



**AYURVEDA CONCEPTS OF VIRYA, VIPAK AND PRABHAV WITH RESPECT TO
SCIENCE OF DRAVYAGUNA**

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ABSTRACT

Ayurveda is holistic way of healing and health management, Ayurveda give many fundamental concepts related to the life and health restoration, *Dravyaguna Vigyan* is one of them. This science describes properties of substances which affects biological system and exerts some pharmacological responses. The pharmacological response of *Dravya* (substances/Ahara/drugs) depends on their *Rasa*, *Guna*, *Prabhava*, *Vipaka* and *Virya*. These properties of drugs impart particular therapeutic responses and affects biological system. Ayurveda physician must consider them before prescribing any drug substances for therapeutic purposes. Similar to drugs food materials (*Ahara*) also possesses nutrients qualities by virtue of their *Rasa*, *Guna*, *Prabhava*, *Vipaka* and *Virya*. Considering importance of *Dravyaguna Vigyan* present article described clinical significance of ayurveda concept of *Prabhava*, *Vipaka* and *Virya*.

KEYWORDS: *Dravyaguna Vigyan*, *Ayurveda*, *Prabhava*, *Vipaka* and *Virya*.

INTRODUCTION

The science of *Dravyaguna Vigyan* emphasizes role of *Rasa*, *Guna*, *Virya*, *Prabhava* and *Vipaka* of substances towards their pharmacokinetics and pharmacodynamics actions on biological system. These all referred to inherent properties, taste, metabolite and potency of substances including drugs and food materials. The substances exerts their specific action due to their *Rasa*, *Guna*, *Virya*, *Prabhava* and *Vipaka* thus knowledge of these characteristics is very important before using them on biological system as drugs for some therapeutic purposes.^[1-4]

The *Rasa*, *Guna*, *Virya*, *Prabhava* and *Vipaka* alter balances of *Doshas* thus causes pathological effects if disturbed *Doshic* balance and causes therapeutic response if balances *Dosha*. These also potentiate *Dhatus* thus helps to treat conditions associated with depletion of *Dhatus*. Potentiating *Agni* helps to cure indigestion and constipation, on other hand if *Agni* get vitiated by *Rasa* and *Guna* then digestive ailments may occurs. Thus *Rasa*, *Guna*, *Virya*, *Prabhava* and *Vipaka* cause pathological as well as therapeutic responses. The influence of inherent features of drugs alter functioning of *Tridoshas*, *Dhatus*, *Strotas* and *Agni*, etc.

Dravyaguna deals with nature, nomenclature, properties, biological & pharmacological actions of drugs. The properties of Ayurveda drugs depends upon their

Panchabhutas constitution; *Akasha*, *Vayu*, *Agni*, *Jala* and *Prithivi* controls physiological activities and this constitution vary therefore different physiological activities observed. *Rasa* and *Guna* play vital role towards the action of drugs but *Prabhava*, *Vipaka* and *Virya* also possess clinical significance. Considering this present article further explains clinical importance of *Prabhava*, *Vipaka* and *Virya*.^[3-7]

Concept of Vipaka

Vipaka means final metabolite of drugs which formed after process of biotransformation. This transformation affects action of drug, sometimes only metabolite exhibit biological action instead of main drug. Sometimes drug possess different action without getting transformed and after digestion the final metabolite exerts different action. Ayurveda described metabolite as *Madhura*, *Amla* and *Katu* on the basis of their taste, also classified as *Guru* and *Laghu* on the basis of their qualities.

The *Vipaka* of substances affects *Dosha* and *Dhatus*, etc. thus imparts some effects on biological system and responsible for pharmacological and pathological effects on body. The *Vipaka* of substances alters *Doshas* as depicted in **Figure 1**. *Madhura vipaka* and *Katu vipakas* associated with *Shita* and *Ushna* potency respectively.^[6-8]

Madhura vipaka	• Increases <i>Kapha Dosha</i>
Amla vipaka	• Increases <i>Pitta</i>
Katu vipaka	• Increases <i>Vata</i>

Figure 1: Effects of different types of Vipaka of substances on Doshas.

Clinical importance

- ❖ Drugs with *Madhura vipaka* improve excretions. *Madhur Vipaka* pacifies *Kaphai* and imparts calmness in body. These substances are responsible for obese body constitution and relieves symptoms of skin ailments associated with inflammatory cascade.
- ❖ Drugs possessing *Amla vipaka* improves digestion since they offers carminative effects. These drugs considered good for nausea and vomiting.
- ❖ Compounds with *Katu vipaka* affects circulatory system of body. *Katu vipaka* increases potency of *Pitta*, *Katu Vipaka* helps to cure constipation and imparts stimulatory action.

Concept of Virya

Virya means potency of substances, this referred to intensity substances towards its action. Substances with low potency exert low or moderate biological response while substances with high potency offer intense or powerful response on biological system. As per *Charaka* drug action depends upon their *Virya* which is essence of *Bhutas* that affects therapeutic potency of drugs.

Substances possess different types of *Virya* but *Shita* and *Ushana Virya* are main entity that described potency of substances. Different types of *Virya* of substances affect *Doshas* differently as follows:

- ✓ *Shita Virya* helps to pacify *Pitta Dosha*
- ✓ *Ushna Virya* helps to pacifies *Kapha Dosha*
- ✓ *Ruksha Virya* affects *Kapha*
- ✓ *Guru Virya* helps to pacifies *Vata Dosha*
- ✓ *Mrudu Virya* helps to pacify *Pitta Dosha*.

Clinical importance

- ❖ *Shita Virya* cures inflammatory conditions and reduces symptoms of burning sensation and itching in case of skin ailments. These substances provide soothing effects and reduce anxiety.
- ❖ *Ushna Virya* relieves conditions of cough & cold, improves digestion, boost metabolism, cure constipation and provides alertness.
- ❖ Drugs possessing *Guru Virya* provide weight and firmness in body.
- ❖ *Snigdha Virya* gives *Vaajikaran* effect and relieves dryness from body.

Concept of Prabhava

Prabhava is property responsible for a special action of a *Dravaya*, the concept of *Prabhava* can be explained through the concept of “*Achintya virya*” means *Karma* of *Prabhava* is unpredictable and *Amimansya*. *Chakrapani* described *Prabhava* as *Achintya Virya* that is different from *Guna* and *Rasa* of *Dravyas*.

This concept can be understand on the fact that *Chitraka* and *Danti* possess *Katu vipaka*, *Usna virya* and *Katu rasa* but *Danti* acts as *Virechaka* while *Chitraka* act as *Dipaka*, here *Virechana* effects of *Danti* can be considered as *Prabhavajanya karma*. Similarly *Kshira* and *Ghritha* have *Madhur vipaka*, *Sheet virya* and *Madhura rasa*, but *Kshira* cause *Agnimandya* effect and *Ghritha* increases *Agni*. These two contrary effects can be attributed to the *Prabhava* of *Dravya*.

The *Dravya* may be *Chintya* and *Achintya* with respect to their action, the *Chintya* action can be attributed to the *Virya* of *Dravya* while *Achintya* action of *Dravya* is *Prabhava*. *Virya* is related to the general action that is obvious but *Prabhava* is related to the specific action of substances that can't be predicted.

As per *Charak* the drug action is related to the three aspects i.e.; *Dravaya Prabhava*, *Guna Prabhava* and *Dravaya- Guna Prabhava*. *Dravaya Prabhava* means drug action independent of the constituents, *Guna Prabhava* means drug action depends upon the constituents of drugs and *Dravaya-Guna Prabhava* means drug action depends upon the *Dravaya* as well as *Guna*.^[8-11]

Clinical importance

- *Agdiya karma* of *Shirisha* is *Prabhavjanya karma*
- *Virechna karma* of *Danti* is *Prabhavjanya karma*
- *Rakshoghna karma* of *Guggulu* is *Prabhavjanya karma*
- *Mansa karma* of *Raktachitrak* is *Prabhavjanya karma*

CONCLUSION

The *Dravyaguna* science is related to the properties of *Dravya*; *Rasa*, *Guna*, *Virya*, *Vipak* and *Prabhav*. *Rasa*, *Guna*, *Virya*, *Vipak* and *Prabhav* are responsible for therapeutic as well as biological responses of substances. *Virya*, *Vipak* and *Prabhav* are important contributory factors towards the action of drug. *Vipaka* means drug metabolite after their digestion, *Virya* describe potency of drug while *Prabhav* is responsible for specific drug action. These all properties of *Dravya* give some biological action thereby produces therapeutic responses which helps to cure many health ailments.

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