



## Review Article

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### A LITERARY SURVEY OF AUSHADHA AND AHARA DRAVYA VARGAS WITH SPECIAL REFERENCE TO BRIHATTRAYI

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#### ABSTRACT

Ayurveda gives immense importance in prevention of diseases along with maintainance of health. This life science recommends' Dravya (Medicinal Substance/Drug) as the most important tool in treatment and considers it as one among the Chikitsa Chatushpaada (4 limbs for treatment). The Dravyas present in the universe can be considered as Ahara (Food) and Aushadha (Medicine). Ahara is the most essential component of life both in healthy as well as diseased state. Improper intake of Ahara can cause illness and the management of diseases can be done with the help of Aushadhis. To understand the wide distribution of Dravyas, all the Acharyas (Scholars) including Brihatrayis (The Greater Trio) has explained and classified both the Ahara and Aushadha Dravyas in an easy and understandable manner. Dravyaguna Vijnana (Ayurvedic Pharmacology) is a section of Ayurveda which mainly deals with Guna (properties), Karma (action) and Prayoga (Therapeutic effects) of various Dravyas and the general principles of Ayurvedic pharmacognosy and pharmacology is included in it for the better management of disease. One cannot treat a disease simply by knowing the Nama (Name) and Rupa (Morphology) of Aushadhas alone. A wise physician should take into account about the properties of Aushadha and Ahara Dravyas along with Roga-Rogi Pariksha Vidhi (Methods of Examination of Disease as well as the Patient) while giving medicine. So an Ajna Vaidya (Ignorant physician) who is not having proper knowledge of Dravyas can't treat a patient successfully. In this review article, an approach is made to understand the grouping of drugs under different Vargas by the Brihatrayis based on various aspects.

**Keywords:** Ahara, Aushadha, Ayurveda, Brihatrayi, Chikitsa, Dravyaguna, Varga.

#### INTRODUCTION

Ayurveda is one among the ancient and holistic healing system which has its historical roots in India. Ayurveda recommends Dravya as one among the Chikitsa Chatushpaada (4 limbs for treatment) considering it as a most important tool.<sup>1</sup> In Samhita period, many references regarding the classification of Ahara as well as Aushadha Dravyas are found, but many of the references are scattered throughout the Brihatrayis as well as Laghutrayis (The Lesser Trio). The purpose of Ayurveda is "Swasthasya Swasthya Rakshanam, Aaturasya Vikara Prashamanam"<sup>2</sup> which emphasizes on maintainance of the health of a healthy person and to cure the disease(s) of the sick person, and this can be achieved with the help of Dravya. Dravyas in the form of Aushadha as well as Ahara can be used to maintain human body in a healthy state.

Ahara is considered as the causative factor for Sthiti (Presence), Utpatti (Origin) and Laya (Dissolution) of Brahmaadi loka (World/Heaven).<sup>3</sup> The existence of the universe itself is depended upon Ahara Sevana (Intake of Food). According to Acharyas, Ahara can be taken in the form of Ashita (Eatables), Pita (Drinkables), Leeda (Lickables) and Khadhita (Chewable).<sup>4</sup> The different types of Ahara Dravyas are widely distributed for the sake of living beings and understanding all the Dravyas is very much difficult for the commoners. Hence the Acharyas made brief classification of as per their convenience. For example- Shuka Dhanya Varga (Group of Cereals), Mamsa Varga (Group

of Meats), Taila Varga (Group of Oils), Jala Varga (Various Resources of Water) etc.

Aushadha Dravyas have been given prime importance since the ancient era and the evidence can be seen from the primordial period ahead. For example, a magical herb called as 'Soma' is mentioned in the Vedas (Religious Textbooks of Knowledge) as the best healing herb used by the Gods. Ropana Dravyas were used in the war field for healing wounds by the soldiers and furthermore, the Rajavaidyas (The King's Physician) and other Vaidyas used Aushadha Dravyas for the treatment of various ailments. So, the individuals have given equal importance to both Ahara and Aushadha Dravyas till today for the proper maintenance of health as well as for the prevention of diseases.

Dravyaguna Vijnana (Medicinal Plant Science) is a branch of Ayurveda that deals with medicinal herbs and their properties. In treatment, Guna (Qualities) of a drug and its Karma (Actions) are estimated. Dravya is said to be prime and is the basic cause in which Guna and Karma remain with Samavaya Sambandha (Inseparable relation).<sup>5</sup> Hence it is having utmost importance in Ayurvedic treatment. The general principles of Ayurvedic pharmacognosy and pharmacology are considered under the branch of Dravyaguna Vijnana. Also, to understand the Ayurvedic mechanism of action of any drug, it is essential to have the knowledge of Rasa (Taste), Guna (Property), Virya (Potency) and Vipaka (End product of Digestion) of that specific drug.

The ancient classics including the Vedas, Brihatrayis, Laghutrayis and Nighantus (Dictionaries) mentioned Aushadha and Ahara Vargas under various categories. The Brihatrayis have explained and classified both the Dravyas in an easy and understandable manner meant for the Ayurveda Scholars as well as the common people.

Acharya Charaka explained Aushadha Vargas under 50 Mahakashayas (Group of Decoctions) and 12 Ahara Vargas in Charaka Samhita. He also explained 152 Agrya Dravyas. Acharya Sushruta classified Aushadha Vargas into 37 and Ahara Varga is subdivided into Drava Dravya (10 Vargas) and Annapana (13 Vargas since Ratna Varga is also mentioned under Annapana Varga). Vriddha Vagbhata explained Aushadha Vargas into 76 Vargas along with 158 Agrya Dravyas and Ahara Vargas into 6 categories. Laghu Vagbhata explained 33 Aushadha Vargas and Ahara Varga is subdivided into Drava Dravya (7 Vargas) and Annapana (7 Vargas). Here, the author tried to explain the Aushadha and Ahara Vargikarana according to Brihatrayi.

In Ayurveda it is told that Sharira (Physical body) is Panchabhautika (Made up of 5 elements) and the Dravyas of the whole Prakriti (Nature) is also made up of Panchamahabhuta.<sup>6</sup> Imbalances occurring to one or more elements in the Sharira would lead to diseases pertaining to that particular unbalanced element or elements. So to maintain equilibrium in the body, Dravyas present in the nature are given in the form of food and medicine.

## INTERPRETATION OF DRAVYA VARGA

### AUSHADHA & AHARA VARGA AS PER CHARAKA SAMHITA

#### Aushadha Varga

Acharya Charaka highlighted Aushadha Dravyas in Sutra Sthana (First Section of Charaka Samhita) under "Bheshaja Chatushka". Bheshaja Chatushka contains 4 chapters and all these chapters deal with the details about Aushadha Dravyas. The 4<sup>th</sup> chapter "Shadvirechanashatashriteeyam Adhyayam" deals with 50 different groups under the name of "Mahakashaya" and each Mahakashaya contains 10 important Dravyas called as "Dashemaanis".<sup>7</sup> Even though the 10 Dravyas are highlighted in Samhita, a wise physician can include the other similar Dravyas also, based on the availability of Dravya.

"Maha" means "Great" and "Kashaya" means "Decoction". Generally, the term "Shrita" or "Kwatha" or "Kashaya" is used for Decoction type of pharmaceutical preparation, but the ingredients of the Mahakashaya shall also be used in other forms i.e Swarasa (Juice), Kalka (Paste), Shrita (Decoction), Sheeta and Phanta (Cold and hot infusions). As per need and based on Yukti (Skills) a Vaidya can also prepare Decoctions using 2 or 3 or all ingredients mentioned in the Mahakashaya, thus making innumerable Kashaya preparations through permutations and combinations based on Vyaadhi (Disease) and Aatura Bala (Strength of the patient).<sup>8</sup>

Acharya classified Mahakashaya based on 2 factors: "Udaharanavat" and "Lakshanavat" for the purpose of understanding Dravyas based on their availability as well as need, to help the 3 varieties of Disciples or Chikitsaka (Physicians) viz. those having Pravara Buddhi (Highly Intelligent), Madhyama Buddhi (Moderately Intelligent) and Avara Buddhi (Less Intelligent). Ayurveda aims at overcoming the ailment and these can help the Vaidyas to solve confusions in treatment.<sup>9</sup>

The term "Lakshana" indicates primary action of the Mahakashaya. Acharya Charaka named the Mahakashayas based on main action of Dravyas. For example, "Vayasthapana" indicates anti-ageing action; Kasahara indicates elimination of cough etc.

The term "Udaharana" means examples. The Mahakashayas are explained based on their Karma (Main action) or their purpose, and the Dravyas included in each Mahakashaya are considered as Udaharana (examples) of herbs which do the mentioned Karma as per Mahakashaya title name. For example, "Krimighna Mahakashaya" includes Aksheeva (*Moringa oleifera*), Maricha (*Piper nigrum*), Gandeera (*Euphorbia antiquorum*) etc. dravyas and the other ingredients are also targeted towards the elimination of Krimi.

The Dravyas told in Mahakashaya Varga are of both Herbal as well as Mineral origin. Besides, the description of these are not too elaborate or brief keeping in mind concerning the 3 variety of Disciples or Physicians because "Alpa Buddhi" Chikitsaka can't understand if it is Samkshipta (too brief), "Manda Buddhi" will use it only for Vyavahaartha (day to day dealings) and "Jnani" (Knowledgeable person) can understand and utilize both type of explanations.<sup>10</sup>

Purusha (Person) is having multiple roles in his life based on the acts he performed; similarly, Dravyas also are having multiple Karmas (Actions). A Dravya is Kartru, Karana and Kaarya-Samprayukta (Named on the basis of cause, instrument used, and the action done), so naming is done based on these 3 factors respectively.<sup>11</sup>

#### Ahara Varga

"Praana" (life) is depended on Ahara and all creatures of the universe desire food. The persons will be endowed with benefits like Varna (Complexion), Prasada (clarity), Sauswarya (good voice), Jeevitha (longevity), Pratibha/Prajna (brilliance), Sukha (Happiness), Tushti (Satisfaction), Pushti (Nourishment), Bala (Strength) and Medha (Intellect)<sup>12</sup> on intake of healthy food. One should consider the following factors (Pariksha Bhavas) that influence the Ahara Dravyas such as Chara (Habitat), Shariraavayava (Part of the body), Swabhava (Nature), Dhatu (Body Tissues), Kriya (Activity), Linga (Gender), Pramana (Proportion of the body parts), Samskara (Processing) and Matra (Quantity of food) for the maintenance of good health.<sup>13</sup> The proper diet will give nourishment to Sharira Dhatu whereas improper diet will be the main cause for manifestation of Roga i.e, "Rogashcha aahaarasambhava".<sup>14</sup> The classification of Ahara Dravyas is done mainly based on characters like Aakruti (Structure), Lakshanas, Guna karma (Properties) and Prayojana (benefits). Acharya Charaka hence grouped different Ahara Dravyas into 12 Vargas which are mentioned as per table 3.<sup>15</sup>

After analyzing the Ahara Vargas of Acharya Charaka, it seems the classification is nearer to Balanced Diet since it is comprised of Ahara padarthas of all flavors and also, he quoted "Sarva rasa abhyaso balakaranam"- meaning the intake of food with "Shadrasa" (All 6 Rasas) promotes the Sharira bala.<sup>16</sup> The classification also includes Ahara as a raw material both of plant and animal origin. The speciality of his Ahara classification is that both the Drava and Annadravya (Liquids and other food substances) Vargas are not told separately like the other Acharyas. Grouping "Taila" along with other spices under "Aharayogi Varga" indicates that tailas can also be used in food formulations.<sup>17</sup> Acharya Charaka's classification includes raw sources, prepared foods and adjuvants.

## AUSHADHA & AHARA VARGA ACCORDING TO SUSHRUTA SAMHITA

### Aushadha Varga

Acharya Sushruta explained Aushadha Varga in Dravyasangrahaneeya Adhyaya of Sutra sthana and a total of 37 Vargas are described<sup>18</sup> of which each Varga is named as "Gana". Gana means group, so each Gana contains group of Dravyas and further not limited to exactly 10 Dravyas as of Acharya Charaka. For example, some of the Ganas contain 3 or 5 or 7 or some contains 10 or more drugs. The nomenclature is made based on first Dravya of a particular Varga such as Vidarigandhadi Gana, Aargvadhadi Gana etc. Rogagnata, Doshagnata (Elimination of Roga and Dosh) as well as Karma of a particular Gana are mentioned at the end of each Shloka. Various herbs as well as minerals are also included in his group of Dravyas. By using these Dravyas, a physician can prepare Lepa (Medicated paste), Kashaya, Taila, Ghrita (Ghee) and Panaka (Coolant fruit juice drink) etc. for the management of diseases.<sup>18</sup> Acharya also opined that one should collect the Dravyas as per the Shastra (Authentic resources) and preserve these Dravyas without being affected by dust, air, rain and water.<sup>19</sup> Acharya concluded the chapter by suggesting that a single or multiple combination of Dravyas can be used in treating a disease based on the involvement of Doshas.<sup>20</sup> Furthermore, at the beginning of Samshodhanasamshamaneeya Adhyaya, the Urdhva, Adho and Ubhayabgahara (Elimination of Doshas through upward, downward and both the ways) Dravyas as well as Shirovirechana (Errhine therapy) Dravyas are mentioned in the order followed by the Vata, Pitta and Kapha samshamana (Palliation therapy of Trodoshas) Vargas. The 37 Ganas in Dravyasangrahaneeya Adhyaya are listed in Table 4.

### Ahara Varga

Acharya Sushruta has explained Ahara Vargas in 2 chapters i.e Dravadravayavijnaniya and Annapanavidhi Adhyaya. The basis of classification of Ahara Varga is related to the physical properties of different varieties of Dravyas, that is Drava (Liquid) and Annapana (Other food substances) briefly. The main source of Prana is Ahara only and when a Dravya is taken cautiously by considering Shadrasa, Guna, Veerya and Vipaka, it gives benefits like Bala (Strength), Varna (Complexion) and Ojas (Immunity).<sup>21</sup> Acharya Sushruta has explained 10 Drava Varga and 10 Annapana Varga. (Table 5)

In Annapana Varga, Acharya Sushruta included Shali (rice), Kudhanya (inferior kind of grains) and Vaidala (Dicotyledon) Vargas under "Dhanya varga" and similarly in "Lavanani varga", Lavana (Salt), Kshara (Alkali), Dhatu (Metal/Mineral) and Ratna (Gems) Vargas are included. The intelligent shall determine the properties of Dhanya, Mamsa, Phala, Shaaka etc. (other than those described under their respective heads which should be determined with the help of their respective Rasa as well as from the nature of the predominant Bhuta Guna (Material principles) which enter into their composition.<sup>22</sup> Acharya added one more varga in this classification as "Bhakshya varga".<sup>23</sup> At the end of Annapanavidhi Adhyaya, Acharya elaborated various Anupanas along with its importance and moreover suggested to take food by considering its nature like Guru (Heavy) or Laghu (Light) along with Samskara (Process), Matra (Dosage) and Ahara Varga.<sup>24</sup>

## AUSHADHA & AHARA VARGA ACCORDING TO ASHTANGA SANGRAHA

### Aushadha Varga

Astanga Samgrahakara has explained Aushadha Varga into 3 chapters such as Shodhanaadigana Sangraha Adhyaya,

Mahakashaya Adhyaya and Vividha Gana Sangraha Adhyaya. Here the Varga is called as "Gana", Gana means "Group", so each Gana contains group of numerous Dravyas.

In Shodhanaadigana Sangraha Adhyaya, the first 4 Vargas are classified based on Shodhana Karmas (Purification methods) like Vamana (Emesis), Virechana (Purgation), Niruha Basti (Decoction enema) and Shirovirechana (Nasal therapy) correspondingly whereas the 5<sup>th</sup> Varga deals with Dhoomapaana Vidhi (Medicated Smoke Therapy) which can be considered as Paschat Karma (Post-treatment care) of Vamana and Shirovirechana as well. The last Varga is explained in accordance with the mitigation of Vata, Pitta, and Kapha Doshas respectively. All the Vargas comprehends more than 10 Dravyas since there is no specific limitation given.

The "Mahakashaya Sangraha Adhyaya" describes about 45 classifications of large collection of Dravyas. These Vargas contains 10 Aushadha Dravyas each, based on features "Udaharanavat" and "Lakshanavat" in the same way as told by Acharya Charaka.<sup>25</sup> For example Garbhasthapana (Fertility promoter) Gana is having Dravyas such as Aindri (*Citrullus colocynthis*), Durva (*Cynodon dactylon*), Amogha (*Emblica officinalis*), Vishvakasena (*Callicarpa macrophylla*) etc. which help in maintenance of Pregnancy. Both the Acharyas did Karma based Vargikarana (Grouping) and we could see a slight change in the naming of Varga.

In Vividha Dravya Gana Samgraha Adhyaya, the description of 25 Aushadha Vargas is done according to the Dravya karma, based on group of disease conditions.<sup>26(a)</sup> The Nomenclature of Vargas is based on the first Dravya of a particular Varga such as Parushakadi Gana, Patoladi Gana etc. and these covers numerous Dravyas. (Table 7)

If any of the Dravyas mentioned in a particular Varga is not available, it can be substituted by other Dravyas with identical properties. Any of the Dravyas among those is then found irrelevant can be removed.<sup>26(b)</sup> These groups of Dravyas can be used in accordance with the Doshas and Dushyas (Tissues), in the form of Gutika (Wet pill), Kwatha (Decoction), Samskarita Taila or Ghrita (Medicated oil or Ghee), Confection (sweets), Paneeya (Beverage), Nasya Taila (Nasal drops), Sneha Basti (Oil enema), Bahya and Abhyantara Chikitsa (Internal and external medicines), Abhyanga (oil massage) etc. to cure many difficult diseases.<sup>27</sup> A physician should use these Dravyas appropriately, keeping in mind the condition of both the disease as well as the patient.

### Ahara Varga

Astanga Samgrahakara explained Ahara Vargas in 2 chapters' i.e Dravadravaya Vijnaniya and Annasvarupa Adhyaya. These chapters are enclosed with 6 Drava Vargas and 6 Annapana Vargas. Anna Dravyas (specified Shaaka varga mainly) is classified based on Virya, Vipaka, Pachana, Doshagnata etc. (Table 8)

The person will get immediate strength when familiar foods, drinks and drugs are administered suitable to the Doshas, by sighting their Prakopa (degree of aggravation), Rutu (season) etc. and even if administered in large dosage form which is inappropriate to the Doshas, these do not cause excessive increase of Doshas immediately. There are numerous variations, exceptions etc which are very subtle, reasons for which are difficult to understand. The qualities of things are peculiar, out of which only a few were mentioned. For an intelligent person, the knowledge of these will make him able to guess the other aspects

also by himself. One should not stick on merely to the texts or reject the literature.<sup>28</sup>

**AUSHADHA & AHARA VARGA ACCORDING TO ASHTANGA HRIDAYA**

**Aushadha Varga**

Initially in Shodhanaadigana Sangraha chapter, Acharya Laghu Vagbhata enumerated the classification of the Dravyas according to their mode of actions such as Shodhana and Shamana. Dravyas of first 4 Vargas are useful for Shodhana Karma like Vamana, Virechana, Niruhana and Shirovirechana and then the next 3 Vargas are described which include Shamana Dravyas that mitigates Vata, Pitta and Kapha. The remaining Vargas are classified according to their actions same as that of Ashtanga Sangraha.

For example: Nyagrodhadi Gana means the group is headed by Nyagrodha (*Ficus bengalensis*). By hearing the word Nyagrodha, one will recollect such groups of Dravyas like Nyagrodha (*Ficus bengalensis*), Ashwatha (*Ficus religiosa*) and Udumbara (*Ficus racemosa*) etc. Hence this type of classification is much more beneficial to a practitioner while treating a patient.

A wise can prescribe the above said Dravyas in the form of various Kalpanas (Formulations) after assessing Dosha, Dushya etc. and it will be useful in the management of Krichrasadya roga (Disease cured with great difficulty).<sup>29</sup>

Ashtanga Hridayakara mentioned Aushadha Vargas in Shodhanadi Gana Sangraha Adhyaya. It contains total 33 AushadhaVargas. (Table 9)<sup>30(a)</sup>

If all the Dravyas mentioned in any one of the groups are not available due to the season and ecological conditions, one can opt alternative Dravyas having similar therapeutic properties<sup>30(b)</sup>.

**Ahara Varga**

Ashtanga Hridayakara has added a particular Varga called Aushadha Varga after explaining all Vargas, which is indicative of using Ahara in therapeutic form also, which aims that Ahara can be used for nourishment as well as in the treatment aspect.

Astanga Hridayakara explained Ahara varga in 2 Chapters i.e Drava-Dravya Vijnaniya Adhyaya and Annasvarupa Vijnaniya Adhyaya. Drava-Dravya Vijnaniya Adhyaya explains 7 Drava Vargas, and Annasvarupa Vijnaniya Adhyaya describes 7 Anna Vargas. (Table 10)

These Ahara Dravya Vargas have been enumerated in brief, which are very much needful for everyone in their daily life. Hence one must know the properties of various substances individually and also the combinations of other substances to get the desired effects.<sup>31</sup>

**Table 1: Title of Mahakashaya and its significance**

Name of Mahakashaya	Ending word	Significance
Jeevaneeyaadi	Aneeya'	Does the particular Karma
Balyadi	'Ya'	"Ya" pratyaya is Vriddhikaraka (can Increase/Improve)
Truptighnadi	'Ghna'	Put an end to
Stanyajananadi	'Janana', 'Shodhana'	"Janana" -To produce, "Shodhana"-Cleansing
Snehopagadi	'Upaga'	Adjuvant action/helps the process
Chardinigrahanadi	'Nigrahana'	Holds back or down, suppression
Purishasangrahaneeeya	'Sangrahaneeeya'	Sangrahaneeeya-Helps in restoring normal function
Purishavirechaneeya	'Virechaneeya'	Virechaneeya-Expels the Doshas
Purishavirajaneeya	'Virajaneeya'	Virajaneeya-Restores the proper colour
Kasaharadi	'Hara'	Relieving factor
Dahaprashamanaadi	'Prashamana'	Pacifying
Shonithasthanadi	'Sthapana'	Placement

**Table 2: Dashemanis (50 Mahakashayas) according to Charaka Samhita**

Numbers of Mahakashaya (50)	Name of each Varga	Name of the Mahakashaya	
6 (Jeevaneeyaadi)	Shatka:	Jeevaniya	Bhedaniya
		Bruhmaniya	Sandhaniya
		Lekhaniya	Deepaniya
4 (Balyadi)	Chatushka:	Balya	Kantya
		Varnya	Hrudya
6 (Truptighnadi)	Shatka:	Truptighna	Kandughna
		Arshoghna	Krimighna
		Kushtaghna	Vishaghna
4 (Stanyajananadi)	Chatushka:	Stanya Janana	Shukra Janana
		Stanya Shodhana	Shukra Shodhana
7 (Snehopagadi)	Saptaka:	Snehopaga	Asthapanopaga
		Swedopaga	Anuvasanopaga
		Vamanopaga	Shirovirechanopaga
		Virechanopaga	
3 (Chardinigrahanadi)	Trika:	Chardinigrahana	Hikkani-grahana
		Trushnanigrahana	
5 (Purishasangrahaneeyadi)	Panchaka:	Purishasangrahaneeeya	Mutravirajaneeya
		Purishavirajaneeya	Mutravirechaneeya
		Mutrasangrahaneeeya	
5 (Kasaharadi)	Panchaka:	Kasahara	Jwarahara
		Shwasahara	Shramahara
		Shothahara	

5 (Dahaprashamanaadi)	Panchaka:	Dahaprashamana	Angamardaprashamana
		Sheetaprashamana	Shulaprashamana
		Udardaprashamana	
5 (Shonithasthapanaadi)	Panchaka:	Shonithasthapana	Prajasthapana
		Vedanasthapana	Vayasthapana
		Samjinsthapana	

Table 3: 12 Ahara Vargas according to Charaka Samhita

Varga (12)	Sub classification of Vargas with some examples
Shooka Dhanya Varga (Group of Cereals)	Shali, Shastika, Vrechi, Syamaka, Yava, Godhuma
Shami Dhanya Varga (Group of Pulses)	Mudga, Masha, Rajamasha, Kulatha, Makushta, Chanaka, Masura, Harenu, Tila, Shimbi, Adhaki
Mamsa Varga (Group of Meats)	Prasaha, Bhumishaya, Anupa, Varishaya, Varichara, Jangala, Vishkira, Pratuda
Shaaka Varga (Group of Vegetables)	Kakamachi, Rajakhavaka, Kalaya shaaka, Changeri, Upodhika, Thanduliyaka, Mandukaparni
Phala Varga (Group of Fruits)	Mrudvika, Kharjura, Phalgu, Parushaka, Madhuka, Amrataka, Pakvatata, Narikela, Bhavya, Amla parushaka, Bilva, Gambhari, Kapitha, Matulunga, Dadima and other fruits
Harita Varga (Group of Greeny vegetables)	Ardraka, Nimbuka, Mulaka, Tulasi, Dhanyaka, Palandu, Lashuna.
Madya Varga (Group of Beverages)	Sura, Jagala, Arishta, Sharkara, Pakvarasa, Madhvasava, Maireya, Dhatakysava
Ambu Varga (Types of water)	Antarikshajala (Divya), Nadijala, Samudrajala, Kupajala etc.
Gorasa Varga (Group of milk and dairy products)	Godugdha, Mahishadugdha, Ushtradugdha, Ekashaphadugdha, Aja dugdha, Avidugdha, Hasti Dugdha and Naaridugdha
Ikshu Varga (Group of sugarcane products)	Guda (Kshudra guda, Guda sharkara, Yasa sharkara etc.), Madhu (Makshika, Bhramara, Kshaudra, Pauthika etc.)
Kritanna Varga (Group of cooked food preparations)	Peya, Vilepi, Manda, Odana, Kulmasha, Yusha, Sakthu, Yava, Apupa, Dhana, Samskaritha bhakshya padhartha etc.
Aharayogi Varga (Group of food adjuvants)	Taila, Shunti, Pippali, Hingu, Lavana, Yavakshara

Table 4: 37 Aushadha Vargas according to Sushruta Samhita

Varga (37)	Doshagnata	Rogagnata & Karma
Vidarigandhadi Gana	Vata and Pitta	Shosha, Gulma, Angamarda, Urdhwa-shwasa and Kasa
Aargvadhadi Gana	Shleshma and Visha	Meha, Kushta, Jwara, Vami, Kandu and Vranashodhana
Saalaradi Gana	Kapha and Meda	Kushta, Meha and Pandvamaya
Varunadi Gana	Kapha and Meda	Shirashula, Gulma and Abhyantaravidradhi
Virataruvadi Gana	Vata	Ashmari, Sharkara, Mutrakricchra, Mutraghaata and Ruja
Rodhradi Gana	Meda and Kapha	Yonidosha, Visha, Sthambhi and Varnya
Arkadi Gana	Kapha and Meda	Krimi, Kushta and Vranashodhana
Surasadi Gana	Kapha	Pratishaya, Aruchi, Shwasa, Kasa, Vranashodhana and Krimisoodana
Muskakadi Gana	Meda and Shukra Dosha	Meha, Arsha, Panduroga, and Ashma-sharkara
Pippalyadi Gana	Kapha and Anila	Pratishyaya, Aruchi, Gulma, Shula, Deepana and Amapachana
Eladi Gana	Vata and Kapha	Kandu, Pidaka, Kota, Visha and Varnaprasadana
Vachadi Gana	Aama pachana	Aamaatisaara, Sthanya vishodhana and Dosha pachana
Haridradi Gana	Aama pachana	Aamaatisaara, Sthanya vishodhana and Dosha pachana
Shyamadi Gana	-	Gulma Visha, Aanaha, Udara, Vit-bheda and Udavarta
Bruhadyadi Gana	Pitta, Anila and Kapha	Arochaka, Hrudroga-Mutrakricchra, Ruja and Kapha pachana
Patoladi Gana	Pitta and Kapha	Jwara, Chardi, Kandu, Visha, Arochaka and Vranya
Kakolyadi Gana	Pitta, Shonita and Anila Shleshmakara	Jeevaneeya, Brumhaneeya, Vrushya and Stanya
Ushakadi Gana	Kapha and Medo	Ashmari-sharkara, Mutrakrucchra and Gulma
Sarivadi Gana	Rakta and Pitta	Pipasa, Raktapitta, Pittajwara and Daha
Anjanadi Gana	Rakta and Pitta	Visha and Daha
Parushakadi Gana	Vata	Mutradosha, Pipasa, Hrudya and Ruchiprada
Priyanguvadi Gana	-	Pakvatisara
Ambashtaadi Gana	-	Pakvatisara
Nyagrodhadhi Gana	Rakta, Pitta and Meda	Raktapitta, Daha, Meda, Yonidosha, Vranya, Sangrahi and Bhagnasadhaka
Guduchyadi Gana	-	Sarvajwara, Hrullasa, Arochaka, Vami, Pipasa, Daha and Deepana
Utpaladi Gana	Pitta and Rakta	Daha, Pitta-rakta, Pipasa, Visha, Hrudroga, Chardi and Murcha
Mustadi Gana	Shleshma	Yonidosha and Stanyashodhana
Triphala (Haritakyadi Gana)	Kappa and Pitta	Meha, Kushta, Tvagamaya, Deepana, Gulma, Pinasa and Agni alpata
Trikatu (Pippalyadi Gana)	Kapha and Meda	Meha, Kushta, Tvagamaya, Gulma, Peenasa and Deepana
Amalakyadi Gana	Kapha	Sarvajwara, Arochaka, Chakshushya Deepana and Vrushya,
Trapvadi Gana	-	Trushna, Visha, Hrudroga, Pandu and Prameha
Lakshadi Gana	Kappa and Pitta	Kushta, Krimi and Dushtavrana vishodhana

Laghupanchamula Gana	Vata and Pitta	Brumhana and Balavardhana
Bruhatpanchamula	Kapha and Vata	Laghu paka, Agnideepana
Dashamula	Kapha, Pitta and Anila	Shwasa, Sarvajwara and Aamapachana,
Vallipanchamula (Vidaryadi)	Rakta and Pitta	Trividha Shopha, Sarva meha and Shukradosha
Kantaka panchamula (Karmardadi)	Rakta and Pitta	Trividha shopha, Sarva meha and Shukradosha
Truna panchamula (Kushadi)	Rakta and Pitta	Mutradosha vikara and Raktapitta

Table 5: 10 Drava Varga and 10 Annapana Vargas according to Sushruta Samhita

Drava (Paniya) Varga (10)	Annapana Varga (10)
<b>Jala Varga:</b> (Types of Water) Anthariksha Jala, Nadi jala, Sarovara jala, Tadaaga jala, Vapi jala. Kupa jala, Chounya jala, Audbhida jala, Prasravana jala, Vaikira jala, Kedara jala, Palvala jala, Samudra jala. Anupa jala, Jangala desha jala Sadharana jala and Ushna jala	<b>Dhanya Varga :</b> (Group of cereals and pulses) A)Shali Varga: Lohita shali, Kalam, Kardamaka, Panduka, Sugandhaka, Pundarika etc. B)Kudhanya Varga: Koradushaka, Shyamaka, Nivaara, Shantanu, Varaka, Uddalaka etc. C)Vaidala (Dwidala) Varga: Mudga, Kalaya, Makushta, Masura, Chanaka, Sathina, Harenu etc.
<b>Ksheera Varga:</b> (Types of Milk) Go, Aja, Ushtra, Avi, Mahisha, Ekashapha, Stree, Hastini	<b>Mamsa Varga:</b> (Group of Meats) Jaleshaya, Anupa, Gramya, Kravyabhujja, Ekashapha and Jangala
<b>Dadhi Varga:</b> (Types of Curd) Go, Aja, Ushtra, Avi, Ashva, Stree, Hastini	<b>Phala Varga:</b> (Group of Fruits) Dadima, Amalaka, Badara, Kola, Karkundha, Matulunga, Amra, Amrataka etc.
<b>Takra Varga:</b> Navaneeta Varga (Group of Buttermilk and butter)	<b>Shaaka Varga:</b> (Group of Vegetables) Kushmanda, Kalinda, Alabu, Trapusa, Ervaruk, Karkaruk, Pippali, Jambira, Kasamarda, Rasona, Palandu etc.,
<b>Ghrta Varga:</b> (Group of Ghee) Go, Aja, Ushtra, Avi, Mahisha, Ekashapha, Stree, Hastini / Karenu , Puranaghrta	<b>Pushpa Varga:</b> (Group of Flowers) Kovidara, Shana, Shalmali, Agastya, Nimba, Mushkaka, Kutaja Padmaka etc.,
<b>Taila Varga:</b> (Group of oils) Tila, Eranda, Nimba, Atasi, Sarshapa, Tuvaraka Kusumba, Mulaka etc.,	<b>Kanda Varga:</b> (Group of Tubers) Vidari, Shatavari, Bisa, Mrunaala, Shrungataka, Kasheruka, Pindaluka, Madhva, Utpala etc.,
<b>Madhu Varga:</b> (Varieties of Honey) Pouttika, Bhramara, Kshaudra, Makshika, Chaatra, Aarghya, Auddhalaka, Naveena Madhu and Pakva Madhu	<b>Lavanani Varga:</b> (Group of Salts) A)Lavana Varga: Saindava, Samudra, Vida, Sauvarchala, Romaka and Audbhida. B) Kshara Varga: Yavakshara, Swarjikshara, Ushakshara, Pakimakshara and Tankanakshara. C) Dhatu Varga: Suvarna, Roupya, Tamra, Kamsya, Loha, Trapu and Sisa. D)Ratna Varga: Mukta, Pravala, Vajra, Vaidurya, Spatika etc.,
<b>Ikshu Varga:</b> (Sugarcane products) Types of Ikshu, Shuddha Guda, Sharkara, Madhusharkara, Yavasasharkra	<b>Kritanna Varga:</b> (Group of cooked food preparations) Laja Manda, Peya, Vilepi, Yavagu, Odana, Soopa, Samskarita and Shushka mamsa, Mamsarasa, Vesavara, Yusha, Ragashadava
<b>Madya Varga:</b> (Group of Alcoholic bevarages) Draksha madya, Kharjura madya, Sura, Prasanna, Yava sura, Sidhu, Surasava, Madhukasava, Naveena madya, Purana madya, Arishta, Shukta, Tushodaka, Dhanyamla	<b>Bhakshya Varga:</b> (Group of Eatable) Kshira bhakshya, Goudika bhakshya, Madumastaka, Pupa, Sattaka, Saamita, Mudgadi vesavara, Palala, Vaidala bhakshya, Kurchika, Kilata, Vaty etc.,
<b>Mutra Varga:</b> (Types of Urine) Go, Mahisha, Aja, Avi, Ashva, Hasti, Ushtra and Khara	<b>Anupana Varga:</b> (Group of drinks taken with or after medicine) Anthariksha jala, Ushna jala, Yusha, Amlakanjika, Kshira, Mamsarasa, Mastu etc.,

Table 6: Comparison of Varga Names of Ashtanga Sangraha and Charaka Samhita

Ashtanga Sangraha	Charaka Samhita
Kantajanana	Kantya
Sthanyashuddhikara	Sthanyashodhana
Vaminigrahana	Chardinigrahana
Hidhmanigrahana	Hikkaniagrahana
Vitgrahana	Pureeshasangrahaneeya
Vitvirajana	Pureeshavirajaneeya
Mutragrahana	Mutrasangrahaneeya
Mutravirechana	Mutravirechaneeya
Kasaghna	Kasahara
Shwasashamana	Shwasahara
Jwaraghna	Jwarahara
Shramanashana	Shramahara
Sheetashamana	Sheetaprashamana
Udardashamana	Udardaprashamana
Angamardahara	Angamardaprashamana
Shulaghna	Shulaprashamana

Shophaghna	Shwayathuhara
Rudhirasthapana	Shonithasthapana
Samjnada	Samjnasthapana
Garbhasthapana	Prajasthapana

Table 7: Aushadha Vargas as per Ashtanga Sangraha

Name of the Adhyaya	Name of the Gana		
Shodhanaadigana Sangraha (6 Ganas)	1.Vamanopayogi		
	2.Virechanopayogi		
	3.Nirohopyogi		
	4.Shirovirechanopayogi		
	5.Prayogika, Snaihika and Teekshna-Dhoomopayogi		
	6.Vata, Pitta and Sleshma prashamana		
Mahakashaya Sangraha Adhyaya (45 Ganas)	1.Jeevanceeya	16.Vishaghna	31.Kasaghna
	2.Brumhanceeya	17.Sthanyajanana	32.Shwashamana
	3.Lekhanceeya	18.Sthanyashuddhikara	33.Jwaraghna
	4.Bhedanceeya	19.Shukrajanana	34.Shramanashana
	5.Sandhanceeya	20.Shukrashodhana	35.Dahahara
	6.Deepanceeya	21.Snehopaga	36.Sheetashamana
	7.Balya	22.Swedopaga	37.Udardashamana
	8.Varnya	23.Vaminigrahana	38.Angamardahara
	9.Kantajanana	24.Trushnaghna	39.Shulaghna
	10.Hrudya	25.Hidhma nigravana	40.Shophaghna
	11.Truptighna	26.Vitgrahana	41.Rudhirasthapana
	12.Arshoghna	27.Vitvirajana	42.Vedanasthapana
	13.Kushtaghna	28.Mutragrahana	43.Samjnada
	14.Kandughna	29.Mutravirajaneeya	44.Garbhasthapana
	15.Krimighna	30.Mutravirechana	45.Vayasthapana
Vividha Dravya Gana Samgraha Adhyaya (25 Ganas)	1.Vidaryadi	10.Varunadi	18.Vachaharidradi
	2.Sarivadi	11.Ushakadi	19.Priyavadi
	3.Padmakadi	12.Veeratarvadi	20.Ambasthadi
	4.Parushakadi	13.Lodhradi	21.Mustadi
	5.Anjanadi	14.Arkadi	22.Nyagrodhadi
	6.Patoladi	15.Surasadi	23.Eladi
	7.Guduchyadi	16.Mushkakadi	24.Syamadi
	8.Aragvadhadi	17.Vatsakadi	25.Pippalyadi
	9.Asanadi		

Table 8: Ahara Vargas as per Ashtanga Sangraha

Drava Dravya (6)	Annapana (6)
<b>Paaniya Varga</b> Gangambu, Bhumishtha jala, Astavidha jala, Dusta jala, Ushna jala, Apakva jala, Shita jala, Kwathita jala etc.,	<b>Shuka Dhanya Varga</b> Rakta, Mahan, Kalama, Sugandhika, Pundra, Pandu, Kanchana, Kardama Shashtika etc., shali, Yava, Priyangu, Godhuma and Nandimukha
<b>Ksheera Varga</b> Go, Mahisha Aja, Ushtra, Maanusha (Stanya), Avi, Hastini, Ekashapha and Apakva Kshira	<b>Shimbhi Dhanya Varga</b> Mudga, Mangalya, Makushtaka, Masuraka, Adhaki, Chanaka, Raja Masha, Tila, Masha, Uma etc.,
Dadhi	
Takra	
Navanita	
Ghrita, Purana Ghrita and Ghrita Manda	
Kilata etc.,	
<b>Ikshu Varga</b> Ikshurasa, Paundraka, Phanita, Dhauta guda, Purana guda, Matsyandika, Khanda, Sita, Yasa sarkara	<b>Kritanna Varga</b> Manda, Peya, Vilepi, Odhana, Mamsarasa, Mudga supa, Kulatta supa, Masha supa, Khala, Kambalika, Mantha, Rasala, Panaka, and Laja Saktu
<b>Madhu Varga</b>	
<b>Taila Varga:</b> Tila, Eranda, Uma, Kusumba, Danti, Mulaka, Karanja, Arishta etc.,	<b>Mamsa Varga:</b> Jangala Mamsa: Vishkara, Pratuda, Vileshaya, Anupa Mamsa: Prasaha, Mahamruga, Jalachara, Matsya,
Vasa: Bailuki, Saukari, Pakahamsa, Kukkuta	
Majja	
<b>Madya Varga:</b> Sura, Varuni, Jagala, Yavasura, Kauhali, Arishtas, Mardvika, Sidhu, Madhvasava, Sukta, Dhanyamla etc.,	<b>Shaaka Varga:</b> Pata, Shati, Shrushta, Sunishannaka, Satina, Vastuka, Kakamachi, Changeri etc.,
<b>Mutra Varga:</b> Go, Aja, Avi, Mahisha, Gaja, Ashva, Ushtra and Khara Shakrut :	<b>Phala Varga:</b> Draksha, Dadima, Mocha, Kharjura, Naliker, Parushaka, Tala, Madhuka, Badara, Priyala, Kashmarya etc.,
Vaishkara, Prasaha, Mahamruga and Maanusha	

**Table 9: Aushadha Vargas as per Ashtanga Hridaya**

Varga (33)	Doshagnata	Rogagnata and Karma
Chardana Gana	Kapha	Vamana
Virechana Gana	Pitta	Virechana
Niruhana Gana	Vata	Niruhana
Shirovirechana Gana	Urdwa-jatrugata Dosha	Shirovirechana
Vata hara Gana	Vata	Vata hara
Pitta hara Gana	Pitta	Pittahara
Kapha hara Gana	Kapha	Kapha hara
Jeevaneeya Gana	-	Jeevana
Vidaryadi Gana	Vata and Pitta	Shosha, Gulma, Angamarda, Urdwa-shwasa, Kasa, Hrudya, and Brumhana
Sarivadi Gana	Pitta and Rakta	Daha, Pitta-asruk, Trushna and Jwara
Padmakadi Gana	Vata and Pitta	Stanya, Prinana, Jeevana, Brumhana and Vrushya
Parushakadi Gana	Vata	Trushna and Mutra roga
Anjanadi Gana	Pitta	Visha and Antardaha
Patoladi Gana	Kapha and Pitta	Kushta, Jwara, Visha, Vamana, Arochaka and Kamala
Guduchyadi Gana	Kapha and Pitta	Jwara, Chardi, Daha, Trushna, Daha and Agni Deepana.
Aragwadhadi Gana	Kapha	Chardi, Kushta, Visha, Jwara, Kandu, Prameha and Dushta vrana Shodhana
Asanadi Gana	-	Shwitra, Kushta, Krimi, Panduroga, Prameha and Medo dosha
Varunadi Gana	Kapha and Meda	Adhyavata, Shirashula, Gulma and Antha vidradhi
Ushakadi Gana	Kapha	Krichhra-ashma, Gulma, Medoroga
Viratarvadi Gana	Vata	Ashmari, sharkara, Mutrakrucchra, Mutraghata
Rodhradi Gana	Meda and Kapha	Yonidosha, Visharoga, Sthambhana and Varnya karma
Arkadi Gana	Kapha and Meda	Visha, Krimi, Kushta and Vranashodhana
Surasadi Gana	Kapha and Meda	Krimi, Pratishyaya, Aruchi, Shwasa, Kasa and Vranashodhana
Muskakadi Gana	Kapha and Shukra	Gulma, Prameha, Ashmari, Pandu and Medoroga
Vatsakadi Gana	Kapha and Meda	Pinasa, Gulma, Jwara, Shula and Durnama
Vachadi Gana	Kapha and Meda	Adhya-pavana and Sthanyadosha
Haridradi Gana	Kapha and Meda	Adhya-pavana and Sthanyadosha
Priyangvadi Gana	Pitta	Pakwatisara and Vranaropana
Ambasthadi Gana	Pitta	Pakwatisara and Vranaropana
Mustadi Gana	Tridosha	Yoni-Sthanya-roga and Mala pachana Karma
Nyagrodhadi Gana	Meda, Pitta and Rakta	Trushna, Daha, Yoniroga and Pittasra
Eladi Gana	Vata and Kapha	Visha, Kandu, Pidika, Kotha and Varnaprasadana Karma
Shyamadi Gana	Kapha	Gulma, Visha, Aruchi, Hrudroga and Mutrakruhra

**Table 10: Ahara Vargas as per Ashtanga Hridaya**

Drava Dravya (7)	Anna Dravya (7)
<p><b>Toya (Jala) Varga</b>                      Acc.to nature: Gangambu, Samudrodaka                      Acc.to processing: Kevala, Saushadha, Pakwa, Ama, Ushna                      Acc.to the types of soil: Shweta, Krishna, Pandu, Nila, Ushara, Mishra                      Acc.to Panchamahabhuta: Parthiva, Ambu, Tejo, Vayu and Akasha                      Acc.to the source: Koupya, Sarasa, Tadaaga, Caundya, Prasravana, Audbhida, Vapi, Nadi                      Acc.to warm water: Ksinapada, Tribhaga, Ardha bhaga, Kwathita                      Acc.to Akashodaka: Dhara, Kshara, Taushara, Haima</p>	<p><b>Shooka Varga:</b>                      Shali Dhanya-Rakta shali, Yavaka shali, Shashtika shali, Vrihi Dhanya, Truna Dhanya, Priyangu-koradusha, Yava, Godhuma.</p>
<p><b>Kshira Varga:</b>                      Go, Aja, Ushtra, Avi, Mahisha, Ashva, Nari (Stanya), Aibha or Hastini Kshira, Ekashapa, Ama, Shruta, Dharoshna kshira</p> <p>Dadhi                      Takra                      Navanita                      Ghruta</p>	<p><b>Shimbhi Varga:</b>                      Mudga, Kalaya, Raja Masha, Kulatta, Nishpava, Masha, Tila, Uma and Masha-Yavaka</p>
<p><b>Ikshu Varga:</b>                      Paundraka, Vamsha, Shataparva, Kantara, Naipala, Dirghapatraka, Nilapira, Kasthekshu, Suchipatraka, Tapasekshu, Keshakrura and Bhiruka</p> <p>Phanita                      Guda                      Sharkara                      Yasa Sharkara</p>	<p><b>Pakvanna Varga: (Cooked food items)</b>                      Manda, Peya, Vilepi, Odana, Mamsa rasa, Mudga yusha, Kulatta yusha, Rasala, Panaka, Laja, Pruthuka, Dhana, Saktu, Pinyaka-vesavara, Khala, Kambalika, Raga and Shadava</p>
<p><b>Madhu Varga:</b>                      Bhramara, Pauttika, Kshaudra and Makshika</p>	<p><b>Mamsa Varga:</b>                      Jangala- Mruga, Vishkira, Pratuda                      Sadharana- Vileshaya, Prasaha                      Anupa- Mahamruga, Jalachara, Matsya</p>



<p><b>Taila Varga:</b> Tila, Eranda, Aksha, Nimba, Uma-kusumba, Vasa and Majja</p>	<p><b>Shaaka Varga:</b> Pata, Shati, Sunishannaka, Rajkshava, Vastuka, Kakamachi, Changeri, Patola, Vrusha, Karvellaka etc.,</p>
<p><b>Madya Varga :</b> Sura, Varuni, Vibhitaka sura, Yava sura, Arishta, Mardvika, Kharjura, Sharkara, Gouda, Sidhu, Madhvasava, Shukta, Shandaki, Dhanyamla</p>	<p><b>Phala Varga:</b> Draksha, Dadima, Talaphala, Kashmarya, Badam, Bilva, Jambu, Amra, Shami phala, Pilu phala, Matulunga, Bhallataka, Lakucha etc.,</p>
<p><b>Mutra Varga:</b> Go, Aja, Avi, Mahisha, Gaja, Ashva, Ushtra and Khara</p>	<p><b>Aushadha Varga:</b> Lavana-Saindava, Sauvarchala, Vida, Samudra, Oudbhida, Krushna etc., Hingu, Triphala, Maricha, Pippali, Shunthi, Ardraka, Trikatu etc.,</p>

## DISCUSSION

The concept of Ahara has been dealt in all the Samhitas and different criteria's in classifying Ahara Dravyas is accepted by various Acharyas as well, but in brief the Brihatrayi is considered here. Overall, while all three texts share commonalities in their approach to classification, some of their unique aspects could be because of the evolution in their time period and the intended audience. Historically we can see that, Sushruta Samhita is the most ancient Samhita with respect to Charaka Samhita which is followed by Ashtanga Sangraha and Hridaya. An equivalent pattern of classification by Sushruta as Drava and Annapana is followed by the Vagbhata too; here on the other hand the terminology has been changed.

The basis of sequence of Vargas is not mentioned in the classics. The person can follow the diet based on the dominancy in the quantity of supplements in one's diet. For example, cereals and pulses form the major ingredient of one diet, followed by vegetables, salads and water. Phala and Gorasa varga substances are accessory food items, and the Madya Varga can facilitate the Agnideepana (Increasing the digestive fire). As per some of the Acharyas, the arrangement of Ahara Dravyas could be that, first the naturally available food is placed, followed by the prepared food, or the solid food is mentioned first and later the liquid ones.

Acharya Charaka has kept Taila under Aharayogi Varga whereas Acharya Sushruta has kept Taila Varga separately. Sushruta may have chosen to highlight its multifaceted usage including massage (Abhyanga), medicinal formulations (Aushadha), and external applications (Bahya Parimarjana) which are beyond just food

## CONCLUSION

The Brihatrayi explained Aushadha and Ahara Vargas considering the basic aspects of human life. All Vargas are having same Dravyas with slight variation in number of Dravyas, their classifications as well as the properties. Acharya Charaka explained 50 Mahakashaya as Aushadha varga. Drava and Annadravya Vargas of Ahara varga are explained in same chapter whereas Acharya Sushruta explained these in 2 different chapters. Astanga Sangraha explained Aushadha Vargas in 3 chapters including Mahakashaya, Drava and Annadravya Vargas in 2 separate chapters. Astanga Hridayakara, explained Aushadha Vargas in one chapter by merging all types of Aushadhas. Ahara Dravyas are explained in 2 chapters. The Brihatrayis have mentioned the Hita (Conductive) as well as Ahita Dravyas (Non-conductive) from each and every Varga concerning the health aspects while taking Ahara as well as Aushadi Dravyas. All the Acharyas have repeated some of the Dravyas in several Vargas (Groups) because they possess more than one action. A wise physician should keep in his mind about the properties of Aushadha and Ahara Dravyas along with the Prakriti, Vikruti, Desha, Kala etc., while giving medicine to treat a disease.

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