

REVIEW OF SHADRAS DRAVYAS IN CHIKITSA W.S.R TO GARUDA PURANA

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Abstract

Concept of Shadrasatmak dravyas in Garuda Purana is valuable to know and study. The 173rd chapter of Aacharkanda in Purvakhand is dedicated to the description of Madhuradi Shadrasatmak Dravya varga and their medicinal uses. The classification of drugs is done on the basis of taste. The list of drugs, properties of rasa, ati and alpa sevana janya vyadhi and rogaghnata are elaborated very meticulously. The description is similar to classical texts of Ayurveda.

Keywords

Shadrasa, Garuda Purana, Aacharkanda, Mythology, properties

Introduction

The Garuda Purana is one of eighteen MahaPuranas genre of texts in Hinduism. It has its own importance. Garuda Purana is known as Vaishnav Purana. It is essentially a dialogue between Lord Vishnu and Garuda (a kind of bird). This Purana deals specific issues of Hindu philosophy connected with death, funeral rites and reincarnation. There is a varied collection of medicinal plants along with synonyms and uses described in Garuda Purana. It is divided in three parts: Purvakhand (Aachar khanda), Uttarakanda (Dharmakanda-Pretakalpa) and Bramhakanda. The chapters 146 to 218 of the Garuda Purana's Purvakhand

present the Dhanvantari Samhita, its treatise on medicine. It describes pathology, pathogeny and symptoms of all diseases studied by ancient sages. It deals with the causes, incubative stage, and manifestation in full form, amelioration, location, diagnosis and treatment of diseases. The chapters on nutrition and diet, health and diseases in Garuda Purana are very similar to Vagbhata and Susharut Samhita. The text includes various lists of diseases, agricultural products, herbs, formulations with claims to medicinal value. In chapters 202 and 227 of the Purvakhand, for example, Sanskrit names of over 450 plants and herbs are listed with claims to nutritional or medicinal value.

Madhura rasa varga

Shalishastik	Javas	Bala
Godhum	Kasheru	Narikel
Dugdha	Gokharu	Ekshu
Ghruta	Gambhari	Shatavari
Rasa	Kamalkanda	Vidarikanda
Madhu	Draksha	Chiraunji
Srungatak	Khajur	Musali
Taalphal	Kumhada	

Properties of Madhura varga according to Garuda Purana

- Madhura rasatmak drugs can be used in treatment of Murccha and Pradaha vyadhi.
- Pleasant to all indriya.
- Excessive consumption of Madhura varga leads to krumi and kaphajanit vyadhi.

Amla rasa varga

Dadim	Nimbu	Amlavetasa
Aamlaki	Badara	Amla
Aamra	Amlika	Sendha namak
Kapittha	Dadhi	Suntha
Karuanda	Kanji	Jeerak
Bijapuraka	Badahal	

Properties of Amla varga according to Garuda Purana

- This group of drugs are Jatharagni vardhak and Pachaka.
- Swedakararak, Vaatvardhak, Kamoddipak, Vidahakaraka and Anulomak.
- Excessive intake leads to dantavyadhi, sharir shaithilya and burning in throat, mouth and chest.

Lavana rasa varga

Saindhav	Suvarchal	Yavakshara	Sajjikshara
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Properties of Lavana varga according to Garuda Purana

This group is sharir shodhaka, pachaka, swedakararak, kamottijak.

Malamutradi magra avarodhaka, Asthi majjadi kshaya. Causes itching, vivarnata and koshtashosha.

Excessive intake causes raktavataja, raktapittaja vyadhi.

Katu rasa varga

Vyosha(Suntha, Pippali, Marich)	Sahinjan	Mulak	Devdaru
Kushta	Rason	Bakuchi	Musta
Guggulu	Langali		

Properties of Katu varga according to Garuda Purana

- These drugs are agnidipaka, sharir shodhaka.
- Useful in treatment of kushtha, kandu, kapha, staulya, krumi, aalasya.
- Shukra and medo vinashaka.
- Excessive intake can lead to bhrama and vidaha.

Tikta rasa varga

Krutamalaka	Karir	Haladi	Indrayava	Swadukantak	Vetalata
Bruhatidvaya	Shankhini	Guduchi	Dravanti	Trivrutta	Mandukparni
Vartak	Karvellak	Karavir	Vasa	Rohini	Shankhapuspi
Karkot	Jayantika	Jati	Varun	Nimba	Punarnava
Jyotishmati					

Properties of Tikta varga according to Garuda Purana

- This group of drugs are chhedaka, rochaka and jatharagnivardhak, sharir shodhaka.
- Helpful in treatment of jwara, trushna, murccha and kantharog.
- Excessive consumption leads to sharir shosha and diseases related to mala, mutra and sweda.
- Improper consumption causes hanustambha, aakshepaka, peedika, mastishka shool.

Kashaya rasa varga

Triphala (Haritaki, Bibhitak, Amalaki)	Jambu	Aamda	Vata	Tinduk
Vakul	Shaal	Palanki	Mudga	Chillak

Properties of Kashaya varga according to Garuda Purana

- These drugs are Grahi, Ropak, Stambhan, sweda-sharir shoshak.
- Excessive intake leads to hruday peeda, mukhashosh, jwara, aadhaman, stambhadi vyadhi.

Discussion

Rasa is base of diet and the proper (Samyak) intake of all six rasa is essential to maintain good health (Swasthya). All drug properties are confined to rasa. It determines the drug action.

The ayurvedic perspective of treatment is based on Samanya Vishesh Siddhanta, panchamahabhoot and tridosh siddhanta. The shadarasatmak dravya can be used in treatment on account of fundamental principles of ayurvedic treatment.



In this paper an attempt has been made to unfold the madhuradi varga and its medicinal uses enlightened in Garuda Purana.

Conclusion

The Garuda Purana is considered only to be related with mythology and karma

theory. But it is a science enriched with philosophy, farming, medicine, economy and every aspect of life for a better living. The Shadrasatmak classification of drugs is very much similar to the classical Ayurvedic texts.

These drugs can successfully be used in treatment of various disorders.

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