



Available online on 15 Mar, 2022 at <http://www.hjhs.co.in/index.php/hjhs>

Himalayan Journal of Health Sciences

Published by Himalayan Group of Professional Institutions
Associated with Himalayan Institute of Pharmacy

Copyright© 2016-22 HJHS



Review Article

Open Access

Ayurveda Concept of *Dravyaguna* w.s.r. to Significance of *Guna* and *Rasa*: A Review

Atul Jadhav^{*a}, Tejaswini Babar^b

^aM.D (Dravya Guna Vigyan).

^bAssistant Professor, Dept. Dravya Guna Vigyan, Bharti Vidyapeeth College of Ayurved, India.

Abstract

The Ayurveda philosophy of *Dravyaguna Vigyan* mainly talks about properties of substances which are responsible for specific pharmacological and biological responses. This science deals around *Namajana*, *Gunajana*, *Yuktijana* and *Rupajana*, etc. The *Dravyaguna* means properties materials which includes drugs as well as dietary substances. As per Ayurveda *Rasa*, *Guna*, *Virya*, *Vipak* and *Prabhava* are inherent characters of substances that contributed towards some biological and therapeutic responses. In this regards different types of *Guna* (quality) and *Rasa* (taste) play major role for the specific action of substances. Considering this aspect present article summarizes Ayurveda concept of *Dravyaguna* W.S.R. to clinical significance of *Guna* and *Rasa*.

Keywords: Ayurveda, Dravya, Rasa, Guna

Article Info: Received 16 Feb. 2022; Review Completed 28 Feb. 2022; Accepted 13 Mar. 2022



Cite this article as:

Jadhav A, Babar T. Ayurveda Concept of *Dravyaguna* w.s.r. to Significance of *Guna* and *Rasa*: A Review. Himalayan J H Sci [Internet]. 2022 Mar 15 [cited 2022 Mar 15]; 7(1):14-16. Available from: <http://www.hjhs.co.in/index.php/hjhs/article/view/122>

DOI: 10.22270/hjhs.v7i1.122

*Corresponding author

1. Introduction

Ayurveda described term *Dravyaguna* with respect to properties of substance which are responsible for some action. The Ayurveda branch of *Dravyaguna* works around information related to the nomenclature, nature, actions and properties, etc. of substances. This science described reason behind specific therapeutic and pharmacological actions of Ayurveda drugs. Moreover biological attributes of *Ahara* and other substances like *Visha* (poison) can also be explained on the basis of concept of *Dravyaguna*. (1-4)

The *Panchabhutas* constitution of *Akasha*, *Vayu*, *Jala*, *Agni* and *Prithivi* affects properties of substances, therefore different drugs used for different purpose due to their variation in *Panchabhutic* constitution. The *Guna* of drugs affects balances of *Tridosha* (*Vata*, *Pitta*, *Kapha*) and bring normalcy of health, in this regard *Mahabhutas* predominance of Ayurveda drugs play vital role towards their actions on biological system. The substances possess different properties therefore exerts variable actions, the pharmacological action of substances on biological system is very specific depending upon their inherent characteristics (properties), thus to understand mode of action of

substances it is very important to know their properties or inherent nature. (3-7)

Ayurveda described *Rasa*, *Guna*, *Vipaka*, *Virya* and *Prabhava* as properties or qualities of substances (*Dravya*) that govern pharmacokinetics and pharmacodynamics actions on biological system.

- ✓ *Guna* means inherent properties of substances or specific quality.
- ✓ *Rasa* means taste of drugs.
- ✓ *Vipaka* indicates metabolite of substances or products that forms after biotransformation.
- ✓ *Virya* referred potency of substances or intensity to act.
- ✓ *Prabhava* referred specific potency or contribution of drugs/substances.

These all characteristics of substances/drugs (*Dravya*) induce particular biological actions on human body and impart some therapeutic benefits in different health problems. *Dravyaguna* (*Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava*) first exerts their effects on *Doshas*, *Dhatus*, *Agni* and *Strotas*, etc. which brings

some biological response that finally leads pharmacological action or therapeutic benefits. The properties of drugs (*Dravyaguna*) offers therapeutic responses in case of conditions associated with imbalance of *Dosha*, depletion of *Dhatu*, vitiation of *Agni* and obstruction of *Strotas*, etc. (5-8)

The quality of *Dravya* helps to acquire balancing state of biological elements; drugs as *Dravya* pacify imbalances of *Dosha*, *Agni*, *Dhatu* and *Mala*, etc. by virtue of their *Rasa*, *Guna*, *Virya* and *Vipaka*.

The *Dravyaguna* (properties of drugs) as stated above not always responsible for health benefits but also responsible for harmful effects in case of poisoning or overdosing or indulgence in *Virudha Ahara*, thus it can be stated that good or bad effects of substances can be attributed to their inherent properties (*Dravyaguna*). *Guna* and *Rasa* are important features of substances which affects their action significantly therefore in this article these two emphasized further.

2. Concept of Guna

Guna referred to quality or property of substances/drug (*Dravya*), as per Ayurveda the important *Guna* of substances are; *Guru*, *Laghu*, *Ushna*, *Shita*, *Ruksha*, *Snigdha*, *Tikshna*, *Kathina*, *Mridu*, *Vishada* and *Sukshma Guna*, etc. These *Guna* exerts diversified biological actions individually as well as in combination. The *Guna* related with specific *Doshas* and alter their balances as follows:

- ✓ *Guru*, *Snigdha*, *Sheeta*, *Sandra*, *Slakshana* and *Manda Guna* affect *Kapha dosha*.
- ✓ *Vata dosha* is related with *Tikshna*, *Ushna*, *Sukshma* and *Ruksha Guna*.
- ✓ *Pitta dosha* is associated with *Laghu*, *Sheeta*, *Tikshna* and *Ushna Guna*.

3. Biological actions of some important Guna of substances

- *Guru Guna* exerts *Bruhana* effect, may cause tendency to weight gain, cure emaciated person and increases *Kapha*.

- *Laghu Guna* causes lightness and improves circulatory process since substances possess *Laghu Guna* can migrates through *Stroats* and relieves obstruction of minute channels.
- *Shita Guna* imparts *Sthambhana* effect, control fever, reduces inflammatory symptoms in case of skin diseases and gives calmness.
- *Ushana Guna* gives *Swedana*, these drugs relieve general symptoms of cough and cold potentiates *Pitta* and *Agni* thus improves metabolic activities inside the body.
- *Snigdha Guna* is responsible for *Snehana* action, drugs having *Singdha Guna* eliminate dryness of body, pacify skin disorders and retain moisture in body.
- *Ruksha Guna* is responsible for dryness in body, contributed against unctuousness of the body.
- *Tikshna Guna* gives *Shodhana* action, improves digestion, these drugs cure anorexia and boost metabolic activities, imparts sharpness, relieves dullness and clears toxins from the body.
- *Picchil Guna* gives *Lepan* effect while *Sukshma Guna* provides *Vivaran* effect.

As mentioned above these all effects of specific *Guna* of substances can be used for therapeutic purpose as per the requirements of pathological conditions. The drugs possessing particular *Guna* or combinations of *Guna* prescribed for curing diseases depending upon the biological actions of residing *Guna*.

4. Concept of Rasa

Rasa referred for taste, *Dravya* possess *Madhura*, *Lavana*, *Amla*, *Katu*, *Tikta* and *Kashya Rasa* offers gives some physicochemical effects thereby generates particular biological action or pharmacological response. *Rasa* affects *Doshas* as depicted in **Figure 1**, thus exerts biological responses specifically. (8-10)

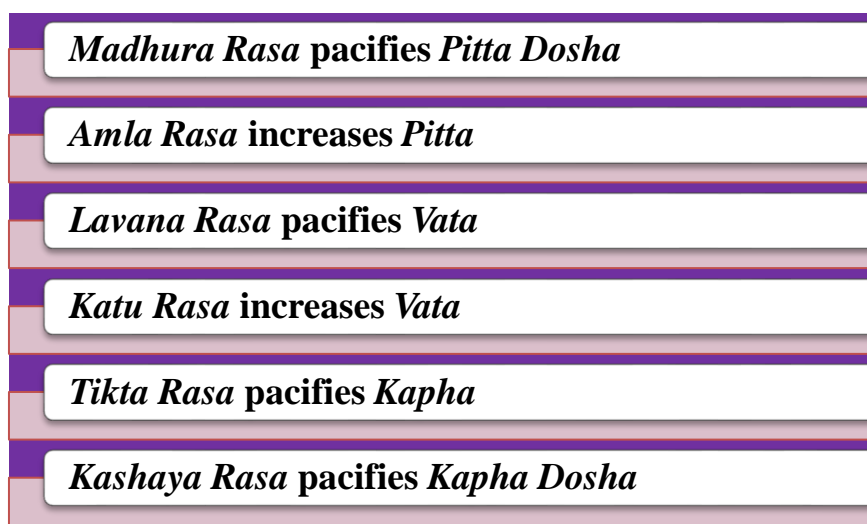


Figure 1. Effects of *Rasa* on *Doshas*.

5. Biological actions of some important *Rasa* of substances

- *Madhura Rasa* gives complexion, longevity and pacifies *Pitta Dosha*. *Madhura Rasa* is good for disorders associated with *Pitta* aggravation.
- *Amla Rasa* cure anorexia, improves appetite, relieves constipation and boost functioning of circulatory system. *Amla Rasa* acts as carminative, gives *Dipana-pachana*.
- *Katu Rasa* pacifies *Vata*, good for digestion and facilitates detoxification of toxins.
- *Kashaya Rasa* helps in *Pittaja* disorders and exerts *Stambhana* effects. *Kashaya Rasa* prevents bleeding disorders and diarrhea, offers astringent properties and promotes complexion of skin.
- *Tikta Rasa* helps to treat digestive disorders, reduces thirst, treat infections, control nausea and vomiting. *Tikta Rasa* helps in *Kaphaja* disorders.
- *Lavana Rasa* gives carminative effect, acts as an appetizer, improves digestive power and maintains salt balance. *Lavana Rasa* helps in *Vatika* disorders and imparts *Vishyandi* effect.

6. Conclusion

Dravyaguna is science of Ayurveda that works for properties of *Dravya*; here *Dravya* are drugs, *Ahara* and other substances, etc. which can exhibits some actions on biological system. *Guna*, *Rasa*, *Vipak*, *Virya* and *Prabhav* are inherent properties of *Dravya* which are considered responsible for some biological actions when these *Dravya* administered inside the body. Drugs exert their actions due to their specific *Guna*, *Rasa*, *Vipak*, *Virya* and *Prabhav*. *Guru*, *Laghu*, *Ushna*, *Shita*, *Ruksha*, *Snigdha*, *Tikshna*, *Kathina*, *Mridu*, *Vishada* and *Sukshma*, etc. are *Guna* of *Dravya*, these *Gunai* exerts diversified biological actions and gives therapeutic responses in many pathological conditions. Similarly *Madhura*, *Lavana*, *Amla*, *Katu*, *Tikta* and *Kashya* are different types of *Rasa* of *Dravya* (drugs) which affects *Doshas*, *Dhatu*s, *Agni* and *Strotas*, etc.

Acknowledgements

We would like to express our sincere gratitude to HJHS Journal for publishing our article

Financial Disclosure statement: The author received no specific funding for this work.

Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

References

1. Acharya J.T., Charaka Samhita of Agnivesha (with 'Ayurveda Dipika' commentary by Cakrapanidatta), Chaukhamba Surbharati Prakashan, Varanasi, 2000.
2. Sharma S.P. Ashtanga Samgraha of Vrddha Vagbhata, (with Sasilekha' commentary by Indu), Chowkhanmba Sanskrit Series Office, Varanasi, 2006.
3. Paradakar H.S., Astanga hrdayam of Vagbhats, (with commentaries 'Sarvangasundard' of Arunadatta & 'Ayurvedarasayana' of Hemadri), Chaukhamba Orientalia, Varanasi, 2005.
4. Charaka Samhita Vol. III Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint 2008. Cikitsasatha, Rasayanaadhyaya 3 pada, Sloka no.36-40, Page no.47.
5. Charaka Samhita Vol. I Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint 2008. Sutrastana, Annapanavidhi, Sloka no.326, Page no.558.
6. Shailaja Srivastava, Sarangadhara Samhitha of Sharangadhar acharya Chaukhamba Orientalia, Varanasi 2013, Madhyamakanda, Avalehakalpana-pg no.208, shloka no.1.
7. Mohan H. 6th ed. Lucknow: Jaypee Brothers Medical Publishers (P) Ltd; 2010. Text Book of Pathology; pp. 6–7.
8. K. Nishteswar, Panchapadarthas of Dravya Vis a vis Drug action, Jyothismati, TTD's S.V. Ayurveda college, Tirupati, 2013.
9. Dr. Anant Ram Sharma (2008). Sushruta Samhita (Purvardha And Uttaratanttra). Chaukhamba Bharti Academy.
10. Charaka Samhita Vol. VI Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint 2008. Kalpastana, Madanakalpa, Sloka no.19, Page no.20.