Short Communication

Sarvadoshahara Karma and Dravya

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Abstract:
Ayurveda, the main traditional system of Indian subcontinent has two objectives: to maintain healthy status of body and in the event of disease, to bring about healing. This is achieved through a threefold plan i.e. good lifestyle, proper diet and use of drugs whenever needed. In Ayurvedic literature Dravyas (drugs) have been classified on different basis. There are few very useful drugs in compendia which are mentioned as Sarvadoshahara Dravya (capable to maintain equilibrium of all three humours). Sarvadoshahara Dravya can be used in many diseases conditions at the same time they are capable of Shodhana (elimination) of Doshas and Prashamana (suppression) of different Vyadhi (diseases). It can be understood that Sarvadoshahara Dravyas possesses Antioxident, Immunomodulatory, Anti-bacterial and many pharmacological activities. In the present context Sarvadoshahara Dravyas described in Ayurveda has been highlighted with their properties, action and indications substantiated by modern researches.

Keyword: Dosha, Dravya, diseases, Shodhana, Shamana

Introduction:
In Charaka, Sushruta Samhita and Ashtang Samgraha, Dravyas (drugs) have been classified on different basis as Karyakanabhedha (Cause and effect) i.e. Karya dravya e.g. Panchanamatra, Atma etc and Karana Dravya e.g.Guduchi (Tinospora cordifolia Willd Miers ex Hook f. & Thomas), Vacha ( Acorus calamus) etc 1. On the basis of Utpattibhedha (Evolution) viz. Akashiya, Vayavinya, Agneya, Apya and Parthiva 2, on the basis of Yonibheda (Source) i.e. Jangam (animal origin) e.g. Kasturi and Mukta, Oudhvida (originate through penetration soil) e.g. various herbs and Parthiva e.g. minerals, metals 3, on the basis of Prayogabheda (Utility) i.e. Aushadha Dravya e.g. Haritaki (Terminalia chebula Retz.), Gudchi etc. and Ahara dravya e.g. Shali (Oryza sativa Linn), Mudga (Phaseolus mungo Linn) etc 4, on the basis of Rasabheda (Taste) i.e. Madhuraskandha e.g. Yashtimaladhu, Draksha (Vitis vinifera Linn) etc, Amlaskandha e.g. Nimbuka (Citrus limon (Linn) Burm.f), Dadima (Punica granathum Linn) etc, Lavanaskandha e.g. Saindhava Lavana (Rock salt), Katukaskandha e.g. Sunthi (Zingiber officinale Roxb.), Pippali (Piper longum Linn) etc, Tiktaskandha e.g. Neem (Azadirachta indica A Juss), Patol (Trichosanthes dioica Roxb.) etc, Kashayaskandha Bibhitaka (Terminalia belerica Roxb.), Arjuna (Terminalia arjuna(Roxb.)W.&A.) etc 5, on the basis of Veeryabheda (Potency) i.e. Sheetaveerya Dravya e.g. Amalaki (Embelica officinalis Gaertn), Katuka (Picrorhiza kurroa Royal ex Benth) etc.
Table no.1:- Sarvadoshahara Drugs and their pharmacological properties

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Sarvadoshahara drug</th>
<th>Botanical name</th>
<th>Pharmacological Activities</th>
<th>Prabhava</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ativisha</td>
<td>Aconitum heterophyllum</td>
<td>Immuno-modulatory[25], Anti-oxidant[26], Anti-bacterial [27]</td>
<td>-</td>
</tr>
<tr>
<td>3</td>
<td>Kushmanda</td>
<td>Benincasa hispida</td>
<td>Anti-ulcerogenic and Antioxidant[31], Anti-diabetic[32], Anti-compulsive Antioxidant[34], Anti-ageing[35]</td>
<td>Medhya</td>
</tr>
<tr>
<td>4</td>
<td>Amalaki</td>
<td>Emblica officinalis</td>
<td>Anti-cancers[36], Anti-oxidant, Anti-proliferative[37], Antiglycemic activity[38], Nootropic activity[39]</td>
<td>-</td>
</tr>
<tr>
<td>5</td>
<td>Jivanti</td>
<td>Leptadenia reticulate</td>
<td>Anti-bacterial [40], Hepatoprotective activity[41], Anti-asthamatic[42], Anti-anaphylactic[43], Anti-diabetic[44], Immunomodulatory and antioxidant[45]</td>
<td>-</td>
</tr>
<tr>
<td>6</td>
<td>Mulaka</td>
<td>Raphanus sativus Linn.</td>
<td>Anti-inflammatory and Antitumor[46], Antioxidant &amp; Hepatoprotective[47]</td>
<td>-</td>
</tr>
<tr>
<td>7</td>
<td>Vastuka</td>
<td>Chenopodium murale Linn.</td>
<td>Vasoactive &amp; anti-oxidant [48], Antifungal[49], Antibacterial and cytotoxic[50]</td>
<td>-</td>
</tr>
</tbody>
</table>
Dosha [13] and claimed their utility in treating numerous diseases [14,15].

**Sarvadoshahara dravya mentioned in Ayurveda:**

1) *Ativisha (Aconitum heterophyllum Wall.)* It is best among Deepaniya (appetizer), Pachaniya (digestive), Samgrahika, Sarvadoshahara [16].

2) *Vidarigandha (Desmodium gangeticum DC.)* It is best among Vrishya (aphrodisiac) and Sarvadoshahara [17].

3) *Ripe fruit of Kushmanda (Benincasa hispida Thunb.)* - It is Kshariya (alkaline), Madhura (sweet), Amla (sour), eliminative of Mutra (urine) and Purisha (stool) as well as Sarvadoshahara [18]. Unripen fruit of Kushmanda pacifies Pitta while middle aged one increases Kapha, white ripen fruit is Laghu (light), Ushna (hot), Kshariya (alkaline), Dipana (appetizer), Bastishodhana (diuretic), Sarvadoshahara, Hridya and wholesome for mental disorders [19].

4) *Amalaki (Emblica officinalis Gaertn.)* fruit It is Amla (Sour) with Madhura (sweet), Tikta (bitter), Kashaya (astringent) and Katu (pungent) in taste, Sara (laxative), Cakshushya (wholesome for eyes), Vrishya (aphrodisiac) and Sarvadoshahara [20].

5) *Young tender Mulaka (Raphanus sativus Linn.)* It is Katu (pungent) and Tikta (bitter) in taste, Hridya, Rochana (relishing), Agnidipana (appetizer), Sarvadoshahara, Laghu (light), Kanthya (beneficial for throat) [21].

6) *Jivanti (Leptadenia reticulata W. & A.)* It is Sarvadoshahara and Cakshushya (wholesome for eyes) [22], Madhura (sweet) and Hima (cold in potency) [23].

7) *Vastuka (Chenopodium murale Linn.)* It is Katu (pungent) in Vipaka, Krmighna (antelmenthic), Medhavardhana (promotes intellect) and Agnivardhana (promotes digestive power), Kshariya (alkaline), Sarvadoshahara, Rocana (relishing) and Sara (laxative) [24].

**Discussion:**

On the basis of observed properties and Rasapanchaka of all Sarvadoshahara Dravya it can be claimed that Sarvadoshahara dravyas are having Madhura, Tikta Rasa, Madhura Vipaka and Sheeta as well as Ushna Veerya. It can be interpreted that along with above mentioned properties Sarvadoshahara drugs have complex actions which can be experienced but can not be explained completely. It is clear from the fact that many drugs have similar properties to Sarvadoshahara drugs but have limited therapeutic efficacy. Sarvadoshahara drugs can be used in complex as well as multiple disease conditions. Few Sarvadoshahara dravyas can used as regularly e.g. Kushmanda, Jivanti, Mulaka, etc. while remaining are used in specific condition for specific purpose e.g. Vidarigandha for aphrodisiac purpose. It is understood from the pharmacological properties given in table no.1, that Sarvadoshahara dravyas possesses Immuno-modulatory activity, Anti-oxidant property, Anti-bacterial property, Anti-cancerous activity and Anti-hyperglycemic activity.

**Conclusion:**

From the above discussion it can be concluded that Sarvadoshahara Dravyas, are the drug which acts on all the Sharirik , Manasik & other Doshas . In the modern perspective drugs having Antioxidant, Immuno-modulatory, Anticancerous, Antibacterial, Anti-hyperglycemic activities can be said as Sarvadoshahara. Hence multi dimensional researches are required to establish their properties and actions in present scenario.

**References:**


[3] Ibid 1, 1/68, p. 41

[4] Ibid 1, 2/17, p. 55


[8] Ibid 1, 1/68, p. 40


[14] Ibid 12, 46/7, p. 215
[15] Ibid 12, 45/51, p. 201
[16] Ibid 1, 25/40, p. 131
[17] Ibid 1, 25/40, p. 132
[18] Ibid 9, 27/113, p. 159
[19] Ibid 9, 46/213-14, p. 230
[20] Ibid 9, 46/143, p. 227
[21] Ibid 9, 46/240, p. 231
[22] Ibid 9, 46/252, p. 232


[24] Ibid 9, 46/260, p. 233
[38] Perera HKI, Handuwalage CS. Analysis of glycation induced protein cross-linking inhibitory effects of some antidiabetic plants and spices, BMC Complement Altern Med. 2015;15:175.

