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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.

Key word- *Dosha, Dravya, diseases, Shodhana, Shamana*

Introduction:

In Charaka, Sushruta *Samhita* and Ashtang Samgraha, *Dravya* (drugs) have been classified on different basis as *Karyakaranabheda* (Cause and effect) i.e. *Karya dravya* e.g. *Panchtanmatra, 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 *Utpattibheda* (Evolution) viz. *Akashiya, Vayaviya, Agneya, Apya* and *Parthiva* 2, on the basis of *Yonibheda* (Source) i.e. *Jangam* (animal origin) e.g. *Kasturi* and *Mukta, Oudbhida* (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. *Yashtimadhu, Draksha* (*Vitis vinifera Linn*) etc, *Amlaskandha* e.g. *Nimbuka* (*Citrus limon (Linn) Burm.f.*), *Dadima* (*Punica granatum 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* (*Trichosanthus dioica Roxb.*) etc, *Kashayaskandha* e.g. *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,

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Ushnaveerya dravya e.g. *Agaru*(*Aquilaria agallocha Roxb*), *Pippali* etc 6, on the basis of *Vipaka* (Post digestive changes) 7, on the basis of Effect on *Dosha* (Humours) 8.

According to effect on humours *Dravya* are classified into three types viz. *Doshashamaka* (Pacifying), *Prakopaka* (Aggravating), and *Swasthahitkara* (Maintaining)[9]. Accordingly the drugs have been classified in to three groups each i.e. a) drugs pacifying vitiated *Dosha* 1. as pacifying *Vata* e.g. *Devadaru* (*Cedrus deodara*(*Roxb*) *Loud*) , *Shallaki* (*Boswellia serrata Roxb*) etc., 2. pacifying *Pitta* e.g. *Chandana* (*Santalum album Linn*), *Ushira* (*Vetiveria zizanoidis* (*Linn*) *Nash*) etc., 3. pacifying *Kapha* e.g. *Aguru*, *Haridra* (*Curcuma longa Linn*) etc. b) Drugs which vitiate *Dosha* as 1. vitiating *Vata* e.g. *Shushkashaka* (dried green vegetables), *Shushkamansa* (dried flesh) etc., 2. vitiating *Pitta* e.g. *Kulattha*, *Srashapa* etc., 3. vitiating *Kapha* e.g. *Masha* (*Vigna mungo Linn*), *Anupa Mansa* etc. c) Drugs capable of maintaining normal health e.g. *Raktashali*, *Mudga* etc [10]. There are few very

useful drugs which are mentioned as *Sarva doshahara* in *Samhitas* but they are not classified in separate category.

Material & Method-

Ayurvedic literature was collected from all *Samhitas* and commentaries. Contemporary information was collected from modern books, journals and internet. All information was studied, analyzed and interpreted.

Observation & Result-

Sarvadoshahara is a very broad term used only for few *Dravyas* mentioned in *Samhita*. Different commentators had given different views over it which are as follows: *Chakrapanidutta* includes *Vata*, *Pitta* and *Kapha* as *Sharira* (Somatic) *Dosha* and *Raja* and *Tama* as *Manasika* (Psychic) *Dosha* in *Sarvadoshahara* [11]. According to *Dalhana Sarvadoshahara* includes all *Doshas* i.e. *Vata* , *Pita*, *Kapha* and *Rakta*. Other *Acharyas* proposed that *Sarvadoshahara* drugs neither vitiate nor pacifies *Doshas* [12]. *Dalhana* mentioned *Sarvadoshahara* drugs as pacifier of all vitiated

Table no.1:- *Sarvadoshahara dravyas* and their pharmacological properties

Sr.No.	<i>Sarvadoshahar</i> a drug	Botanical name	Pharmacological Activities	<i>Prabhava</i>
1	<i>Ativisha</i>	<i>Aconitum heterophyllum</i>	Immuno-modulatory[25], Anti-oxidant[26], Anti-bacterial [27]	-
2	<i>Shalaparni</i>	<i>Desmodium gangeticum</i>	Anti-inflammatory, Anti-nociceptive, [28] Anti-ulcer[29], Anti-hypertrophic[30]	-
3	<i>Kushmanda</i>	<i>Benincasa hispida</i>	Anti-ulcerogenic and Antioxidant[31], Anti-diabetic[32], Anti-compulsive [33], Antioxidant[34], Anti-ageing [35].	Medhya
4	<i>Amalaki</i>	<i>Embllica officinalis</i>	Anti-cancers[36], Anti-oxidant, Anti-proliferative[37], Antiglycemic activity[38], Nootropic activity [39].	-
5	<i>Jivanti</i>	<i>Leptadenia reticulate</i>	Anti-bacterial [40], Hepatoprotective activity[41], Anti-asthamatic[42], Anti-anaphylactic[43], Anti-diabetic[44], Immunomodulatory and antioxidant[45].	-
6	<i>Mulaka</i>	<i>Raphanus sativus</i> Linn.	Anti-inflammatory and Antitumor[46], Antioxidant & Hepatoprotective[47]	
7	<i>Vastuka</i>	<i>Chenopodium murale</i> Linn	Vasoactive & antioxidant [48], Antifungal[49], Antibacterial and cytotoxic[50]	

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 (*Emblia 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), *Kanthy* (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* (antelmthic), *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.

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