (promotion of wound healing) and *Sandhana* (facilitation of tissue union and repair). The group consists of ten medicinal plants that have been widely employed in the management of *Vraṇa* (wounds), *Sotha* (inflammation), *Daha* (burning sensation), and other conditions involving soft-tissue damage.^[2,4]

Interestingly, the classical indications of *Ambashtadi Gana* correspond closely with modern concepts related to wound management, anti-inflammatory activity, and tissue regeneration. Although the pharmacological properties of several individual constituents have been explored in contemporary research, studies evaluating the therapeutic significance of *Ambashtadi Gana* as a unified drug group remain scarce. Therefore, a critical review

Equally important is its *Sandhana Karma*, which is concerned with the restoration of tissue continuity and strength. The inherent *Samhata* and *Stambhana* qualities may contribute to improved tissue cohesion, collagen organisation, and enhanced tensile strength of the healing wound, thereby supporting early structural repair.

Furthermore, the *Daha Shamana* and *Rakta-Pitta Shamaka* actions impart cooling and haemostatic effects, which may help reduce local irritation, oxidative stress, and capillary fragility. The documented *Krimighna* activity of several constituent drugs may also provide antimicrobial support, reduce the risk of secondary infection and promote uncomplicated wound healing.

From a broader perspective, *Acharya Sushruta's* classification of medicinal substances into various *Vargas* and *Ganas* demonstrates a sophisticated understanding of pharmacological relationships. By grouping drugs according to similarities in *Akṛti* (morphology), *Guna* (properties), *Karma* (actions), and therapeutic applications, he established a rational framework that facilitates both conceptual understanding and practical clinical use. The therapeutic profile of *Ambashtadi Gana* exemplifies this approach, wherein the collective action of the constituent drugs offers a comprehensive strategy for wound management, combining anti-inflammatory, antimicrobial, regenerative, and tissue-restorative effects.

CONCLUSION

Acharya Sushruta's systematic classification of medicinal plants into various *Ganas* reflects a profound understanding of their pharmacological properties and therapeutic applications. The concept of grouping drugs based on similarities in *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Karma* provides a rational framework for their effective clinical utilization.

Among these classifications, *Ambashtadi Gana* occupies an important place because of its traditional indications in *Vraṇa Ropaṇa* (wound healing) and *Sandhana* (tissue union and repair). The collective attributes of its constituent drugs suggest a synergistic action that supports wound cleansing, inflammation control, tissue regeneration, and restoration of structural integrity. In addition to its role in wound management, the group is also described as beneficial in conditions associated with Pitta imbalance and certain intestinal disorders.

Although substantial scientific evidence is available for several individual drugs of this *Gana*, studies evaluating *Ambashtadi Gana* as a composite therapeutic entity remain limited.

Correlating classical Ayurvedic concepts with contemporary pharmacological findings highlights its potential as an integrative approach for the management of wounds, fractures, and soft-tissue injuries. Further experimental and clinical investigations are warranted to validate its traditional claims and expand its evidence-based application in modern healthcare.

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