

GENERAL PRINCIPLE OF DRAVYAGUNA W.S.R. CONTRIBUTION TOWARDS
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ABSTRACT

The Ayurveda concept of Dravyaguna Vigyan deals with the general principles related to the Ayurveda pharmacognosy and pharmacology. Dravyaguna Vigyan works around Namajnana, Rupajnana, Gunajnana and Yuktijnana, etc. Literal meaning of word Dravya means material or things and Guna means properties, thus Dravyaguna Vigyan deals around properties of Dravya (drugs). Dravyaguna Vigyan relates pharmacological actions with Rasa, Guna, Virya, Vipak and Prabhav of drugs. As per Ayurveda Rasa, Guna, Virya, Vipak and Prabhav are inherent properties of Ayurveda drugs which contributes towards the therapeutic actions of drugs. This article presented general principles of Dravyaguna and contribution of properties of Dravya towards pharmacological actions.

KEYWORDS: Dravyaguna, Pharmacognosy, Pharmacology, Rasa, Guna.

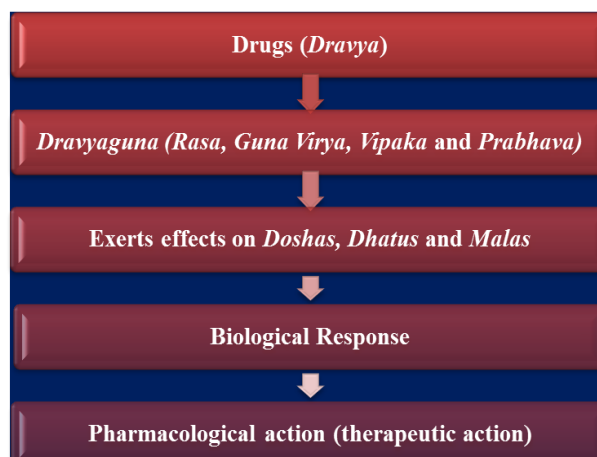
INTRODUCTION

Ayurveda in relation to the properties and actions of drugs described word *Dravyaguna* 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 Ayurveda drugs.

As per Ayurveda the physico-chemical properties of Ayurveda drugs works around concepts of *Panchabhutas* and *Tridosha*. *Panchabhutas*; *Akasha*, *Vayu*, *Agni*, *Jala* and *Prithivi* governs physiological activities of body and drugs possessing specific predominance of *Mahabhuta* helps to manage related ailments. Similarly *Tridosha* (*Vata*, *Pitta*, *Kapha*) if remain in balance state then normal physiological functions of body observed, but imbalance amongst the *Tridosha* leads pathological events and specific Ayurveda drugs works on particular *Doshas* thus help in specific *Dosha* vitiation. Properties of drugs (*Dravyaguna*) alter vitiated state of *Doshas* by virtue of their *Mahabhutas* predominance thus exerts their actions on biological system.

As per Ayurveda *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava* of drugs govern pharmacokinetics and pharmacodynamics actions of drugs. *Guna* described

inherent properties of drug, *Rasa* described taste of drugs, *Vipaka* means metabolite of drugs, *Virya* referred to potency of drugs and *Prabhava* resembles specific potency of drugs. These all characteristics of natural drugs responsible for particular biological actions therefore offer therapeutic benefits in various types of health ailments. **Figure 1** depicted general path correlating therapeutic responses of drugs with their properties.

**Figure 1: Therapeutic responses and properties of drugs.**

Concept of *Guna* and its Pharmacological Correlations

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

Guru guna quality contributes towards the weight gain capacity and helps in emaciated person, these drugs increases *Kapha* and predominant to earth and water elements.

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 body.

Sheeta Guna contributes to pacify fever in body, imparts coldness therefore such drug helps in inflammatory conditions and cures excessive functioning of digestive fire in disease like diabetes.

Drugs possess *Ushna Guna* imparts hot potency thus helps in cold and cough, these drugs enhances *Pitta* and improves digestions thus helps to regulate metabolic activities.

Singdha Guna drugs contributes to eliminate dryness of body, these drugs pacify excessive dryness of the body. These drugs help in skin disorders and maintain water element of body.

Ruksha Guna contributes towards dryness and these drugs helps to counteract excessive unctuousness of the body.

Teekshna Guna imparts sharpness in body, substance with *Teekshna Guna* pacify dullness thus and improves process of detoxification; clears toxins from body.

Concept of *Rasa* and its Pharmacological Correlations

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

Madhura Rasa pacifies *Pitta* and enhances *Kapha* therefore promotes strength and helps aggravation of *Pitta* and related disorders.

Dravya having *Amla Rasa* promote *Kapha* & *Pitta* while such compounds pacify *Vata Dosha* thus acts as carminative, appetite stimulant and helps in digestive disorders. Drugs predominate with *Amla Rasa* imparts *Dipana-pachana* effects thus boost *Agni*.

Dravya possess *Lavana Rasa* increases *Pitta* and pacifies *Vata Dosha* therefore promote digestive system and helps in anorexia and digestive disorders, since it pacify *Vata* thus helps in *Vatika* disorders, such compounds also exerts *Vishyandi* (moistening) effects.

Ayurveda drugs having *Katu Rasa* enhances *Vata* and decreases *Kapha* therefore control movements of stool and urine. *Katu Rasa* helps in disorders arises due to the *Kapha* aggravation. The igneous nature of drugs having *Katu Rasa* stimulates digestive fire.

Tikta Rasa compounds pacify *Kapha* and increases *Vata Dosha*. These drugs acts as absorbent and helps to clear obstruction of minute channels of body. These compounds help in *Kaphaja* disorders regulates circulatory functioning of body.

Kashaya Rasa pacifies *Pitta Dosha* and increases *Vata Dosha*, drugs possess *Kashaya Rasa* control digestive fire, drug with *Kashaya Rasa* helps in *Pittaja* disorders. These drugs exert *Stambhana* effects thus helpful in condition like diarrhoea and also cure bleeding problems.

Concept of *Vipaka* and its Pharmacological Correlations

Vipaka referred to the final metabolite of drugs which produced after digestion process. This biological transformation alter action of drug, means if *Katu* drug transformed in *Madhura vipaka* then definitely its biological action get changed. *Vipaka* may be *Madhura*, *Amla* and *Katu* on the basis of taste and on the basis of properties it may be *Guru* and *Laghu*.

Drugs having *Madhura vipaka* increases *Kapha Dosha* and facilitate process of excretions. *Amla vipaka* increases *Pitta* thus these compounds acts as carminative and improves digestion. Compounds having *Katu vipaka* increases *Vata* thus helps to regulates circulatory functioning of body. *Vipaka* alter effects of *Dosha*, *Dhatu* and *Mala* thus *Vipaka* contributes significantly towards the wholesome or unwholesome effect of drugs on body.

Concept of *Virya* and its Pharmacological Correlations

Virya means *Shakti* or power or potency of drugs, this means intensity of drug action towards therapeutic response. As per *Charaka* drug acts as instrument by virtue of its *Virya*. Drug action greatly depends upon its *Virya*, it is stated that if *Virya* is low then drug not exerts optimum pharmacological actions and vice-versa. It is also stated that *Virya* is essence of five *Bhutas* which govern therapeutic potency of drug substance.

Concept of *Prabhava* and its Pharmacological Correlations

Prabhava is specific power depends upon particular nature (*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* referred for general power while *Prabhava* resembles definite actions. It is stated that drugs possessing similar *Rasa* and *Guna* but differing in pharmacological action due to their *Prabhava*.

CONCLUSION

Dravyaguna means properties of *Dravya* and ayurveda described specific properties of *Dravya* like; *Rasa*, *Guna*, *Virya*, *Vipak* and *Prabhav*. As per Ayurveda *Rasa*, *Guna*, *Virya*, *Vipak* and *Prabhav* are inherent properties of Ayurveda drugs which works towards therapeutic actions of drugs. Ayurveda concepts believed that natural drugs exert their actions by virtue of their *Rasa*, *Guna*, *Virya*, *Vipak* and *Prabhav*. This concept elaborates pharmacological significance of taste, properties, active metabolite, potency and specific actions of drug substances.

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