

FUNDAMENTALS OF DRAVYAGUNA**Dr. Vidyanand Fanchu Kumbhojkar***

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ABSTRACT

Dravyaguna Vignyan is a science which involves scientific information on herbs & Ayurveda formulations including their nature, nomenclature, properties & pharmacological actions. This science specifically deals with pharmacognosy, pharmacology, therapeutic utility and relation between actions and properties of drugs in Ayurveda. Dravyaguna Vignyan works around Namajnana, Rupajnana, Gunajnana and Yuktijnana, etc. Literal meaning of word Dravya means material or things and Guna means properties, thus Dravyaguna Vignyan deals around properties of Dravya (drugs). Dravyaguna Vignyan relates pharmacological actions with Rasa, Guna, Virya, Vipak and Prabhav of drugs.

KEYWORDS: Dravyaguna, Guna, Rasa, Veerya, Vipaka.

INTRODUCTION

The word 'Dravyaguna' means the science dealing with properties and actions of drugs. This is counterpart of modern pharmacology. It involves scientific information on herbs & Ayurveda formulations including their nature, nomenclature, properties & pharmacological actions. This science specifically deals with pharmacognosy, pharmacology, therapeutic utility and relation between actions and properties of Ayurveda drugs.

As per Ayurveda the physio-chemical properties of Ayurveda drugs, works around concept of Panchabhutas and Tridosha. As per Ayurveda Rasa, Guna Virya, Vipaka and Prabhava of drugs govern pharmacokinetics and pharmacodynamics actions of drugs. Akasha, Vayu, Agni, Jala and Prithivi (Panchmahabhutas) governs physiological activities of body and drugs

possessing specific predominance of Mahabhuta helps to manage related ailments. Similarly Vata, Pitta, Kapha (Tridosha) if remain in a balance state, then normal physiological functions of body is observed, but imbalance amongst the Tridosha leads to pathological events and a specific Ayurveda drug works on a particular Dosha thus help in specific Dosha vitiation. Properties of drugs (Dravyaguna) alter vitiated state of Doshas by virtue of their Mahabhuta predominance exerting their action on biological system.

Guna indicates inherent properties of drug, Rasa indicates taste of drug, Vipaka means metabolite of drug, Virya referred to the potency of drug and Prabhava resembles specific potency of the drug.

DESCRIPTION OF GUNA, RASA, VIRYA, VIPAKA AND PRABHAVA

Guna

Guna means quality or property of the drug. Various types of Guna of drugs are described including; Guru, Laghu, Shita, Ushna, Snigdha, Ruksha, Tikshna, Mridu, Kathina, Sukshma, Vishada and Pichhila Guna, etc.

1. Guru guna quality drugs contribute towards the weight gain capacity and helps in emaciated person, these drugs increases Kapha dosha and have predominance of Prithvi and Jala mahabhut (elements).
2. Drug possessing Laghu Guna imparts lightness in body and such drugs reaches site of action easily thus helps to clear minute channels also. These drugs regulate circulatory process and control Vata Dosha inside the body.
3. Sheeta Guna contributes to pacify fever in body, imparts coldness therefore such drugs helps in inflammatory conditions and cures excessive functioning of digestive fire in disease like diabetes.
4. Drugs possessing Ushna Guna (hot potency) helps in cold and cough, these drugs enhances Pitta and improves digestions thus helps to regulate metabolic activities.
5. Singdha Guna drugs helps to eliminate dryness of body, and pacify excessive dryness of the body. These drugs help in skin disorders and maintain water element of body.
6. Ruksha Guna contributes promotes dryness and help to counteract excessive unctuousness of the body.
7. Teekshna Guna imparts sharpness in body, substance with Teekshna Guna pacify dullness and improves process of detoxification clearing toxins from body.

Table 1: Guna of Dravya and their action.

Sr.No.	Guna	Karma (Action)
1.	Guru	Bruhana (improve stoutness).
2.	Laghu	Langhana (lightness in body)
3.	Shita	Sthambhana (obstruct).
4.	Ushana	Swedana (fomentation).
5.	Snigdha	Snehana (unctuousness).
6.	Ruksha	Rukshana (dryness)
7.	Manda	Shaman
8.	Tikshna	Shodhana (cleanses the body)
9.	Sthir	Dharan
10.	Sara	Prerana
11.	Mrudu	Shlathana (looseness in body)
12.	Kathin	Dradhikarna
13.	Picchil	Lepan
14.	Vishada	Kshalan
15.	Shlakshna	Ropan
16.	Khara	Lekhan
17.	Sthula	Sanvaran
18.	Sukshma	Vivaran
19.	Sandra	Prasadan
20.	Drava	Vilodan

Rasa

Rasa means taste of drugs. Rasa depends upon combination of different mahabhutas in Dravya. Rasa are of six types such as - Madhura, Amla, Lavana, Katu, Tikta and Kashaya. These Rasa offers particular biological actions therefore imparts desirable therapeutic responses.

Table 2: Dravya Rasa and their Bio-Action.

Sr.No.	Rasa	Bio-Action
1.	Madhura Rasa	Promotes strength, complexion, keenness of sense organ, excretions. provides contentment, prolongs life span and prevent aggravation of vata and pitta
2.	Amla Rasa	Possess carminative, appetizer and digestive properties. Improves taste, good for heart, spreads quickly in body.
3.	Lavana Rasa	Possess carminative, appetizer, digestive and moistening properties. Clear the system/channels, spreads quickly all over the body.
4.	Katu Rasa	Control movement of vata, stool, urine and stimulates digestive fire, improves taste perception, scrapes sticky material, clear channels in the body
5.	Tikta Rasa	It act as absorbent, cleans channels, improve taste. Reduces anorexia, poison, thirst, worms, fainting, nausea, fever, burning sensation, skin diseases. Used in kaphaja, pittaja and raktaja disorders.
6.	Kashaya Rasa	Use in kaphaja and pittaja disorders, help to restore dhatus and also used in diarrhoea. Dries up the body moisture, heals wound, promotes normal skin colour. Excess use obstructs semen, flatulence and stiffness in body.

1. Madhura Rasa pacifies Pitta and enhances Kapha therefore promotes strength and helps reduce aggravation of Pitta and related disorders.
2. Amla Rasa drugs promote Kapha & Pitta while such compounds pacify Vata Dosha they act as carminative, appetite stimulant and helps in digestive disorders. Drugs predominate with Amla Rasa imparts Dipana-pachana effects thus boost Agni.
3. Dravya possessing Lavana Rasa increases Pitta and pacifies Vata Dosha hence promoting digestive system and helps in anorexia and digestive disorders. Such compounds also exerts Vishyandi (moistening) effects.
4. Drugs having Katu Rasa enhances Vata and decreases Kapha therefore control movements of stool and urine. Katu Rasa helps in disorders arising due to the Kapha aggravation. The igneous nature of drugs having Katu Rasa stimulates digestive fire.
5. Tikta Rasa compounds pacify Kapha and increases Vata Dosha. These drugs acts as absorbent and helps to clear obstruction of minute channels of the body. These compounds help in Kaphaja disorders and regulates circulatory functioning of the body.
6. Kashaya Rasa pacifies Pitta Dosha and increases Vata Dosha. Drugs possessing Kashaya Rasa control digestive fire and helps in Pittaja disorders. These drugs exert Stambhana effects thus helpful in condition like diarrhoea and also helpful in bleeding disorders.

Virya

Virya means Shakti or power or potency of a drug. This means intensity of drug action towards therapeutic response. As per Charaka drug acts by virtue of its Virya. It is stated that if Virya is low then the drug do not exert optimum pharmacological action and vice-versa. It is also stated that Virya is essence of five panchmahabhutas which govern therapeutic potency of drug substance.

Table 3: Dravya Virya and their Bio-Action.

Sr.No.	Virya	Bio-Action
1.	Shita Virya	Produces contentment, obstruction and maintain life.
2.	Ushna Virya	Possess digestive, burning, perspiration, liquefaction, emetic and purgative properties
3.	Snigdha Virya	Promotes strength, pleasant, oleation. delays ageing and aphrodisiac (Vaajikaran)
4.	Ruksha Virya	Used in dysentery (Sangrahana), heals wound and dry moistness (Virukshan)
5.	Guru Virya	Improve stoutness, filling cavities (pooran), holds body constituents (sanshleshana) and aphrodisiac
6.	Laghu	Absorbs moisture, (Kledaachushana), scraping (Lekhana),

	Virya	heals wound (Uparopan) and dry moistness.
7.	Mrudu Virya	Rakta-Mansa Prasadana and pleasant to touch (Susparshana)
8.	Tikshna Virya	Dries moisture, Avadaran and Stravan,

Vipaka

Vipaka refers to the final metabolite of drug which is produced after digestion process. This biological transformation alter action of drug. On the basis of rasa vipaka may be Madhura, Amla and Katu and on the basis of properties it may be Guru and Laghu.

1. Drugs having Madhura vipaka increases Kapha Dosha and facilitate process of excretions.
2. Amla vipaka increases Pitta thus acts as carminative and improves digestion.
3. Compounds having Katu vipaka increases Vata thus helps to regulates circulatory functioning of body.

Vipaka alter effects of Dosha, Dhātu and Mala thus contributing significantly towards the wholesome or unwholesome effect of drugs on the body.

Table 4: Dravya Vipak and their Bio-Action.

Sr.No.	Vipak	Bio-Action
1.	Madhura vipak	Increases Kapha, semen (Shukral) and facilitates the excretion of urine & feces (purish)
2.	Amla Vipaka	Increases Pitta, destroy semen (Shukranashan) and facilitates the excretion of urine & feces (Srutavinmutra).
3.	Katu Vipaka	Increases Vata, destroy semen (Shukranashan) and sometimes obstruct the flow of urine & feces (Mutra and Purisha)

Prabhava

Prabhava is a specific power which depends upon a particular nature of the drug (Bhautika composition) and therefore responsible for specific pharmacological action. Prabhava means nature of specific actions like emesis and purgation, etc. It differs from Virya, since Virya represents general power while Prabhava resembles definite action. It is stated that drugs can possess similar Rasa and Guna but differ in pharmacological action due to their Prabhava.

CONCLUSION

The dravyas act by their inherent gunas which denotes panchbhutic mode of substances. Guna means attribute or basic nature of drugs, rasa indicate taste and denote structural arrangement of drugs, virya related with drug action/potency, vipaka indicate

biotransformation or metabolite of drug with pharmacokinetic principles of dravyas and helps in to get potent dravyansha while Prabhava determine action of drug other than rasa and vipaka in terms of guna as rasaprabhava and vipakaprabhava.

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