Review Article

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STUDY OF DRAVYAS ATTRIBUTED WITH PARATVA AS PER BHAVAPRAKASHA NIGHANTU: A REVIEW

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ABSTRACT

Bhavamishra mentions numerous drugs attributed with *paratava* (superiority). The present study is designed to screen the drugs with *paratva* (superior) properties. Out of 426 drugs, 44 drugs were described as *para* (superior) among herbal, mineral and animal origin drugs. Ceiling importance was given to *Haritakyadi* and *Amradiphalavarga* with 6 drugs, very next to that *Guduchyadi Varga* and *Krtanna varga* with 5 drugs. Succeeding to this is *Dhatuvadi Varga* with 3 drugs and *Vatadi varga, Mamsa varga, Vaari varga* and *Sandhana varga* with 2 drugs being explained as *para* (superior). Least importance was given to *Karpuradi varga, Pushpa varga, Shaka varga, Dhanya varga, Dugdha varga, Dadhi varga, Takra varga, Ghrita varga,Ikshu varga, madhu varga, Taila varga* each respectively with 1 drug as *para* (superior). No drugs could be elucidated from *Mutra varga, Navaneeta Varga* and *Anekartha Varga.* Hence this article throws a light on concept of *para* (superior) *dravya* (substances) mentioned in *Bhavaprakasha nighantu* which help the physician to select the *dravya* (substances) for single drug therapy in clinical practice.

Keywords: Bhava Prakasha Nighantu, Paratva*(*superiority), Dravya (substances)

INTRODUCTION

Bhava Prakasha one among the *Laghutrayi* of Ayurveda, written by *Bhavamishra* in 16th century A.D. It is a renowned lexicon in the field of Ayurvedic pharmacopeia consisting of *dravya* (substances) mostly of plant origin along with a concise description of drugs of animal and mineral origin with their processing techniques and therapeutic uses[1]. The *dravya* (substances) of herbal or mineral origin are selected in the clinical practice based on their therapeutic qualities. This selection criterias of drug in treatment is based on the best or superior therapeutic qualities. This is highlighted in our lexicon with the concept of *paratva* (superiority). We find *paradi gunas* (Para pharmacological qualities) being enlisted and utilized in the herb selection for treatment and these *gunas* (qualities) are also called *Chikitsopayogi gunas.*

Paradi Gunas are enlisted in a way which begins with Para and hence the list is called *Paradi Gunas* (Para Pharmacological qualities). The property of *Para (*superior), indicates the superiority, nearness, importance, similarity or first. Chakrapani has defined Para as *Pradhana* (Important)[2]

He has enlisted a total of 23 *vargas* (groups of drugs) and 426 drugs in the book. The botanical names of the plants were updated according to the plant list (www.plantlist.org).

The drugs from all the 23 *Vargas* (groups of drugs) of *Bhava Prakasha Nighantu* were critically reviewed for the concept of *para* (superior) and enlisted in tables. There are herbal drugs as well as animal and mineral origin drugs for which *paratva* (superiority) is attributed.

Table 1: Drugs of *Hareetakyadi Varga* with respective references

S. No.	Drug Name	Botanical Name	Family	Karma	Reference (Shloka Number) #
1.	*Haritaki*	*Terminalia chebula* Retz	Combretaceae	*Param Sukhavirechani* (Superior Purgative) *Tuvara Param* (Superior among astringent)	B.P.N 1/17 B.P.N 1/19
2.	*Amalaki*	*Emblica officinalis* Gaertn	Euphorbiaceae	*Param Vrishya Rasayana* (Superior Rejuvenative and Aphrodisiac)	B.P.N 1/39
3.	*Aragwadha*	*Cassia fistula* Linn	Ceasalpiniaceae	*Koshtashuddhikaram Param* (Superior cleanser of the alimentary tract)	B.P.N 1/150
4.	*Souvarchala Lavana*	Black salt	-	*Deepana Pachana Param* (Superior Appetiser and Digestant)	B.P.N 1/248
5.	*Kshara traya*	Alkali	-	*Gulmahrt Param* (Superior in treating abdominal tumors)	B.P.N 1/258
6.	*Chukram*	Alkali	-	*Deepana Pachana Param* (Superior Appetiser and Digestant)	B.P.N 1/260

Table 2: Drugs of *Karpuradi Varga* with respective references

Drug Name	Botanical Name	Family	Karma	Reference (Shloka Number) #
Guggulu	*Commiphora mukul* Hook.	Burseraceae	*Laghu Para* (Superior in drugs having lightness quality)	B.P.N 2/38

Table 3: Drugs of *Guduchyadi Varga* with respective references

Drug Name	BotanicalName	Family	Karma	Reference (Shloka Number) #
Eranda patra	*Ricinus communis* Linn	Euphorbiaceae	*Gulmabastishulaharam Param* (Superior in removing pain in Abdominal tumors and urinary bladder)	B.P.N 3/64
Eranda phala	*Ricinus communis* Linn	Euphorbiaceae	*Deepanam param* (Superior Appetiser)	B.P.N 3/66
Karanja	*Pongamia pinnata* Linn	Fabaceae	*Krimi Shothaharam Param* (Superior in drugs with antimicrobial and anti inflammatory action)	B.P.N 3/121
Kapikachu	*Mucuna pruriens* Bak	Fabaceae	*Vajikaram Param* (Superior aphrodisiac)	B.P.N 3/131
Punarnava	*Boerhavia diffusa* Linn	Nyctangiaceae	*Deepani Param* (Superior Appetiser)	B.P.N 3/231
Patalagarudi	*Cocculus hirsutus* Druce	Menispermaceae	*Param Vrishya* (Superior aphrodisiac)	B.P.N 3/260

Table 4: Drugs of *Pushpa Varga* with respective references

Drug Name	Botanical Name	Family	Karma	Reference (Shloka Number) #
Jalakumbhi	*Pistia stratiotes* L.	Araceae	*Jvarahara Param* (superior antipyretic)	B.P.N 4/21

Table 5: Drugs of *Vatadi Varga* with respective references

Drug Name	Botanical Name	Family	Karma	Reference (Shloka Number) #
Bhurja patra	*Betula utilis* D. Don	Betulaceae	*Medovishahara Param* (Superior in anti obesity and anti poisonous)	B.P.N 5/48
Palasha Pushpa	*Butea monosperma* Lan-Kutze.	Fabaceae	*Vatarakta Kushtaharam Param* (superior in treatment of Gout and skin disorders)	B.P.N 5/52

Table 6: Drugs of Amradiphala Varga with respective references

Drug Name	Botanical Name	Family	Karma	Reference (ShlokaNumber) #
Amra (Vrksha pakva amra)	*Mangifera indica* L.	Anacardaceae	*Vataharam param* (superior in mitigating vata dosha-humor*)*	B.P.N 6/6
Narikela	*Cocos nucifera* Linn	Palmaceae	*Vastishudhikaram Param* (Superior among the drugs cleansing Urinary bladder)	B.P.N 6/41
Kharbuja	*Cucumis melo* L.	Cucurbitaceae	*Mutrakrchrakara Param* (Superior in the treatment of Dysuria)	B.P.N 6/46
Trapusa	*Cucumis sativus* L.	Cucurbitaceae	*Raktapittahara Param* (Superior in the treatment of bleeding disorders)	B.P.N 6/48
Padmaksham (Kamala beeja)	*Nelumbo nucifera* Gaertn.	Nymphaceae	*Garbhasamsthapakam Param* (Superior among drugs used in infertility)	B.P.N 6/90
Nimbuka	*Citrus lemon* L.	Rutaceae	*Rochanam Param* (Superior in the treatment of anorexia)	B.P.N 6/137

Table 7: Drugs of Dhathuvadi Varga with respective references

Drug Name	English Name	Karma	Reference (Shloka Number) #
Yasada	Zinc	*Chakushyam Param* (Superior among the drugs improving the vision health)	B.P.N 7/33
Kamsya	Bell metal	*Kaphapittaharam Param* (superior in mitigating kapha and pitta dosha-humor)	B.P.N 7/71
Haratala	Orpiment	*Patrakhya Haratala Param* (a variety superior among orpiment)	B.P.N 7/128

Table 8: Drugs of Dhanya Varga with respective references

Drug Name	Botanical Name	Family	Karma	Reference (Shloka Number) #
Masha	*Phaseolus mungo* L.	Fabaceae	*Brmhana Param* (superior among nourishing therapy)	B.P.N 8/41

Table 9: Drugs of Shaka Varga with respective references

Drug Name	Botanical Name	Family	Karma	Reference (Shloka Number) #
Shobhanjana	*Moringa oleifera* Lam.	Moringaceae	*Deepanam Param* (Superior appetizer)	B.P.N 9/78

Table 10: Drugs of Mamsa Varga with respective references

Drug Name	English Name	Family	Karma	Reference (Shloka Number) #
Vyaladasta Suska mamsa	Dried flesh of animals bitten by Tiger	-	*Sulakaram Param*	B.P.N 10/96
Sapada matsya	Variety of fish	-	*Ruchikrt Param* (Superior in the treatment of anorexia)	B.P.N 10/121

Table 11: Drugs of Krtanna Varga with respective references

Drug Name	Karma	Reference (Shloka Number) #
Lapsika	*Tarpani param* (superior among drugs with satiation effect)	B.P.N 11/29
Sharkarodaka	*Jwarashanthikaram param* (superior antipyretic)	B.P.N 11/150
Dhanyaka panaka	*Pittaharam param* (superior in mitigating pitta dosha-humor)	B.P.N 11/157
Kaanji	*Koshtashudhikaram param* (Superior cleanser of the alimentary tract)	B.P.N 11/159
Processed Takra	*Pachanam param* (Superior digestive)	B.P.N 11/163

Table 12: Drugs of Vaari Varga with respective references

Drug Name	English Name	Karma	Reference (Shloka Number) #
Koupa jala	Well water	*Pittakrt param* (superior in aggravating pitta dosha-humor)	B.P.N 12/49
Sharad rtu Jala	Water in Sharad ritu	*Amsodaka param* (a variety superior among water)	B.P.N 12/61

Table 13: Drugs of Dugdha Varga with respective references

Sanskrit Name	English Name	Karma	Reference (Shloka Number) #
Dugdha	Milk	*Vajikaram param* (Superior aphrodisiac)	B.P.N 13/2

Table 14: Drugs of Dadhi Varga with respective references

Sanskrit Name	English Name	Karma	Reference (Shloka Number) #
Dadhi (Atyamla)	Curd	*Raktavatapittakaram param* (superior in aggravating blood disorders, vata pitta dosha-humor)	B.P.N 14/9

Table 15: Drugs of Takra Varga with respective references

Sanskrit Name	English Name	Karma	Reference (Shloka Number) #
Takra (Udasvitha)	Buttermilk	Amaghna param (superior among drugs alleviating undigested substances)	B.P.N 15/8

Table 16: Drugs of Ghrta Varga with respective references

Sanskrit Name	English Name	Karma	Reference (Shloka Number) #
Gavya Ghrta	Ghee	*Medha Lavanya Kanthi Ojas Tejo Vrddhikaram Param* (superior among the drugs in improving intellect, complexion and immunity)	B.P.N 17/5

Table 17: Drugs of Taila Varga with respective references

Sanskrit Name	English Name	Karma	Reference (Shloka Number) #
Tuvari Taila	Hydnocarpus oil	*Vranashothaharam Param* (superior in treatment of abscess)	B.P.N 19/16

Table 18: Drugs of Sandhana Varga with respective references

Sanskrit Name	English Name	Karma	Reference (Shloka Number) #
Kanjika	Sour gruel	*Rochana Pachanam Param* (Superior among the drugs which improves taste and digestants)	B.P.N 20/3
Madya	Alcohol	*Kaphaharam param* (Superior among the drugs which mitigates the kapha dosa- humor)	B.P.N 20/19

Table 19: Drugs of Madhu Varga with respective references

Sanskrit Name	English Name	Karma	Reference (Shloka Number) #
Madhu	Honey	*Prasadajanakam Param* (superior among the drugs causing nourishing effect to the body and mind)	B.P.N 21/3

Table 20: Drugs of Ikshu Varga with respective references

Sanskrit Name	English Name	Karma	Reference (Shloka Number) #
Ikshu Khanda (Sarkara)	Sugar	*Balya Vantiharam Param* (Superior among Strength promoting and in anti emetic drugs)	B.P.N 22/29

Note # - B.P.N. *Bhavaprakash Nighantu*, by Chunekar KC, Reprint edition 2004, Chaukhambha bharati academy, Varanasi. First number is corresponding number of *varga* and second number is respective verse

Table 21: Number of Drugs according to Vargas

S. No.	Name of Varga	Number of Drugs mentioned as superior
1.	*Hareetakyadi Varga*	06
2.	*Karpuradi Varga*	01
3.	*Guduchyadi Varga*	05
4.	*Pushpa Varga*	01
5.	*Vatadi Varga*	02
6.	*Amradiphala Varga*	06
7.	*Dhathuvadi Varga*	03
8.	*Dhanya Varga*	01
9.	*Shaka Varga*	01
10.	*Mamsa Varga*	02
11.	*Krtanna Varga*	05
12.	*Vaari Varga*	02
13.	*Dugdha Varga*	01
14.	*Dadhi Varga*	01
15.	*Takra Varga*	01
16.	*Navaneeta Varga*	-
17.	*Ghrta Varga*	01
18.	*Mutra Varga*	-
19.	*Taila Varga*	01
20.	*Sandhana Varga*	02
21.	*Madhu Varga*	01
22.	*Ikshu Varga*	01
23.	*Anekartha Varga*	-

Enumeration of some of the drugs with their experimental study references

Laxative Activity of *Haritaki* (*Terminalia chebula* Retz)

Crude aqueous extract at doses 100 and 200 mg/kg respectively were investigated for laxative activity in albino rats. The rats were fasted for 12 hours and after 8 hours of drug administration the faeces were collected and weighed. The extract was found to produce significant laxative activity[3].

Antioxidant activity of *Amalaki* (*Emblica officinalis* Gaertn)

The results specify that the antioxidant activity of *Emblica officinalis* Gaertn is due to the presence of tannoids of the fruits of the plant[4].

Laxative Activity of *Aragwada* (*Cassia fistula* Linn)

Study includes the evaluation of Sun dried and non-sun dried (NSD) fruit pulp of *Cassia fistula* Linn for purgative action in rat. Both the test drugs in the dose of 1.0 g/kg showed an increase in the number of defecations and fecal output during 4 hour after treatment. The result confirms the use of fruit pulp of *Cassia fistula* Linn in constipation[5].

Antinociceptive activity of *Eranda patra* (*Ricinus communis* Linn)

Antinociceptive activity was evaluated using acetic acid induced writhing test, formalin induced paw licking and tail immersion method in mice at doses of 100, 125 and 150 mg/kg. The results indicated that *Ricinus communis* Linn leaves exhibited antinociceptive activity against three classical models of pain in mice.[6]

Antibacterial Activity *Karanja* (*Pongamia pinnata* Linn)

Methanol extracts of *Pongamia pinnata* Linn showed higher antibacterial activity than ethanol extracts of *Pongamia pinnata* Linn[7].

Aphrodisiac activity Kapikachu (*Mucuna pruriens* Bak.)

Mucuna pruriens Bak. seed powder when administered in a dose of 75 mg/kg body weight daily as an aqueous suspension increased the sexual activity of male albino rats considerably[8].

Aphrodisiac Activity of *Patalagarudi* (*Cocculus hirsutus* Druce)

Aphrodisiac Activity of *Patalagarudi* (*Cocculus hirsutus* Druce) in albino rats showed that extracts have stimulated the spermatogenic activity and accessory reproductive organs performance in albino rats[9].

Anti-inflammatory activity of *Palasha pushpa* (*Butea monosperma* Lan-Kutze)

The experiment clearly showed that hydroalcoholic *Butea monosperma* Lan-Kutze flower extract was able to decrease the secretion of IL-1β, IL-6 and IL-8 pro-inflammatory cytokines. Results explain the anti-inflammatory activity of *Butea monosperma* Lan-Kutze.

Renal protective activity of Narikela (*Cocos nucifera* Linn)

Analysis of urine samples revealed a drastic decrease in the number of calcium oxalate crystals. Coconut water also significantly lowered the levels of creatinine and urea in the animals and significantly reduced lipid peroxidation[11].

DISCUSSION

It is revealed that out of total 426 drugs described in *Bhavaprakash Nighantu*, 44 drugs have been attributed as *para* (superior). Out of these, 6 has been described in *Haritakyadi varga,*01 in *Karpuradi Varga*, 05 in *Guduchyadi Varga*, 01 in *Pushpa Varga*, 02 in Vatadi Varga, 06 in Amradiphala Varga, 03 in Dhathuvadi Varga, 01 in *Dhanya Varga*, 01 in *Shaka Varga*, 02 in Mamsa *Varga*, 05 in *Krtanna Varga*, 02 in *Vaari Varga*, 01 in *Dugdha Varga*, 01 in *Dadhi Varga*, 01 in *Takra Varga*, 01 in *Ghrta Varga*, 01 in *Taila Varga*, 02 in *Sandhana Varga*, 01 in *Madhu Varga* and 01 in *Ikshu Varga*. No drugs are elucidating from *Navaneeta Varga*, *Mutra Varga* and *Anekartha varga* but their mode of action on specific conditions has to be explored.

CONCLUSION

Bhavprakasha Nighantu is one of the most referred Nighantu by the Dravyaguna experts. The present review on drugs attributed with *Paratava* of *Bhavaprakash Nighantu* can be useful to know about the different drugs which can be used in the treatment of various diseases. Total 44 drugs are mentioned in *Bhavaprakash Nighantu* comprising herbal, mineral and animal origin drugs. Among these maximum number of drugs is from *Haritakyadi* and *Amradiphala varga*. A detailed clinical study is required to understand the mode of action of these drugs and their efficacy.

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