

A REVIEW ONVIRECHANA DRAVYASDELINEATED IN BHAVAPRAKASHA NIGHANTU

S.Madhulika¹, A Vijayalakshmi², V Narasimha³

¹PG Scholar, ²Professor & HOD, ³Assistant Professor, PG Dept of Dravyaguna, Dr. B.R.K.R. Govt. Ayurvedic College, Hyderabad, Telangana, India

Email: mahadevmadhu09@gmail.com

ABSTRACT

In present day, many people are suffering with difficulty in bowel evacuation which on longstanding may lead to other chronic diseases. According to one of the survey, the average population across the globe suffering from chronic constipation is around 10%. But in Indians about 14% of people are suffering from chronic constipation, which is higher than the world average. According to *Acharya Susruta* along with *sama avastha* condition of *dosha* and *dhatu*, there should be *Mala samavastha* also which concludes that for a healthy body *malas* also plays a major role. So, there is a large scope to explore *Virechaniya dravyas* which are need of the hour. Here an attempt is made to enlist the *Virechaniya dravyas* explained in most popular lexicon *Bhavaprakasha nighantu*.

Key words: *Bhava Prakasha Nighantu*, Constipation, *Dhatu*, *Dosha*, *Mala samavastha* , *Virechaniya*

INTRODUCTION

Now a day's people are suffering with many diseases due to modern life style which majorly includes consumption of junk food and sedentary life style. Few among such lifestyle problems are irregular bowel habit and hard stool.

Many treatment modalities have been mentioned in *Ayurvedic* classics for treating hard stools. *Virechaniya dravyas* has specific role in evacuating stools. Though many *Virechana dravyas* mentioned in different texts of *Ayurveda*, still there is need for newer and effective

Virechana dravyas. Because the excessive usage of known plants may lead to their extinction and definitely at that movement search for newer plants begins. So before facing such pathetic situation there is a need to evaluate different *Virechana dravyas* mentioned in different *Ayurvedic* texts among which *Nighantus* are treasure banks of single drugs. Among all *Nighantus*, *Bhavaprakasha nighantu* has its own specificity in describing plants and modern *Nighantu* period starts with this lexicon.

Bhavaprakasha nighantu of 16th century is the most popular lexicon and was written by *Acharya Bhava Mishra*. There are 23 Vargas of drugs is mentioned in this book. *Bhavamisra* has mentioned many *dravyas* acting as *Virechaniya dravyas*

The present study is designed to evaluate the *Virechaniya dravyas* like *Bhedana, Rechana, Sransana, Srustavit, Bahu varchas, Sakrit visodhini and Sara* mentioned in *Bhava prakasha nighantu*.

Aims and objectives:

To screen *Virechana dravyas* delineated in *Bhava prakasha nighantu*.

Materials and methods:

The drugs are taken from different *vargas* of *Bhava PrakashaNighantu* of *Bhava Mishra* (16th century) commentary by Prof. Krishna

Chandra Chunekar, published by Chaukhambha Bharati Academy, Varanasi, Reprint: year 2013. In this study the *dravyas* which are having *Virechaniya karma i.e., Bhedana, Rechana dravyas, Sransaniya, Srusta vit, Bahu varchas, Sakrit visodhini, Malakara and Sara* are enlisted. There are herbal drugs as well as animal and mineral origin drugs which expels *purisha* effectively.

Result

Bhedaniya Dravyas

In *Bhavaprakasha nighantu*, total 40 *bhedaniya dravyas* are explained. Under *Haritakyadi varga* -11 drugs, *Guducyadi varga*-7 drugs, *Vatadi varga*-2 drugs, *Amradi varga*- 4 drugs, *Dhatvadi varga*- 2 drugs, *Shaka varga*- 4 *dravyas*, *Kritanna varga*- 4 *dravyas*, *Sandhana varga*- 4 *dravyas*, *Ikshu varga*-2 *dravyas* are mentioned.

Table 1:*Bhedhaniya dravyas* mentioned in *Bhavaprakasha Nighantu*

Si.no.	Name	Botanical name	Varga	Reference
1.	<i>Haritaki</i>	<i>Terminalia chebula</i>	<i>Haritakyadi</i>	BPN/14
2.	<i>Vibheetaki</i>	<i>Terminalia bellerica</i>	<i>Haritakyadi</i>	BPN/36
3.	<i>Ardraka</i>	<i>Zingiber officinalis</i>	<i>Haritakyadi</i>	BPN/49
4.	<i>Pippali mula</i>	<i>Piper longum</i>	<i>Haritakyadi</i>	BPN/65
5.	<i>Katuka</i>	<i>Picrorhiza kurroa</i>	<i>Haritakyadi</i>	BPN/152
6.	<i>Katu parni*</i>	-	<i>Haritakyadi</i>	BPN/177
7.	<i>Pashana bheda</i>	<i>Saxifrage ligulata</i>	<i>Haritakyadi</i>	BPN/185
8.	<i>Bhallataka pakwa phala</i>	<i>Semecarpus anacardium</i>	<i>Haritakyadi</i>	BPN/229
9.	<i>Shakambari</i>	-	<i>Haritakyadi</i>	BPN/243
10.	<i>Samudra lavana</i>	<i>Sodii muras</i>	<i>Haritakyadi</i>	BPN/245
11.	<i>Sauvarchala</i>	<i>Unaqua sodium chloride</i>	<i>Haritakyadi</i>	BPN/248
12.	<i>Gambhari</i>	<i>Gmelina arborea</i>	<i>Guducyadi</i>	BPN/16
13.	<i>Kantakari dvaya phala</i>	<i>Solanum xanthocarpum</i>	<i>Guducyadi</i>	BPN/42
14.	<i>Eranda phala majja</i>	<i>Ricinus communis</i>	<i>Guducyadi</i>	BPN/66
15.	<i>Nimba phala</i>	<i>Azadirachta indica</i>	<i>Guducyadi</i>	BPN/96
16.	<i>Karanja patra</i>	<i>Pongamia pinnata</i>	<i>Guducyadi</i>	BPN/121
17.	<i>Kumari</i>	<i>Aloe barbadensis</i>	<i>Guducyadi</i>	BPN/229

18.	<i>Dronapuspi</i>	Leucas cephalotes	<i>Guducyadi</i>	BPN/283
19.	<i>Karira</i>	Capparis aphylla	<i>Vatadi</i>	BPN/63
20.	<i>Varuna</i>	Crataeva nurvala	<i>Vatadi</i>	BPN/65
21.	<i>Susha amra phala</i>	Mangifera indica	<i>Amradi phala</i>	BPN/ 4
22.	<i>Badari –sushka</i>	Ziziphus jujube	<i>Amradi phala</i>	BPN/ 73 and 77
23.	<i>Pilu</i>	Salvadora persica	<i>Amradi phala</i>	BPN/ 128
24.	<i>Amla vetasa</i>	Rheum emodi	<i>Amradi phala</i>	BPN/ 144
25.	<i>Tuttam</i>	Copper sulphate	<i>Dhatvadi</i>	BPN/ 68
26.	<i>Tutta bheda kharpari</i>	Calamite (zinc ore) ¹	<i>Dhatvadi</i>	BPN/151
27.	<i>Palakya</i>	Spinacia oleracea	<i>Shaka</i>	BPN/17
28.	<i>Drone puspi patram</i>	Leucas cephalotes	<i>Shaka</i>	BPN/34
29.	<i>Kalaya sakha</i>	-	<i>Shaka</i>	BPN/46
30.	<i>Karavellaka</i>	Momordica charantia	<i>Shaka</i>	BPN/63
31.	<i>Bedhamika</i>	-	<i>Kritanna</i>	BPN/43
32.	<i>Yava saktava</i>	-	<i>Kritanna</i>	BPN/167
33.	<i>Cipita</i>	-	<i>Kritanna</i>	BPN/176
34.	<i>Kulmasha</i>	-	<i>Kritanna</i>	BPN/181
35.	<i>Kanjikam</i>	-	<i>Sandhana</i>	BPN/1
36.	<i>Sauvira</i>	-	<i>Sandhana</i>	BPN/9
37.	<i>Sukti</i>	-	<i>Sandhana</i>	BPN/15
38.	<i>Madya</i>	-	<i>Sandhana</i>	BPN /19
39.	<i>Paryushita ikshu rasa</i>	-	<i>Ikshu</i>	BPN /18
40.	<i>Matsyandi</i>	-	<i>Ikshu</i>	BPN /23

Rechana dravyas

In *Bhavaprakasha nighantu*, total 17 *Rechaniya dravyas* are explained. Under *Haritakyadi varga* -4 drugs, *Guducyadi varga*-

9 drugs, *Vatadi varga*-1 drug, *Dhatvadi varga*- 1 drug, *Shaka varga*- 2 drugs are mentioned.

Table 2: *Rechaniya dravyas* mentioned in *Bhavaprakasha Nighantu*

s.no.	Name	Botanical name	Varga	Reference
1.	<i>Haritaki(Cetaki)</i>	Terminalia chebula	<i>Haritakyadi varga</i>	BPN /17
2.	<i>Pippali</i>	Piper longum	<i>Haritakyadi varga</i>	BPN /55
3.	<i>Kampillaka</i>	Mallotus philippinensis	<i>Haritakyadi varga</i>	BPN /147
4.	<i>Katu parni</i>	-	<i>Haritakyadi varga</i>	BPN /177
5.	<i>Arka dugdha</i>	Calotropis gigantea Calotropis procera	<i>Guducyadi varga</i>	BPN /72
6.	<i>Snuhi ksheera</i>	Euphorbia neriifolia	<i>Guducyadi varga</i>	BPN /77
7.	<i>Ankota and phala</i>	Alangium lamarckii	<i>Guducyadi varga</i>	BPN /140, 141
8.	<i>Bhutrana</i>	Cymbopogon citrates	<i>Guducyadi varga</i>	BPN /170
9.	<i>Sveta trivrit</i>	Operculina turpethum	<i>Guducyadi varga</i>	BPN /194
10.	<i>Shyama trivrit</i>	-	<i>Guducyadi varga</i>	BPN /196

11.	Jayapala	Croton tiglium	Guducyadi varga	BPN /202
12.	Neeli	Indigofera tinctoria	Guducyadi varga	BPN /208
	Markandika	Cassia angustifolia	Guducyadi varga	BPN /290
13.	Shami	Prosopis spicigera	Vatadi varga	BPN /73
14.	Kankushta	Garcinia Morella ²	Dhatvadi varga	BPN /164
15.	Sehunda patra	-	Shaka varga	BPN /37
16.	Patola mula	Trichosanthes dioica	Shaka varga	BPN /71

Katuparni is mentioned as both *Bhedaniya* and *Recaniya dravya*³. *Haritaki (Cetaki)* is *Sukha virecanti*⁴. *Shyama trivriit* is *teevra virecanti*⁵. *Arka dugdha- sreshta virecana*⁶. *Snuhi ksheera* mentioned that it can be given in *deergha rogito* cause *virecana*⁷. For *Markandika, mrudu recani* is mentioned as the synonym⁸. *Patola mula* mentioned as *sukha virecana*⁹

Anulomana:

Anulomana karma is mentioned for *Haritaki*¹⁰.

Sramsana:

In *Bhavaprakasha nighantu*, total 4 *sramsaniya dravyas* are explained. Under *Haritakyadi varga* -1drug, *Guducyadi varga*-2 drugs, *Vatadi varga*-1 drug, *Dhanya varga*- 1dravya are mentioned.

Table 3: *Sramsaniya dravyas* mentioned in *Bhavaprakasha Nighantu*

s.no.	Name	Botanical name	Varga	Reference
1.	<i>Aragvada (Phala)</i>	Cassia fistula	<i>Haritakyadi varga</i>	BPN /150
2.	<i>Meshasringi phala</i>	Gymnema sylvestre	<i>Guducyadi varga</i>	BPN /254
3.	<i>Devadali phala</i>	Luffa echinata	<i>Guducyadi varga</i>	BPN /293
4.	<i>Masha</i>	Phaseolus mungo	<i>Dhanya varga</i>	BPN /631

Haritaki causes *Visramsana of sakrit*, if it is taken along with the food¹¹. *Aragvada* mentioned as *Sramsanottama*¹²

Srusta vit

In *Bhavaprakasha nighantu*, total 7 *Srusta vit dravyas* are explained. Under *Amradi varga*- 1 drug, *Dhanya varga*- 1 drug, *Shaka varga*- 2 drugs , *Mamsa varga*- 2dravyas, *Dadhi varga*- 1 drug are mentioned.

Table 4: *Srusta vit dravyas* mentioned in *Bhavaprakasha Nighantu*

S.NO.	Name	Botanical name	Varga	Reference
1.	<i>Draksha- pakva phala</i>	Vitis vinifera	<i>Amradi varga</i>	BPN /111
2.	<i>Dagdha mrujjata shali</i>	Oryza sativa	<i>Dhanya varga</i>	BPN /8
3.	<i>Tanduliya</i>	Amaranthus spinosus	<i>Shaka varga</i>	BPN /13
4.	<i>Alukam</i>	Dioscorea species	<i>Shaka varga</i>	BPN /97
5.	<i>Parna mruga* mamsa</i>	-	<i>Mamsa varga</i>	BPN /19
6.	<i>Mahisha mamsa</i>	Wild buffalo	<i>Mamsa varga</i>	BPN /90
7.	<i>Manda dadhi**</i>		<i>Dadhi varga</i>	BPN /4

* Animals which climb trees eg: Monkey etc.

** not fully formed curd

Strusta vinmarutani is mentioned for All *shakas*¹³.

Malakara

In *Bhavaprakasha nighantu*, total 5malakara dravyas are explained. Under *Mamsa varga*-1, *Kritanna varga*- 3drugs, *Taila varga*-1 drug are mentioned

Table 5:Malakara dravyasmentioned in *Bhavaprakasha Nighantu*

s.no.	Name	Term mentioned	Varga	Reference
1.	<i>Tadaga matsya</i>	<i>Mala mutrada</i>	<i>Mamsa varga</i>	BPN /128
2.	<i>Krusara</i>	<i>Mala kari</i>	<i>Kritanna varga</i>	BPN /10
3.	<i>Yava rotika</i>	<i>Mala kari</i>	<i>Kritanna varga</i>	BPN /36
4.	<i>Palalam</i>	<i>Malakrut</i>	<i>Kritanna varga</i>	BPN /182
5.	<i>Atasi taila</i>	<i>Malakrut</i>	<i>Taila varga</i>	BPN /18

Bahu varchas

In *Bhavaprakasha nighantu*, *Bahu varchas dravyas* are explained. Under *Shaka varga*- all

shakas, *Mamsa varga*- 1 *dravya* are mentioned.

Table 6: *Bahu varchas dravyas* mentioned in *Bhavaprakasha Nighantu*

s.no.	Name	Botanical name	Varga	Reference
1.	<i>All shakas</i>	-	<i>Shaka varga</i>	BPN/2
2.	<i>Sarshapa shaka</i>	<i>Brassica campestris</i>	<i>Shaka varga</i>	BPN/47
3.	<i>Koshastha(shell having animals)</i>	-	<i>Mamsa varga</i>	BPN/35

Sakrit visodhini

In *Bhavaprakasha nighantu*, total 4 *Sakrit visodhini dravyas* are explained. Under *Harita-*

kyadi varga- 3 *dravyas*, *Amradi phala varga*-1 *dravya* are present. He mentioned *karma of Amlavetasa as Vit doshagham*¹⁴.

Table 7: *Sakrit visodhiniyadravyas* mentioned in *Bhavaprakasha Nighantu*

s.no.	Name	Botanical name	Varga	Reference
1.	<i>Haritaki*</i>	<i>Terminalia chebula</i>	<i>Haritakyadi varga</i>	BPN/30
2.	<i>Vacha</i>	<i>Acorus calamus</i>	<i>Haritakyadi varga</i>	BPN/103
3.	<i>Chopachini</i>	<i>Smilax china</i>	<i>Haritakyadi varga</i>	BPN/108
4.	<i>Amlavetasa</i>	<i>Rheum emodi</i>	<i>Amradi phala varga</i>	BPN/145

*-*Peshita Haritaki karma* is mentioned as *Ma-la sodhini*¹⁵.

Koshta suddhi

In *Bhavaprakasha nighantu*, total 2 *koshta suddhi dravyas* are explained. Under *Harita-*

kyadi varga -1 drug, kritannadi varga- 1 dravya are mentioned.

Table 8: Koshta suddhidravayas mentioned in Bhavaprakasha Nighantu

s.no.	Name	Botanical name	Varga	Reference
1.	Aragvada	Cassia fistula	Haritakyadi varga	BPN/150
2.	Kanji	-	Kritanna varga	BPN/159

Both aragvada and kanji are mentioned as best Koshtashuddhi kara dravyas (Koshtashuddhi karam¹⁶).

Sara

In Bhavaprakasha nighantu, following Sara dravyas are explained.

Table 9: Saradravyas mentioned in Bhavaprakasha Nighantu

Si.No.	Name	Botanical name	Varga	Reference
1.	Triphala	Terminalia chebula Terminalia bellerica Emblica officinalis	Haritakyadi varga	BPN/43
2.	Samudraphena	Sepia officinalis	Haritakyadi varga	BPN/119
3.	Kirata	Swertia chirata	Haritakyadi varga	BPN/155
4.	Jyotismati	Celastrus paniculatus	Haritakyadi varga	BPN/172
5.	Bakuchi	Psoralea corylifolia	Haritakyadi varga	BPN/108
6.	Lasuna	Allium sativum	Haritakyadi varga	BPN/222
7.	Cakra	Rumex vesicarius ¹⁷	Haritakyadi varga	BPN/261
8.	Guggulu	Commiphora mukul	Karpuradi varga	BPN/38
9.	Sarala niryasa	Oleo resin of Pinus longifolia ¹⁸ , Pinus roxburghii ¹⁹	Karpuradi varga	BPN/47
10.	Nagavalli	Piper betle	Guducyadi varga	BPN/11
11.	Kantakari	Solanum xanthocarpum	Guducyadi varga	BPN/40
12.	Arka dwaya	Calotropis gigantea Calotropis procera	Guducyadi varga	BPN/69
13.	Langali	Gloriosa superb	Guducyadi varga	BPN/80
14.	Madhusigra (red variety)	-	Guducyadi varga	BPN/108
15.	Mamsarohini	Soymida febrifuga	Guducyadi varga	BPN/132
16.	Vamsa	Bambusa arundinacea	Guducyadi varga	BPN/155
17.	Kasa	Saccharum spontaneum	Guducyadi varga	BPN/162
18.	Danti dvaya	Baliospermum montanum	Guducyadi varga	BPN/199
19.	Indravaruni Mahendravaruni	Citrullus colocynthis	Guducyadi varga	BPN/204
20.	Asthi samhara	Cissus quadrangularis	Guducyadi varga	BPN/227
21.	Gandhaprasarini	Paederia foetida	Guducyadi varga	BPN/235
22.	Trayamana	Thalictrum foliolosum	Guducyadi varga	BPN/243
23.	Murva	Marsdenia tenacissima	Guducyadi varga	BPN/245
24.	Sankhapuspi	Convolvulus pluricaulis	Guducyadi varga	BPN/270

25.	<i>Brahmi, mandukaparni</i>	Bacopa monnieri Centella asiatica	<i>Guducyadi varga</i>	BPN/281
26.	<i>Suvarcala</i>	Sveta- Gynandropsis pentaphylla Peeta-Cleome viscosa	<i>Guducyadi varga</i>	BPN/286
27.	<i>Variparni</i>	Pistia stratiotes	<i>Pushpa varga</i>	BPN/20
28.	<i>Kadamba</i>	Anthocephalus cadamba	<i>Pushpa varga</i>	BPN/36
29.	<i>Kubjaka</i>	Rosa moschata	<i>Pushpa varga</i>	BPN/38
30.	<i>Saptaparna</i>	Alstonia scholaris	<i>Pushpa varga</i>	BPN/75
31.	<i>Kritrima pakva cushitaa- mrphala, galita amrarasa, amravartaha</i>	Mangifera indica	<i>Amradi phala</i>	BPN/8,9,16
32.	<i>Amrataka</i>	Spondias mangifera	<i>Amradi phala</i>	BPN/19
33.	<i>Naranga</i>	Citrus reticulate	<i>Amradi phala</i>	BPN/64
34.	<i>Priyalaphala</i>	Buchanania latifolia	<i>Amradi phala</i>	BPN/84
35.	<i>Draksha-pakvaphala</i>	Vitis vinifera	<i>Amradi phala varga</i>	BPN/111
36.	<i>Amlika</i>	Tamarindus indica	<i>Amradi phala varga</i>	BPN/143
37.	<i>Tamrabhasma</i>	Copper	<i>Dhatvadi varga</i>	BPN/26
38.	<i>Ranga bhasma</i>	Tin	<i>Dhatvadi varga</i>	BPN/32
39.	<i>Loha</i>	Ferrum	<i>Dhatvadi varga</i>	BPN/41
40.	<i>Kamsya</i>	Bell metal	<i>Dhatvadi varga</i>	BPN/71
41.	<i>Gandhaka</i>	Sulphur	<i>Dhatvadi varga</i>	BPN/111
42.	<i>Manasila</i>	Realgar/ Red arsenic	<i>Dhatvadi varga</i>	BPN/133
43.	<i>Kardama</i>	-	<i>Dhatvadi varga</i>	BPN/157
44.	<i>Ratna</i>	-	<i>Dhatvadi varga</i>	BPN/187
45.	<i>Godhuma</i>	Triticum sativum	<i>Dhanya varga</i>	BPN/32
46.	<i>Rajamasha</i>	Vigna catiang	<i>Dhanya varga</i>	BPN/44
47.	<i>Raja simhibeeja</i>	Dolichos lablab	<i>Dhanya varga</i>	BPN/46
48.	<i>Kulatta</i>	Dolichos biflorus	<i>Dhanya varga</i>	BPN/62
49.	<i>Vamsayava(Vamsa beeja)</i>	Bambusa arundinaceae	<i>Dhanya varga</i>	BPN/82
50.	<i>Vaastuka dvaya</i>	Chenopodium album	<i>Shaka varga</i>	BPN/7
51.	<i>Kala shakam</i>	Corchorus capsularis	<i>Shaka varga</i>	BPN/17
52.	<i>Brihat loni</i>	Portulaca oleracea	<i>Shaka varga</i>	BPN/21
53.	<i>Chanchuki</i>	Corchorus fascicularis	<i>Shaka varga</i>	BPN/27
54.	<i>Rasala(srikhand)</i>	-	<i>Kritanna varga</i>	BPN/147
55.	<i>Sarkarodakam</i>	-	<i>Kritanna varga</i>	BPN/149
56.	<i>Yava saktavaha</i>	-	<i>Kritanna varga</i>	BPN/166
57.	<i>Tila taila</i>	Sesamum indicum	<i>Taila varga</i>	BPN/2
58.	<i>Eranda taila</i>	Ricinus communis	<i>Taila varga</i>	BPN/23
59.	<i>Nava madira</i>	-	<i>Sandhana varga</i>	BPN/30
60.	<i>Ikshu rasa nirmita padarta</i>	Saccharum officinarum	<i>Ikshu varga</i>	BPN/20
61.	<i>Sitopala(Misri)</i>	-	<i>Ikshu varga</i>	BPN/31

DISCUSSION

Bhedhana means expulsion of *abaddha* (liquid) or *baddhamala* in the downward direction whereas in *Rechana karma* the *pakwa*, *apakwa mala* liquefied and expelled out. The word *Anulomana* indicates expulsion of *malas*, only after proper formation i.e., *pakwamala*. *Sramsana* means expelling the partially processed mala residing in *koshta* without *malapaka*. Thus, all these *Karmas* i.e., *Bhedhana*, *Rechana*, *Anulomana*, *Sramsana*, *Malakara*, *Koshtasuddi*, *Sara*, *Bahuvarchas* and *Sakrit Visodhini* by their different mode of actions causes *Virechana*.

Bhavamisra explained *Virechaniya dravyas* which are plant, animal and mineral origin. The drug *Haritaki* was repeated for more times and mentioned in various actions like *Bhedhana*, *Anulomana*, *Sakrit visodhini*, *Rechana*, *visramsana*. *Peshita Haritaki* acts as *Mala sodhini* whereas *Cetaki* type of *Haritaki* was mentioned as *Sukha virecani*. *Haritaki* if taken along with the food causes *visramsana* of *sakrit*. *Shyamatrivrit* is mentioned as *teevravirechani*. *Aragvada* was mentioned in *sramsana* and *koshtasuddhi karmas*. *Aragvada* is mentioned best *sramsana*dravya. Both *Aragvada* and *kanji* are mentioned as best *Koshtashuddhikaradravyas*. *Arka* was mentioned as *sara* whereas *Arkadugdha* (milk of *Arka*) is *Sreshtavirechana*. *Snuhiksheera* can be given in *deergharogi* to cause *virechana*. *Mrudurecani* is the synonym mentioned for *markandika*. *Karma* of *Patolamula* was mentioned as *sukhavirechana*. *Vamsa* and *Vamsayava* (*beeja* of *Vamsa*) are mentioned as *Sara*. *Amlavetasa* is mentioned as *Bhedana* and *Sakritvisodhini*. *Katuparni* is mentioned as

both *Bhedaniya* and *Recaniya dravya*. *Sushkaamraphala* is mentioned as *Bhedana* whereas *Kritrimapakva*, *cushitaamraphala* are mentioned as *Sara*. *Pakvaphala* of *Draksha* mentioned as *srustavit* and *sara*. *Bhedana-karma* is mentioned for *Erandaphalamajja* where as its *taila* for *sarakarma*. *Paryushitaikshurasa* (staled *ikshurasa*) is mentioned as *Bhedana* whereas *ikshurasanirmitapadarthas* are having *sarakarma*. *Triphala* is the only formulation mentioned as *Virechanakarma*.

Drugs like *Karanja*, *Badari* in *Bhedaniya*Dravyas, *Vacha* in *SakritVisodhiniya*Dravyas, *Samudraphena*, *Sarala Nirayasa* (*Pinus roxburghii*), *Langali*, *Kasa*, *Brahmi*, *Mandukaparni*, *Variparni*, *Saptaparna*, *Draksha* in *Sara dravyas* are included in least concerned species of IUCN red list of threatened species²⁰. These drugs need to be used cautiously as they are in IUCN red list of threatened species.

CONCLUSION

Virechana dravyas by their different mode of action expels out the *pakwa* or *apakwa mala*. It is one of the easiest ways to expel *malas* out of the body. *Bhavaprakasha nighantu* of 16th century is the most popular lexicon and has its own specificity in describing plants and modern *nighantu* period starts with this lexicon. *Bhavamishra* mentioned 40 *bhedaniya*, 17 *Rechaniya*, 4 *Sramsana*, one *anulomana*, 7 *Srusta vit*, 4 *sakrit visodhini*. 5 *Malakara dravyas*. These drugs mentioned will help in evacuating *purusha* properly by their different actions. Thus the present review on *Virechaniya dravyas* delineated in *Bhavaprakasha nighantu* may help physicians in selecting ap-

propriate *Virechaniya dravya*. Further this review requires a detailed clinical study to understand the mode of action and efficacy of these drugs.

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