



Ayurveda

A CRITICAL REVIEW OF DEEPAN DRAVYA IN THE MANAGEMENT OF AGNIMANDHYA

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ABSTRACT Ayurveda is the science, which emphasize on health as well as cure of diseases. In *Ayurved*, *Ahara*, *Nindra* and *Brahamcharya* are mentioned as *Tryopasthambha*. Among *Tryopasthambha*, *Ahara* is described first which shows its importance. *Ahara* (Food) plays an important role in *Dehanirmana*. It is also important for growth and energy for our routine works but all the qualities of *Ahara* is worst if it is not digested properly. Acharya Charak clearly said that *Ahara Matra* is depends upon strength of *Agnibala*. *Agni* converts food in the form of energy, which is responsible for all the vital functions of our body. *Mandagni* is the state of *Agni* which cannot digest even little quantity of food in the scheduled time. In Ayurvedic classics *Mandagni* is described as the root cause of many diseases. *Mandagni* produces ama which is able to activate autoimmune system. *Mandagni* leads to several severe diseases like Obesity, which is major key factor to heart diseases, hypertension, diabetes etc. So, for the management of *Mandagni*, *Deepan Dravyas* described in *Ayurvedic* classics are very useful.

KEYWORDS : Mandagni, Deepan, Rasa

INTRODUCTION –

There are 13 types of *Agni* present in our body one is *Jathragni*, five *Bhutagni* and seven *Dhatvagni*. *Agni* plays an important role in *Ahara Pachan*, *Dhatu Nirman* and *Poshan Kramad*. Acharya Sushrut said –*Dosha Dhatu Mala Mulam Hi Shariram*²

By above reference, importance of *Dosha* and *Dhatu* is clear. Impaired function of *Agni* disturbs *Dosha Dhatu* equilibrium.

According to Acharya Charak – *Vikaro Dhatu Vaisamyam Samyam Prakruti Uchyate*³

So, it is clear that the state of disturbed *Dhatu* is *Vikara / Roga*. Generally we focus on disease but neglect the basic cause.

Ayurveda is life science and by only Ayurvedic approach we can treat root cause of many disease. *Mandagni* is a root cause of several disease and *Deepan Dravya* is very helpful to treat it. Acharya Charak mentioned *Deepan Dravyas* in *Deepaniya Mahakashaya*, Acharya Sushruta in *Pippalyadi*, *Guduchyadi*, *Triphla*, *Trikatu*, *Amalkyadi*, *Vrahatpanchmool* varga and Acharya Vagbhata (*AshtangHridaya*) in *Guduchyadi*, *Varunadi*.⁴

MATERIAL & METHOD -

For compilation of *Deepan Dravya* (Drugs), classical literature (*Samhita* and *Nighantu*) have been critically analyzed. *Rasa* (taste) *Veerya* (Potency). *Vipaka* (Drug metabolism) of the drugs were compiled from text book of *Dravyaguna* and *Bhavaprakash Nighantu*.

Table No. – 1⁵

On the basis of *Bala*, type of *Jathragni* and Their relation to *Dosha*

Agni	Function	Involvement of Dosha
<i>Samagni</i>	Proper digestion of <i>Ahara</i> (Food)	Equal state of <i>Tridosha</i>
<i>Vishamagni</i>	Sometime <i>Ahara</i> is digested properly and sometime not digest properly	Due to <i>Vata Dosha</i>
<i>Tikshnagni</i>	Early digestion of excessive amount of <i>Ahara</i>	Due to <i>Pitta Dosha</i>
<i>Mandagni</i>	Not digest low amount of food	Due to <i>Kaphadosha</i>

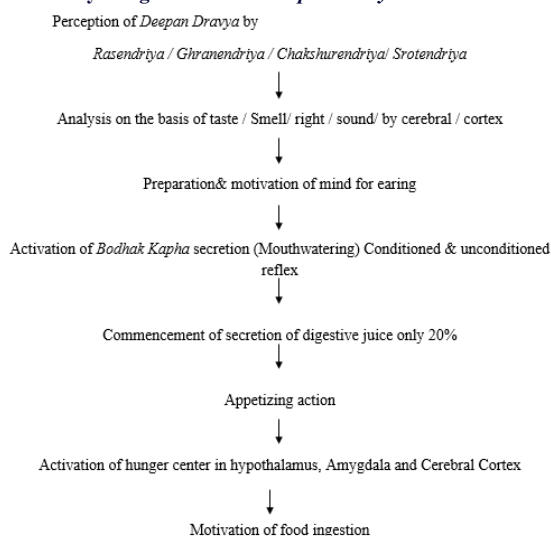
Table No – 2^{6,7} List of Deepan Dravya

S.No.	Sanskrit Name	Latin Name
1	Pippali	<i>Piper Longum</i> Linn.
2	Pippalimula	Root of <i>Piper longum</i> Linn.
3	Chavya	<i>Piper retrofractum</i> Vahl
4	Chitrak	<i>Plumbago zeylanica</i> Linn.
5	Sunthi	<i>Zingiber officinale</i> Rosc.

6	Marich	<i>Piper nigrum</i> Linn.
7	Bhallatak	<i>Semicarpus anacardium</i> Linn.
8	Hingu	<i>Ferula narthex</i> Boiss.
9	Ela	<i>Elettaria cardamomum</i> Maton
10	Indrayav	<i>Holarrhena antidiysenterica</i> (Linn.) wall
11	Patha	<i>Cissampelos pareira</i> Linn.
12	Jeerak	<i>Cuminum cyminum</i> Linn
13	Sarshap	<i>Brassica Campestris</i> Linn.
14	MahanimbPhala	<i>Melia azedarach</i> Linn.
15	Bharangi	<i>Clerodendrum serratum</i> (Linn.) Moon
16	Murva	<i>Marsdenia tenacissima</i> W & A
17	Ativisha	<i>Aconitum heterophyllum</i> Wall
18	Vacha	<i>Acorus Calamus</i> Linn.
19	Vidang	<i>Embelia ribes</i> Burm.f.
20	Katurohini	<i>Picrorhiza kurroa</i> Royle ex Benth
21	Amalaki	<i>Emblia Officinalis</i> Gaertn
22	Haritak	<i>Terminalia chebula</i> Retz.
23	Vibhitak	<i>Terminalia bellirica</i> Roxb.
24	Bilva	<i>Aegle marmelos</i> corr.
25	Agnimantha	<i>Premna mucronate</i> Roxb.
26	Shyonak	<i>Oroxylum indicum</i> vent.
27	Patla	<i>Stereospermum suaveolens</i> DC
28	Gambhari	<i>Gmelina arborea</i> Linn.
29	Guduchi	<i>Tinospora Cordifolia</i> (willd) miers ex Hook. F. & Thoms
30	Nimb	<i>Azadirachta indica</i> A. Juss
31	Dhanyak	<i>Coriandrum sativum</i> Linn.
32	Raktchandan	<i>Pterocarpus santalinus</i> Linn.
33	Varun	<i>Crataeva nurvala</i> Buch Ham
34	Saireyakyugma	
	a) Saireyaka	<i>Barleria prionitis</i> Linn.
	b) NilpushpaSaireyaka	<i>Barleria striagosa</i> willd
36	Shatawari	<i>Asparagus racemosus</i> Willd
37	Vruhatidvay	
	a) Vruhati	<i>Solanum indicum</i> Linn.
	b) Kantkari	<i>Solanum Surrattense</i> Burm.f.
39	Karanjdvyva	
	a) Karanj	<i>Pongamia Pinnata</i> Pierre
	b) Chirbilva	<i>Holoptelea integrifolia</i> Planch
41	Jyadvya	
	a) Agnimanth	<i>Premna mucronate</i> Roxb
	b) Tarkari	<i>Clerodendrum Phlomidis</i> Linn. F.
42	Shigru	<i>Moringa oleifera</i> lam.
43	Darbh	<i>Imperata Cylindrica</i> Beauv

Table 3^{6,7} Numbers of drugs based on analysis of Rasa, Vipaka, Veerya

Rasa	No.	Vipaka	No.	Veerya	No.
Katu	9	Katu	30	Ushna	32
Tikta + kashaya	9	Madhur	12	Sheet	8
Katu + Tikta	6			Anusnasheet	1
Tikta	3				
Madhur + Tikta + Kashaya	2				
Ttkta + Madhur	2				
Katu + Madhur	1				
Katu + Kashya	1				
Kashaya	1				
Madhur + Kashaya	1				
Kashaya + Tikta + Madhur + Katu	1				
Panch Rasa (Amla Ras Pradam)	1				
Panch Rasa (Kashaya Pradhan)	1				
Katu + Tikta + kashaya	2				

Mode of Physiological action of Deepan Dravya⁸ –**DISCUSSION –**

Kapha Dosh leads to *Mandagni* and *Mandagni* is a major cause of various diseases which is life threatening so *deepan dravya* useful to treat *Agnimandya*. Analysis of herbs clearly indicate that *Katu, Tikta, Kashaya rasa, Dravyas* dominates the list followed by *Madhur Amla, Lavanasara drugs & Panch Rasa* drugs (Table No. 3)

According to *Acharya Charak, Acharya Sushrut, Vagbhatt* and *Nagarjuna*, *Katu rasa* having dominance of *vayu & Agni Mahabhuta* so *katu Rasa* is *Ruksha, Ushna* and *Laghu* in *Guna* and act as *Appetizer* (*Deepan*) helpful in absorption of food.

Tikta Rasa having dominance of *Akash and Vayu Mahabhuta* so *Tikta Rasa* is *Ruksha, Sheet, Laghu, Khara, vishad* in *Guna* according to *Charak, Laghu, Ruksha Sheet Guna* according to *Vagbhatt, Tikta Rasa* is not delicious in taste but it helps to treat *anorexia, digestive & act as appetizer*.

Kashaya Rasa having dominance of *Vayu and Prithvi Mahabhuta* so *Kashaya rasa* is *Ruksha, Sheet, Guru, Khara and Vishad Guna* according to *Charak and Guru, Atiruksha and Sheet Guna* according to *Vagbhatt*.

In Table No 1 we already discuss that cause of *Mandagni* is *Kapha Dosh* and *Katu, Tikta, Kashaya Rasa* diminish the *Kapha Dosh* in this literary work we observed that maximum *Deepan Dravyas* having *Katu, Tikta and Kashaya Rasa* individually or in combination all above three *Rasa* diminished *Kapha Dosh* which is basic cause of *Mandagni*.

RESULT –

Charak has given single *Gana* of 10 drugs (*Deepaniya Mahakashaya*). While *Shushrut* and *Vagbhatt* mentioned various *Deepan Dravya* in different *Gana*, total 50 herbs have been enlisted from these various groups. In table 2 analysis of 43 drugs has been done which are taken from different *Ganas* of classical literature after excluding the controversial drugs. (Table 3)

CONCLUSION –

In this review study we observe that maximum *Deepan Dravya* are having *Katu, Tikta, Kashaya rasa, Katu Vipaka* and *Ushna Veerya*.

“ROGAHSARVEAPIMANDAGNI”⁹

By above statement we can clearly understand that *Mandagni* is responsible for several diseases. *Ahara Paka* and *Dhatu Posham Karma* is also depends on *Agni* and *Samavastha* of *Dhatu* is important for *Swasthya*. So *Deepan Dravya* help to treat and prevent from diseases directly and indirectly.

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