



AYUSH: International Research Journal of Ayurveda Teachers Association

Journal Home Page: www.airjata.org

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Review Article

Title of Article: Review of *Dravyas* from Bhavprakash Nighantu Concerning their Clinical Application in Ophthalmological Practice

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Article Info:

Article History:

Received: 09 May 2022

Accepted: 17 June 2022

Published: 12 July 2022

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ISSN No.: 2583-5971

ABSTRACT

Shalakyatantra is one of the eight essential branches of *Ayurveda*. Though there are many formulations and procedures mentioned in classical *Ayurvedic* literature regarding the same; compilation and in-depth review of such formulations and procedures becomes necessary for academicians, clinicians as well as researchers. Hundreds of *Dravyas* are found in *Bhavprakash Nighantu* mentioning their pharmacological activity in relation with *Shalakyatantra*, which can be formulized and used in clinical practice by clinicians, can be explored by researchers as per their area of interest, and can be reviewed easily by academicians.

Keywords: *Akshirog, Bhavprakash nighantu, Chakshurog, Netraroga, ophthalmology*

INTRODUCTION

Ophthalmology has been and always will be one of the important branches of *Ayurveda* as well as Modern Medicine and Surgery. Though the practice of Modern clinical Ophthalmology has been accepted as the first choice of treatment around the globe, the importance of *Shalakyatantra* can never be neglected as the first choice among alternative medicine. With a wide range of herbs, formulations, and procedures available, one can easily learn and apply knowledge of *Shalakyatantra* in clinical practice and in research as well.

Vastness in classical literature regarding herbs and formulations for the clinical practice makes *Shalakyatantra* versatile and complex at the same time.

Taking this point into consideration, some articles have been published which focus on a compilation of formulations from *Ayurvedic* texts as well as discussion about their supposed Pharmacological activity in terms of *Ayurvedic* perspective, i.e. *Siddhantas*. 'A bird's eye review on *Tridosaghna* (balancing tri-humors) *Phala* of *Bhavprakash Nighantu*: A literary review'^[1] and 'Medicinal plants in eye care and exploration of their therapeutic potential: evidence based translational approach'^[2] are few of such articles.

The present article deals with the compilation of *Dravyas* which are mentioned in *Bhavprakash Nighantu* regarding their Ophthalmological activity with a discussion

regarding their supposed pharmacological activity in terms of *Ayurvedic* perspective.

Shalakyatantra or *Ayurvedic* Ophthalmology deals with the diagnosis and treatment of diseases which mainly affect the ears, nose, throat, mouth, eyes, teeth, face, and scalp; especially with the help of a specific instrument designed for the aforementioned purpose; called *Shalaka*.^[3] Diagnosis and conservative/ surgical management of the diseases related to eyes are discussed under the same title. Not only earlier classical texts like *BrihatTrayee*, but later texts such as *Nighantus*, *Sharangadhara Samhita*, etc. have also elaborated about the same. Moreover, numerous *Dravyas* can be found in the *Bhavprakash Nighantu* that are mentioned to be applicable in ayurvedic ophthalmological practice as well as research. The *Dravyas* mentioned can be used as an

individual medicine, can be used in combinations, and/ or can be formulated as per the need as well. Thus, a compilation of such herbs, their thorough study, and discussion about their supposed pharmacological activity becomes a necessity.

MATERIAL AND METHOD

This article deals with the compilation and review of the *Dravyas* mentioned in *Bhavprakash Nighantu* that have pharmacological indications regarding Ophthalmology; along with a discussion of their supposed Pharmacological activity in the perspective of *Ayurvedic* principles. *Bhavprakash Nighantu* was analyzed, with special emphasis on *Dravyas* having pharmacological activity concerning Ophthalmology. Such *Dravyas* were compiled and analyzed as per their constitution.

OBSERVATIONS

Table 1: Following herbs are mentioned in *Bhavprakash Nighantu* considering their ophthalmological indications

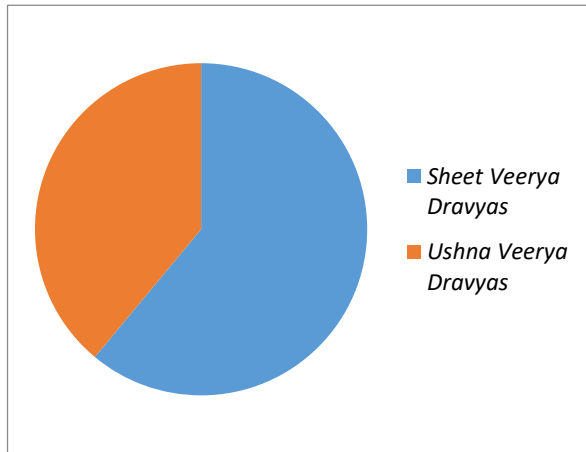
Sr. No.	Name of the herb	Varga	Rasa	Veerya	Vipaka	Indication
1	Abhaya (Haritaki)	Haritakyadi Varga				Akshiroge Shasta ^[4]
2	Haritaki	Haritakyadi Varga	Madhur, Amla, Tikta, Katu, Kashay	Ushna	Madhur	Chakshushyaa ^[5]
3	Bibhitaki	Haritakyadi Varga	Kashay	Ushna	Madhur	Netra Sita Nashak ^[6]
4	Trifala	Haritakyadi Varga				Chakshushyaa ^[7]
5	Ajamoda	Haritakyadi Varga	Katu	Ushna		Netramayan haret ^[8]
6	Jeerak tritay	Haritakyadi Varga	Katu	Ushna		Chakshushyaa ^[9]
7	Shatapushpa	Haritakyadi Varga	Katu	Ushna		Akshiraaga hrut ^[10]
8	Tumbaru	Haritakyadi Varga	Katu, Tikta	Ushna	Katu	Akshiguruta nashayet ^[11]
9	Samudrafen	Haritakyadi Varga	Kashay	Sheet		Chakshushyaa ^[12]
10	Yashtimadhu	Haritakyadi Varga	Madhur	Sheet		Chakshushyaa ^[13]
11	Manjishtha	Haritakyadi Varga	Madhur, Tikta, Kashay	Ushna		Akshirujanut ^[14]
12	Darvi	Haritakyadi Varga	Katu, Tikta	Ushna		Netraroganut ^[15]
13	Rasanjan	Haritakyadi Varga	Katu, Tikta	Ushna		Netrayo Paramam hitam, netravikarnut ^[16]
14	Lodhra	Haritakyadi Varga	Kashay	Sheet		Chakshushyaa ^[17]
15	Rason	Haritakyadi Varga	Katu	Ushna	Katu	Netrya ^[18]
16	Saindhav	Haritakyadi Varga	Madhur, Lavan	Sheet		Netrya ^[19]
17	Karpur	Karpuradi Varga	Madhur, Tikta	Sheet		Chakshushyaa ^[20]
18	Latakasturi	Karpuradi Varga	Madhur, Tikta	Sheet		Chakshushyaa ^[21]
19	Gandha Marjar Veerya	Karpuradi Varga				Netrya ^[22]

20	Raktachandan	Karpuradi Varga	Madhur, Tikta	Sheet		Netrahitam ^[23]
21	Aguru	Karpuradi Varga	Katu, Tikta	Ushna	Katu	Akshirogaghna ^[24]
22	Sarala	Karpuradi Varga	Madhur, Tikta	Ushna	Katu	Akshirogahara ^[25]
23	Tagara	Karpuradi Varga	Madhur	Ushna		Akshirogapaham ^[26]
24	Shreeveshtaka	Karpuradi Varga	Madhur, Tikta	Ushna		Aksgirogapaha ^[27]
25	Lavanga	Karpuradi Varga	Katu, Tikta			Netrahitam ^[28]
26	Gandhakokila	Karpuradi Varga	Tikta	Ushna		Aandhya hrut ^[29]
27	Gandhamalati	Karpuradi Varga	Tikta	Ushna		Aandhya hrut ^[30]
28	Nalika	Karpuradi Varga		Sheet		Chakshushyaa ^[31]
29	Prapoundarika	Karpuradi Varga	Madhur, Tikta, Kashay	Sheet	Madhur	Chakshushyam ^[32]
30	Jeevanti	Guduchyadi Varga	Madhur	Sheet		Chakshushyaa ^[33]
31	Mudgaparni	Guduchyadi Varga	Madhur, Tikta	Sheet		Chakshushyaa ^[34]
32	Karaveera dvaya	Guduchyadi Varga	Tikta, Kashay, Katu	Ushna		Netrakopapaham ^[35]
33	Nimbapatra	Guduchyadi Varga		Sheet	Katu	Netryam ^[36]
34	Shigru beej	Guduchyadi Varga	Madhur, Lavan	Ushna	Katu	Chakshushya ^[37]
35	Aparajita	Guduchyadi Varga	Katu	Sheet		Sudrushtide ^[38]
36	Sinduvara	Guduchyadi Varga	Tikta, Kashay, Katu			Netrahitaa ^[39]
37	Gunjadvaya	Guduchyadi Varga				Netramayahare ^[40]
38	Munja	Guduchyadi Varga	Madhur, Kashay	Sheet		Akshiroga hrut ^[41]
39	Kaas	Guduchyadi Varga	Madhur, Tikta	Sheet	Madhur	Akshiroga jit ^[42]
40	Eraka	Guduchyadi Varga		Sheet		Chakshushyaa ^[43]
41	Shatavari	Guduchyadi Varga	Madhur, Tikta	Sheet		Netryaa ^[44]
42	Mahashatavari	Guduchyadi Varga		Sheet		Nihanti nayanamayan ^[45]
43	Kokilaksha	Guduchyadi Varga	Madhur, Amla, Tikta	Sheet		Adrushtiji ^[46]
44	Asthisamharak	Guduchyadi Varga	Madhur	Ushna		Akshiroga hrut ^[47]
45	Kumari	Guduchyadi Varga	Madhur, Tikta	Sheet		Netryaa ^[48]
46	Bhringaraja	Guduchyadi Varga	Katu, Tikta	Ushna		Netrartinut ^[49]
47	Kaakmachi	Guduchyadi Varga	Katu, Tikta	Ushna		Netrahitaa ^[50]
48	Meshashringi	Guduchyadi Varga	Tikta		Katu	Akshishul nut ^[51]
49	Aakashvalli	Guduchyadi Varga	Tikta, Kashay			Akshyaamaypaha ^[52]
50	Jalapippali	Guduchyadi Varga	Katu, Kashay	Sheet	Katu	Chakshushyaa ^[53]
51	Varshiki	Pushpa Varga	Tikta	Sheet		Akshirogaghni ^[54]
52	Svarnajatika	Pushpa Varga	Tikta, Kashay	Ushna		Akshyarti jit ^[55]
53	Yuthika	Pushpa Varga	Madhur, Tikta, Kashay	Sheet	Katu	Akshirogapaha ^[56]

54	Mallika	Pushpa Varga	Katu, Tikta	Ushna		Drik vyadhin haret ^[57]
55	Suvarnaketaki	Pushpa Varga	Tikta	Ushna		Chakshushyaa ^[58]
56	Aamra	Phala Varga	Madhur, Kashay	Sheet		Netrahitam ^[59]
57	Mochafala	Phala Varga	Madhur	Sheet	Madhur	Netragadagham ^[60]
58	Kataka	Phala Varga	Madhur, Kashay	Sheet		Netryam ^[61]
59	Draksha	Phala Varga	Madhur, Kashay	Sheet	Madhur	Chakshushyaa ^[62]
60	Suvarna	Dhatu Varga	Madhur, Tikta, Kashay	Sheet	Madhur	Netryam ^[63]
61	Vanga	Dhatu Varga		Ushna		Chakshushyam ^[64]
62	Yashad	Dhatu Varga	Tikta, Kashay	Sheet		Param chakshushyam ^[65]
63	Loha	Dhatu Varga	Madhur, Tikta, Kashay	Sheet		Chakshushyam ^[66]
64	Swarnamakshik	Dhatu Varga	Madhur, Tikta			Chakshushyam ^[67]
65	Tuttha	Dhatu Varga	Lavan, Katu, Kashay	Sheet		Chakshushyam ^[68]
66	Kamsya	Dhatu Varga				Netrahitam ^[69]
67	Hingul	Dhatu Varga	Tikta, Katu, Kashay			Netramayagham ^[70]
68	Srotonjan	Dhatu Varga	Madhur, Kashay			Chakshushyam ^[71]
69	Gairik	Dhatu Varga	Madhur, Kashay			Chakshushyam ^[72]
70	Kasisa	Dhatu Varga	Amla, Tikta, Kashay	Ushna		Netrakandu pranut ^[73]
71	Kapardika	Dhatu Varga		Sheet		Netrahitam ^[74]
72	Shankha	Dhatu Varga		Sheet		Netryam ^[75]
73	Mouktik	Dhatu Varga		Sheet		Chakshushyam ^[76]
74	Praval	Dhatu Varga	Madhur	Sheet		Chakshushyam ^[77]
75	Raktashali	Dhanya Varga	Madhur, Kashay	Sheet		Chakshushya ^[78]
76	Mudga	Dhanya Varga	Madhur	Sheet		Netrya ^[79]
77	Loni	Shaka Varga	Amla, Lavan	Ushna		Lochan roge hita ^[80]
78	Agastikusum	Shaka Varga	Tikta, Kashay	Sheet	Katu	Naktandhya nashanam ^[81]
79	Madhushigru	Shaka Varga				Akshi hitam ^[82]
80	Nepalamulak	Shaka Varga	Katu	Ushna		Nayanamaya nashanam ^[83]
81	Kaserukadvaya	Shaka Varga	Madhur, Kashay	Sheet		Nayanamaya nashanam ^[84]
82	Hastini dugdha	Dugdha Varga	Madhur, Kashay	Sheet		Chakshushyam ^[85]
83	Nari dugdha	Dugdha Varga		Sheet		Chakshu shulagham, Chaksho Abhighatagham, Nasyashchashchotane hitam ^[86]
84	Navaneet	Navaneet Varga	Madhur	Sheet		Chakshushyam ^[87]
85	Ghrita	Ghrita Varga	Madhur	Sheet		Chakshushyam ^[88]
86	Gavya ghrita	Ghrita Varga	Madhur	Sheet	Madhur	Chakshushyam ^[89]

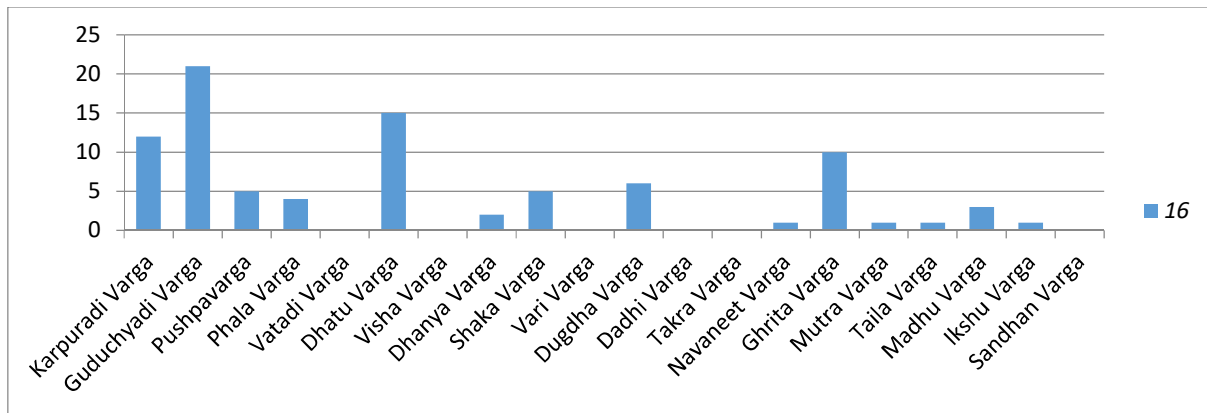
87	Aja ghrita	Ghrita Varga		Katu	Chakshushyam ^[90]
88	Avi ghrita	Ghrita Varga			Chakshushyam ^[91]
89	Stri ghrita	Ghrita Varga			Chakshushyam ^[92]
90	Vadava ghrita	Ghrita Varga		Sheet	Netrarogagham ^[93]
91	Dugdhabhavam ghrita	Ghrita Varga			Netrarog hrut ^[94]
92	Haiyangavina	Ghrita Varga			Chakshushyam ^[95]
93	Purana ghrita	Ghrita Varga			Timirapaham ^[96]
94	Navajya	Ghrita Varga			Netrarogayo yojayet ^[97]
95	Gomutra	Mutra Varga	Lavan, Tikta, Katu	Ushna	Akshirog jit ^[98]
96	Taila	Taila Varga	Madhur, Tikta, Kashay	Ushna	Madhur Chakshushyam ^[99]
97	Madhu	Madhu Varga	Madhur, Kashay	Sheet	Chakshushyam ^[100]
98	Pingavarna makshik madhu	Madhu Varga			Netramaya haram ^[101]
99	Aarghyam madhu	Madhu Varga	Tikta, Kashay	Katu	Ati Chakshushyam ^[102]
100	Khanda	Ikshu Varga	Madhur	Sheet	Chakshushyam ^[103]

1. List of *Dravyas* mentioned in *Bhavprakash Nighantu* along with their Constitutions and Indications.
2. *Dravyas* with *Sheet Veerya* (47) are found more abundantly than those with *Ushna Veerya* (30)
3. *Dravyas* with *Madhur, Tikta, and Kashay Rasas* are found more abundantly than any other *Rasa*.



Graph 1: Numerary comparison between *Sheet* and *Ushna Veerya Dravyas*

4. Following *Dravyas* are found to have *Vyadhi-pratyanik* (disease-specific indication) activity,-
 - a. *Bibhitaki* – *Netrasita nashak*^[104]
 - b. *Shatapushpa* – *Akshi raag hrut*^[105]
 - c. *Tumbaru* – *Akshi guruta nashayet*^[106]
 - d. *Manjishtha* – *Akshiruja nut*^[107]
 - e. *Gandhakokila* – *Aandhya hrut*^[108]
 - f. *Gandhamalati* – *Aandhya hrut*^[109]
 - g. *Karaveer dvay* – *Netrakopapaham*^[110]
 - h. *Kokilaksha* – *Adrishti jit*^[111]
 - i. *Meshashringi* – *Akshi shul nut*^[112]
 - j. *Svarnajatika* – *Akshyarti jit*^[113]
 - k. *Kasisa* – *Netraandu pranut*^[114]
 - l. *Agastikusum* – *Naktandhya nashan*^[115]
 - m. *Nari dugdha* - *Chakshu shulagham, Chaksho Abhighatagham, Nasyashchashchotane hitam*^[116]
 - n. *Puran ghrita* – *Timirapaham*^[117]
5. Maximum *Dravyas* of concern were found from *GuduchyadiVarga* (21).



Graph 2: Varga wise distribution of Dravyas

Table2: Herb with recent Advances

Name of the herb	Recent advances and researches
Haritaki	Retinoprotective activity has been observed when Chloroform extract of Haritaki was administered in streptozotocin-induced diabetic rats. ^[125]
Trifala	Trifala eye drops are found to be effective in Computer vision syndrome. ^[126]
Yashad	Yashad Bhasma is found to be effective in the treatment of Myopia. ^[127]

DISCUSSION

1. *Aalochak Pitta* is associated with eyes and vision.^[118] If we consider general etiopathogenetic factors for the ophthalmological conditions,^[119] it can be noted that most of them cause vitiation of *Pitta dosha* and ultimately, vitiation of *Aalochak Pitta*. Considering the composition (*Rasa, Veerya, Vipak*) of herbs from the observation table, it becomes easy to treat such conditions with *Kashay, Tikta, Madhur rasas*,^[120] *Sheet Veerya*^[121] and be able to nullify vitiated *Pitta*.
2. Eyes are predominantly affected by *Kapha Dosha*.^[122] Considering this, various *Dravyas* mentioned above can be utilized to the maximum extent, since some dravyas have *Katu, Tikta Rasas*, and *Ushna Veerya* in their constitution, and due to these *Rasas*^[123] and *Ushna Veerya*^[124] they can nullify the vitiated *Kapha*.
3. *Ayurveda* elaborates these *Dravyas* according to some specific perspectives of various *Siddhantas*. Alongside various researchers are also working on these *Dravyas*, and their researches are validating the indications specified for these *Dravyas*. (e.g. Table 2)
4. While modern research emphasizes active principles found in these *Dravyas*, they are yet to be explored by the *Ayurveda* faculty, which should be done with the help of various *Siddhantas* mentioned in classic *Ayurvedic* texts. Furthermore, many *Dravyas* are still

not identified and analyzed for their Pharmacological activity.

5. There are various treatment options available in Modern Ophthalmology regarding various Ophthalmological conditions. But when it comes to the preventive aspect, there are very few options available. By taking into consideration the indications of these *Dravyas*, it is clear that these *Dravyas* can be used not only for the treatment of numerous Ophthalmological conditions but also for the prevention of the same.

CONCLUSION

Considering the versatility and count of *Dravyas* having Ophthalmological activity, any clinician can implement them in his/her clinical practice, any researcher can explore them as per his/her area of interest, and any academican can analyze and correlate/ juxtapose the data with other available classical *Ayurvedic* texts.

ACKNOWLEDGEMENT

The author would like to thank Samhita and Siddhanta Dept., Ashtang Ayurved Mahavidyalaya, Pune.

CONFLICT OF INTEREST

There is no conflict of interest.

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How to cite article:

Kunte SV, Bhandare VM, Chaudhari MV. Review of Dravyas from Bhavprakash Nighantu Concerning their Clinical Application in Ophthalmological Practice. AYUSH: International Research Journal of Ayurveda Teachers Association. 2021;1(1)43-54.