

COMPREHENSIVE LITERARY STUDY OF GUDUCHYADI GANA IN ASHTANGA HRIDAYA

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Article Received on
21 January 2022,

Revised on 11 Feb. 2022,
Accepted on 01 March 2022

DOI: 10.20959/wjpr20223-23591

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ABSTRACT

Ashtanga Hridaya is neither concise nor elaborative abstract of Charaka and Shushruta, and other treatises, says Vagbhata. Modern medicine of today's world are mostly single molecule drugs, whereas Ayurveda is a treasure of "Kalpas" which have more than one drug among which "Guduchyadi Gana" is clinically important and used by practitioners is taken to study. By compiling reference of dravya of Guduchyadi Gana mentioned from Ashtanga Hridaya It is found that Very less number of references of Guduchyadi Gana as a whole is used. Single uses of individual Dravya are also less. Mainly combinations are found. It shows the importance of cumulative effect of drugs. To compile references of Vyadhi mentioned in main reference

of this Gana found Individual dravya has also been used in Vyadhi or Lakshana not included in the Phalashruti of Guduchyadi Gana.

KEYWORDS:- Ashtanga Hridaya, Guduchyadi Gana.

INTRODUCTION

Ashtanga Hridaya consist concept of chikitsa as well as shalya – shalakyatantra. Modern medicine of today's world are mostly single molecule drugs, whereas Ayurveda is a treasure of "Kalpas" which have more than one drug.

This is why Acharya Vagbhata has specially given one Adhyaya "Shodhanadi Gana Sangraha" for Gana i.e. group of drugs with some cumulative action as a group. He has

explained 33 Ganas among which “Guduchyadi Gana” is clinically important and used by practitioners.

MATERIALS

Ashtanaga Hridaya and his Commentary

Arundatta (Sarvangasundar)

Hemadri (Ayurvedarasayan).

METHODOLOGY

It is a literary type of work. Compilation of references of dravya from Guduchyadi gana under various conditions like Chikitsa, Panchakarma is done in tabular format from each Adhyaya and Sthana. Compilation of references of different vyadhi or Lakshana like Jwara, Chhardi, Trushna, Daha from Ashtanga hridaya as mentioned in Phalashruti of this Gana is done. Efforts have been taken to draw therotical analysis of Gunakarma of Dravya as well as the action of this Gana on vyadhi or vyadhi-avasthas as mentioned in phalashruti of Guduchyadi gana with the help of compiled references.

Dravya prakarana

Monographs for dravaya prakarana

Described under headings like their Sanskrit name, Family, Botanical Name, Gana – Acco. To Charaka & Shushruta, Mrathi name, Hindi name, English name, Synonyms, Swaroopa, Utapattisthana, Chemical Constituents, Prayojya anga, Rasa panchaka, Gunakarma, Doshaghanata, Paryayi names acc.to all Nighantu & Bruhat Trayi, Sarthakatva of paryayi names.

Vyadhi/Lakshana prakarana

Study Phalashruti (Lakshana/Vyadhi) had been carried out under following points like Definition, Samprapti, Types, Rupa-Purvarupa-Upashaya-Anupshaya (Acc to Ashtanga Hridaya).

A. Jwara

- 1) **Definition:-** The Vyadhi in which Ayu (Life) decreases is called as Jwara. The Vyadhi in which Santap of Deha, Indriya & Mana occure is called Jwara.
- 2) **Samprapti:-** Malas are combine with ama, obstruct the channels of rasa dhatu, drive the agni to the exterior & moving along with it make for great increase of the heat of the

body-thus generate jwara, because of the obstruction of the channels of sweda by the doshas mixed with sweating does not occur generally.

- 3) **Types:-** there are 8 types of jwara, viz Vataja, Pittaj, Kaphaja, Vatapittaj, Vatakapaja, Pittakaphaja, Sannipataj, Agantuja
- 4) **Rupa:** As per Dosha.
- 5) **Purvarupa:** are- lassitude, lack of interest, feeling of heaviness, bad taste, loss of appetite, yawning, tears, body ache, indigestion, poor strength, excess sleep, horripilation's, bending & dropping of the body parts, cutting pain in the calves, exhaustion, impatience towards good advice, desire for things of sour.
- 6) **Upashaya:-** As per Dosha.

B. Chhardi:- Chhardi is made up of word chad & Arda. Chad means to make avrutta & Arda means Pida.

1. **Samprapti:-** Due to hetusevana udana vayu which has become abnormal aggravates all the doshas & makes them move upwards.
2. **Typs:-** There are five types of Chhardi, Vataja, Pittaj, Kaphaja, Sannipataj, Sarvedishta Rathechha
3. **Rupa:-** As per dosha
4. **Purvarupa:-** Nausea, salt taste in the mouth, more of salivation & loss of taste & appetite are the premonitory symptoms.
5. **Upashaya/Anushaya:-** As per Dosha.

C. Trushna:- It means desire of drinking.

1. **Definition:-** Imaciation of *Udakvaha Siras* in *Jivhamula, Gala, Kloma, Talu* causes *Trishna*
2. **Samprapti:-** Vata & Pitta together are the causes, such an aggravation is due to evaporation of saumya dhatu. It leads on to dizziness, increased tremors all over the body, feeling of increased heat, thirst, burning sensation and delusion.
3. **Types:-** There are six types of Trushna, Vataja, Pittaj, Kaphaja, Tridoshaja, Rasakshyaja, Upasargaja
4. **Rupa/ Purvarupa:-** Their generally features are dryness of the mouth, noncontentment by drinking water, aversion to food, feeble voice, roughness of the throat, lips & tongue, protrusion of the tongue, exhaustion, irrelevant.
5. **Upshaya/Anupshaya:-** As per Dosha.

D. Daha:- It is define as rise in the internal temperature of body without any external source. In Ashtanga Hridaya daha is come as Lakshana not Vyadhi. There are 283 references of Daha found in Ashtanga Hridaya. but Madhav Nidana has explain Daha as Vyadhi. He also explain types of Daha.

Types of daha

There are 8 types of Daha, viz. Pittaj, Raktaja, Trushna Nirodhaja, Madyaja, Raktapurna Koshtaja, Dhatukshayaaja, Marma Abhighataja, Kshataja.

Agni:- To give next Roopa, to give Sukhma Roopa, to give Gati.

In Ashtanga Hridaya Agni is explain in different places.

In Sutrasthana Vabhata says Samano Agni Samipatha.

Types of Agni- There are three types of Agni explain by Vagbhata.

Jatharagni, Bhutagni, Dhatwagni.

Dravya prakarna

Guduchi

- Guduchi is content of Guduchyadi, Patoladi, Aragvadhadi, Padmakadi & Shyamadi Gana and has action on Pitta, shleshma, jwara, chhardi, daha, trushna & agnikruta. It comes under Shaka varga & Tikta Varga of Ashtanga hrudaya.
- Guduchi Being tikta rasa & sheeta veerya used with ushira, chandana, talispatra, padmakashtha & tgara etc. in the form of lepa, parisheka or abhyangain vishayukta annasparsha janya vicar like kandu, daha, jwara etc.
- Padmakadi gana along with ghruta used as upanaha swed in pittashrita vataja condition & in the form of hima kalpana it is used for raktasthambhana due to all Sheeta veerya contents.
- Hima of guduchi, bhunimba, musta & nagara is used in tivra vega jwara chikitsa.
- Kwatha of guduchi, dhamasa, musta & nagara or guduchi, pippalimula, nagara & laghupan chamoola used in vataj jwara chikitsa.
- Kwatha of single guduchi along with prakshepa dravya pippali used in kaphaja jwara. Kwatha of guduchi, yaghri & shunthi along with prakshepa dravya pippali used in vatakapahaja jwara & shwasa, kasa, pratishyaya etc.
- As guduchi is one of the ingredient of aragvadhadi gana, its kwatha used in kaphapittaj jwara. Guduchi along with other tikta rasatmaka dravya like kutaki, usheera, trayamana etc are used in kaphapittaj jwara.

- Kwatha of Guduchi along with nagara, pushkarmoola & kantakari are used in vatakapahaja jwara.
- Ghruta kalpana is used for giving bala to body in jeerna jwara chikitsa as well as in jwara in which there is predominance of vata & pitta,. Hence guduchi, triphala, vasa, mrudwika & bala sidhha ghruta is used.
- Kwatha of guduchi, triphala, pippali used in vishama jwara chikitsa.
- Being tikta rastmaka guduchi & kantakari sidhha ghruta is used in Vataja kasa chikitsa as well as it act as vanhideepana.
- Guduchi, vasa & kantakari sidhha ghruta is used in kasa, jwara & aruchi chikitsa.
- Kshara prepared with guduchi & arka is used in rajyakshma for agnideepana & kapha chedadana.
- Guduchi siddha jala or siddha dugdha is used in pittaj chhardi as it is tikta rastmaka & sheeta veeryatmaka. It absorbs Doshasanghat from Aamashaya.
- Kwatha of guduchi & mustha is used in pittaj madatyaya chikitsa for raktastambhana, trushna & vidaha shaman.
- Kwatha of aragvadhadi gana is used for parishechana in prameha chikitsa.
- Amruta along with haritaki, punarnava, devdar, guggul & gomutra used in kapha vatanashana, shotha, udara & pandu.
- Being tikta rasa & sheeta veerya Kwatha or hima of guduchi, dhamasa, parpataka & vishvabheshaja is used for trushna in visarpa.
- Guduchi is one of the ingredient of mahatiktaka ghruta which is used in kushtha, daha, trushna & all pittaj roga.
- Amruta is one of the content of vajraka ghruta used in jwara, visarpa, kamala & kushtha etc.
- Udvardhana of guduchi, mustha, darvi, kasis, kampillaka, kushtha, gandhaka etc. used in daa, kandu in kushtha.
- Lepa of guduchi, apamarga & devdar is used in kushtha chikitsa which is also kapha vata nashaka.
- Amruta is one of the major ingredient of panchatikta ghruta guggul which is used in vatarakta, kushtha, aruchi, shwasha & kasa etc. It is usefui in Sandhi-asthigata samprapti.
- Guduchi is one of the ingredient of yashtimahu taila which is used in vatarakta, pitta, daha & jwara.
- Choorna of Jimutaka phala is given with Kwatha of Amruta in Pittakaphaja jwara for Shodhana.

- Amruta is one of the ingredient of Ashtanaga Ghruta which is dheedhruti & smruti vardhaka.
- Kwatha of Amruta is used in Kaphaja timira.
- As amruta is one of the ingredient of Padmakdi gana & Aragvadhadi gana.
- Kwath of padmakadi & Aragvadhadi gana is used in Pittadushita vrana & kaphadushit vrana simultaneously as well as Vrana in Prameha.
- Guduchi is one of the ingredient of Gandha taila which is used in asthidourbalya & other vataittaj vikara.

Raktachandana

- In Ashtanga Hridaya total 21 references of Rakta chandana are found out of 15 are directly related to Phalashruti. In Astanga Hridaya at different places 2 and 3 type of chandana has explain Shishirdvaya and Trihima. Acc to Arundatta, Shishir dwaya means Shwetachandana and Raktachandana whereas Trihima means three types of Chandana i.e Malayaj, Raktachandana and Daruharidra. ShishirdwayaS mentioned in Sarivadi gana and Tri hima has been included in Asanadi Gana. Raktachandana is mentioned in Guduchyadi Gana.
- It is included in Tikta rasa varga. Acc to Bhavpakash Nighantu Raktachandana is Madhura, Tikta rasa & Sheeta veerya.
- Singular use of Raktachandana is not found in Ashtanga Hridaya. It used in different formulation along with other Dravya.
- In Jwara Chikitsa it is use in Shadangodaka to treat Trushna, Jwra etc.to prepair Shadangodar other Tikta rasa Dravya are ingredients.
- It is also mentioned Sarivadi gana in which Raktachandana is mentioned is use in Pittaj trushan which contain dravya of either Madhur, Tikta or Kashaya rasa pradhana.
- Being Tikta rasatmaka Raktachandana as one of the ingredient of Sarivadi Gana is used in Pittaj Styanya dushti.
- Different disease like Mukha, danta, moola, galaja related are mainly due to Kapha & Astra dushti so Tikta rasa is useful to passify this two factors so Raktachandana is use as one of the ingredient of khadiradi Gutti which is use in Mukharoga.
- Pushyanuga choorna is prepaire by mainly Tikta Kashaya rasa dravya Raktachandana is use as one of the ingredient. Due to tikta rasa it stops Rakta Pravrutti in Sarakata arsha & Sarakta Atisara, Rajodosh.

Dhanyaka

- Dhanyaka is included in guduchyadi gana and it has action on pitta, shlesma, jwara, chardi etc.
- Dhanyaka is one of the content of vyoshadi saktu and have action on dhatwagni. it is agnidipana used in atibruhana lakshana like stholya, hruroga, rudhhapatah kamala etc.
- In jwara chikitsa after after langhana abd sama lakshana are reduce. For gradual increasing of jatharagni vishwa, dhanyaka, pippali & saindhava sidhha peya is mentioned which is laghu, tridoshashamak, deepaniya in nature.
- In kasa vyadhi dhanyaka is use to prepare choorna along with saindhav, suntha, sauvarchala, vrukshamla, dadima, maricha & jeeraka like tikta,katu ,ushna veeryatmaka dravya . it is agnideepan and ruchya as it content amla rasatmaka dravya.
- Dhanyaka is used in khandava kalpana along with other tikta,katu and ushna veerya dravya like jeeraka, dipyaka, vishwa etc. has action of agnideepana.
- Chhardi is mentioned in rajayakshma niadana ahyaya 6th. In chardi vitiated dosha are present in utkleshit awastha in amashaya which are expelled due to action of udana vayu.
- In pittaj chardi vomit is ksharodakanibha amla katu etc along with trusha murcha tap daha so to reduce this amla katu ushnatwa swadu tikta rasa are useful mainly like water in which mudga usher pippali and dhanyaka are kept in night and used in the morning.
- It is used as one of the ingredient takraarishta which is use in kaphavataj arsha which is use for deepan pachana varnya anulomana guda shotha and guda kandu and balavardhanam.
- It also used to prepare deepan ghruta in kapha vata arsha.
- In kapha vata arsha for anulomana and vatashkrut mutra vibandha hara action ghruta is prepare by pippali pippalimolla dhanyaka dadim and dadhi.
- It is also one of the ingredient in panchakoladi ghrita as well as pathadi ghruta useful for gudabhransha etc.
- In kapha vata arsha to prepare food recipies dhanyaka is used.
- In Madhya dosha awastha of atisara langhana upakrama is indicated so kwatha of pippali shunthi dhanyaka etc is mentioned followed by processed food of ghrahi deepan pachana karma with the help of bilwa dhanyaka etc.
- Aparajita khala which is deepan pachana grahi ruchya and bimbinaashana contains dhanyaka as one of the ingredient.
- In gudabhransha, gudaraja etc condition ghruta process with dhanayaka pippali, and amla dravya which is anulomana.

- kapitasthaka choorna and dadimashtaka which are use ful in atiar grahani agnisad etc. contains dhanyaka as one of the ingredient useful in vatatisara.

Padmaka

- Padmaka is included in Guduchyadi Gana & have action on pitta, shleshma, jwara, chhardi, daha & trushna. Padmaka is one of the content of Padmakadi Gana & show vatapittaghna, jeevaniya, bruhanaya action.
- Padmakashtha being kashaya, tikta rasatmaka & sheeta veeryatmaka used with usher, chandana, katphala, talispatra, amruta & tagara etc. in the form of lepa, parisheka or abyanga in vishayukta annasparsha janya vikar like kandu, daha, jwara etc.
- Padmaka is one of the content of drakshadi kashaya which is used in pittaj jwara, chhardi, murcha, daha, trushna & kamala etc. most of contents of these kashaya are kashaya, tikta, madhura rasatmaka & sheeta veeryatmaka due to this it has action on it. Which is used in pittaj & vatapittaj jwara i.e agneya jwara.
- Padmaka is included as one of the dravya use for shaman dhumapana.
- Padmaka along with kaliyaka, tila, usheera, jatamansi & tagara used as mukhalepa in Akalapalita, vyanga, vali, timira & nilika.
- Padmakadi gana along with ghruta use as upanaha sweda in pittashrita vataja condition.
- Being sheeta veerya & madhura rasa padmakadi gana in the form of hima kalpana used for raktastambhana.
- Ashoka beeja, kapitha, vidanga, padmakashtha & beed lavana used with ghrut in kasachikitsa.
- Kheerapaka of Padmaka, vata, udumbar, ashwatha, plaksha, jambu twaka is used in preparation of ghruta which has action on Urakshata & shukraksheenata.
- Padmaka, triphala, vyosha, vidanga, devdara, bala, rasa along with equal quantity of sharkara is Para medicine for kasa.
- Kwatha Padmakadi gana is used in Pittaj stanya dushti.
- Varti prepare from padmaka, chandana, lodhra, yashti, Padma is used for pittajanya & raktajanya timira.
- Luta dansha shows mainly Pitta lakshana like Visaerpa –Shofa-Jwra-Ashupaka-Vikleda-Kotha-Avdarana-Vrana Visrpana due to kleda. Rakta chanadana along with other Tikta and Kashaya like dravya Lodra, Padmaka etc. by different modes of application like Alepana etc.

Nimba

- Being tikta, katu rasa & ushna veerya nimba beeja taila is used for kaphanashana, krimi & kutha. because tikta rasa is kaphaghna & kusthghna.
- Due to tikta rasa, sheeta veerya & katu vipaka of nimba shaka it diminished kapha & pitta dosha.
- Nimba is mentioned in tikta varga of Ashtanga Hridaya.
- As it is tikta rasatmaka Nimba mentioned in vamaka gana as well as in Pittashlesmahara varga in shodhanadi gana sangraha.
- Nimba is ingredient of Guduchyadi Gana & Aragvadhadi Gana has action on pitta, shleshma, jwara, chhardi, trushna & agnikruta due to its tikta rasa.
- Being tikta rasatmaka Nimba patra is used with vacha, guggul, agaru etc. in Vranadoopana for kruminashana.
- Kwatha of Aragvadhadi Gana along with madhu is used in kaphapittaj jwara & Nimba is mentioned in Aragvadhadi Gana.
- Kwatha of Nimba twaka along with trihala, yashti, bruhatidvaya etc used with ghruta in Jwara & kasa.
- Nimba is one of the ingredient of Aparajita dhoopa & it is used in Agantuj jwara for dhoopana purpose.
- Nimba is one of the content of Vasishttha rasayana which is used in vishama jwara due to its tikta rasa.
- Yusha of nimba, amruta, shigru, mulaka, vasa, patola, dhamasa, shrungi, bilwa is came as one of the ahariya kalpana used in shwasa, kasa, hikka & shola.
- Nimba is one of the ingredient of eladi rasayana which is used in prameha, gulma, kshaya, panduroga & it act as **Agnideepana**.
- Single nimba patra kwatha is used in kaphaja aruchi for vamana karma due to its tikta rasa.
- In kaphaja chhardi nimba along with other amshayautkleshaka dravya like madanphala, pippali etc. are used for vaman karma.
- Nimba is one of the content of Aragvadhadi gana. Kwatha of these gana is use in kaphaja chhardi as it is kaphaghna & pittaghna.
- To treat kaphaja trushna nimba patra kwatha is used for vamana purpose also nimba patra is use in same condition as Ahariya kalpana i.e Yusha.
- In kaphaja hrudroga nimba & vacha kwatha is used as vamaka dravya.

- In Raktakaphapradhana arsha kwatha of nimba, raktachandana, twaka, darvi etc. is used for raktasthambhana due to its tika rasa & sheeta veerya.
- In kaphaja vidradhi kwatha of Aragvadhadi gana is used for khalana purpose because these gana is stravashoshaka.
- Nimba & amruta is one of the ngredient of aragvadhadi gana. As dravya from this gana are mainly tikta,katu rasatmaka which is kleda meda shoshana. Sidhha taila from Aragvadhadi gana is used in kaphaja shotha.
- Nimba patrapallav along with patola, pippali & madanphala is use for vamana in visarpa chikitsa due to its tika rasa.
- Nimba along with other tikta rasa & sheeta veeryamaka dravya like patola, amruta, chandana etc. is use to treat pittaj stanya dushti due to its rasa & veerya it passifi the pitta dosha.

CONCLUSION

- Maximum number of references of Guduchi(116) is found in which (75) references are directly related to Phalashruti and minimum number of references of Raktachandana(21) is found in which (15) references are related to Phalashruti
- Guduchi shows more Jwaraghna & Pittaghna action,Padmaka is more Dahaghna,Nimba is Shleshmaghna, Dhanyaka is more Agnikaruta.
- Very less number of references of Guduchyadi Gana as a whole is found. Single uses of individual Dravya are also less. Mainly combinations are found. It shows the importance of cumulative effect (Sanyog).
- Individual dravya has also been used in Vyadhi or Lakshana not included in the Phalashruti of Guduchyadi Gana.
- Dravya are mainly Tikta & Kashaya rasatmaka which shows its Pitta, Shleshma hara karma.

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