

# Exploring the Secrets of Dravyas: An In-Depth Review Examining Paratva Attributes as per Kaiyadeva Nighantu

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## Abstract:

Ayurveda Nighantu is essentially a traditional compilation detailing the names, functions, and properties (rasadiguna) of medicinal substances. Kaiyadevanighantu, also known as "Pathyapathyavibodhaka," was authored by Kaiyadeva in the 15th century. Our current research aims to evaluate drugs possessing preeminence qualities and attributes. The KaiyadevaNighantu comprises eight distinct categories or vargas. A total of 59 drugs have been identified as 'para' or superior over 1200 dravyas. These drugs fall into different categories: 29 belong to AusadhiVarga, 01 to DhathuvadiVarga, 01 to Dhanya Varga, 10 to Drava Varga, 03 to MamsaVarga, 07 to KritannaVarga, and 08 to Vihara Varga. Conspicuously, no drugs have been identified in the Mishrak Varga category. However, further research is needed to better understand how these drugs function under specific circumstances.

**Keywords:** KaiyadevaNighantu, PreeminenceDravya, Ausadha, Ahara, Vihara, Drug action

## Introduction

KaiyadevaNighantu is an Ayurvedic glossary written by the 15th-century Ayurvedic scholar Kaiyadeva. This comprehensive work describes over 1,200 drugs, including their synonyms, properties, actions and uses. KaiyadevaNighantu is divided into three sections AushadhaVarga: This section describes the properties, actions, and uses of drugs. Ahara Varga: This section describes the properties, actions, and uses of foods. Vihara Varga: This section describes the properties, actions, and uses of lifestyle practices. KaiyadevaNighantu is an important work in the field of Ayurveda. It is a valuable resource for Ayurvedic practitioners and students, and it provides a wealth of information about the use of drugs and foods in Ayurveda. It is well-organized and easy to use.(1) It provides detailed information about the properties, actions, and uses of drugs. It is an important resource for Ayurvedic practitioners and students. The selection criteria for drug treatment are centered on identifying and prioritizing drugs with the highest therapeutic qualities. In the selection of herbs for treatment, we consider "Paradi Gunas". According to Chakrapani, "Para" can be defined as "Pradhana," which means important or primary. By identifying and prioritizing these "Para" qualities, practitioners aim to choose the most important or superior factors that contribute to the efficacy and success of a treatment regimen. In this Nighantu, drugs from all 8 Vargas (groups of drugs) were subject to a critical review with regard to the concept of "Para" or "superiority." These drugs, including herbal, animal, and mineral origin drugs, were systematically evaluated to determine their therapeutic superiority based on their properties and effects.(2)

**Table 1: Drugs of AushadhiVargawith respective references**

| S.No | Drug Name                     | Botanical Name                                                                                                                     | Family                                                                          | Karma                                                     | References<br>(Shloka no) |
|------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------|
| 1    | <i>Bilva</i>                  | <i>Aegle marmelos</i>                                                                                                              | Rutaceae                                                                        | <i>Vataramparam</i><br><i>Agnisandipanaparam</i>          | K.N 1/24                  |
| 2    | <i>Madhyam<br/>panchamool</i> | <i>Sidacordifolia</i><br><i>Boerhaviadiffusa</i><br><i>Ricinus communis</i><br><i>Phaseolustrilobus</i><br><i>Teramnuslabialis</i> | Malvaceae<br>Nyctaginaceae<br><br>Euphorbiaceae<br><br>Fabaceae<br><br>Fabaceae | <i>Kaphavataharaparam</i>                                 | K.N 1/35                  |
| 3    | <i>Eranda</i>                 | <i>Ricinus communis</i>                                                                                                            | Euphorbiaceae                                                                   | <i>Dipana param</i>                                       | K.N 1/120                 |
| 4    | <i>Daalmadhu</i>              |                                                                                                                                    |                                                                                 | <i>Chardipramehashamanaparam</i>                          | K.N 1/199                 |
| 5    | <i>Haritaki</i>               | <i>Terminalia chebula</i>                                                                                                          | Combretaceae                                                                    | <i>Vayasthapaniparam</i>                                  | K.N 1/223                 |
| 6    | <i>Narikel</i>                | <i>Cocos nucifera</i>                                                                                                              | Arecaceae                                                                       | <i>Kandukothaharamparam</i>                               | K.N 1/273                 |
| 7    | <i>Kharjura</i>               | <i>Phoenix sylvestris</i>                                                                                                          | Arecaceae                                                                       | <i>Madapittakaramparam</i>                                | K.N 1/297                 |
| 8    | <i>Nimbuk</i>                 | <i>Citrus medica</i>                                                                                                               | Rutaceae                                                                        | <i>Shosaharamparam</i>                                    | K.N 1/329                 |
| 9    | <i>Tala</i>                   | <i>Borassus flabellifer</i>                                                                                                        | Aracaceae                                                                       | <i>Vastisudhikaramparam</i>                               | K.N 1/479                 |
| 10   | <i>Kadamb</i>                 | <i>Anthocephaluscadamba</i>                                                                                                        | Rubiaceae                                                                       | <i>Garadoshaharamparam</i>                                | K.N 1/486                 |
| 11   | <i>Puga</i>                   | <i>Areca catechu</i>                                                                                                               | Arecaceae                                                                       | <i>Tridoshashamanaparam</i><br><i>Agnimandyakritparam</i> | K.N 1/517                 |
| 12   | <i>Karkati</i>                | <i>Cucumisutilissimus</i>                                                                                                          | Cucurbitaceae                                                                   | <i>Prasekakledanutparam</i>                               | K.NI                      |

|    |            |                     |               |                                              |                                |
|----|------------|---------------------|---------------|----------------------------------------------|--------------------------------|
|    |            |                     | e             |                                              | 1/546                          |
| 13 | Vimbi      | Cocciniaindica      | Cucurbitaceae | Chardikritparam                              | K.N<br>1/587                   |
| 14 | Karvellaka | Momordicacharantia  | Cucurbitaceae | Pittalamparam                                | K.N<br>1/589                   |
| 15 | Karkotaki  | Momordica dioica    | Cucurbitaceae | Marutaghnamparam                             | K.N<br>1/599                   |
| 16 | Sarshapa   | Brassica campestris | Brassicaceae  | Doshatrayakaramparam                         | K.N<br>1/640                   |
| 17 | Sigru      | Moringa oleifera    | Moringaceae   | Jantukaphapittaharamparam<br>Dipanamparam    | K.N<br>1/748<br>K.N<br>1/750   |
| 18 | Devdali    | Luffa echinata      | Cucurbitaceae | Vatajitparam                                 | K.N<br>1/800                   |
| 19 | Bhurja     | Betula utilis       | Betulaceae    | Medovishaharamparam                          | K.N<br>1/818                   |
| 20 | Palasha    | Butea monosperma    | Fabaceae      | Krimivataharamparam                          | K.N<br>1/836                   |
| 21 | Shalmali   | Bombaxmalbaricum    | Bombacaceae   | Kaphapittasrajitparam                        | K.N<br>1/612                   |
| 22 | Aragwadh   | Cassia fistula      | Fabaceae      | Kosthasuddhikaramparam                       | K.N 1/<br>647                  |
| 23 | Markandika | Cassia augustifolia | Fabaceae      | Varnakritparam                               | K.N<br>1/1004                  |
| 24 | Katak      | Strychnospotatorum  | Loganiaceae   | Raktapittaharamparam<br>Durjaramparam        | K.N<br>1/1044<br>K.N<br>1/1141 |
| 25 | Adrak      | Zingiber officinale | Zingiberaceae | Dipanampachanamparam<br>Sophadoshaharamparam | K.N<br>1/1157<br>K.N<br>1/1158 |
| 26 | Candana    | Santalum album      | Santalaceae   | Shlesmaharamparam                            | K.N<br>1/1265                  |
| 27 | Padmabeeja | Nelumbo nucifera    | Nymphaeaceae  | Garbhasamsthapanamparam                      | K.N<br>1/1461                  |
| 28 | Varvari    | Ocimumbasilicum     | Lamiaceae     | Ghranasantarpaniparam                        | K.N                            |

|    |       |                                               |         |                              |               |
|----|-------|-----------------------------------------------|---------|------------------------------|---------------|
|    |       |                                               |         |                              | 1/1568        |
| 29 | Suran | <i>Amorphophalluscampa-</i><br><i>nulatus</i> | Areceae | <i>Shlemavata hita param</i> | K.N<br>1/1560 |

Table 2: Drugs of Dhatuvargawith respective references

| Sanskrit name   | English name | Karma               | Reference<br>(Shloks no) |
|-----------------|--------------|---------------------|--------------------------|
| Saindhavalavana | Rock salt    | <i>Lavanamparam</i> | K.N 2/96                 |

Table 3: Drugs of Dhanya Vargawith respective references

| Sanskrit name      | English name | Karma                                  | Reference<br>(Shloks no) |
|--------------------|--------------|----------------------------------------|--------------------------|
| <i>Vallishimba</i> |              | <i>Kusthapamaharam</i><br><i>param</i> | K.N 3/64                 |

Table 4: Drugs of Drava Vargawith respective references

| Sanskrit name                                                                         | English name   | Karma                          | Reference<br>(Shloks no) |
|---------------------------------------------------------------------------------------|----------------|--------------------------------|--------------------------|
| <i>Ganga, Saraswati, Sindhu,<br/>Yamuna, Sarayu,<br/>Bipasha, Devika, Gandakijala</i> |                | <i>Shosasramapapharahparam</i> | K.N.4/53                 |
| <i>Krishna Gavyamdugdha</i>                                                           | Black Cow milk | <i>Vataharamparam</i>          | K.N 4/130                |
| <i>Pratakaaldugdha</i>                                                                |                | <i>Ghanamparam</i>             | K.N 4/154                |

Table5:Drugs of DadhiVarga with respective references

| Sanskrit name         | English name | Karma                        | Reference  |
|-----------------------|--------------|------------------------------|------------|
| <i>Sisirritudadhi</i> | Curd         | <i>Ratishramaharam param</i> | K.N 4/ 207 |

Table6:Drugs of TakraVarga with respective references

| Sanskrit name            | English name | Karma                     | Reference |
|--------------------------|--------------|---------------------------|-----------|
| <i>Atijatadadhitakra</i> | Buttermilk   | <i>Pittasrakrit param</i> | K.N 4/238 |

Table7:Drugs of GhritaVarga with respective references

| Sanskrit name       | English name       | Karma                     | Reference |
|---------------------|--------------------|---------------------------|-----------|
| <i>Samanya Guna</i> | General properties | <i>Vayahsthapanaparam</i> | K.N 4/265 |
| <i>GavyaGhrita</i>  | Cow ghee           | <i>Paramvalyam</i>        | K.N 4/271 |
| <i>NariGhrita</i>   | Human ghee         | <i>Paramshrestham</i>     | K.N 4/274 |

Table8:Drugs of Taila Varga with respective references

| Sanskrit name        | English name | Karma                 | Reference |
|----------------------|--------------|-----------------------|-----------|
| <i>Bilvataila</i>    | Aegle oil    | <i>Vataharamparam</i> | K.N 4/ -  |
| <i>Kusumbhataila</i> |              | <i>Avaram param</i>   | K.N 4/343 |

**Table9:Drugs of KritannaVarga with respective references**

| Sanskrit name                  | Karma                                            | Reference            |
|--------------------------------|--------------------------------------------------|----------------------|
| Audana                         | Shukravridhdikaramparam<br>Malakritmutralamparam | K.N 5/ 9<br>K.N 5/10 |
| Lajaudana                      | Dipanaamparam                                    | K.N 5/24             |
| Sastikanna<br>Shalyanna audana | Paramsmritam<br>Kshayakaramparam                 | K.N 5/ 29-30         |
| Kshudradhanyamanda             | Vatakaramparam                                   | K.N 5/55             |
| Panchakolsadhitamanda          | Paramjwaranashana                                | K.N 5/60             |
| Angara mandak                  | Jwarinamshaswateparam                            | K.N 5/167            |
| Khaniska                       | Gurumparam                                       | K.N 5/225            |

**Table10: Drugs of MamsaVargawith respective reference**

| Sanskrit name                                                  | Engli<br>sh<br>name | Karma                                        | Referen<br>ce |
|----------------------------------------------------------------|---------------------|----------------------------------------------|---------------|
| Prasaha                                                        |                     | Jirnaarsagrahanidoshasoshatanampa<br>ramhita | K.N<br>6/21   |
| Tittira                                                        |                     | Marutodrikasannipataharahparam               | K.N<br>6/176  |
| Vallurapinyakvisanivirudavirudadhanyanishus<br><u>kamatsya</u> |                     | Tapamparam                                   | K.N<br>6/256  |

**Table 11: Drugs of Vihara Varga with respective reference**

| Sanskrit name               | Karma                                    | Reference              |
|-----------------------------|------------------------------------------|------------------------|
| MukhaGandusa                | Mukhashosaharamparam                     | K.N 7/ 70              |
| Tambulasevan                | Madanodipanaamparam<br>Lakshmihamparam   | K.N 7/ 82<br>K.N 7/ 61 |
| Chatradharana               | Soubhagyakaranamparam                    | K.N 7/ 124             |
| Suvarnapatrebhojana         | Dristidamparam                           | K.N 7/254              |
| <u>Palashapatrabhojanam</u> | Vatashlesmaharamparam                    | K.N 7/262              |
| Anupana                     | Pipasachedanamparam                      | K.N 7/265              |
| Nidra                       | Samvahanammamsaraktatvakprasadakarmparam | K.N 7/374              |
| Sukra                       | Kayasthatejohparamhi shukram             | K.N 7/401              |

**Table 12: Number of Drugs according to Vargas**

| S. No | Name of Varga | Number of Dravyaacc to Shresthata |
|-------|---------------|-----------------------------------|
|-------|---------------|-----------------------------------|

|   |                       |    |
|---|-----------------------|----|
| 1 | <i>Ausadhi varga</i>  | 29 |
| 2 | <i>Dhatuvarga</i>     | 1  |
| 3 | <i>Dhanyavarga</i>    | 1  |
| 4 | <i>Drava varga</i>    | 10 |
| 5 | <i>Kritanna varga</i> | 7  |
| 6 | <i>Mamsa varga</i>    | 3  |
| 7 | <i>Viharvarga</i>     | 8  |
| 8 | <i>Mishrakvarga</i>   | -  |

Various drugs and include citations to scientific studies that have conducted experiments involving them.

#### ***Zingiber Officinale* to alleviate gastrointestinal discomfort.**

Gingerol, Gingerdiol, Zingiberene, Shogaols several active components in ginger are believed to contribute to its ability to stimulate digestion, relieve constipation, and reduce flatulence by increasing muscular activity in the digestive tract. (3)

#### **Assessment of the antibacterial properties of *Moringa oleifera***

The antibacterial activity of the three different samples, namely, (1) cold water extract (CWE) of leaves, (2) hot water extract of leaves, and (3) ethanol extracts (EEs) of leaves, was individually tested against the studied bacteria. *In vitro* antibacterial test was then carried out by disk diffusion method [28,29] using 25 µl of the standardized bacterial suspension of the tested bacteria ( $10^8$  CFU/ml) spread on plates. The disks (6 mm in diameter) were impregnated for different samples with 10 µl of 0.1 g/ml (100 mg/disk), followed by air drying, and were placed on seeded agar plates. Negative controls were prepared using the same solvents to dissolve the plant extracts. Tetracycline (TE) (30 µg/disk) was used as a positive control to determine the sensitivity of bacterial strain. The plates were incubated at 37°C for 24 h. The antimicrobial activity was evaluated by measuring the zones of inhibition against the tested bacteria.(4)

#### **Skin benefits of *Cassia aungustifolia***

Senna leaves have natural compounds like essential oils and tannins that can be useful for soothing skin inflammation. They also possess strong antibacterial properties, making them suitable for creating compresses to treat wounds and burns. Senna contains acetone and ethanol, which can help combat the bacteria responsible for causing acne. Additionally, it has the potential to reduce excess oil production on the skin and promote the growth of new skin cells and collagen, which are essential for maintaining healthy skin. However, it's important to note that more research is needed to fully understand and validate these skincare benefits. Before trying Senna for skincare purposes, it's a good idea to consult with a dermatologist or healthcare professional to ensure its safe and appropriate use.(5)

#### ***Terminalia chebula*<sup>6</sup> as Anti- oxidant activity**

The watery extract from T. chebula appears to have the ability to shield cell structures from damage caused by radiotherapy. Specifically, this extract safeguarded antioxidant enzymes against the harmful effects of reactive oxygen species (ROS) generated by gamma radiation in the liver microsomes and mitochondria of rats. Additionally, T. chebula's watery extract demonstrated inhibition of xanthine/xanthine oxidase and displayed the ability to scavenge 2,2-diphenyl-1-picrylhydrazyl (DPPH) radicals, indicating its potential antioxidant properties.(7)

### Antimicrobial Activity of *Butea monosperma*

The gum obtained from *Butea monosperma* is known for its ability to combat microbial infections. To assess its antimicrobial potential, researchers conducted in-vitro experiments using an alcoholic extract of *Butea monosperma* gum. They tested its effectiveness against different types of microorganisms, including *Staphylococcus aureus*, *Bacillus subtilis*, *Pseudomonas aeruginosa*, and *Candida albicans*, utilizing the disc diffusion method.(8)

### Analgesic Activity of *Aegle marmelos*

The extracts obtained from *Aegle marmelos* leaves were found to have pain-relieving properties in mice. They achieved this by reducing the writhing response induced by acetic acid, which serves as a model for visceral pain.(9)

### Diuretic Activity of *Borassus flabellifer*

Researchers examined the diuretic properties of a tuber by administering an ethanol extract at a concentration of 200 mg/kg to albino rats and mice over a 5-hour period. They then compared the results to those obtained with the standard drug furosemide at a dose of 100 mg/kg. The findings revealed a notable increase in the levels of sodium (Na<sup>+</sup>), potassium (K<sup>+</sup>), and chloride (Cl<sup>-</sup>) in the urine due to the extract's diuretic effect.(10)

### Discussion

It has come to light that in KaiyadevNighantu, 59 have been designated as 'para' or preeminence. These drugs are categorized as follows: 29 in AusadhiVarga, 01 in DhathuvadiVarga, 01 in Dhanya Varga, 10 in Drava Varga, 03 in MamsaVarga, 07 in KrtannaVarga, 08 in Vihara Varga, no drugs are unveiling from mishrakvarga. However, further investigation is required to understand how they function in specific circumstances.

### Conclusion

The present review delves into drugs associated with 'Paratava,' as documented in KaiyadevNighantu, providing valuable insights into a wide array of medicinal substances suitable for addressing various health conditions. KaiyadevNighantu enumerates a total of 59 drugs, encompassing herbal, mineral, animal origin, medications and personal conducts. It is worth noting that a significant proportion of these drugs falls within the categories of AusadhiVarga, kritannavarga, and Viharvarga. To gain a comprehensive understanding of the mechanisms of action and effectiveness of these drugs, conducting detailed clinical studies is imperative.

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