

**ROLE OF SUSHRUTOKTA RODHRADI GANA AS VARNYA
(COMPLEXION ENHANCING)****Dr. Kavita Malviya^{1*}, Dr. Shiromani Mishra² and Dr. Shivangi Mittal³**

¹Post Graduate Scholar, Department of Dravyaguna, Govt. Dhanwantri Ayurveda College,
Ujjain, Madhya Pradesh, India.

²Associated Professor, PG Department of Dravyaguna, Govt. Dhanwantri Ayurveda College,
Ujjain, Madhya Pradesh, India.

³Post Graduate Scholar, Department of Dravyaguna, Govt. Dhanwantri Ayurveda College,
Ujjain, Madhya Pradesh, India.

Article Received on
11 January 2025,

Revised on 02 Feb. 2025,
Accepted on 21 Feb. 2025

DOI: 10.20959/wjpr20255-35776



***Corresponding Author**

Dr. Kavita Malviya

Post Graduate Scholar,
Department of Dravyaguna,
Govt. Dhanwantri Ayurveda
College, Ujjain, Madhya
Pradesh, India.

ABSTRACT

Rodhradi Gana, a prominent *gana* (group) of 13 *Ayurvedic dravyas*, is revered for its complexion-enhancing (*Varnya*) properties and therapeutic benefits for skin health. This article explores the role of *Rodhradi Gana*, as described in the classical *Ayurvedic* text, *Sushruta Samhita*, emphasizing its potential in modern dermatology. The group consists of *dravyas* such as *Lodhra*, *Saber Lodhra*, *Palash*, *Shyonak*, *Ashoka*, and others, known for their blood-purifying, anti-inflammatory, antimicrobial, and skin-nourishing qualities. These *dravyas* synergistically balance the *Tridoshas*, promote clear, radiant skin, and address common dermatological concerns like acne, pigmentation, aging signs, and skin infections. Through the actions of blood detoxification, collagen modulation, and wound healing, these *dravyas* restore skin health by balancing internal energies. The article further delves into the pharmacological properties of each *dravya*. The therapeutic applications of *Rodhradi Gana* in modern skincare include

its use in topical formulations for acne treatment, anti-aging, and pigmentation correction. As *Ayurvedic* formulations continue to be explored in contemporary dermatology, the therapeutic potential of *Rodhradi Gana* offers a holistic approach to skincare, combining internal wellness with external radiance.

KEYWORDS: *Rodhradi Gana*, *Ayurvedic dravyas*, *Varnya* (complexion-enhancing), Skin health, Dermatology.

INTRODUCTION

In *Ayurveda*, the concept of *Varnya* refers to substances or formulations that enhance complexion, promote skin health, and restore natural radiance. Among the various *gana* (groups) described in classical texts, *Rodhradhi Gana*, mentioned by *Acharya Sushruta* in the *Sushruta Samhita*,^[1] holds a significant place for its complexion-enhancing properties. This group of 13 *dravyas* is known for its ability to nourish the skin, improve texture, and address dermatological concerns holistically.

Ayurveda, the ancient science of life, considers healthy and radiant skin a reflection of overall well-being. The *Rodhradhi Gana*, consisting of 13 potent *dravyas*, is recognized for its *Varnya* (skin-brightening)^[2], *Rakta-Prasadaka* (blood-purifying), and *Tvachya* (skin-nourishing) properties. Key *dravyas* in this group includes *Lodhra*, *Saber Lodhra*, *Palash*, *Shyonak* etc. These *dravyas* work synergistically to balance the *Tridosha*, improve microcirculation, detoxify the skin, and enhance its natural glow.

This article explores the role of *Rodhradhi Gana*, its significance as a *Varnya Dravya*, and its potential applications in modern dermatology. By understanding its classical references and therapeutic benefits, we can appreciate the timeless relevance of these Ayurvedic *dravyas* in contemporary skincare.

MATERIAL AND METHODS

An interpretative study of the thirteen *dravyas*—*Lodhra*, *Saber Lodhra*, *Palash*, *Shyonak*, *Ashok*, *Bharangi*, *Katphal*, *Alvaluk*, *Shallaki*, *Jhingani*, *Kadamba*, *Shal*, and *Kadli*—has been done based on classical texts such as the *Sushruta Samhita*, *Bhavaprakash Nighantu*, *Priyavrat Sharma*, and other available literature.

Table 1: Botanical Name, Family & Useful parts of Dravyas.^[3]

S. No.	Name	Botanical name	Family	Useful part
1	Lodhra	<i>Symplocos crataegoides</i> Buch-Ham.	Symplocaceae	Stem bark
2	Saber lodhra	<i>Symplocus racemose</i> Roxb.	Symplocaceae	Stem bark
3	Palash	<i>Butea frondosa</i> koen. ex Roxb.	Fabaceae	Seed, niryas, flowers
4	Shyonak	<i>Oroxylum indicum</i> vent.	Bignoniaceae	Stem bark,

				seed
5	Ashok	Saraca asoca (Roxb.) De Wilde	Cesalpiniaceae	Bark
6	Bharangii	Clerodendrum serratum spreng.	Verbinaceae	Stem bark
7	Katphal	Myrica esculata Buch Ham	Myricaceae	Stem bark
8	Alvaluk	Prunus cerasus linn.	Rosaceae	Beej majja
9	Shallaki	Boswellia serrata Roxb.	Bursaraceae	Bark, niryas
10	Jhingani	Oodina woodier Roxb.	Anacardiaceae	Gum, bark
11	Kadamba	Anthocephalus cadamba Miq.	Rubiaceae	Fruits, stem
12	Shal	Shorea robusta Gaertn. f.	Dipterocarpaceae	Niryas
13	Kadli	Musa sapientum linn.	Musaceae	Fruit, kand ras

Table 2: Rasa, Guna, Veerya, Vipaka, Doshkarma of Rodhradi gana dravyas.^[4]

S.No	Name	Rasa	Guna	Veerya	Vipaka	Doshkarma
1	Lodhra	Kashaya	Laghu, ruksha	Sheet	Katu	Kaphapitta shamak
2	Saber lodhra	Kashaya	Laghu, ruksha	Sheet	Katu	Kaphapitta shamak
3	Palash	Katu, tikta, kashaya	Laghu, ruksha, sarak	Ushna	Katu	Kaphapitta shamak
4	Shyonak	Tikta, kashaya	Laghu, ruksha	Sheet	Katu	Kaphavata shamak
5	Ashok	Kashaya, tikta	Laghu, ruksha	Sheet	Katu	Kaphapitta shamak
6	Bharangii	Tikta, katu	Laghu, ruksha	Ushna	Katu	Kaphavata shamak
7	Katphal	Kashaya, tikta, katu	Laghu, tikshan	Ushna	Katu	Kapha vata shamak
8	Alvaluk	Kashaya	Laghu	Sheet	Katu	Kapha shamak
9	Shallaki	Madhur, tikta, katu	Laghu, ruksha	Ushna	Katu	Kapha pitta shamak
10	Jhingani	Madhur, katu, lavan, kashaya	Laghu, ruksha	Ushna	Katu	Vata shamak
11	Kadamba	Madhur, kashaya, lavan	Ruksha	Sheet	Katu	Kaphakarak, vayujanak
12	Shal	Kashaya	Ruksha	Sheet	Katu	Kaphashamak
13	Kadli	Madhur	Guru, snigdha	Sheet	Madhur	Vatakapha shamak

1,2. LODHRA, AND SABER LODHRA are key *dravya* in *Ayurveda*, are renowned for its *Varnya* (complexion-enhancing) properties and are classified under *Rodhradi Gana*. They possesses *Kashaya Rasa* (astringent taste) and *Sheeta Veerya* (cooling potency), which help in balancing *Pitta* and *Kapha dosha*, thereby reducing skin disorders like hyperpigmentation, acne, and blemishes. They improves skin complexion by purifying the blood (*Rakta Shodhana*), *Ropan* (Healing), *Kandughna* (Anti-itching), *Shothahara* (Anti-inflammatory), *Medohara* (Fat-reducing). Its anti-inflammatory, Antioxidant Properties, Collagen Modulation and antimicrobial properties aid in treating acne and other dermatological conditions while promoting wound healing and maintaining skin firmness (Sharma et al., 2021). *Ayurvedic* texts, including *Charaka Samhita* and *Sushruta Samhita*, emphasize *Lodhra's* role in enhancing skin health and treating various *Kushta* (skin diseases) due to its rejuvenating and detoxifying effects.^[5]

3. PALASH, commonly known as the “Flame of the Forest,” is a well-documented *Ayurvedic dravya* known to balance *Pitta* and *Kapha dosha*, making it effective in improving skin radiance, reducing pigmentation, and treating various dermatological conditions. *Palash* possesses *Kashaya* (astringent) and *Tikta* (bitter) *rasa*, which help detoxify the blood (*Rakta Shodhana*), *Lekhana* (Scraping Action), *Shothahara* (Anti-inflammatory), *Krimighna* (Anti-microbial), *Tvak Doshahara* (Skin Detoxifier) which aids in soothing skin irritation and promoting wound healing.^[6]

4. SHYONAK, a significant *dravya* in Ayurveda, is classified under the *Dashamoola* group has *Kashaya Rasa* (astringent taste) and *Laghu-Ruksha Guna* (light and dry qualities), which help balance *Pitta* and *Kapha dosha*, thereby promoting clear and radiant skin. *Shyonak* is valued for its *Rakta Shodhana* (blood-purifying) and *Shothahara* (anti-inflammatory) properties, which help in reducing pigmentation, and acne. Additionally, its antimicrobial and wound-healing effects make it beneficial in treating *Kushta* (skin diseases) and maintaining overall skin health.^[7]

5. ASHOKA, possesses *Kashaya Rasa* (astringent taste) and *Sheeta Veerya* (cooling potency), which help in balancing *Pitta* and *Kapha dosha*, thereby promoting a clear and radiant complexion. *Ashoka* is rich in antioxidants and has *Rakta Shodhana* (blood-purifying) properties. Its Phytoestrogenic Properties improve skin hydration and elasticity, giving a youthful glow. Additionally, its anti-inflammatory and astringent nature helps tighten pores, control excess oil secretion, and prevent skin disorders. It is effective in treating *Kushta* (skin diseases) and enhancing skin health by detoxifying and rejuvenating the skin.^[8]

6. BHARANGI possesses *Tikta* (bitter) and *Kashaya* (astringent) *rasa*, along with *Laghu* (light) and *Ruksha* (dry) *guna*, which help balance *Kapha* and *Pitta dosha*. *Bharangi* is known for its *Tvak Doshahara* (Skin Detoxifier), *Shothahara* (Anti-inflammatory) *Rakta Shodhana* (blood-purifying) and *Lekhana* (Scraping Action) effects, which aid in detoxifying the skin, reducing pigmentation, and enhancing natural radiance. Its *Krimighna* (antimicrobial) and wound-healing properties make it beneficial for treating *Kushta* (skin diseases), acne, and other dermatological conditions.^[9]

7. KATPHAL has *Kashaya Rasa* (astringent taste) and *Ushna Veerya* (hot potency), which help balance *Kapha* and *Vata dosha* while improving skin tone and texture. *Katphal* is rich in antioxidants and possesses *Rakta Shodhana* (blood-purifying) and *Shothahara* (anti-

inflammatory) properties, aiding in detoxifying the skin, reducing pigmentation, and promoting a natural glow. Its Astringent Effect controls excess oil production, preventing greasiness and acne. Additionally, its antimicrobial and wound-healing effects help in treating *Kushta* (skin disorders), acne, and in maintaining skin health, tightening pores, and enhancing skin clarity by eliminating toxins and improving circulation.^[10]

8. ALVALUK also known as Wild Himalayan Cherry, has *Kashaya* (astringent) and *Madhura* (sweet) *rasa*, along with *Sheeta Veerya* (cooling potency), which help balance *Pitta* and *Kapha dosha*, promoting clear and radiant skin. *Alvaluk* has *Rakta Shodhana* (blood-purifying) and *Vrana Ropana* (wound-healing) properties, *Tvak Prasadana* (Skin Soothing & Rejuvenating). It hydrates and nourishes the skin, maintaining a soft and radiant complexion, which aid in reducing hyperpigmentation, blemishes, and acne while enhancing skin glow. Its anti-inflammatory and antioxidant nature helps protect the skin from oxidative damage, improving skin texture and elasticity. Collagen-Boosting Properties supports skin elasticity, reducing wrinkles and fine lines.

9. SHALLAKI, also known as Indian frankincense, is a well-known herb in *Ayurveda* with significant *Varnya* (complexion-enhancing) properties. It has *Kashaya* (astringent) and *Tikta* (bitter) *rasa*, along with *Ushna Veerya* (hot potency), which help balance *Pitta* and *Kapha dosha*. *Shallaki* is primarily recognized for its *Rakta Shodhana* (blood-purifying) and *Shothahara* (anti-inflammatory) effects, which aid in reducing skin blemishes, pigmentation, and make it effective in treating skin conditions like *Kushta* (skin diseases), and it also *Tvak Prasadana* (Skin Nourishment and Rejuvenation), *Vranaropaka* (Wound Healing) and tissue regeneration. Additionally, *Shallaki's* ability to support collagen production contributes to improving skin elasticity and reducing signs of aging, promoting a clear and glowing complexion, and maintaining overall skin health.^[11]

10. JHINGANI also known as Yellow-berried Nightshade, is an *Ayurvedic dravya* with notable *Varnya* (complexion-enhancing) properties. It possesses *Kashaya* (astringent) and *Tikta* (bitter) *rasa*, along with *Ushna Veerya* (hot potency), which help in balancing *Pitta* and *Kapha dosha*, promoting clear, radiant skin. *Jhingani* is well-regarded for its *Rakta Shodhana* (blood-purifying), *Tvak Doshahara* (Skin Detoxifier), and *Shothahara* (anti-inflammatory) actions. Additionally, its wound-healing and antimicrobial properties make it effective in treating *Kushta* (skin diseases) and other skin disorders. *Jhingani* also supports the

elimination of toxins from the body, helping in the restoration of a glowing complexion and improving overall skin health.

11. KADAMBA also known as the “Burflower tree,” has *Kashaya* (astringent) and *Madhura* (sweet) *rasa*, along with *Sheeta Veerya* (cooling potency), which help balance *Pitta* and *Kapha dosha*, thus promoting clear, healthy, and radiant skin. *Kadamba* is recognized for its *Rakta Shodhana* (blood-purifying) and *Shothahara* (anti-inflammatory) effects, which aid in reducing skin conditions. Its antimicrobial and wound-healing properties make it beneficial in treating *Kushta* (skin diseases), helping to heal wounds, reduce scars, and enhance skin texture. *Kadamba* also helps in the detoxification process, clearing toxins from the body that may affect the skin’s appearance.^[12]

12. SHAL known as Sal tree, has *Kashaya* (astringent) and *Tikta* (bitter) *rasa*, along with *Ushna Veerya* (hot potency), which help in balancing *Pitta* and *Kapha dosha* and promoting clear, glowing skin. *Shal* is highly regarded for its *Rakta Shodhana* (blood-purifying) and *Shothahara* (anti-inflammatory) effects, It has astringent properties that help tighten the skin and improve elasticity. Additionally, its antimicrobial and wound-healing properties are beneficial in treating *Kushta* (skin diseases), rashes, and other skin irritations.^[13]

13. KADLI, commonly known as the plantain or banana, possesses *Madhura* (sweet) *rasa* and *Sheeta Veerya* (cooling potency), which help balance *Pitta dosha*, thereby reducing skin inflammation and promoting a clear, glowing complexion. *Kadli* has *Rakta Shodhana* (blood-purifying) and *Shothahara* (anti-inflammatory) qualities, which help in detoxifying the skin and reducing acne, blemishes, and pigmentation. The fruit, peel, and flowers of *Kadli* are used in various formulations to enhance skin radiance, improve skin texture, and reduce the appearance of dark spots and scars. Its antimicrobial and healing properties are also beneficial for treating minor skin wounds and promoting healthy skin regeneration. Rich in Vitamins A, B, C, and E. These nutrients help nourish the skin, protect it from oxidative damage, and promote collagen production for youthful skin. It is high in Potassium and Magnesium. These minerals help maintain skin hydration, reducing dryness and improving skin texture. Its Hydrating Effect as *Kadli*’s natural oils and water content hydrate the skin, leaving it soft, smooth, and radiant.^[14]

DISCUSSION

The *Rodhradi Gana* is a significant group of *Ayurvedic dravyas* known for their *Varnya* (complexion-enhancing) properties, which make them highly effective in treating a wide range of dermatological issues. This group of 13 *dravyas*, works synergistically to balance the *Tridoshas* (*Vata*, *Pitta*, and *Kapha*) and promote clear, radiant, and youthful skin. The ability of these *dravyas* to detoxify the blood, reduce inflammation, and enhance collagen production makes them suitable for addressing common skin problems such as acne, hyperpigmentation, wrinkles, and other skin ailments.

Mechanisms of Action

The therapeutic actions of *Rodhradi Gana dravyas* are attributed to their *Rasa* (taste), *Guna* (qualities), *Veerya* (potency), and *Vipaka* (post-digestive effect), which determine their ability to balance *Pitta* and *Kapha doshas*. *Dravyas* like *Lodhra* and *Saber Lodhra*, known for their *Kashaya* (astringent) taste and *Sheeta* (cooling) potency, specifically target the *Pitta dosha*, which is responsible for inflammatory skin conditions and excess oil secretion. *Rakta Shodhana* (blood purification) and *Shothahara* (anti-inflammatory) properties of these *dravyas* are crucial in treating *Kushta* (skin diseases), pimples, and blemishes, which are often caused by imbalances in blood circulation or excess heat in the body. Additionally, their anti-microbial and wound-healing properties make them effective in treating skin infections, reducing acne scars, and preventing further damage.

Dravyas like *Ashoka* and *Bharangi*, with their anti-inflammatory and antioxidant properties, aid in reducing signs of aging and improving skin elasticity. Similarly, *Katphal* and *Kadli* support skin detoxification and promote natural glow, preventing premature aging and maintaining skin health.

Scientific Correlation

Modern scientific research validates the traditional *Ayurvedic* uses of *Rodhradi Gana dravyas*. Many of these *dravyas*, such as *Lodhra*, *Shyonak*, and *Palash*, are rich in antioxidants, flavonoids, and tannins, which protect the skin from oxidative stress and UV damage, both of which contribute to premature aging and skin damage. Studies have shown that these compounds help in reducing wrinkles, fine lines, and improving skin texture. Additionally, their antibacterial and antifungal properties help in preventing and treating skin infections and acne, further supporting their role as effective agents in skin health maintenance.

Therapeutic Applications

The *dravyas* of *Rodhradi Gana* find diverse applications in modern skincare formulations. *Lodhra* and *Saber Lodhra* are often used in topical formulations for acne, blemishes, and pigmentation due to their blood-purifying and anti-inflammatory effects. *Palash*, with its scraping action, is beneficial in reducing dark spots and improving skin radiance. *Ashoka* and *Bharangi* are used for rejuvenation and to improve skin elasticity, making them ideal for anti-aging treatments. The synergistic effects of these *dravyas* support the holistic approach to skincare, addressing internal imbalances and promoting overall skin health.

CONCLUSION

The *dravyas* of *Rodhradi Gana*, offers a comprehensive approach to skin health in *Ayurveda*. Their multifaceted actions, such as blood purification, anti-inflammatory, antioxidant, and wound-healing properties, make them highly effective in treating a wide range of dermatological conditions, including acne, pigmentation, aging signs, and skin infections. These *dravyas* *Varnya* (complexion-enhancing) properties, combined with their ability to detoxify the body and balance *Tridoshas*, provide a holistic treatment for healthy, radiant, and youthful skin.

The modern scientific understanding of the pharmacological actions of these *dravyas* aligns with their traditional uses, making *Rodhradi Gana* a valuable addition to contemporary skincare. The therapeutic potential of these *dravyas* lies not only in their ability to treat visible skin ailments but also in their contribution to overall wellness by restoring the balance of internal energies. Incorporating these *dravyas* into Ayurvedic formulations, whether as topical applications or internal remedies, can have a profound impact on skin rejuvenation and disease prevention. As more research continues to validate their effectiveness, *Rodhradi Gana* has the potential to contribute significantly to the field of modern dermatology, providing sustainable and holistic solutions to skin health.

REFERENCES

1. Shastri A.D, Sushrut Samhita, sutra sthan 38, verse 14-15,Hindi commentary, Chaukhambha Sanskrit sansthan, Varanasi, 2009; 184.
2. Shastri A.D, Sushrut Samhita, sutrasthan 38 verse 15, Sushrut Samhita Hindi commentary, Chaukhambha Sanskrit sansthan, Varanasi, 2009; 184.
3. Chunekar K, Bhavprakash Nighantu, chaukhamba Bharti academy, varansi, 2007; 67.
4. Sharma PV, Dravyaguna vijana, Chaukhamba Bharti academy, Varanasi, 2003; 89.

5. Sharma, A., Gupta, R., & Verma, P. (2021). *Therapeutic Potential of Lodhra (Symplocos racemosa) in Dermatology: An Ayurvedic Perspective*. Journal of Ayurvedic Research, 12(3): 45-58.
6. <https://internationaljournal.org.in/journal/index.php/ijayush/article/view/186/180>
7. Sharma A, Tripathi R. A Literary Review on Shyonak (*Oroxylum indicum*). *World Journal of Pharmaceutical Research* [Internet], 2021; 10(3): 45-58.
8. <http://www.herbalscureindia.com/herbs/asoka.htm>
9. Narahari. Raja nighantu. Tripathi Indradev, editor. 5th edition, Mangalacharana, 01/09.Chowkhamba Krishnadas Academy, Varanasi, 2006; 03.
10. The Ayurvedic Pharmacopoeia of India, part I. 1st ed. Volume III. Government of India, Ministry of Health and Family Welfare, Department of Indian System of Medicine and Homeopathy; New Delhi, India, 1999; 92–93.
11. Dhiman AK. Delhi: Daya Publishing House; 2006. Ayurvedic Drug Plants, 326–7.
12. Sanjay PU, Kumar GS, Jayaveera KN, Kishore Kumar DV, Ashok Kumar CK and Rhanapal D, Antimicrobial, wound healing and antioxidant activities of Anthocephalus cadamba. African Journal of Traditional, Complementary and Alternative Medicines, 2007; 4(4): 481-487.
13. Govinda Rao Duddukuri, et al. Int J Curr Res, 2011; 3(8): 21-23.
14. K Sri Rama Murthy, N Lakshmi, D Raghu Ramulu Biological activity and Phytochemical screening of the Oleoresin of Shorea robusta Gaertn. f. Trop Subtropical Agroeco, 2011; 14: 787–791.
15. U.S Mahadeva Rao, et al. Taxonomical, Phytochemical and Pharmacological Reviews of Musa sapientum var. Paradisiaca. Research J. Pharm. and Tech, Nov. 2014; 7(11): 1356-1361.