

THERAPEUTIC SIGNIFICANCE OF VARIOUS RASA AND GUNA OF DRAVYA: AN  
AYURVEDA REVIEWDr. Ashwini Gajanan Wahile\*<sup>1</sup>, Dr. Ashish Kisanlal Chandak<sup>2</sup> and Dr. Sandhyarani R. Agarkar<sup>3</sup><sup>1</sup>Assistant Professor, Department Agadanttra, Dr. VJD Gramin Ayurveda College, Patur, India.<sup>2</sup>Professor, Rog Nidan and Vikruti Vidyan, Shekhavati Ayurved College, Pilani Dist. Zunzunu, India.<sup>3</sup>Associate Professor, Balrog, Bhausaheb Mulak Ayurved Mahavidyalay, Nagpur, India.

\*Corresponding Author: Dr. Ashwini Gajanan Wahile

Assistant Professor, Department Agadanttra, Dr. VJD Gramin Ayurveda College, Patur, India.

DOI: <https://doi.org/10.17605/OSF.IO/STBKF>

Article Received on 14/01/2021

Article Revised on 04/02/2021

Article Accepted on 24/02/2021

## ABSTRACT

The concept of Ayurveda pharmacology works around properties of medicinal agents, the medicinal value of natural drugs depends upon Rasa, Guna, Virya, Vipak and Prabhav of drugs. These properties of drugs contributed towards the pharmacological action by balancing functioning of Doshas, Dhatus, Agni and Shrotas, etc. Dravyaguna Vigyan is stream of Ayurveda which deals with such types of Aspects. The Ayurveda scholar must aware about the Rasa, Guna, Virya, Vipak and Prabhav of drugs and their specific pharmacological action before prescribing or documenting Ayurveda medicines. Considering this aspect present article dealt with fundamental of Dravyaguna including Ayurveda concept of drug action W.S.R. to their Rasa and Guna.

**KEYWORDS:** Ayurveda, Dravyaguna, Rasa, Guna, Pharmacology.

## INTRODUCTION

Ayurveda as science of long and healthy living encompasses many stream related to the diseases, drugs and health; *Dravyaguna Vigyan* is one such modality of Ayurveda which works around *Guna* (property) of *Dravya* (drugs). As per ayurveda the taste (*Rasa*), properties (*Guna*), potency (*Virya*), metabolites (*Vipaka*) and specific physiological action of drug (*Prabhav*) contributed towards the pharmacological action of drug. These five components of drugs manifested at the level of *Mahābhūtas*, *Doshas*, *Dhatus*, *Agni* and *Shrotas*, etc. therefore exhibited specific biological action. The various types of *Rasa*, *Guna*, *Virya*, *Vipak* and *Prabhav* of *Dravya* alter biological constitute specifically therefore exerts particular type of pharmacological action.<sup>[1-5]</sup>

**Therapeutic Significance of Gunas**<sup>[6-8]</sup>

*Guna* refer to quality or property of compound which inherently exist within substances, *Gunas* specifically classified into somatic, psychic, physical and applicative category. The somatic types of *Guna* of *Dravya* play vital role towards pharmacological action, here twenty types of *Guna* defined in this category as follows:

1. *Guru Guna* of *Dravya* predominates with heavy nature; oil & fat.
2. *Laghu Guna* of *Dravya* light in nature; fluid substances or micronized drugs.
3. *Shita Guna* of *Dravya* cold in nature; topical *Lepa* used for burning sensation.

4. *Ushna Guna* of *Dravya* hot in nature; spicy & hot substances.
5. *Snigdha Guna* of *Dravya* unctuous in nature; oily substances.
6. *Ruksha Guna* of *Dravya* rough in nature; dry and rough substances.
7. *Manda Guna* of *Dravya* dull in nature; substances which are not very intense in nature.
8. *Tikshna Guna* of *Dravya* sharp in nature; spicy substances or intense in nature.
9. *Shlakshna Guna* of *Dravya* smooths in nature; fluid/semisolid compounds with oiliness.
10. *Khara Guna* of *Dravya* coarse in nature; not very fine.
11. *Sandra Guna* of *Dravya* solid in nature; hard substances like crude bark.
12. *Drava Guna* of *Dravya* fluid in nature; liquid substances.
13. *Mridu Guna* of *Dravya* soft in nature.
14. *Kathina Guna* of *Dravya* resembles hardness.
15. *Sthira Guna* of *Dravya* resembles stability.
16. *Sara Guna* of *Dravya* unstable in nature; floating/movable or dynamic.
17. *Sukshma Guna* of *Dravya* minute in nature; nano-sized or fine powdered drugs.
18. *Sthula Guna* of *Dravya* gross in nature.
19. *Vishada Guna* of *Dravya* non slimy in nature.
20. *Pichhila Guna* of *Dravya* slimy in nature.

### Specific Action of Particular Guna

- ✓ *Laghu Guna Dravya* possess capacity to reaches through minute channels thus open up blockage, restore circulatory functioning, resist dullness, destroy feeling of heaviness and regulate functioning of *Vata*.
- ✓ Drug possesses *Guru guna* help in case of emaciated person since such drugs imparts weight gain capacity and strengthen physical built up, *Guru guna* is *Kapha* predominant therefore helps in low *Kapha* but such types of compounds must be avoided by person suffered with obesity.
- ✓ *Ushna Guna Dravya* possess hot potency therefore helps common flu associated with cold & cough, these drugs improves digestions by stimulating *Pitta* and corrects metabolic activities inside the body. *Ushna Guna* itself helps to break pathogenesis of many diseases.
- ✓ *Sheeta Guna Dravya* helps in skin ailments associated with burning sensation, itching and inflammatory lesions, and such compounds also reduces severe fever in body, helps in hyperacidity and imparts physical as well as mental relaxation.
- ✓ *Dravya* with *Teekshna Guna* reduces dullness and heaviness from body, improves elimination of *Ama* thus facilitate process of detoxification and stimulate functioning of *Agni* thus correct low level of *Pitta*.
- ✓ *Dravya* possess *Singdha Guna* pacify dryness of body, help in skin ailments and resist pathogenesis of inflammatory disorders.

### Therapeutic Significance of Rasa<sup>[9-11]</sup>

*Rasa* resembles taste it responsible for many types of biological activities of *Dravya*, specific *Mahābhautika* status of the *Dravya*; say for example drugs with *Madhura rasa* may have *Prthvī* and *Jala Mahābhūta* predominance thus such type of substances can be considered unctuous in nature and causes moistening of the body channels. Ayurveda primarily described various types of *Rasa* as depicted in Figure 1.

- ✚ *Madhura Rasa* promotes strength, pacify hyperacidity and inflammatory conditions.
- ✚ *Amla Rasa* due to its *Dipana-pachana* effects stimulates appetite and cure digestive ailments.
- ✚ *Katu Rasa* stimulates digestive fire and pacifies *Kapha*.
- ✚ *Tikta Rasa* cleans channels and detoxifies body.
- ✚ *Kashaya Rasa* offers *Stambhana* effect thus helps in diarrhoea.

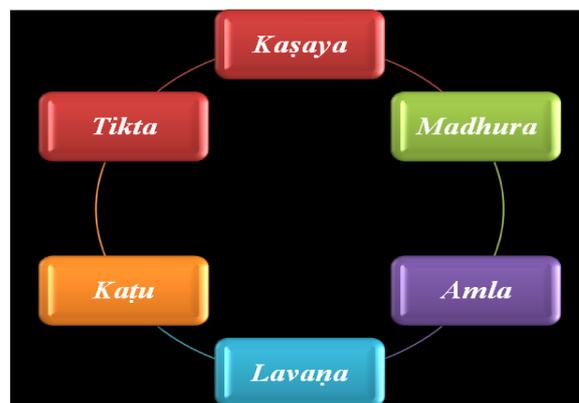


Figure 1: Various types of *Rasa* as per Ayurveda.

### Rasa & Kaphaj Vyadhi

Drugs possessing *Katu*, *Tikta* and *Kashayrasatmak Rasa* can be employed in *Kaphaj* diseases. *Katu rasa* reduces *Pichil* (stickyness) quality and heaviness of *Kapha* since *Katu Dravya* possesses *Ruksha* and *Laghu Guna*. *Tikta rasa* decreases sweetness and facilitate breakdown process to clear obstruction of respiratory passage, it also liquefy stickiness of *Kapha* thus help to remove it. *Kashaya Rasa* of drug helps to absorb *Snigdhansha* of *Kapha* and reduces its secretion since drugs with *Kashaya Rasa* offers *Ruksha* and *Sheet Guna*.

### Rasa & Pittaj Vyadhi

*Tikta*, *Madhur* and finally *Kashayrasatmak* drugs can be used sequentially in *Pittaj* diseases. *Tikta rasa* decreases *Saampitta* (undigested food), it liquefies stickiness and removes *Ama* due to its *Vishad* quality, *Tikta rasa* facilitate breakdown of toxins thus clears them from body. *Madhur rasa* due to its *Sheet* quality reduces hotness of *Pitta* and suppress problem of burning sensation and hyperacidity associated with *Pitta Dosha*. *Kashaya Rasa* of drugs hel[s to absorbs *Dravata* and prevents unwanted secretion of digestive fluids due to its *Ruksha* and *Sheet Guna*.

### Rasa & Vataj Vyadhi

Initially *Lavan rasa*, then *Amla rasa* and finally *Madhur rasa* drugs advised in *Vataj* diseases. *Lavan rasa* induces moistness thus clears path of *Vatadosha* so that *Vata* moves easily and *Ushna quality* help to reduces coldness associated with *Vata*, the heaviness of *Lavan rasa* helps to reduces lightness of *Vatadosha*. *Amla rasa* stimulates channel of *Vata* pathways thus maintain normal and regular flow of *Vata*. *Ushna*, *Tikshna* and *Snigdha* qualities of *Amla Dravya* control movement of *Vata*. Drugs with *Madhur rasa* help to reduces aggravation of *Vatadosha*.

### CONCLUSION

*Rasa* and *Guna* reside in *Dravya* to exert specific action, drugs possessing specific *Rasa* exerts particular action similarly drugs predominant with specific *Guna* offers related biological action. The Ayurveda scholars need to be ware about the properties of drugs since these

properties contributed greatly towards the biological action of drugs.

## REFERENCES

1. Dravyaguna Vigyan, by P.V. Sharma, Choukhambha Bhartiya Academy Varanasi Edition Reprint, 2012; 1: 149.
2. Charak Samhita, Vidyotini Hindi Commentary by Pt. Kashinath satri Varanasi, Part 1, Edition Reprint, 2013; 1/51: 26.
3. Sushrut Samhita by Kaviraj Ambikadutta Sastri, Part 1, Chaukhambha Sanskrit Sansthan Varanasi, Edition Reprint, Sutrasthan, 2011; 41/16: 200.
4. Charak Samhita, English Translation by prof. P. V. Sharma vol.1, Chaukhambha Orientalia, ninth edition, Vimansthan, 2005; 1/7: 302.
5. Sushrut Samhita by Kaviraj Ambikadutta Sastri, Part 1, Chaukhambha Sanskrit Sansthan Varanasi, Edition Reprint, Sutrasthan, 2011; 41/11-14: 199.
6. Acharya J.T., Charaka Samhita of Agnivesha (with 'Ayurveda Dipika' commentary by Cakrapanidatta), Chaukhamba Surbharati Prakashan, Varanasi, 2000.
7. Acharya J.T. & Acharya N.R. Sushruta Samhita of Sushruta (with 'Nibandhasangraha' commentary by Dalhana), Chaukhamba Surbharati Prakashan, Varanasi, 2003.
8. Sharma S.P. Ashtanga Samgraha of Vrddha Vagbhata, (with Sasilekha' commentary by Indu), Chowkhanmba Sanskrit Series Office, Varanasi, 2006.
9. Hemraj Sharma and Shrisatyapal, Kashyap Samhita, Khilsthan 6 th chapter Rasadosha vibhagiya Adhyaya, Choukhamba Sanskrit sansthan, 8th edition, shloka, 2002; 24(38): 263-264.
10. Kaviraj Dr. Ambikadatta Shastri, Sushrut Samhita, Sutrasthan, 46th chapter- Annapanvidhi adhyay, Choukhamba Sanskrit sansthan, reprint edition, shloka, 2006; 466: 220.
11. Bhishagratna Shri Bhramhashankar Shastri, Shri Ruplal vaishya, Bhavprakash, Purvardha, 5th chapter, Dincharyadi prakaran, Choukhamba Sanskrit sansthan, 6th edition, shloka, 1984; 130: 123.