



## AYURVEDIC CONCEPT OF ANUKTA DRAVYA AND THEIR CONSIDERATIONS IN CLINICAL PRACTICES

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### ABSTRACT

Ayurveda described several concepts related to the medicinal substances (Dravya) used anciently for therapeutic purpose and concept of Anukta Dravya is one such aspect of Ayurveda science. This concept play vital role in the clinical practices and understating of Dravyaguna Vigyan. Understanding Anukta Aushadhi Dravya is significant, since the term Anukta is used as a standard parameter when classical texts do not directly speak of anything, helping to grasp new diseases, drugs, and treatment principles. A key problem with Anukta Dravya is their identification including their Naama, Rupa, Guna, Karma and Prayoga. Ayurvedic texts scientifically record medicinal plants on the basis of Rasa, Guna and Virya; thus Anukta Aushadhi Dravya also put in this category on the basis of their Ayurvedic attributes. Considering the importance of this concept present article summarizes Ayurvedic concept of Anukta Dravya and their considerations in clinical practices.

**KEYWORDS:** Ayurveda, Dravyaguna, Anukta Dravya, Guna, Rasa.

### INTRODUCTION

Ayurveda is a highly preserved tradition of knowledge transmission, including conceptual knowledge, applied methods and scientific record. Charaka especially established standards for assessing new diseases, medicinal herbs and evolving fruitful lifestyles. The discovery of Anukta Dravya not specifically named in ancient texts, it is based on traditional folklore practitioner knowledge, although contemporary specialists such as botanists and forest officers are now actively involved in the gathering knowledge about the Anukta Dravya. Medicinal plants have been systematically described from the Vedic era to Nighantu

Kaala, with ongoing addition. Ayurveda makes it a point that no substance is completely free of medicinal properties, but several folklore plants are still unrecorded in classical Ayurveda texts.<sup>[1-4]</sup>

With the increasing international dependence on herbal medicine, the contribution of Ayurveda to the discovery and authentication of Anukta Dravyas has become all the more crucial. Anukta is not merely about obscure drugs but a methodical approach to evaluating new substances according to traditional standards such as Guna, Rasa, Veerya, Prabhava and Vipaka. The example of some Anukta Dravyas is depicted in **Table 1.**<sup>[4-6]</sup>

**Table 1: Example of Anukta Dravyas.**

Anukta Dravya	Indications
Jonkmari	Hysteria, Epilepsy and Leprosy
Poinsetta	Tumors
Raat ki Rani	Spasm & Heart disease
Rangoon ki Bel	Fever, Ulcer and Worm infestation
Aarogyappacha	Aging, Loss of appetite and Debility
Gulabbas	Syphilis, Diabetes, Tumor and Gonorrhea
Ghoda Tulasi	Toothache, Headache, Heart disease and Diarrhea

**Evaluation Methods:** There are various methods for evaluating new drugs or Anukta Dravyas as mentioned in

Figure 1. Field survey & folklore documentation is one such approach which involves discovery of unfamiliar medicinal plants based on traditional information from forest-dwelling nomadic tribes, folklore healers and indigenous healers. Literature review includes research into ancient Ayurvedic treatises, contemporary research

databases and texts such as Dravyaguna Vigyana to familiarize with Anukta Dravya. Nomenclature is another way to evaluate Anukta Dravya with botanical naming of plants in Sanskrit based on their therapeutic action, traditional usage, morphology, habitat and regional names according to Raja Nighantu.<sup>[5-7]</sup>

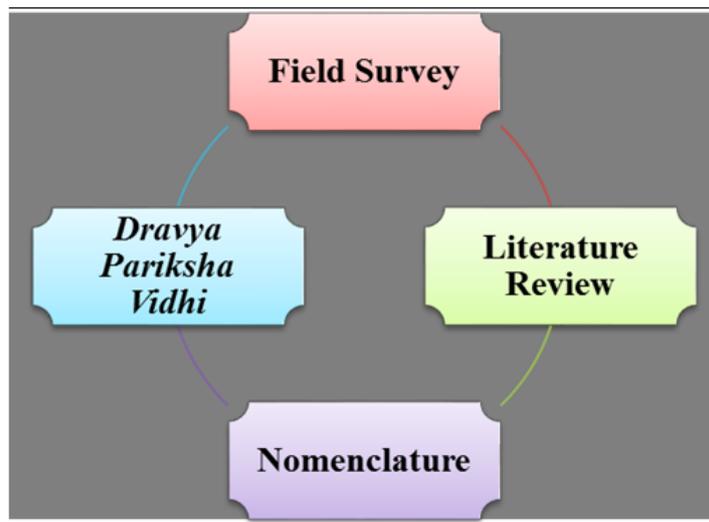


Figure 1: Various methods for evaluating new drugs or Anukta Dravyas.

Dravya Pariksha Vidhi is another important aspect of drug examination; this assessment examined Prakruti, Guna, Prabhava, Desha, Ritu Gruhitam, Nihit and Upaskrit aspects of plants or herbs being investigated. The Prabhava or therapeutic action of these herbs is determined by their phyto-chemical constituents, which render them effective in their respective indications. Their Desha or geographical origin ranges from tropical to temperate regions, with Ritu Gruhitam determining the best season for collection. Nihit or preservation techniques consist of shade-drying and preservation in air-tight containers for maintaining efficacy. Upaskrit or processing depends upon the nature of administration like decoctions, medicated oils and powders. Matra differs with condition and patient constitution for ensuring efficacy and safety. Clinical assessment of new drug according to Vidham Purushasya decides their suitability, with trial validating them suitable for diversifies Vyadhi.<sup>[6-8]</sup>

The identification of Rasa is founded upon gustatory perception, which has a direct correlation with the chemical makeup of a substance. Toxic vegetation needs to be chemically analyzed prior to testing for safety purposes. Identification of Guna is obtained from the analysis of Rasa as well as its pharmacological action. The determination of Vipaka is based on the changes of substances in the body and their actions upon Dhatus and Doshas. The determination of Virya is evaluated by its external application or internal metabolic effect as in the Seeta Virya of Saindhava Lavana and the Ushna Virya of Anupa Mamsa. The determination of Prabhava covers certain actions that cannot be accounted

for by Guna, Rasa, Virya and Vipaka alone.

**Clinical Attributes:** Anukta Dravya possesses specific characters and therapeutic potentials belonging to them only. Poinsetta manifests Tikta Rasa-Ushna Virya with presence of bioactive chemicals for helping tumor management. Raat ki Rani in Madhura-Tikta Rasa gets employed in disorders such as spasm and cardiomyopathy. Ban Tambaku having Tikta-Katu Rasa and Ushna Virya, offers analgesic and anti-inflammatory activities. Jonkmari, having Tikta-Kashaya Rasa and Ushna Virya, has action upon the nervous system and is helpful in epilepsy, leprosy and hysteria. Nagphool with Kashaya-Tikta Rasa is used in the treatment of fever and burning sensation. Rangoon ki Bel with Ushna Virya is used in the treatment of ulcers and fever. Ghoda Tulasi having Tikta-Katu Rasa is used to treat headache, diarrhea and toothache. Gulabhas having Sheet Virya, finds use in diabetes and syphilis. Aarogyappacha having Madhura-Tikta Rasa and possess rejuvenating effect.<sup>[8-10]</sup>

## CONCLUSION

Ayurveda possesses a vast treasury of medicinal plants, but urbanization and industrialization have threatened many species. Scientific documentation of folklore and obscure medicinal plants is necessary to maintain and develop such knowledge. Anukta Dravya (unmentioned drugs) are difficult to identify, but sporadic references aid in the identification of similar therapeutic drugs. Ancient Acharyas depended on observation, inference, and reasoning, which can now be supplemented with contemporary tools such as microscopy and nanotechnology. By combining traditional principles

with scientific developments, we can methodically investigate Anukta Dravya.

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