



**ANUKTADRAVYAS KNOWLEDGE OF KARMA AND NEED OF EXPOSURE: AN  
AYURVEDA PERSPECTIVE**

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Article Received on 14/05/2018

Article Revised on 05/06/2018 Article

Accepted on 26/06/2018

**ABSTRACT**

Ayurveda the traditional science of medical system suggested many ways of healthy living. It described various principles for the management of different diseases which can be understood by different technology such as; *tantrayukti*, *vedanga*, *kalpana* and *tacchilya*. *Anukta* is one of the concepts of ayurveda which explore new diseases, drug and formulation. *Anukta* is related to the analysis of disease and application of new drug & formulation. Similarly medicinal plants which are not documented properly known as *anuktadravyas*, this article presented an ayurveda perspective of *anuktadravyas*.

**KEYWORDS:** Ayurveda, anuktadravyas, anukta, traditional.

**INTRODUCTION**

The basic goal of ayurveda is to protect individual from diseased condition and offering principle of universal well being. Ayurveda described used of various plant, animal products and mineral preparations for the treatment of disease however herbs and herbal preparations acquire great place in ayurveda therapy. Therefore the knowledge of medicinal plants and their formulations are very important. Hence medicinal plants were documented properly from the evolution of *vedic* times. Initially *atharva veda* documented use of about 100 medicinal plants and number increases exponentially during the period of *sushruta samhita* and became more than 500 plants. The word *anukta* means unsaid and in Ayurveda it describe the thing which is not documented properly in Ayurveda classically. In ayurveda *anukta* may be both It can be *anukta* disease or *anukta dravya*. As per *Charaka* many or even all substance may be used as medicine however logical documentation required for the use of any substances as medicine. The *Brihatrayi*, *Laghutrayi* and *Samhitas* etc. encompass most of the knowledge of medicinal plants. The plants or plant's material which are not documented properly termed as *anukta dravyas* which still need to be explored due to their pharmacological properties. The plants which are yet to be documented may acts as potential medicinal agents for the management of various diseases. The traditional text of ayurveda described importance of plants and plants material which are reported or not

reported therefore it is essential to explore the knowledge of unreported plants material; *unanukta dravya*.



**Figure 1: Some anukta dravya.**

**Ananukta Dravya:** *Anukta dravya* are folklore plants which do exist but not mentioned in classical literature like; *Brihatrayi*, *Laghutrayi* and *Nighantus*. The many

medicinal plants which come under *anukta dravyas* may overcome paucity of medicinal plants. The new diseases which are emerging day by day may be treated by new medicinal plants which are yet to be explored including *anukta dravyas*. The exploration of *anukta dravya* can offer pathway for the discovery of novel compound.

The knowledge of *anukta dravya* may acquire using ethno-botanical studies; collecting information about unknown *dravyas* from forest shepherds, dwellers and tribes etc. There are many literatures written by ayurveda experts suggesting inclusion of *anukta dravya* in ayurvedic pharmacopoeia after proper study and survey.

#### The suggested approaches for documenting *anukta dravya* may involve following steps:

- ❖ Acquiring primary information on *anukta dravya* from beginning to end using folklore and literature study.
- ❖ Proper Identification of plants and differentiation of species with the help of pharmacognostical and botanical studies.
- ❖ Nomenclature or classification following the criteria suggested by ayurveda literature like; *nighantus*, etc.
- ❖ Evaluation of characteristics of *anukta dravya* which contributed towards the biological actions such as; *rasa* (taste), *guna* (property), *virya* (potency), *vipaka* (metabolism) and *prabhava* (specific action).
- ❖ Establishment of logical rational of biological actions which correlate properties of *anukta dravya* with its pharmacological action.
- ❖ Description of possible toxicity studies, pharmacological studies and clinical studies if conducted.

❖ Validation and experimental approval of ethnobotanical data to confirm safe and effective use of plants material for human being.

❖ Proposal to include acquired data in ayurvedic pharmacopoeia with possible benefits.

Naming of *anukta dravya* is very important which may be done using criteria suggested in *Nighantu*; *Raja nighantu* and *Dhanvantari nighantu*.

#### The *Dhanvantari nighantu* used naming on the basis of following criteria

- Habitat
- Physical Form
- Colour
- Potency
- Taste
- Effect, etc.

#### In *Raja nighantu* following basis used for naming purpose

- *Rudhi* (*Atarushaka* and *Guduchi*)
- *Prabhava* (*Krimighna* and *Nidrari*)
- *Desha* (*Vaidehi* and *Kairata*)
- *Lanchana* (*Citratandula* and *Rajiphala*)
- *Upama* (*Ajakarna* and *Varahikanda*)
- *Virya* (*Ushana*)
- *Itarahvaya* (*Indrayava* and *Analanama*)

Some example of naming criteria mentioned here in Table 1.

**Table. 1: *Anukta Dravya* and their nomenclature criteria.**

S. No.	Botanical Name	Nomenclature	Nomenclature Criteria
1	<i>Garuga pinnata</i> Roxb.	Garugo	Nomenclature based on Rudhi
2	<i>Euphorbia pulcherrima</i> Willd.ex Klotzsch.	Kusumpatra	Nomenclature based on Lanchana
3	<i>Solanum erianthum</i> D.Don	Vana tambaku	Nomenclature based on Jati
4	<i>Gmelina asiatica</i> Linn.	Nagaprasuna	Nomenclature based on Upama
5	<i>Scoparia dulcis</i> Linn.	Mishtapatri	Nomenclature based on Rasa
6	<i>Mirabilis jalapa</i> Linn.	Kautuka Pushpa	Nomenclature based on Itrahvaya

**Table. 1: Some properties of *anukta dravya*.**

S. No.	Botanical name	<i>Pradhana Rasa</i>
1	<i>Lycopersicon esculentum</i>	<i>Madhur</i>
2	<i>Pyrus communis</i>	<i>Madhur</i>
3	<i>Capsicum frutescens</i>	<i>Tikta</i>
4	<i>Solanum tuberosum</i>	<i>Kashaya</i>

#### CONCLUSION

Ayurveda describes importance of plants and plants derived material for medicinal purpose and many plant species have been explored and used extensively for the management of various diseases. The data of these well known plants species documented properly which served as knowledge resources for particular plant material and its uses. However there are many plants species yet to be explored or documented properly which may offer new medicinal properties for the management of new

emerging diseases. These undocumented medicinal plants are in folklore use termed as *anukta dravya* which now need to be studied and documented appropriately for the expansion of plant based medicinal system of India. The exhaustive literature and experimental study may help to acquire the knowledge which is essential for the proper documentation of medicinal plants.

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