

**TO STUDY THE UTILITY AND PROPERTIES OF *CHANAKA DRAVYA* MENTIONED IN
CHARAKA SAMHITA WITH THE HELP OF *LESHA KALPANA* AND ITS ROLE IN
PRESCRIBING TODAY'S *PATHYAPATHYA KALPANA*****Dr. Sahastrabudhe A.*¹ and Dr. Sabu N.²**¹P.G Scholar, Department of Ayurved Samhita and Siddhanta, R.A. Podar Medical College (Ayu), Mumbai, 400018.²H.O.D., Department of Ayurved Samhita and Siddhanta, R.A. Podar Medical College (Ayu), Mumbai, 400018.***Corresponding Author: Dr. Sahastrabudhe A.**

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ABSTRACT

There are many *dravyas* described in our *samhitas* that we use even today in various different ways. At that time, when these *samhitas* were written, there might be a chance that these *dravyas* were used differently than today, but the properties of those *dravyas* are same even today. It is important for us to understand them in order to do proper treatment and to advice correct *pathya* and *apathya* to the patient. Regarding *annadravya*, it is very obvious that whatever food preparations were in practice at that time; now are evolving with the day and age. So, for an ayurvedic practitioner in present era, it is important to understand the utility and properties of *Dravyas* given in *Samhita* and its relevance in present era. Also, everything is not mentioned in detail due to *Vistarabhaya* and to avoid *tantradosha*, hence with the help of *adhyayana* tools like *lesha Kalpana*, we are supposed to study each *Dravya* in detail.

KEYWORDS: *Chanaka, Lesha Kalpana, Pathyapathya, Present era.***INTRODUCTION**

Our *Samhitas* are our valuable treatises as we have obtained our ayurvedic knowledge from them. Though they are written long back, as ayurveda is *shaswata grantha*, the things that are written in them are still used and practiced even today. The knowledge in the *Samhita* is very vast and that's why it is written in concise form. It is expected from us that using the *adhyayana* tools like *tantrayukti, arthashray, Kalpana* etc., we should be able to find the hidden meaning behind the sutras. Now, while studying *annapana adhyaya*, many *Anna Dravya* are now used in different ways but their properties are still the same. It is important to find out what are the ways and *vyadhi awasthas* in which these *dravyas* can be used today.

Lesha Kalpana is one such tool of *Samhita adhyayana* which helps to find out the hidden meaning behind the sutras. So, with the help of *lesha Kalpana*, whatever is written in *sankshepa* i.e., can be found out and can be understood in detail.

This study of *Chanaka Dravya* using *lesha Kalpana* can be useful in the treatment of various diseases and also in prescribing the *pathya* and *apathya* to the patients.

स्मृतिमान् हेतुयुक्तिजो जितात्मा प्रतिपत्तिमान्।

भ्रिषगौषधसंयोगेश्चिकित्सां कर्तुमर्हति।⁽¹⁾

A physician endowed with good memory (*smriti*), knowledge of cause and effect of disease (*hetu-yuktijna*), self-restraint (*jitatma*), and presence of mind (*pratipattiman*), is entitled to practice Ayurveda through the combination of various drugs.

AIM AND OBJECTIVES

To study the utility and properties of *Chanaka dravya* mentioned in *charaka Samhita* with the help of *lesha Kalpana* and its role in prescribing today's *pathyapathya Kalpana*.

MATERIALS AND METHOD**Materials**

1. *Charak Samhita* with *Chakrapani teeka*
2. *Sushrut Samhita* with *nibandhasangraha vyakhya*
3. *Ashtang hruday Samhita* with *Arundatta* and *Hemadri teeka*
4. *Bhojankutuhul*

METHODOLOGY

- Study of *Chanaka* and its properties written in *charaka Samhita*.

- Study of *Chanaka* Dravya with the help of *lesha Kalpana*
- Study of *Chanaka* using *Swa - tantravalokana* and *Para - tantravalokana*
- Study of utility of *Chanaka* and its various food preparation used in today's time

OBSERVATION

चणकाश्चमसूराश्चखण्डिकाःसहरेणवः।

लघवःशीतमधुराःसकषायविरूक्षणाः॥२८॥

पित्तश्लेष्मणिशस्यन्तेसूपेष्वालेपनेषुच।⁽²⁾

The meaning of this sutra is that, the *Chanaka*, *masura*, *khandika*, *Harenu* are *laghu*, *sheeta*, *Madhura*, *Kashaya* and *Ruksha*. These properties are *Pitta* and *kapha shamak* in the form of *Supa* and *Lepa*.

Now, the properties of *Chanaka* are as follows-

Rasa – Madhura, Kashaya

Virya – Sheeta

Guna – Laghu, Ruksha, Sheeta

Action on dosha – Pittanashaka, Kaphanashak

Now, here from this sutra, its *vipaka*, *Action on dhatu*, *mala* and in which *vyadhis* it can be used is not given.

Hence it is to be found out using *Lesha kalpana*

Hence, in a broader way, *vyavahara* and *karma* are *lesha* in this *sutra*.

For this, collection of all the references given in *Charak Samhita* is needed.

And following observations were made.

<i>Rasa</i>	<i>Madhura, Kashaya</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Guna</i>	<i>Laghu, Ruksha (nava Chanaka is Guru)</i>
Action on <i>dosha</i>	<i>Pitta nashana, kapha nashana</i>
Action on <i>dhatu</i>	<i>Avrushya</i>
Overall properties	<i>Balanashana. Achakshushya</i>
Arha	<i>balawan vyakti</i>
Consumption	To be used as <i>supa</i> , and with <i>Sneha (ghruta)</i>
Action on <i>mala</i> -	<i>Mala baddhakara, Mutra Baddhakara</i>

Current use of *Chanaka* in dietary consumption

1. *Ardra Chanaka*

It is the fresh *Chanaka* which is consumed directly after removing the cover or by slight heating the plant and then removing the single *Chanaka*. This *Chanaka* has *balya* and *Rochak* properties.

2. *Sprouted Chanaka*

When the *Chanaka* is soaked in water for a night and kept to sprout and then is consumed by adding some salt and chilli powder.

3. *Bhrushta Chanaka*

In today's language, these are called as *fitane*. These are said to be *vata nashaka*, *Ushna veerya*, *Tasty*, *Rakta*

dosha kruta, *Sveda nashana*, *Shaitya nashana*. These changes are due to *Sanskara* of *agni*. These *Chanakas* are used in the primary treatment of *pratishyaya* for *nasagat strava*.

4. ***Chanaka Yusha***- It is prepared by soaking *Chanakas* overnight. It is *kapha vata nashaka* and useful in *shwasa*, *kasa*, *peenasa vyadhi*.

5. **Split pulse of *Chanaka***

These are used regularly in our household food preparation like

Purana poli

Gram flour – Besana

Pithale

Kadhi

Surali vadi

Patodya

Ladduka

Different types of fritters

Pakodas

Now, as a *Vaidya* its our duty to advice proper *aahara* to the patient to be consumed everyday.

DISCUSSION AND CONCLUSION

From the above observation, it is clear that the *Dravya* like *Chanaka* which is used in every household today should be studied deeply. It is observed from the study that due to the abovementioned properties of *Chanaka*, it can be used in *kaphaja Chardi*, *Trushna*, *Jwara*, *Vatarakta*, *Pittaja Chardi*, *Rajyakshma*, *Raktapitta*, *Visarpa*, etc., and other *vyadhi awastha* where the properties like *kaphanasha* and *pittanashaka* are needed. Also, different preparations and methods can be used according to *vyadhi awastha* and *bala* of patient.

बुद्धिः पश्यति या भावान् बहुकारणयोगजान्।

युक्तिस्त्रिकाला सा ज्ञेया त्रिवर्गः साध्यते यया⁽³⁾।।

The intellect perceives things by combination of multiple factors, valid for past, present and future is termed as *yukti* (reasoning). This is helpful in fulfilling three basic objects of human life (*dharma*, i.e. duties, wealth, desire).

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