



Review Article

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**A REVIEW ON DEEPANA DRAVYA (APPETIZERS) OF BHAVAPRAKASHA NIGHANTU**

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**ABSTRACT**

Imbalance in *Agni*(metabolic fire) is considered as the main causative factor for the many diseases. In the hypo functioning state of *Jataragni*(digestive fire) treatment is mainly based on the application of *Deepana dravya*(appetizers) which can correct the imbalance in *jataragni*(digestive fire). *Bhavaprakasha nighantu* is treatise of Medieval period which deals with the synonyms, properties and activity of the drugs. In this article an effort is made to highlight the *Deepana dravya* (appetizers) from *Bhavaprakasha nighantu* which can be effectively used in *agnivikara*(disorders of metabolic fire)

**KEYWORDS:** *Agni* (metabolic fire), *Deepana Dravya* (Appetizers), *Bhavaprakasha Nighantu*

**INTRODUCTION**

*Agni* (metabolic fire) is the chief factor which is responsible for maintaining the health in its normalcy and produces various diseases in its hypo and hyper functioning state. The hypo or hyper functioning leads to many diseases and among the treatment of these, the *shamana* (Subsiding therapy) and *shodana* (purification Therapy) treatment is adopted in Ayurveda. *Deepana* (appetizer) concept is included as among the types of *dashavidha langhana* (Ten types of Deprivation treatment). *Deepana dravya* (appetizers) are used for the treatment of hypo functioning of the *Jataragni* (digestive fire). *Deepana Dravya* is defined by Sharangadhara as the one which increases the *jataragni* (digestive fire) but does not do the *Ama pachana* (Digestion of Incomplete Chyme or Indigested food). Clinically *deepana*

*dravya*(appetizers) also play an important role as the drugs having *deepana* action are known to modify the disease.<sup>1</sup> Among the various texts which mentions medicinal plant acting as *deepana*(appetizer), *Bhavaprakasha Nighantu* of Medieval period belonging to 16<sup>th</sup> century deals with the properties and synonyms of medicinal plants, mineral and animal source of drugs.

This review attempts at focusing on the *deepana dravya* (appetizers) from *Bhavaprakasha Nighantu*. Drugs from *Bhavaprakasha Nighantu*<sup>2</sup> were screened for the action of *deepana* (Appetizers). The obtained data is presented as per *deepana*(appetizer), action and action on *jataragni* (digestive fire) with respect to the herbal, mineral origin which are presented in various *varga* (different chapters).

**Table 1: Deepana Dravya (Appetizers) Plants from Haritakyadi varga**

Sanskrit name	Botanical Source	Action
<i>Ardraka</i>	<i>Zingiber officinale</i> Rosc	<i>Agnida, ruchya</i> (Increases metabolic fire (Appetizer, Digestant) and enhances taste)
<i>Ajamoda</i>	<i>Trachyspermum ammi</i> (L.) Sprague	<i>Deepani</i> (Appetizer)
<i>Ativisha</i>	<i>Aconitum heterophyllum</i> Wall. ex Royle	<i>Deepani, pachani</i> (Appetizer, Digestant)
<i>Ahiphena</i>	<i>Aconitum heterophyllum</i> Wall. ex Royle	<i>Agnivardhaka</i> (Increases Metabolic fire)
<i>Bharangi</i>	<i>Clerodendrum serratum</i> (L.) Moon	<i>Deepana pachana</i> (Appetizer, Digestant)
<i>Bhallataka</i>	<i>Semecarpus anacardium</i> Linn	<i>Vanhikar, Pachana</i> (Increases metabolic fire, Digestant)
<i>Bhanga</i>	<i>Cannabis sativa</i> L.	<i>Pachana</i> (Digestant), <i>vanhivardhani</i> (Increases metabolic fire)
<i>Bidalavana</i>	<i>Potassium chloride</i>	<i>Deepana</i> (Appetizer)
<i>Hapusha</i>	<i>Juniperus communis</i> .L	<i>Deepani</i> (Appetizer)
<i>Haritaki</i>	<i>Terminalia chebula</i> Retz	<i>Deepani, vairasyahara</i> (Appetizer, relieves anorexia)
<i>Chopachini</i>	<i>Smilax glabra</i> Roxb	<i>Vahmideepanikrut</i> (Increases metabolic fire)
<i>Chitraka</i>	<i>Plumbago zeylanica</i> .L	<i>Vanhikrutpachani</i> (Increases metabolic fire& Digestant)
<i>Dhanyaka</i>	<i>Coriandrum sativum</i> .L	<i>Deepanapachana</i> (Appetizer, Digestant)
<i>Gajapippali</i>	<i>Scindapsus officinalis</i> (Roxb.) Schott	<i>Vanhivardhana</i> (Increases metabolic fire)
<i>Hingu</i>	<i>Ferula narthex</i> . L	<i>Pachana, ruchya</i> (Digestant & taste enhancer)
<i>Jeeraka traya</i>		
• <i>Jeeraka</i>	<i>Cuminum cyminum</i> .Linn	<i>Deepana</i> (Appetizer)
• <i>Krishna jeeraka</i>	<i>Carum bulbocastanum</i> . Koch	
• <i>Upakunchika</i>	<i>Nigella sativa</i> . Linn	

Katuki	<i>Picrorhiza kurroa</i> Royle	Deepani (Appetizer)
Maricha	<i>Piper nigrum</i> Linn	Deepani (Appetizer)
Pippali	<i>Piper longum</i> Linn	Deepana (Appetizer)
Pippalimula	Roots of <i>Piper longum</i> Linn	Deepana, pachana (Appetizer, Digestant)
Souvachala lavana	Black Salt	Deepana pachanaparam (Appetizer, Digestant)
Saindhava	Rock salt	Deepana, pachana (Appetizer, Digestant)
Shatapushpa	<i>Anethum sowa</i> Kurz	Deepani, pachani (Appetizer, Digestant)
Tumburu Phala	<i>Zanthoxylum acanthopodium</i> DC	Deepana ruchya (Appetizer, Digestant)
Tankana	Biborate of soda	Vanhikrut (Increases metabolic fire)
Vacha	<i>Acorus calamus</i> .L	Vanhikruta (Increases metabolic fire)
Vidanga	<i>Embelia ribes</i> Burm.f	Vanhikaram (Increases metabolic fire)
Tejovati	<i>Zanthoxylum alatum</i>	Vanhideepani, pachaka (Increases metabolic fire, Digestant)
Granthiparna	<i>Angelica archangelic</i> .L	Deepana (Appetizer)

**Table 2: Deepana Dravya (Appetizers) Plants from Guduchyadi varga**

Sanskrit name	Botanical Source	Action
Arka dwaya	<i>Calotropis gigantea</i> (L.) <i>Calotropis procera</i> (Aiton) W. T. Aiton	Deepana, pachana (Appetizer, Digestant)
Astisamharaka	<i>Cissus quadrangularis</i> L	Pachana (Digestant)
Akashavalli	<i>Cuscuta reflexa</i> Roxb.	Agnikari (Increases metabolic fire)
Apamarga	<i>Achyranthes aspera</i> .L	Pachana (Digestant)
Guduchi	<i>Tinospora cordifolia</i> (Thunb.) Miens	Agnideepana (Increases metabolic fire)
Bhutrana	<i>Cymbopogon citratus</i> (L.) Spreng	Deepani (Appetizer)
Chikkani	<i>Centipeda orbicularis</i> Lour	Ruchya, vanhipittakrut (Enhances taste, increases metabolic fire)
Dhattura	<i>Datura metel</i> .L	Agnikrut (Increases metabolic fire)
Danti	<i>Baliospermum montanum</i> Blume	Deepana (Appetizer)
Erandaphala	<i>Ricinus communis</i> L	Deepanaparam (Appetizer)
Gokshura	<i>Tribulus terrestris</i> .L	Deepana (Appetizer)
Gambhari	<i>Gmelina arborea</i> Roxb	Pachandeeepana (Digestant Appetizer,)
Kantakari	<i>Solanum surattense</i> Burm.f	Deepanipachani (Appetizer, Digestant)
Kutaja	<i>Holarrhena antidysenterica</i> .Wall	Deepana (Appetizer)
Punarnava	<i>Boerhavia diffusa</i> L. nom. cons.	Deepani (Appetizer)
Shyonaka	<i>Oroxylum indicum</i> .vent	Deepana (Appetizer)
Meshasringi	<i>Gymnema sylvestre</i> R.Br	Deepana (Appetizer)
Indravaruni	<i>Citrullus colocynthis</i> Schrad	Deepani (Appetizer)
Jyotishmati	<i>Celastrus paniculatus</i> Willd	Vanhivardhaka (Increases metabolic fire)
Hingupatri (nadihingui)	<i>Gardenia gummifera</i> Lf	Ruchyapachani (Enhances taste, Digestant)
Vruddadaru	<i>Ipomea pes-caprae</i> .Sw	Agnikara (Increases metabolic fire)
varahikanda	<i>Dioscorea bulbifera</i> L	Agnibalapittavardhini (Increases metabolic fire)
Sehunda	<i>Euphorbia acaulis</i> Roxb	Deepana (Appetizer)
Agnimantha	<i>Clerodendrum phlomidis</i> Linn	Deepani (Appetizer)
Shobhanjana	<i>Moringa pterygosperma</i> Gaertn	Visheshataha Deepani (Appetizer)

**Table 3: Deepana Dravya (Appetizers) Plants from Karpuradi varga**

Sanskrit name	Botanical Source	Action
Musta	<i>Cyperus rotundus</i> .L	Deepana pachana (Appetizer, Digestant)
Renuka	<i>Piper aurantiacum</i> wall	Deepana pachana (Appetizer, Digestant)
Sugandhabala (tagara)	<i>Valeriana wallichii</i> DC	Deepana pachana (Appetizer, Digestant)
Trijataka		Pittagnikrut (Increases digestive fire)
• Twak	<i>Cinnamomum verum</i> J.Presl	
• Patra	<i>Cinnamomum tamala</i> Nees & Eberm	
• Ela	<i>Elettaria cardamomum</i> .Maton	
Nimabuka	<i>Citrus medica</i> Var.acida.watt	Deepana pachana (Appetizer, Digestant)
Elavaluka	<i>Prunus cerasus</i> .Linn	Aruchihara (Cures anorexia)
Jatiphala	<i>Myristica fragrans</i> .Houtt	Vanhivardhini (Increases metabolic fire)
Karchura	<i>Curcuma zedoaria</i> .Rosc	Deepana, ruchya (Appetizer, and enhances taste)
Lavanga	<i>Syzygium aromaticum</i> (Linn). Merr&CM	Deepana pachana (Appetizer, Digestant)

**Table 4: Deepana Dravya (Appetizers) Plants from Vatadi varga**

Sanskrit name	Botanical Source	Action
Palasha	<i>Butea frondosa</i> Koen.ex.Roxb	Deepana (Appetizer)
Saptaparna (Satouna)	<i>Alstonia scholaris</i> (L.) R.Br.	Deepana (Appetizer)
Varuna	<i>Crataeva nurvala</i> .Buch-Ham	Agnideepana (Increases metabolic fire)

**Table 5: Deepana Dravya (Appetizers) Plants from Amraphaladi varga**

Sanskrit name	Botanical Source	Action
Amrapushpa	<i>Mangifera indica</i> .L (flower)	Ruchikrud (enhances taste)
Amrapakvaphala	<i>Mangifera indica</i> .L (ripened fruit)	Vanhivardhanam (Increases metabolic fire)
Amrakanda	<i>Mangifera indica</i> .L	Paramarochana (enhances taste)
Amlavetasa	<i>Garcinia pedunculata</i> Roxb.	Ajirna.aruchihara (Cures indigestion& anorexia)
Bijapuraka	<i>Citrus medica</i> .L	Aruchihara (Cures indigestion)
Bilwa	<i>Aegle marmelos</i> (L) Correa	Pachana, agnipittakrut (Digestant, Increases metabolic fire)

<i>Badara</i>	<i>Ziziphus jujube Mill.</i>	<i>Agnikrut</i> (Increases metabolic fire)
<i>Chukra</i>	<i>Rumex vesicularis.L</i>	<i>Deepana, pachana</i> (Appetizer, Digestant)
<i>Kharjuradi toya</i>	<i>Phoenix sylvestris Roxb</i>	<i>Deepana, ruchya</i> (Appetizer, Digestant)

**Table 6: Deepana Dravya (Appetizers) Plants from Pushpa varga**

Sanskrit name	Botanical Source	Action
<i>Barbari</i>	<i>Ocimum basilicum.L</i>	<i>Deepana</i> (Appetizer)
<i>Tulasi</i>	<i>Ocimum sanctum Linn</i>	<i>Deepana</i> (Appetizer)

## DISCUSSION

Bhavaprakasha Nighantu mentions 71 drugs for the *deepana* action (appetizers). Along with *deepana* action (appetizers) many of the plants are known to act on the *Agni* (metabolic fire) and *jataragnimandhya* (weakened digestive fire) and *aruchi* (anorexia). *Pachana* (Digestive) action is also an added effect along with this for many drugs. Bhavaprakasha has mentioned all the *deepaniya* drugs (Appetizer) which are enlisted by Acharya Charaka in *Deepaniya mahakashaya* (Appetizer group of drugs).

Most of the *Deepana Dravyas* (appetizer) have predominance of *Laghu* (Lightness) and *Ushna Gunas* (Hot) whereas *Ruksha* (rough) and *Ushna gunas* (hot) are predominant in *Pachana* (digestant)<sup>3</sup>. *Shobhanjana* (*Moringa pterygisperma* Gaertn) is mentioned as *Visheshataha Deepani* (Appetizer) and *Erandaphala* (*Ricinus communis* L) as *Deepanaparam* (Appetizer). While among the *Misraka varga dravya* (Combination of drugs) *Panchakola* (*Pippali*, *Pippalimula*, *Chavya*, *Chitraka*, and *Nagara*) as *Sreshhtadeepana* (Superior among Appetizers) *Souvachala lavana* (Rock salt) as *Deepana pachanaparam* (Appetizer, Digestant), *Bruhat panchamula* as *Agnideepaka* (increase of digestive fire) Among *deepana dravya* (appetizer) mentioned in Bhavaprakasha Nighantu *Pippali* (*Piper longum* Linn) *Shunti* (*Zingiber officinale* Rosc), *Eranda* (*Ricinus communis*), *Hingu* (*Ferula narthex*), *Saindhava lavana* (Rock salt) are most commonly used. *Panchakola churna* (*Pippali*, *Pippalimula*, *Chavya*, *Chitraka*, and *Nagara*) is most effectively used as *purvakarma* (pre-purification procedure) of *Shodana* (purification) procedure. Recent researches on these *deepana dravya* say that they are having digestive, carminative, anti-inflammatory antioxidant, analgesic, antispasmodic and immunomodulator activity<sup>4,6</sup>

## CONCLUSION

Treatment of *Agni* (metabolic fire) forms an important aspect in the Ayurveda. The use of *Deepana dravya* (appetizer) can be made effectively if we have the knowledge of their therapeutic

properties and action. On looking into the properties of these drugs and the research updates we can say that they are not only useful as *Deepana Dravya* (appetizers) but also having multifaceted action. These *deepana dravya* (appetizer) can be used in new drug development with respect to the immunomodulatory diseases. Thus ancient lexicons serve as a repository of many herbal alternatives which can be used for the new drug development.

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