

ROLE OF PROPERTIES OF DEEPANA-PACHANA DRUGS TOWARDS THEIR
THERAPEUTIC ACTIONVd. Chhaya Kunalkumar More*¹, Vd. Selina Alvin Rane² and Vd. Poojaben Anupam Ajalsonde³¹Assistant Professor, Dravyaguna Dept., Chaitanya Ayurved Mahavidalya, Sakegaon, Bhusawal, India.²Assistant Professor, Swasthavritta and Yoga Dept., Chaitanya Ayurved Mahavidalya, Sakegaon, Bhusawal, India.³Assistant Professor, Sharirkriya Dept., Chaitanya Ayurved Mahavidalya, Sakegaon, Bhusawal, India.

*Corresponding Author: Vd. Chhaya Kunalkumar More

Assistant Professor, Dravyaguna Dept., Chaitanya Ayurved Mahavidalya, Sakegaon, Bhusawal, India.

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ABSTRACT

Deepana-Pachana therapy is the one of most vital approach in Ayurveda and drugs possessing Deepana-Pachana properties plays significance role to induce functionality of Agni and improves physiology of gastrointestinal tract. In Ayurveda, Agni symbolizes the vital essence of life, overseeing metabolic catalysts, digestive processes, and overall bodily functions. Inappropriate Agni may leads to the formation of toxic substances that fostering illness and disrupting digestive physiology. When Agni isn't working well, it's called Mandagni. In this state, the body struggles to process food properly, leading to the formation of a poorly digested substance known as Ama. Deepana-Pachana Chikitsa is a healing method that helps to fix these issues, aiming to bring back balance of the digestive system. Deepana and Pachana act by different ways and properties of these drugs play important role towards their action. This article highlighted the role of properties of Deepana-Pachana drugs towards their therapeutic action.

KEYWORDS: Ayurveda, Deepana, Pachana, Agni, Dravyagun.

INTRODUCTION

The digestive system of human body depends on proper functioning of Agni. The condition of weak functioning of Agni called *Mandagani* and most of pathological events occur due to the persistent condition of *Mandagni*. The weak Agni is responsible for the formation of Ama which acts as toxin and triggers many metabolic disturbances, manifesting in symptoms such as flatulence, laziness, heaviness, constipation, depression, anorexia and indigestion. Ayurveda recommends *Deepana-Pachana Chikitsa* for managing *Mandagni* and relieving symptoms associated with the formation of Ama. Pachana drugs work as digestives, these drugs effectively digest Ama. Deepana drugs induce digestive fire for smooth functioning of digestive system.^[1-4]

Deepana-Pachana Chikitsa correlated with each other since these therapies enhance effectiveness of each other. Deepana drugs work as the appetizer component, it is not able to digest Ama but enhance *Jatharagni* thus support proper treatment of different kind of diseases associated with digestive system. *Chitrak*, *Hingwachadichoorna*, *Vachalashunadi* *Kashaya*, *Ajamoda*, *Bhallataka*, *Vaishwanarachoorna* and *Hingwadigulika*, etc. are major drugs fall under this category. These *Deepna pachana* drugs facilitate proper

functioning of digestive and metabolic physiology. These drugs act as appetizer which enhance the digestive fire and also help to digest Ama which is considered causes of many diseases of digestive system.

Deepana-Pachana drugs are primarily distinguished by the prevalence of *Agni Mahabhoota*. These drugs exhibit a dominance of *Laghu*, *Ushna*, *Tikshana* and *Sukshma* qualities. In particular, *Pachana* medications support *Pachana karma* and are chiefly characterized by *Agni* and *Vayu Mahabhoota*. These substances induce the secretion of gastric juices which help to control digestion by their sharp bitter taste. *Deepna* substances help to release hormones which are responsible for smooth secretion of gastric acid for proper digestion process. There are various diseases as depicted in **Figure 1**, in which *Deepana-Pachana* drugs are recommended.^[4-7]

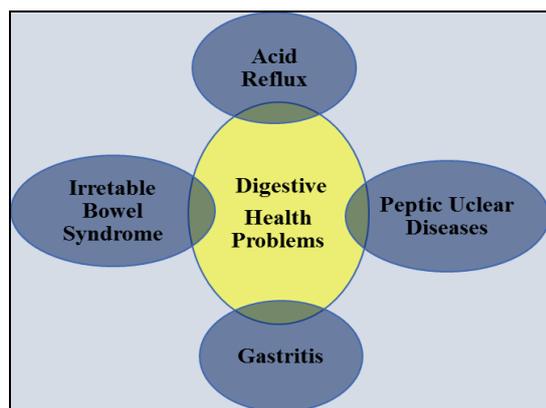


Figure 1: Diseases in which *Deepana-Pachana* drugs recommended.

Role of properties of *Deepana* Drugs

Deepana drug induced digestive fire, stimulates vagus nerve and promotes gastric juice secretion thus facilitate digestion, sensitizes oral taste receptors and enhances secretion of saliva. These actions of *Deepana* drugs are

facilitated by their properties. Some important *Deepana* drugs and their properties which help in therapeutic action are as follows

- **Pippali** having *Katu rasa*, *Snigdha*guna, *Laghu guna* and *Madhuravipaka*.
- **Chitrak** having *Katu rasa*, *Laghu* & *Rukshaguna*, *Ushnaviry*a and *Katu*vipaka.
- **Shringavera** have attributes of *Katurasa*, *Teekshna* and *Rukshaguna*, *Ushnaviry*a and *Madhuravipaka*.
- **Ajmoda** imparts *Katu rasa*, *Teekshnaguna*, *Ushnaviry*a and *Katu*vipaka.
- **Marich** provides *Katu rasa*, *Teekshnaguna*, *Ushnaviry*a and *Katu*vipaka.

These properties of *Deepana* drugs attributes towards their mode of action, the specific mode of action of these drugs is depicted in **Figure 2**.

Dravayas	• Action of <i>Deepana</i> Drugs
<i>Ardra</i> ka	• Increase metabolic fire, acts as appetiser
<i>Ahiphena</i>	• <i>Agnivardhaka</i>
<i>Bharangi</i>	• Appetizer and digestive property
<i>Bhallataka</i>	• Increase digestant property
<i>Haritaki</i>	• Appetizer, relieves anorexia
<i>Chitraka</i>	• Acts as digestant
<i>Dhanyaka</i>	• Appetizer and digestant property
<i>Jeerika</i>	• Enhances metabolic fire
<i>Upakunchika</i>	• Enhances <i>Agni</i>
<i>Ajamoda</i>	• <i>Deepani</i> (Appetizer)

Figure 2: Therapeutic properties of *Deepana* drugs.

Role of properties of *Pachana* Drugs

Pachana medicines aid in addressing slow digestion and mitigating the effects of *Mandagni*. Thus open up the hindrance of pathways of *Srotas* and normalizes functioning of tissues. This disruption results in a lack of essential nutrients for targeted tissues, affecting their optimal functioning. *Pachana* therapy facilitates the resolution of these conditions by removing *Ama*-induced blockages, contributing to the treatment of various diseases. Administering *Pachana* medicines supports the digestion of *Ama*, promoting overall well-being.^[6-8] Some important *Pachana* drugs and their properties which help in therapeutic action are as follows

- **Pippali moola** having property of *Katurasa*, *Snigdha* and *Tikshnaguna*, *Ushna virya* and *Madhura vipaka*.
- **Chavya** (*Piper chaba*) having attributes like *Katu rasa*, *Laghu* and *Rukshaguna*, *Ushnaviry*a and *Madhura vipaka*.

- **Chitraka** offers property of *Katu rasa*, *Laghu*, *Ruksha* and *Tikshnaguna*, *Ushnaviry*a and *Katu*vipaka.
- **Shringavera** having property of *Katu Rasa*, *Guru-Tikshnaguna*, *Ushnaviry*a and *Madhura vipaka*.
- **Hinguniryas** having property of *Katu rasa*, *Laghu*, *Snigdha* and *Tikshnaguna*, *Ushnaviry*a and *Katu*vipaka.
- **Bhallataka** having attributes of *Katu*, *Kashaya* & *Tikta rasa*, *Laghu*, *Snigdha* & *Tikshnaguna*, *Ushnaviry*a and *Madhura vipaka*.

Pachanadravayas basically work as a digesting, stimulates vagus nerve which are responsible for smooth secretion of gastric juice, *Pachanadravayas* stimulates duodenum, helpful to release of digestive enzymes. They also activate the liver, boosting bile secretion and stimulate the pancreas to increase the secretion of

pancreatic juice.^[8-10] Some *Pachanadravaya* and their therapeutic action are depicted in **Table 1**.

Table 1: Pachanadravaya and their therapeutic action.

S. No.	<i>Pachana Dravayas</i>	Therapeutic action
1	<i>Pippali</i>	<i>Ama Doshahara</i>
2	<i>Marich</i>	<i>Agni Deepak</i>
3	<i>Hinguniryas</i>	<i>Pachaka & Ruchikarak</i>
4	<i>Chavaya</i>	<i>Agnideepika</i>
5	<i>Amlavetas</i>	<i>Pachana and Agni Deepika</i>
6	<i>Shringavera</i>	<i>Agnideepika, Pachaka</i>

These medications acts as carminative and digestive; possess *Ruksha*, *Ushna* and *Laghu* properties. These medications are helpful in stomach colic, *Atopa*, *Kamala*, kindling the digestive fire, stimulate glossopharyngeal nerve, facilitate digestion, stimulate secretion of saliva and induce digestion process, etc.

CONCLUSION

Deepana-Panchana Chikitsa holds a pivotal position within Ayurvedic therapy, serving as a cornerstone in the treatment of various ailments while optimizing the function of *Agni*. In Ayurveda, *Agni* symbolizes vitality, overseeing essential metabolic processes, digestion and overall bodily function. When *Agni* falters, it fosters the formation of *Ama*, a toxic substance that instigates disease and disrupts digestive physiology. *Deepana-Panchana Chikitsa* effectively addresses this imbalance, promoting digestive health and thwarting ailments associated with digestive dysfunction. These drugs offer *Katu Rasa*, *Snigdha & Tikshnaguna*, *Ushna virya*, *Rukshaguna*, *Madhura* and *Katuvipaka*. These properties of *Deepana-Panchana* drugs help in their biological actions.

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