

A critical review of Shaka Varga Dravya from Bhavaprakasha Nighantu wsr lifestyle disorders - Diabetes & Hyperlipidemia

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Abstract:

Ayurveda is a medical system that focuses on illness prevention and treatment. In Bruhatrayi and Laghutrayi, numerous allusions to *Ahara* and *Vihara* for illness prevention have been mentioned. For particular disorders, even well-known Nighantu have mentioned *Pathya Apathya Ahara Vihara*, which is beneficial. Bhavaprakasha Nighantu is a significant Nighantu that describes different *Aushadha* and *Aahara Dravyas*. *Shaka Dravyas* belong to the category of *Aahara Dravya*, which are used for daily food intake. These vegetables can be used in daily routine as *Pathya Ahara* to treat many lifestyle diseases caused by unhealthy eating patterns. Diseases known as lifestyle diseases are mostly caused by an individual's daily routines. Habits that discourage exercise and encourage sedentary behavior can lead to a variety of health problems, including chronic non-communicable diseases with potentially fatal outcomes. Among these, diabetes mellitus and hyperlipidemia are on the rise. "It is better to prevent than to cure." Thus, maintaining a healthy diet is advised to avoid lifestyle diseases like hyperlipidemia and diabetes mellitus. A review of a few important herbs that are listed in *Shaka Varga* in Bhavaprakasha Nighantu will be conducted, with an emphasis on their identification, medicinal properties, and *Medohara* and *Pramehagna Karma*.

Keywords: - Lifestyle disorder, *Bhavaprakasha Nighantu*, *Shaka Varga*, *Medohara* & *Pramehahara Dravya*

Introduction:

Many ailments are the result of modern, sedentary lifestyles. One began ingesting several herbs and their products to stay healthy to get rid of these health issues. Chronic diseases related to a lifestyle such as Diabetes mellitus, Dyslipidemia, and diseases linked to being overweight or obese are becoming more common. This includes inconsistent eating patterns, a reliance on comfort food, or poor food consumption habits, all of which are major contributors to lifestyle disorders. According to Acharya Charaka, *Meda* and *Kledaka Kapha* in their *Samprapti* promote the formation of illness, so there is a direct correlation between them and *Prameha*⁽¹⁾. When it comes to managing diet properly, Ayurveda offers the greatest solutions. Food is a foundational element in Ayurveda medicine, and its quality, quantity, compatibility, processing, and consumption parameters are critical factors. In Ayurvedic medicine, *Ahara* is referred to as *Mahabheshaja*⁽²⁾. Of the three *Ahara Varga*, *Shaka* is one⁽³⁾. Three varieties of vegetables were distinguished by Chakrapanidatta: *Patra Shaka*, *Phala Shaka*, and *Kanda Shaka*. Aside from these, *Harita Varga* and *Aharopayogi* (vegetables that can be used daily for consumption as food) were cited by Acharya Charaka⁽⁴⁾. Vegetables in the *Shaka Varga* group are *Ahara* which is used in daily life. Their nutritional value is immense. A vast number of vitamins, proteins, and other nutrients can also be found in vegetables. Both *Ahara* and *Aushadha* are utilized in their use. Various valuable elements of seasonal herbs, such as flowers, leaves, fruits, stems, seeds, etc., are to be used to live

a healthy life according to *Shaka Varga*, which is the most significant *Varga*. Remarkable Nighantu from Laghutrayi is Bhavaprakasha Nighantu. Many medications that work on *Prameha* and *Meda* in *Shaka Varga* were documented by Acharya Bhavaprakasha⁽⁵⁾. As a result, this page reviews the significant vegetables that have *Pramehahara* and *Medohara* activity accompanied by botanical identification.

Aim & Objectives:

1. To enlist *Pramehara* and *Medohara Shaka Dravyas* mentioned in Bhavaprakash Nighantu.
2. To classify the *Dravyas* based on *Rasadi* properties which are responsible for *Pramehara* and *Medohara-related Karma*.

Material and Methods:

A scientific database was examined and reviewed concerning the concept, depending on the commentary of Bhavaprakasha Nighantu, Adarsh Nighantu, Dravyaguna Vigyan, Charak Samhita, and Kashyapa Samhita, as well as published research publications.

Shaka Dravyas of Bhavaprakasha Nighantu which are referred to as *Pramehagna* and *Medohara* are enumerated. Reviewing the *Rasadi* qualities, parts used, Sanskrit names, Latin names, and *Karma* of the chosen *Dravyas* from Bhavaprakasha Nighantu was done. The *Dravyas* have been classified based on the aforementioned review, and their *Karma* has been critically analyzed to evaluate the merits of *Pramehagna* and *Medohara* based on their *Rasadi* properties.

Observation

Table 1: *Pramehara Shaka Dravyas* and their *Rasa*, *Guna*, *Virya*, *Vipaka*

Name	Rasa	Guna	Virya	Vipak
1. Loni	Lavana, Amla ⁽⁶⁾	Guru, Ruksha ⁽⁶⁾	Ushna ⁽⁶⁾	-
2. Shitivar	Madhura, Kashaya ⁽⁶⁾	Laghu, Ruksha ⁽⁶⁾	Sheeta ⁽⁶⁾	-
3. Dronpushpi Patra	Katu, Tikta ⁽⁷⁾	Guru, Ruksha ⁽⁷⁾	Ushna ⁽⁷⁾	Katu ⁽⁷⁾
4. Karavellam	Tikta ⁽⁶⁾	Laghu ⁽⁶⁾	Ushna ⁽⁶⁾	Katu ⁽⁶⁾
5. Kemuk	Tikta, Katu ⁽⁶⁾	Laghu ⁽⁶⁾	Sheeta ⁽⁶⁾	Katu ⁽⁶⁾
6. Varahikanda	Katu, Tikta ⁽⁶⁾	Laghu, Snigdha ⁽⁶⁾	Ushna ⁽⁶⁾	Katu ⁽⁶⁾

Table 2 *Medohara Shaka Dravyas* and their *Rasa*, *Guna*, *Virya*, *Vipaka*

Name	Rasa	Guna	Virya	Vipak
1. Bimbi	Tikta ⁽⁹⁾	Laghu, Rukha, Tikshna ⁽⁸⁾	Ushna ⁽⁸⁾	Katu ⁽⁹⁾
2. Vruntaka	Madhura ⁽⁶⁾	Tikshna, Laghu ⁽⁶⁾	Ushna ⁽⁶⁾	Katu ⁽⁶⁾

Table 3 Drugs acting on *Prameha* from *Shaka Varga* of *Bhavaprakasha Nighantu*

S.N	Name	Latin name	Family	Dosha Karma	Action	Shaka varga ⁽⁶⁾
1.	Loni	Portulaca Quadrifida ⁽⁴⁾	Portulacaceae	Kaphapittahara	Pramehamut	20-22
2	Shitivar	Celosia Argentea Linn.	Amaranthaceae	Tridoshahara	Mehapranut	29-32
3.	Dronpushpi Patra	Leucaea Cephalotes	Labiatae	Pittakara	Mehahara	34
4.	Karavellam	Momordica Charantia	Cucurbitaceae	Kaphapittahara	Mehahara	63
5.	Kemuk	Costus Speciosus	Zinziberaceae	Kaphapittahara	Pramehanashana	111
6.	Varahikanda	Dioscorea Bulbifera	Dioscoriaceae	pittavardha- kakaphavatahrut	Mehaghna	77-179

Table 4 Drugs acting on *Meda* from *Shaka Varga* of *Bhavaprakash Nighantu*

S.N	Name	Latin name	Family	Dosha Karma	Action	shaka varga ^(8,9)
1.	Bimbi	Coccinia indica	Cucurbitaceae	Kaphanashak- pittaraktavatajita	lekhan	73-74
2.	Vruntaka	Solanum melongena	Solanaceae	angarparipachit vruntak -kaphamedo- anilghnapittalam	Medoghna	81

Table 5 Useful part of plant⁽⁶⁾

Sr.No.	Name	Part used
1)	<i>Loni</i>	<i>Patra</i>
2)	<i>Shitivar</i>	<i>Patra</i>
3)	<i>Dronpushpi Patra</i>	<i>Patra, Panchang</i>
4)	<i>Karavellam</i>	<i>Panchang, Phalatwak</i>
5)	<i>Kemuk</i>	<i>Mula, Rhizome (Kanda)</i>
6)	<i>Varahikanda</i>	<i>Kanda</i>
7)	<i>Bimbi</i>	<i>Patra, Mula</i>
8)	<i>Vruntaka</i>	<i>Phala, Mula</i>

Discussion :

People have evolved to sedentary and competitive lifestyles as a result of environmental changes around them. Because of this lifestyle's constant routine, physical, emotional, and psychic elements have been impacted, which is causing a variety of illnesses. The aforementioned factors, such as irregular eating schedules, a penchant for comfort food, or unhealthy eating practices, are significant causes of lifestyle disorders. As *Pathya Ahara* is an essential component of life, it is also a crucial component of *Trayoupstambhas*⁽¹⁰⁾. Following *Apathya* can result in a variety of illnesses. One of the most common diseases brought on by a poor lifestyle is Dyslipidemia and Diabetes.

These lifestyle disorders are associated with the *Mithya Ahara Vihara*, which comprises *Ahara* with *Madhura* (sweet), *Amla* (Sour), *Lavana* (Salty) *Rasa* (Taste), *Guru Guna* (heavy in quality), and consuming food that has an excess of fat. Other *Vihara* (activity) include *Diwaswapna* (Daysleeping), *Avyayama* (lack of exercise), *Chintana* (worry), and *Achintana* (lack of mental activities), among others⁽¹¹⁾. All of this leads to an increase in *Pitta* and *Kapha Dosha*, which in turn causes *Dushana* (fault) to the *Dhatu* (tissue), particularly *Rakta*, *Mamsa*, and *Meda*, eventually resulting in various diseases. It is believed that the first course of treatment is always *Nidana Parivarjana* (eliminating the cause). Therefore, it is beneficial to prevent the aforesaid causes including *Pathya*, which has *Katu* (spicy), *Tikta* (bitter), *Kashaya* (astringent) *Rasa*, in order to get rid of these illnesses. Thus, *Shaka Varga*, which is described in *Bhavaprakasha*, plays a part in healing various ailments. Contraindicated food for *Prameha Rogi* is dry vegetables (*Sushka Shaka*) which one should not regularly take in diet.⁽¹²⁾ In *Bruhatrayi* mentioned *Pathya Shaka Dravya* for *Prameha* also mentioned. Eg. *Patol*, *Sigr, *Methika*, *Karvelak*, etc.⁽¹³⁾*

Of the drugs prescribed in *Shaka Varga*, *Bhavaprakasha Nighantu* has given 71. Among them are *Loni*, *Sitivar*, *Kebuk*,

Varahikanda, *Dronapushpi*, and *Karvellaka* which have *Pramehahara* activity. There is *Medahara Karma* for *Bimbi* and *Vruntak*. Of the *Dravya*, only two had *Medohara Karma*, according to *Havaprakash Nighantu*, who listed six as having *Pramehahara Karma*. Out of the eight *Dravya*, six have *Laghu Guna*, and only two, *Loni* and *Dronapuspi*, have *Guru Guna*.

Tikshna Guna belongs to *Bimbi* and *Vruntak*. *Snigdha* property is possessed by only one out of the eight *Dravya*. It is *Katu Vipaka* for six *Dravya*. Six of the eight *Dravyas* have *Ushna Virya*, while only two have *Sheeta Virya*. *Vruntak* and *Sitivar* are the only two *Dravyas* that have *Madhura Rasa*. The majority of *Dravya* are found to have *Katu Rasa*, *Tikta*, *Katu Guna*, and *Katu Vipaka*. There are references to *Pramehahara Dravya* such as *Pramehaghna*, *Mehagna*, *Mehahara*, and *Pramehanasana*. Consequently, any of these can be employed as *Pathya* for conditions related to lifestyle, including diabetes and dyslipidemia.

Conclusion

Lifestyle disorders are associated with an individual's environment, eating habits, and way of life. The *Ahara Chikitsa* is highly effective in the early onset of disease and *Kapha Dosha* predominant NDDM Patients and also it is a supportive accessory treatment for vata dosa predominant condition and I.D.D.M patients. *Pathya Ahara* is an important part of life, also it is one of the important parts of *Trayoupstambhas*. A nutritious diet is one of the most crucial factors in disease prevention among them. Many details about the characteristics and applications of classical *Shaka Dravya* may be found in a systematic review of these texts. There is a dearth of information regarding vegetables that people regularly eat, whether they are ill or well. Additionally, by using *Shaka Varga Dravya* properly, one can avoid diseases and treat a variety of lifestyle disorders like diabetes mellitus and hyperlipidemia. It can also be used as a food supplement.

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