

**RASA NIRDHARAN OF PANCH VALKALA DRAVYAS BY BLIND METHODOLOGY****Dr. Hardik Kumar¹, Dr. Rekha Parmar², Dr. Satej Banne*³**¹Final Year P. G. Scholar, Department of Dravyaguna, Parul University, Parul Institute of Ayurved, Limda, Vadodara, Gujarat, India.²Associate professor & HOD, Department of Dravyaguna, Parul University, Parul Institute of Ayurved, Limda, Vadodara, Gujarat, India.³Ph.D Scholar & Assistant professor, Department of Dravyaguna, Parul University, Parul Institute of Ayurved, Limda, Vadodara, Gujarat, India.***Corresponding Author: Dr. Satej Banne**

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ABSTRACT

Ayurveda, the science of life is based on three pillars-hetu, linga and aushada. The two main goals of Ayurveda are-

1. To protect the health of a healthy person.
2. To eradicate the disease.

These two goals will be achieved with the help of dravya. According to Charaka there is no any substance in the world which may not be used as a medicine. The knowledge of dravya is very important, not only in Ahara (food) aspect but also in the Aushadha (drug) aspect because of its panchabhoutikta. If the drug is not known then it can be compare with poison, fire, and thunderbolt. But if anyone knows about it then it acts like a nectar. (Raj nighantu). Rasa was defined by Acharya Charaka as the special sense known through the rasana or rasanenedriya (tongue or taste buds)⁶. But after observing all the concept of rasa, it could be defined as 'It is the object of gustatory sense organ which is located in the tongue. It is not only the perception of taste but is an indicator of the composition, properties & probable action of the dravya'.

KEYWORDS: Rasa, Panch valkal, Taste, Threshold.**INTRODUCTION****Number of Rasas**

There are many opinions about the number of rasas but after theoretical consideration, six rasas have been finalized and are said to be of great importance during treatment process. These are madhura, amla, lavana, katu, tikta and kashaya.

The opinions about number of rasa by various Acharyas.

There are six rasas as already stated; madhura (sweet), amla (sour), lavana (salt), katu (pungent), Tikta (bitter) and kashaya (astringent).

Table no. 1: Panch Valkala Belongs to Kashaya Rasa.

Sr. No.	Name of the drug	Botanical Name
1.	Nyagrodh	<i>Ficus bengalensis</i>
2.	Udumbara	<i>Ficus glomerata</i>
3.	Asvattha	<i>Ficus religiosa</i>
4.	Plaksha	<i>Ficus lacor</i>
5.	Parisha	<i>Thespesia populnea</i>

AIMS AND OBJECTIVE

1. To evaluate Intensity of RASA in a PanchValkal Dravyas by Blind Method.
2. Use of intensity of particular rasa in volunteers.

EXPERIMENTAL STUDY

Determination of taste of Dravyas Selected From Mishrakadi Gana.

I. Panch Valkala

- 1) Discussion
- 2) Summary & conclusion

Determination of taste**Aim of the experiment**

To assess the Rasa (taste) of Dravyas. by organoleptic method.

Materials

Powder of Dravyas.

Principle

Taste with tongue was the criterion for determining the *Rasa* of the drug.

Rasanirdharana Method

A special proforma was designed to note down the *Rasa* perceived by the volunteers. 25 healthy volunteers were selected who were familiar with *Shadrasa* (Six tastes).

Tests were performed 2-3 hours after lunch. 20 minutes prior to the test, volunteers were asked to wash mouth with double distilled water and were requested to write down the taste they felt instantaneously and the taste felt after half-a-minute. The results were interpreted based on the *Rasa* perceived. What is immediately felt in first half minute is considered as the *Pradhana* (predominant) *Rasa*.

RESULTS**Table No. 2: PanchValkala Dravyas Rasa Nirdharana Among 25 Healthy volunteers.**

Sr. No	Drug	Numbers of Volunteers Perceived Rasa								
		Madhur			Katu			Kashaya		
		Madhur	Tar	Tam	Katu	Tar	Tam	Kashaya	Tar	Tam
1	Nyagrodh	5	0	0	0	0	0	8	6	8
2	Udumbar	0	0	0	0	0	0	9	11	5
3	Aswattha	5	0	0	0	0	0	8	8	4
4	Plaksh	0	0	0	6	3	0	5	6	5
5	Parish	6	0	0	0	0	0	9	7	3

CONCLUSION

Ayurvedic classical texts have reported 6 tastes such as *Madhura*, *Amla*, *Lavana*, *Katu*, *Tikta*, *Kashaya*. whereas modern science does not accept *Katu*(pungent) and

Kashaya (Astringent) as taste, but considered as chemesthesis. Though they have increased number of tastes as five by including Umamitaste.

Table No. 3: Panch Valkala Dravyas Rasa Nirdharana Among 25 Healthy volunteers.

Sr. No	Drug	Numbers of Volunteers Perceived Rasa		
		Madhura	Katu	Kashaya
1	Nyagrodh	5	0	22
2	Udumbar	0	0	25
3	Aswattha	5	0	20
4	Plaksh	0	9	16
5	Parish	6	0	19

Table No. 4: Pradhan Rasa and Anurasa.

Sr. No.	Drug	Pradhana Rasa	Other Rasa (Anu rasa)
1	Nyagrodh	Kashaya	Madhura
2	Udumbar	Kashaya	none
3	Aswattha	Kashaya	Madhura
4	Plaksh	Kashaya	Katu
5	Parish	Kashaya	Madhura

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