

## CONCEPT OF PARA AND PARA DRAVYAS WITH RESPECT TO BHAVAPRAKASH NIGHANU

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### ABSTRACT

Fundaments of Ayurveda are perpetual. These concepts explained 4000 years back are true and used in day-to-day practice. Total number of *Gunas* explained in *Charak Samhita Adhyaya 26 Aatreya bhadrakapiya Adhyaya* are 41, for getting success in the treatment. *Paradi gunas* are also called as *Chikitsaupayogi Gunas*. PARA means superior or Pradhan or best. In other terms *Para* means which is conducive for health and it depend on *Desh, Bala, Kala Vaya, Mana, Rasa, Virya, Vipaka, Prukriti etc* This property is explained by *Vaishishik Darshana* and adopted by Ayurveda. The concept of para is used by all *Acharyas* in treatment aspects and daily regime (*Dinacharya*), and in clinical practice. Clinical practice is a continuous process including a series of events which need to be performed in a sequential manner. *Charaka* has enlisted this process in a much

elaborated manner in eighth chapter of *Vimansthana*. This article is highlighting concept of *Para* in dietary and treatment aspects from *Bhavaprakasha Nighantu*.

**KEYWORDS:** Guna, Para, Bhavaprakasha Nighantu.

### INTRODUCTION

Para concept explained by Acharya is in clinical aspect and in daily regime (*Dinacharya*). Acharya *charaka* explained concept of *Agrya*, means *pradhana*, in chapter 26 *Atreyabhadrakapiya adhyaya* where he divided *Agryas*.<sup>[1]</sup> In treatment aspects, in daily regime aspect and in psychological aspects. The main aim of Ayurveda is ensure healthy life,

for that many concept have been explained for healthy wellbeing of individual. Below are the screened *PARA DRAVYAS* in deictic, and in daily regime aspect. In *Bhavaprakash Nighantu* synonyms of *PARA* are *Shrestha*, *Hitatam*, *Hitakara*, *Pathya*.

*Para* means *Pradanathwa*. It is the property of a drug that makes it superior over others. Choice of a drug is made by the superior quality of the drug which makes it *para* for the condition. This property can be divided into two concepts *hitakar para* and *ahitakar para*. *Hitakar para* means that which is best for the treatment and diet. *Agrya* concept comes under *hitakar para*. *Ahitakar para* makes a drug not suitable for treatment and diet.<sup>[2]</sup> These should be avoided. In the field of pharmacy a pharmacist is needed to prepare a medicine of superior qualities in the aspect of its *Utpatti Matra*, *Paka*, *Virya*, *Rasa* etc.

*Paradi gunas* are explained in the context of *rasa Guna Nirupana*. Ayurveda has accepted *rasa* as one among main *karanas* accountable for actions shown by a drug. *Vaidya* is believed to use these drugs on the foundation of *rasa* as and when required.

Without selection of suitable medicine or food it is impossible to treat the patient with best possible choice offered. Here *Paradi Gunas* play an important role in selection, adaptation and if needed modification of the drug so as to suit it to the condition of disease and patient in that particular *kala* and *desha*.<sup>[3]</sup>

## MATERIALS AND METHOD

### Deictic aspect. Hitakara para

Sl.No.	Dravya	Karma	Reference
1.	<i>Urad (Phaseolus mungo Linn.)</i>	<i>Samsrana tarpanao balya shukrakara para</i>	B.P.N.42/ Dhyanyavarga
2.	<i>Bedhai</i> (Prepared with flour of urad and wheat)	<i>Ushna santarpani gurvi brihanishukrala param</i>	B.P.N.42/ Kritasnavarga
3.	<i>Shudha mamsa</i> (properly prepared <i>mamsa</i> )	<i>Shreshtha dipanam dhatuwardhanam</i>	B.P.N.85/ Kritasnavarga
4.	<i>Sharkarodaka (sarabat)</i>	<i>Murchha charditrishadahajwarashantikaram param</i>	B.P.N.150/ Kritasnavarga
5.	<i>Dhyanyapanaka</i>	<i>Nutane mrinmayi patre sthitam pittahare param</i>	B.P.N.157/ Kritasnavarga
6.	<i>Takram</i> (buttermilk)	<i>Takram ruchikaram vhanhidipanam param</i>	B.P.N.163/ Kritasnavarga
7.	<i>Koup jala</i>	<i>Tatkshara kaphawataghna dipana pittakrita param</i>	B.P.N.49/ Varivarga
8.	<i>Dugdha</i> (milk)	<i>Sadtashukrakara shitam satmya</i>	B.P.N. 1/ Dugdhavarga

		<i>sarvashariranam Jeevan brihan balya medhya vajikaram param</i>	
9.	Gavyaghrita (ghee)	<i>Gavya ghritam visheshana chakshushya vrishyam agnikritam swadupakakara sitam vatapittkaphapaham medhalavanyakantiurjaskara param</i>	B.P.N.5/Ghritavarga
10.	Haingwin	<i>Haingwine chakshushya dipan ruchikritiparam</i>	B.P.N.15/Ghritavarga
11.	Madhu (honey)	<i>Kashayanurasa hridi prasadjanak param</i>	B.P.N.3 /Madhuvarga
12.	Khanda (sugar)	<i>Vatapittahara snigdha balya vantihara param</i>	B.P.N. 29/ikshuvarga
13.	Lapsi	<i>Snigdha shleshmakari gurvi rohani tarpani param</i>	B.P.N.29/Kritannavarga

**Deictic Aspect. Ahitakara para**

Sr no	Dravya	Karma	Refference
1	Kharbujam ( <i>Cucumis melo</i> )	<i>Raktapittakara tatu mutrakruchhakara param</i>	B.P.N.46/Amradiphalavarga
2	Sarpavyaladrishtamansa (Dead animal flesh)	<i>Tridoshakrit vyala dushta shushka shulakara param</i>	B.P.N.96 /Mamsavarga
3	Amlasandnyak dadhi (sour curd)	<i>Atyamla dipanam raktavatapittakara param</i>	B.P.N.9 /Dadhivarga
4	Madya	<i>Bhedanam shighrapakich ruksha kaphahara param</i>	B.P.N.19 Madyavarga

**Treatment Aspect Hitakara Para**

No.	Drug	Botanical Name	Family	Karma (Action)	Reference
1.	Amla	<i>Embillica officinalis</i> Linn.	Euphorbiaceae	<i>Raktapittapraha ghna param vrishya rasayanam</i>	B.P.N.39/haritakya divarga
2.	Panchakola (group of five drugs)	1. <i>Pippali – piper longum</i> Linn 2. <i>Pippalimoola – Root of pippali</i> 3. <i>Chavya – Piper chaba</i> Hunter 4. <i>Chitrak – Plumbago zeylanica</i> Linn 5. <i>Nagar – Zingiber officianilis</i> .Roscoe	Pipperaceae  Plumbaginaceae  Zingiberaceae	<i>Tiktoshna pachana shreshtha dipan kaphavatanut</i>	B.P.N.73/haritakya divarga
6.	Chandrashur	<i>Lipidium sativum</i> Linn	Cruciferae	<i>Chandrashuram hitam hikkavatashlesh maatisarinam</i>	B.P.N /Haritakyadivarga

7.	<i>Aaragwadha</i>	<i>Cassia fistula</i> Linn	Fabaceae	<i>Jwaretu satatam pathya koshtashudhikaram param</i>	B.P.N.150/Haritak yadi varga
8.	<i>Rasanjana</i>	Made from <i>Barberis aristata</i> .DC	Zingiberaceae	<i>Tada rasanjanamakhya tatnetrayo param hitam</i>	B.P.N.203/Haritakyadivarga
9.	<i>Chukra</i>	<i>Rumex vasicarius</i> Linn	Polygonaceae	<i>Chukramatiatus hna dipanam pachanamparam</i>	B.P.N.260/Haritakyadivarga
10.	<i>Eranda</i>	<i>Ricinus communis</i> Linn	Euphorbiaceae	1. <i>Vataryagradal a gulma basti shula hara param</i> 2. <i>Yakrit plihodararshogha na katuk dipan param</i>	B.P.N.64,65/Guduchyadivarga
11.	<i>Karanj</i>	<i>Pongamia glabra</i> Vent	Fabaceae	<i>Tat patram kaphavatar krimishothaharam param</i>	B.P.N.121/Guduchyadivarga
12.	<i>Jalakumbhi</i>	Aquatic plant	-	<i>Snigdam daha trushapitta rakta jwaraharam param</i>	B.P.N. 21/ Pushpavarga
13.	<i>Palash</i>	<i>Butea frondosa</i> Koen. Ex. Roxb	Fabaceae	<i>Trutdhashamak am vataraktakushta haram param</i>	B.P.N. 52/ Vatadivarga
14.	<i>Narikel jala</i>	<i>Cocos nucifera</i> Linn	Arecaceae	<i>Pipasapittajiths waduvasthishud hikaram param</i>	B.P.N 41/ Amradiphalavarga
15.	<i>Trapusam</i>	<i>Cucumis sativus</i> Linn	Cucurbitaceae	<i>Swadu tiktapaham sheetam raktapittaharam param</i>	B.P.N 48/ Amradiphalavarga
16.	<i>Padmaksha</i>	<i>Nelumbo speciosum</i> Willd	Nymphaeaceae	<i>Vishtambi vrushya rookshacha garbhastapakam param</i>	B.P.N.90/ Amradiphalavarga
17.	<i>Yashad</i>	<i>Zinc</i>		<i>Chakshushyam param mehan pandu swasam cha nashayet</i>	B.P.N. 33/Dhatvadi varg
18.	<i>Chichida</i>	<i>Tricosanthes anguina</i> Linn	Cucurbitaceae	<i>Chinchido vatapittaghno</i>	B.P.N 62/ Shakavarga

				<i>blaya pathyo ruchiprad</i>	
19.	<i>Shobhanjan phala</i>	<i>Moringa pterygosperma</i> Gaertn.	Moringaceae	<i>Shula kushta kshaya swasa gulma hrud deepanam param</i>	B.P.N 78/Shakavarg
20.	<i>Chag</i>	Goat		<i>Hrudyam jwarahara shreshtam Sukhadam baladam bhrusham</i>	B.P.N 77/ Mamsavarja
21.	<i>Tuvaritail</i>			<i>Medodoshapaha chapi vranashothara param</i>	B.P.N 16/Tailavarga
22.	<i>Kanji</i>	Fermented Drink		<i>Laghu vataharam tatu Rochana pachan param</i>	B.P.N. 3/ Andhanavarga

## DISCUSSION

All PARA DRAVYAs mentioned in the Bhavaprakash Nighantu are enlisted here. Total 39 drugs are mentioned as PARA DRAVYAS out of which 13 are in dietary aspects, 22 drugs are in treatment aspect that drug can be prioritise whenever needed. 4 Drug are Ahitakar para which should be avoided in daily routine.

## CONCLUSION

Here paradi gunas play an important role in selection, adaptation and if needed modification of the drug so as to suit it to the condition of disease and patient in that particular kala and desha. Thus to accomplish this aim a physician should be well versed with paradi gunas hence these are explained in the context of rasas. Further this reference comes under *Annapana Chatushka* which deals with information about *Gunakarmas* of Anna and pana. After knowing these guna karmas vaidya has to calculate compatibility of these in a particular individual which is impossible unless a vaidya is well versed with Paradi<sup>[5]</sup> Gunas.

*Para and Aparas* guna helps form diagnosis of the disease i.e. chief and associated complaints, to its treatment by helping to choose the best drug.

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