

CLINICAL USES OF DRAVYA SANGRAHA GANA W.S.R. SUSHRUTA SAMHITA

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INTRODUCTION

Ayurveda is the most ancient indigenous medical system of India, derived from two words 'Ayu' and 'Veda', which means the knowledge deals with Ayu or life. Ayurveda is divided into eight major branches known as Astanga Ayurveda (Eight disciplines). Dravyaguna forms an integral part of Astanga Ayurveda (Eight disciplines). Dravya is the most important tool in therapeutics and one of the four limbs of treatment protocol (Chikitsa chatuspada). In practice, there are countless medical substances used in therapeutics, though it is not impossible, it is very difficult to understand and apply individually. Therefore, medicinal substances are classified on the basis of common parameters like Akriti (Morphology), Guna (Quality), karma (Pharmacological action), etc. Acharya Sushruta in Dravya sangrahaniya adhyaya of sushruta samhita sutra sthana 38th chapter has explained 37 gana (Group), each gana has multiple indications. The components in this gana are included in such a way that they have similar actions and properties. The nomenclature of gana is given by the first drug in that particular gana.

These drugs are usually made into thirty-seven different groups (Gana) which are as follows

➤ **Vidarigandhadi Group:** The drugs known as Vidarigandha, Vidari, Sahadeva, Vishvadeva, Shvadanstra, Prithakparni, Shatavari, Sariva, black Sariva, Jivaka, Rishavaka, Mahasaha, Kshudra-Saha, Vrihati, Kantakari, Punarnava, Eranda, Hansapadi, Vrishchikah, and Rishavi, form the group known as the Vidari-gandhadi.

Uses: The present group of drugs subdues the action of the deranged Vayu and Pittam and proves beneficial in phthisis; Shosha, Gulma, aching of the limbs, Urdha Shvasa and cough.

➤ **Aragvadhadi Group:** The drugs known as Aragvadhya, Madana, Gopaghonta, Kutaja, Patha, Kantaki Patala, Murva, Indrayava, Saptaparna, Nimva, Kuruntaka, Dasi-kuruntaka, the two kinds of Karanja, Patola, Kirattikua, Guduchi, Chitraka, Shangshhta, and Sushavi form the group known as the Aragvadhjidi.

Uses: The group under discussion destroys the deranged Kapha and the effects of poison and proves beneficial in cases of Meha (morbid discharges from the urethra), Kushtha, fever, vomiting and itching of the body and acts as a purifying (aseptic) agent in the case of an ulcer.

➤ **Varunadi Group:** The drugs known as Varuna, Artagala, Shigru, Madhu-Shigru, Tarkari, Meshashringi, Putika, Xaktamala, Morata, Agnimantha, the two kinds of Sairiyaka, Vimvi, Vasuka, Vasira, Chitraka, Shatavari, Mlva, Ajashringi, Darbha, and the two kinds of Vrihati form the group known as the Varunadi.

Uses: The group is possessed of the efficacy of reducing the deranged Kapham and fat and proves efficacious in cases of cephalalgia, Gulma and internal abscesses.

➤ **Viratarvadi Group:** The drugs known as Virataru, the two kinds of Sahachara, Darbha, Vrikshadani, Gundra, nala, Kusha, Kasha, Ashmabhedaka, Agnimantha, Morata Vasuka, Vasira, Bhalluka, Kuruntaka, Indivara, Kapotavanka, and Shadanstra enter into the composition of the group known as the Viratarvadi.

Uses: The group subdues all disorders incidental to the deranged state of Vata and proves curative in Ashmari, Sharkara, Mutrakrichhra, Mutraghata and urinary troubles.

➤ **Salasaradi Group:** The group of medicinal drugs, known as the Salasaradi, consists of Salasara, Ajakarna, Khadira, Kadara, Kalaskandha, Kramuka, Bhurjja,

Meshashringi, Tinisha, Chandana, Kuchandana, Shinshapa, Shirisha, Asana, Dhava, Arjuna, Tala, Shaka, Xaktamala, Putika Ashvakarna, Aguru and Kaliyaka.

Uses: The group of the drugs, known as the Salasaradi Gana, destroys the germ of Kuschtha, absorbs the deranged fat and Kapham and proves beneficial in morbid discharges from the urethra (Meha\ chlorosis or jaundice (Pandu).

➤ **Rodhrardi Group:** The group of medicinal drugs known as the Rodhradi consists of Rodhra, Savararodhra, Palasha Kutannata, Ashoka, Phanji, Katphala, Elabaluka, Sallaki, Jingini, Kadamva, Sala and Kadali.

Uses: The group is antidotal to the deranged Kapham and fat, is astringent in its properties, removes vaginal and uterine disorders, neutralises the effects of poison (anti toxic) and acts as a purifying agent in a case of ulcer and arrests all secretions and excretions of the body.

➤ **Arkardi Group:** The drugs known as the Arka, Alarka, the two kinds of Karanja, Nagadanti, Mayuraka, Bhargi, Rasna, Indrapiishpi, Kshudrashveta Mahashveta, Vrishchikali, Alavana and Tapasha-Vriksha, enter into the composition of the group known as the Arkadi Gana.

Uses: The group known as the Arkadi destroys Kaphani, fat, and the effects of poison. It acts as a vermifuge and a specific aseptic agent in the case of an ulcer and proves curative in diseases of the skin.

➤ **Surasadi Group:** The drugs known as Surasa, white Surasa, Fainjjhaka, Arjaka, Bhustrina, Sugandhaka, Sumukha, Kalamala, Kashamarda, Kshavaka, Kharpushpa, Vidanga, Katphala, Surasi, Nirgundi, Kulahala, Indurakarnika, Phanji, Prachivala, Kakamachi and Vishamushtika form the group known as the Surasadi Gana.

Uses: The group acts as a vermifuge and is an aseptic agent. It subdues the deranged Kapham and proves beneficial in catarrh, non-relish for food, asthma and cough.

➤ **Mushkakadi Group:** The group of medicinal drugs known as the Mushkakadi consists of Mushkaka, Palasha, Dhava, Chitraka, Madana, Shinshapa, Vajra-Vriksha and Triphala.

Uses: The present group is possessed of the therapeutic virtue of destroying fat and removing the defects of semen. Meha, piles, jaundice, chlorosis, gravels and urinary calculi in the bladder are the diseases which yield to its curativ property.

➤ **Pippalyadi Group:** The group of medicinal drugs known as the Pippalyadi consists of Pippali, Pippali mulam, Chavya, Chitraka, Shringavera, Maricha, Hasti-

Pippali, Harenuka, Ela, Ajamoda, Indrayava, Patha, Jiraka, Sarshapa, Maha-Nimva-Phala, Hingu, Bhargi, Madhuras, Ativisha, Vacha, Vidanga and Katurohini.

Uses: The present group acts as a good appetiser and is an absorbant of intestinal mucous and unassimilated lymph chyle. The range of its therapeutically application includes catarrh, deranged Kapham and Vatam, non-relish for food, abdominal glands, colic and gastralgia.

➤ **Eladi Group:** The group of medicinal drugs known as the Eladi-Gana consists of Ela, Tagara, Kuschtha, Mansi, Dhyamaka, Tvaka, Patra, Nagapushpa, Priyangu, Harenuka, Vyaghranakha, Shukti, Clianda, Sthauneyaka, Shrivesthaka, Chocha, Choraka, Valaka, Guggulu, Sarjarasa, Turushka, Kunduruka, Aguru, Sprikka, Ushira, Bhadradaru, Kumkuma, Punnaga and Keshara.

Uses: The therapeutic virtue of the group consists in subduing the action of Vayu and Kapham and in neutralising the effects of poison. It is a cosmetic and arrests the eruption of pimples and other vegetations on the skin such as rash, urticaria etc. and checks the itching sensation incidental thereto.

➤ **Vachadi and Haridrardi Groups:** The groups known as the Vachadi and Haridrardi Ganas, respectively consist of Vacha, Musta, Ativisha, Abhaya, Bhadradaru, Nagakeshara (Vachadi), Haridra, Daruharidra, Kalashi, Kutaja seeds and Madhuka (Haridrardi).

Uses: These two groups are the purifiers of breast milk and specifically act as the assimilators of the deranged humours of the body, their curative properties being markedly witnessed in cases of mucous dysentery (Amatisiira).

➤ **Shymadi Group:** The drugs known as Shyama, Mahd-Shyama, Trivrit, Danti, Shankhini, Tilvaka, Kampillaka, Ramyaka, Kramuka, Putrashroni, Gavakshi, Rajavriksha, the two kinds of Karanja, Guduchi, Saptala, Chhagalantri, Sudha and Suvarnakhiri, form the group known as the Shyamadi Gana.

Uses: This group is possessed of the therapeutic virtue of curing abdominal glands and acts as an anti-toxic. It proves beneficial in Anaha abdominal dropsy and diarrhoea and is one of the most reliable purgatives in cases of obstinate constipation of the bowels with suppression of urine and distention of the abdomen (Udavarta).

➤ **Vrihatyadi Group:** The drugs known as Vrihati, Kantakarika, Kutajaphala, Patha and Madhuka combinedly form the group known as the Vrihatyadi Gana.

Uses: The group is a good digestant or assimilator of the deranged humours. It subdues the deranged Vata, Pitta

and Kapham and proves efficacious in cases of nausea, water-brash, disuria and non-relish for food.

➤ **Patoladi Group:** The drugs known as Patola, Chandana, Kuchandana, Murva, Guduchi, Patha, and Katurohini form the group known as the Patoladi Gana.

Uses: The group is a febrifuge and anti-toxic, and its therapeutic action consists in destroying the action of the deranged Pittam and Kapham. It restores the natural relish of the patient for food, removes vomiting, and proves beneficial in ulcers, and itching erythematous eruptions.

➤ **Kakolyadi Group:** The drugs known as Kakoli-Kshira-Kakoli, Jivaka, Rishabhaka, Mudgaparni, Mashaparni, Meda, Mahameda, Chhinna-ruha, Karkata-Shringi, Tugakshiri, Padmaka, Prapaundarika, Riddhi, Vriddhi, Mrividika, Jivanti and Madhuka, combinedly form the group known as the Kakolyadi Gana.

Uses: The group of medicinal drugs under discussion subdues the action of the deranged Pittam, blood and Vayu. It increases the quantity of milk in the breast and favours the accumulation of phlegm (Kapham) in the body. It is a restorative and an elixir and is endowed with the therapeutic virtue of augmenting the virile potency of a man.

➤ **Ushakadi Group:** The medicinal drugs and substances known as Ushaka (alkaline earth) Saindhava salt, Shilajatu, the two kinds of Kasisa, Hingu and Tutthaka enter into the composition of the group known as the Ushakadi Gana.

Uses: It destroys kapham (mucous) - absorbs the fat of the body and proves curative in cases of stone or gravel in the bladder (urinary calculi), dysuria and abdominal glands Gulma.

➤ **Sarivadi Group:** The drugs known as Sariva, Madhuka, Chandana, Kuchandana, Padmaka, Kashmari phala, Madhuka-pushpa and Ushira, combinedly form the group known as the Sarivadi Gana.

Uses: The group under discussion allays thirst and proves curative in a case of haemoptysis. Its therapeutic virtue consists in curbing an attack of bilious (Pittaja) fever and in specifically alleviating the burning sensation (Daha) of the body.

➤ **The Anjanadi Group:** The group known as the Anjanadi Gana consists of Anjana, Rasanjana, Nagapushpa, Priyangu, Nilotpala, Nalada, Nalina, Keshara and Madhuka.

Uses: An attack of hamoptasis readily yields to the curative virtue of the group under discussion. It is anti-toxic in its character and allays the internal burning sensation of the body.

➤ **Parushakadi Group:** The group known as the Parushakadi Gana consists of Parushaka, Draksha, Kat-phala, Dadima, Rajadana, Kataka-phala Shaka-phala and Triphala.

Uses: It subdues the deranged Vayu, allays thirst, acts as a cordial, increases one's relish for food and cures the diseased or abnormal components of urine or its defects.

➤ **Priyangvardi Group:** The group of medicinal drugs known as the Priyangvadi Gana consists of Priyangu, Samanga, Dhataki, Naga-pushpa, Chandana, Kuchandana, Mocharasa, Rasanjana, Kumbhika, Srotohnjana, Padma-keshara, Jojanvalli, and Dirghamula.

Uses: The Amvashtadi Group: Drugs known as Amvashta, Dhataki flowers, Samanga, Katvanga, Madhuka, Vilva-peshika, Rodhra, Savara-Rodhra, Palasha, and Padma keshara, enter into the composition of the group known as the Amvashtadi Gana.

The two medicinal recipes or groups prove beneficial in a case of deranged Pitta, favour the healing of ulcers, bring about the adhesion of fractured bones and prove curative in cases of dysentery where the stools are found to consist of lumps of thick and matured mucous (Pakvatisara).

➤ **Nyagrodhadi Group:** The drugs known as Nyagrodha, Audumvara, Ashvattha, Plaksha, Madhuka, Kapitana, Kakubha, Amra, Koshamra, Chorakapatra, the two sorts of Jamvu, Piyala, Madhuka (Maula), Rohini, Vanjula, Kadamva, Vadari, Tinduki, Sallaki, Rodhra, Savara-Rodhra, Bhallataka, Palasha, and Nandi-Vriksha, combinedly form the group known as the Nyagrodhadi Gana.

Uses: This group proves beneficial in cases of ulcer, cures all disorders of the uterus and vagina, favours the adhesion of fractured bones and all sorts of secretions of the body in addition to its astringent properties (Sangrahi) and proves curative in a case of haemoptysis. It is an anti-fat and assuages the burning sensation of the body.

➤ **Guduchyadi Group:** The drugs known as Guduchi, Ximva, Kustumvuru, Chandana, and Padmaka, combinedly form the group known as the Guduchyadi Gana.

Uses: It is a good appetiser, and acts as a general febrifuge and successfully combats such symptoms as nausea, want of relish for food, vomiting, thirst and burning sensation of the body.

➤ **Utpaladi Group:** The drugs known as Utpala, Raktotpala, Kumuda Saugondhika, Kuvalaya, Pundarika and Madhuka constitute the group known as the Utpaladi Gana.

Uses: This group is possessed of the therapeutic virtue of allaying thirst and corrects the deranged Pittam and the vitiated blood. It assuages the burning sensation of the body and proves curative in cases of vomiting, in Hridroga (Angina pectoris in syncope, in hamoptasis and in cases of poisoning as well.

➤ **Mustadi Group:** The group of drugs known as Mushtadi Gana is composed of Musta, Haridra, Daru-Haridra, Haritaki, Amlaki, Vibhitaka, Kushtha, Haimavati, Vacha, Patha, Katurohini, Sharngashta, Ativisha, Dravidi, Bhallataka and Chitraka.

Uses: The group under discussion destroys the deranged Shleshma, cures uterine and vaginal disorders, purifies the breast milk of a mother, and acts as a good digestant (Pachana).

➤ **Triphalar Group:** The drugs known Haritaki, Amlaki and Vibhitaka, constitute the group known as the Triphaladi Gana.

Uses: The present group destroys the action of the deranged Vayu, Kapham and Pittam and proves curative in Meha, and in diseases of the skin (Kushtham). It is a good appetiser, improves the eyesight and proves beneficial in chronic intermittent fever Vishama-jvara).

➤ **Trikatu Group:** The Trikatu group consists of Pippali, Maricha and Shringavera.

Uses: It destroys fat and Kapham, proves curative in cutaneous affections, leprosy (Kushtha), and morbid discharges from the urethra, and is possessed of the virtue of curing abdominal glands, catarrh, dullness of the appetite and indigestion.

➤ **Amlakyadi Group:** The group known as the Amlakyadi Gana consists of Amlaki, Haritaki, Pippali and Chitraka.

Uses: The present group of medicinal drugs acts as a general febrifuge and may be used with advantage in fevers of whatsoever type. Moreover, it is an aphrodisiac and acts as a general tonic or restorative and appetiser, destroying the deranged Kapham and improving the eyesight.

➤ **Trapvardi Group:** The group known as the Trapvadi Gana consists of Trapu, Sisa, Tamra, Rajata, Krishna-Lauha, Suvarna and Lohamala.

Uses: The present group is regarded as a good vermifuge and possessed of the virtue of neutralising the effects of chemical poison originated through incompatible combinations. Its therapeutic range covers jaundice, chlorosis, Melia (morbid secretions from the urethra), Hridroga (heart disease), thirst and maladies incidental to the effects of poison.

➤ **Lakshadi Group:** The drugs known as the Laksha, Arevata, Kutaja, Ashvamara, Katphalam, Haridra, Daru-Haridra, Nimva, Saptachchhada, Malati, and Trayamana form the Lakshadi Gana.

Uses: This consists of astringent, bitter and sweet taste (Rasa) and acts as a good vermifuge and a purifying (aseptic) agent in cases of bad, malignant or indolent ulcers. Diseases due to the deranged Kapham and Pittam prove amenable to its curative properties, which extend to cases of cutaneous affections (Kushtham) as well. Now we shall describe the five groups of medicinal roots (Mulam), each consisting of similar number of components.

➤ **Svalpa Panchamulam Group:** The group known as the mmor group of five roots (Svalpa-Pancha-Mula) consists of the roots of medicinal plants known as the Trikantaka, the two species of Vrihati, Prithakparni, and Vidarigandha.

Uses: The compound possesses a taste blended of astringent, bitter and sweet. It is a tonic and aphrodisiac, subdues the deranged Yavu and proves soothing to the deranged Pittam.

➤ **Mahat Panchamula Group:** The one known as the great or the major group of five medicinal roots (Mahat-Pancha-Mula) consists of the roots of such trees as Vilva, Agnimantha, Tuntuka, Patala and Kashmiri.

Uses: It is bitter in taste and subdues the deranged Kapham and Vatam. It is light (easily digestible) and appetising, and acquires a subsequent sweet taste in its reaction (Anurasa).

➤ **Dashamula Group:** The two preceding groups in combination form the one technically known as the Dasha-Mulam (the ten roots), which is possessed of the virtue of destroying the deranged Vata, Pittam and Kapham.

Uses: It proves beneficial in cases of asthma and difficult respiration. It acts as a good digestant in respect of undigested lymph chyle, etc and is used with satisfactory results in all types of fever.

➤ **Valli-Panchamulam Group:** The group consisting of the roots of the five medicinal creepers known as Vidari, Sariva, Rajani, Guduchi and Aja-Shringi, is called the Valli-Panchamulam.

➤ **Pancha-kantakam:** Groups—Similarly, the group consisting of the five medicinal (thorny) shrubs known as Karamradda, Trikantaka, Sairiyaka, Shatavari, and Gridhranakhi, is called the Pancha-Kantaka

Uses: The two preceding groups prove curative in Hemoptysis and in all the three types of oedema (Shopha).

CONCLUSION

Sushruta was the most celebrated physician and surgeon of Ayurveda. He made a unique contribution to Dravyaguna by mentioning a list of plants with their identity, therapeutic uses, and basic concept of Dravyaguna (Rasa, Guna, Virya, vipaka, karma, etc).

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