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Review Article

UNDERSTANDING OF ANCIENT DRUG DESIGNING WITH SPECIAL REFERENCE TO PANCHTIKTA DRAVYA IN GHRITA PAKA: A REVIEW FROM YOGRATNAKAR

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ABSTRACT

Ayurveda system of medicine has their own pharmaceuticals with number of different dosage forms. All dosage forms have their unique speciality of preparation method as well as clinical use. One of them is sneha paka, which includes majority medicated taila and ghrita. Ghrita have its special quality named *yogvahi*, due to this in Ayurvedic pharmaceuticals wide range of medicated ghrita is described to use internal in many disease conditions. *Panchtikata ghrita*, mahatikta ghrita, tikta shatpal ghrita, tiktadi ghrita, amruta ghrita, kantakri ghrita, vasadi ghrita, patoladi ghrita etc are prepared with major portion of tikta dravya but with the changing in ratio, changing in a kalka dravya and changing in combination of these tikta dravya these all ghrita are used in different disease condition. This modification is done according to guna of each individual dravya, their action on dosha, dhatu, mala and their combined effect with ghrita in *samprapti* vighatan of particular diseases.

KEYWORDS

Panchtikta Dravya, Ghrita Paka, Yogratnakar

INTRODUCTION

Ayurveda science is enriched with many dosage forms like sandhana, sneha, churna etc. Sneha kalpana is the commonly prescribed formulation in day to day practice. It is the specialized pharmaceutical procedure to prepare oleaginous medicine from substances like kalka and dravdravya.ⁱ They are prepared by subjecting this mixture to uniform heat for a specific duration to fulfil certain pharmaceutical parameters as per the standard guideline prescribed in texts.ⁱⁱ

While reviewing ancient texts about various ghrita made with tikta rasa pradhan dravya like panchtikta, mahatikta etc variation are found in preparatory procedure, ratio of ingredients, indication of that ghrita with little changes.

Tikta rasa dominant drugs are widely used in various diseases like Jwara, Kustha, Amlapitta etc. Tikta rasa is having ruksha, sheeta & laghu guna, with sheeta virya and katu vipaka.ⁱⁱⁱ All these qualities are similar to vata while opposite to pitta and kapha. So on the basis of samanya vishesha principle, it pacifies pitta and kapha while aggravates vata.^{iv} Tikta rasa causes upshoshan of meda and majja dhatu. It causes twaka, mansa and asthi sithirikaran (stability). It causes stanya sodhan. Perhaps due to its ruksha guna it dries dhatus and updhatus having snigdha and guru gunas e.g. kleda, vasa, lasika, sweda, mutra and purish.^v

Ghrita is considered superior owing to its special attributes i.e., Samskarasya Anuvartanam (It carries the properties of drugs without leaving its inherent properties).^{vi} This quality of Ghrita makes it an excellent vehicle for drug administration as it facilitates the dispersion of all medicinal properties to the deepest tissues making it a best catalytic agent. With regard to the three Doshas, Ghrita pacifies Vata by its unctuousness, Pitta by its coldness and Kapha when combined with Kapha pacifying herbs.

MATERIALS

For understanding drug designing we have taken here ghrita prepared with tikta rasa pradhan dravya. That includes panchtikta ghrita, mahatikta ghrita, patoladi ghrita, Amruta ghrita, vasa ghrita, vyaghri ghrita, tiktadi ghrita, tikta shatpal ghrita and sinhamrut ghrita.

Panchtikta Ghrita

Under name of panchtikta ghrita we found 4 different types of formulation indicated in different disease condition with minor change in ingredients.

	Kushtha ^{vii}	Visphotak ^{viii}	Visham jwar ^{ix}	Vat vyadhi ^x
Kwath	Nimba	Jala	Nimba	Nimba
	Patola		Patola	Patola
	Kantakari		Kantakari	Kantakari
	Guduchi		Guduchi	Guduchi
	Vasa		Vasa	Vasa

Kalka	Trifala	Trifala	Nimba	Rasna
		Nimba	Patola	Vidang
		Patola	Kantakari	Savrjika kshar
		Vasa	Guduchi	Sunth
		Guduchi	Vasa	Halдар
		Saptarna		Satpushpa
				Chavak
				Kutaj
				Pushkar mul
				Vacha
				Trivrut
				Manjishtha
				Pippali moola
				Ajmoada
				Devdaru
				Marich

Panchtikta ghrita that given in visham jwara chapter, is also indicated for pandu, kushtha, visarpa, krumi and arsh. Panchtikta ghrita given in the chapter of vat vyadhi is also used in sandhi-asthi-majjagat vat, kushtha, nadvrana, arbud, bhagandar, gandamala, gulma, prameha, pandu, vidradhi, shvas, pinas, kasa, hrid roga etc.

Vasadi ghrita^{xi}:

It is made with vasa panchang kwath and kalka and indicated in rakttapitta.

Patoladhya ghrita^{xii}:

It is made with patola klaka only and indicated in chhardi chikitsa.

Amrutadhya ghrita^{xiii}

It is made with kalka of guduchi, trifala, patola and yas and indicated in vishamjavara and also it can be used in gulma, kshaya, aruchi, and kamala.

Guduchyadhy ghrita^{xiv}

It is made with kwath and kalka of guduchi, vasa and kantakari. It is mainly indicated in kasa chikitsa and can be used in puran jwara, kasa shula, pliha, grahani and agni mandhya.

Vyaghri ghrita^{xv}:

It's made with Kantkari swarasa and kalka of rasna, katfal, gokshur, sunth, marich and pippali and indicated in all type of kasa.

Sinhamrut ghrita^{xvi}:

It is made with kantakari and guduchi kwath and kalka of trifala, trikatu, rasana, vidang, chitraka, gambhari and puti karanj. It is indicated in prameha and also work in mutra kruchha, bhagandar and antra vrudhi.

Tiktadi ghrita^{xvii}:

It is made with kwath of patola, malati, nimbi and kalka of katuki, haldar, yashtimadhu, karanja pushpa and patra. It is used as external application in vrana and also indicated for good skin tone.

Tikta shatpal ghrita^{xviii}:

It is made with kwath of nimba, patola, daru haldar, dhamaso, katuki, trifala, parpata and trayman and kalka of rakta chandan, kiratikta, pippali, trayman, musta and indryav. It is mainly indicated in kushtha chikitsa and also used in jwara, guduchi, grahani, pandu, pama, visarpa, pitika and kandu.

Mahatikta ghrita^{xix}:

It is made with amalaki swarasa and kwath of saptparna, atasi, aargvadh, katuki, patha, musta, ushir, trifala, patola, nimba, parpatak, dhavyas, chandan, pipal, padma kashtha, haldi, daru haldi, vacha, indrayan, shatavari, sariva, vatsakbija, vasa, moorva, amruta, kiratikta. It is indicated in kushtha, raktpitta, arsh, visarpa, amlapaitta, vat rakta, pandu, visphotak, pama, unmad, kamala, jwara, kandu, hridrog, gulma, pidika, bhagandar etc mahavikara.

DISCUSSION

Among five members of panchtikta nimba is kapha- pittahara, krumighna and grahi. Guduchi is anushna virya, tridoshaghna, rasayan, agra dravya for vatrakta and also specially indicated in jwara and vatrakta. Vasa is sheet virya, kapha pitta shamak and mainly indicated in swasa, kasa and raktpitta. Patol is Deepana, Varnya, Rochana, Vrushya, Kandughna and specially indicated in chhardi. Kantakari is ushna virya, katu vipaka and mainly indicated in kasa.

As we all know tikta rasa in the texts of ayurveda is composed of vayu (air) and akasha (ether) elements. These two elements impart lightness, hollowness, coldness and dryness to a substance. It makes shaman of vikruta pitta- kapha but aggravates vata which can create vatic disorders and degeneration to body. But due to sneha samskara panchtikta ghrita used in all types of 80 vatika, 40 pitta, 20 kaphaja disorder as per classical text reference. Vikruta pitta- kapha vitiation creates avarana of vayu and by accumulation of pitta kapha many adverse reaction happens in body. Tikta Rasa absorbs the fluid and slimy material due to Vata Dosha and thus vacating space on account of Aakasha. Due to Sukshma Guna it permeates even to the minutes channels means (stroto shodhan), and due to sneha samskara rukshatva, kharatva can also be cleared. By this all sthirikarana of twaka, mansa visualized more and also due to upshoshan it also clear avasthana of pitta, shleshma like kleda, meda, vasa, majja, lasika, puya, sweda, mutra, purisha also this kalpana strenthning to dhatu by vikruta kleda shaman.

To keep this everything in mind acharyas design formulation. Keeping main indication in mind they design ghrita with single medicine from panchtikta, for example vyaghri ghrita indicated in kasa chikitsa, vasadi ghrita in raktapitta chikitsa, patoladhya ghrita in chhardi chikitsa, Amrutadhya ghrita in visham jwara chikitsa. Simhamruta ghrita which is made with two tikta dravya like guduchi and kantkari is indicated in prameha chikitsa as guduchi is having rasayan effect and other kalka ingredients are also vata shamak.

Guduchyadhya ghrita which is made with three tikta dravya like guduchi, vasa and kantkari is mainly indicated in kasa along with jwara, pliha etc.

In mahatikta ghrita acharya added amalaki swarasa to add rasayan guna, mruduta and sheet guna, also added many kalka dravyas to make it more potent.

CONCLUSION

While observing prameha & kushtha samprapti dhatu shithilatva is there and vikruta dosha established in shakha from koshta, also same samprapti we observed in jwara that dosha migrate from koshta to shakha. This migration may create by force of vayu & heat of Agni. So, vikruta kleda may be more generate in shakha and create vikruta pachana of various dhatu may happen in various disorders. Here panchtikta & various type of tikta ghrita used to subside to subside gambhira samprapti of many diseases like prameha, kushth, jwara etc by changing little in kalka dravya or by addition or subtraction of other dravya, on thinking of various samprapti of various diseases and anshansh kalpana of dosha. This is the reflection master drug design by our ancient acharyas also they modified same drug design with various sahapana anupana remedies like various types of guggulu kalpana.

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