

NITYA SEVANIYA DRAVYAS- A CRITICAL REVIEW

Dr. Shankaragoud Sankadal¹, Dr. Umakrant N. Rabb*²

¹Professor, Dept of Kriya Sharira, Neelganga Ayurvedic Medical College, Hospital and Research Center,
Basavakalyan, Bidar, Karnataka, India.

²Professor, Dept of Dravyagun Vigyan, Neelganga Ayurvedic Medical College, Hospital and Research Center,
Basavakalyan, Bidar, Karnataka, India.

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***Corresponding Author: Dr. Umakrant N. Rabb**

Professor, Dept of Dravyagun Vigyan, Neelganga Ayurvedic Medical College, Hospital and Research Center, Basavakalyan, Bidar, Karnataka, India.

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ABSTRACT

Introduction- Drugs are not only utilized for therapeutic purposes but also function as dietary components and nutritional supplements. According to Ayurvedic principles, digested food is classified into *Saara Bhaga* (nutritive essence) and *Kitta Bhaga* (waste). The former nourishes body tissues, while the latter is eliminated. Herbs containing volatile principles play an important role in enhancing digestion, metabolism, and overall health. **Methods-** This study is based on a conceptual review of Ayurvedic texts and modern physiological understanding of digestion. The role of volatile principle containing herbs commonly used in daily diet such as *Haridra*, *Maricha*, *Shunthi*, *Twak*, *Sarshapa*, *Lashuna*, *Tila*, *Methika*, *Dhanyaka*, *Jeeraka*, *Lavanga*, and *Lanka* was analyzed in relation to digestive processes and pharmacological actions. **Results-**Protein digestion begins in the stomach with pepsin (active at pH 2-3), converting proteins into proteoses and peptones. Further digestion occurs in the duodenum and jejunum through pancreatic enzymes like trypsin, chymotrypsin, and carboxypeptidase, producing peptides and amino acids. Enterocytic peptidases complete the process, converting about 99% of di- and tripeptides into absorbable amino acids. Fat digestion starts minimally in the stomach via lingual lipase and continues in the intestine. The studied herbs predominantly exhibit *Katu Rasa*, *Katu Vipaka*, and *Ushna Virya*, along with *Laghu*, *Ruksha*, and *Tikshna* properties. Their volatile constituents demonstrate significant pharmacological activities. **Discussion-**The integration of these herbs into daily diet supports digestion and metabolism through both Ayurvedic and biochemical mechanisms. Their volatile principles enhance enzymatic activity and exhibit antipyretic, anti-inflammatory, antioxidant, antimicrobial, immunomodulatory, appetizer, and anti-lipidemic effects. Thus, these dietary drugs contribute to maintaining physiological balance and promoting overall health, validating their dual role as both food and medicine.

KEYWORDS: Volatile principles, Haridra, Shunthi, Jeeraka, Maricha, Twak.

INTRODUCTION

According to Ayurvedic principles, the process of digestion (*Ahara Paka*) leads to the division of ingested food into two essential components *Saara Bhaga* (the nutritive essence) and *Kitta Bhaga* (the waste material). *Saara Bhaga* is responsible for the nourishment of body tissues (*Dhatus*) and maintenance of vitality, whereas *Kitta Bhaga* is eliminated from the body as metabolic waste. Proper digestion is therefore central to health, as it determines the quality of tissue formation and overall physiological balance. From a modern physiological perspective, digestion involves a series of mechanical and biochemical processes. Protein digestion begins in the stomach, where the enzyme pepsin, active at an acidic pH of 2–3, converts proteins into proteoses, peptones, and smaller polypeptides. However, the major portion of protein digestion occurs in the upper small intestine, particularly in the duodenum and jejunum. Here, pancreatic proteolytic enzymes such as trypsin, chymotrypsin, carboxypeptidase, and elastase further break down polypeptides into smaller peptides and amino acids. These peptides are subsequently acted upon by intestinal peptidases present in the enterocytes lining the small intestine, ultimately resulting in the formation of free amino acids.

Approximately 99% of dipeptides and tripeptides are hydrolyzed into single amino acids within enterocytes before absorption into the bloodstream. Fat digestion begins minimally in the stomach through the action of lingual and gastric lipases, which initiate the breakdown of triglycerides. The majority of fat digestion and absorption occurs in the small intestine with the help of bile salts and pancreatic lipase. In both Ayurveda and modern science, digestion is influenced by various dietary substances and herbal agents. Several commonly used culinary herbs such as *Haridra* (Turmeric), *Maricha* (Black pepper), *Shunthi* (Dry ginger), *Twak* (Cinnamon), *Sarshapa* (Mustard), *Lashuna* (Garlic), *Tila* (Sesame), *Methika* (Fenugreek), *Dhanyaka* (Coriander), *Jeeraka* (Cumin), *Lavanga* (Clove), and *Lanka* (Chili) play a significant role in enhancing digestion and metabolism. These herbs are rich in volatile principles (essential oils), which stimulate digestive enzymes, improve appetite (*Deepana*), and aid in proper digestion (*Pachana*). Pharmacologically, these herbs exhibit a wide range of beneficial properties, including antipyretic, anti-inflammatory, antioxidant, antimicrobial, immunomodulatory, and hypolipidemic actions. Their antioxidant activity helps neutralize free radicals, thereby protecting cells from oxidative stress and supporting immune function. Additionally, certain herbs such as *Haridra* (turmeric), which contains the active compound *curcumin*, have been shown to possess neuroprotective effects. *Curcumin* is known for its potential role in preventing neurodegenerative disorders such as Parkinson's disease and is also beneficial in managing mild to moderate depression due to its anti-inflammatory and mood-regulating properties. Thus, these commonly used dietary herbs not only enhance the flavor and palatability of food but also play a crucial role in promoting digestion, improving nutrient assimilation, and maintaining overall health. Their integration into daily diet reflects the holistic approach of *Ayurveda*, where food itself is considered a form of medicine (*Ahara as Mahabhaishajya*).

MATERIALS AND METHODS

- **Study Design-** This study is a literary review (narrative review) aimed at critically analyzing the concept of *Nitya Sevaniya Dravyas* described in classical Ayurvedic texts and correlating them with modern scientific findings
- **Sources of Data-** Ayurvedic Classical Texts- Primary references were collected from authoritative Ayurvedic compendia, including; *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*. These texts were reviewed to extract descriptions of *Nitya Sevaniya Dravyas*, their properties (*Rasa, Guna, Virya, Vipaka*), and therapeutic uses.

- **Modern Literature Sources-** Secondary data were obtained from; Indexed journals (PubMed, Scopus, Google Scholar), Research articles on pharmacological properties (anti inflammatory, antioxidant, etc.), Standard textbooks of pharmacology and nutrition

Selection Criteria

- **Inclusion Criteria-** Drugs explicitly mentioned under *Nitya Sevaniya Dravyas*, Substances with daily dietary or therapeutic relevance, Articles explaining pharmacological actions of selected drugs
- **Exclusion Criteria-** Drugs not indicated for daily use, Studies lacking scientific validation or proper references, Non relevant or duplicate literature
- **Data Collection Method-** Relevant information was systematically collected regarding; Botanical name, Family, Ayurvedic properties (*Rasa, Guna, Virya, Vipaka*), Therapeutic actions, Modern pharmacological activities, Data were compiled and tabulated for comparative analysis.

Method of Analysis

- Qualitative analysis was performed to interpret classical descriptions.
- **Comparative correlation was made between-** Ayurvedic properties and modern pharmacological actions
- **Critical evaluation was done to assess;** Relevance in daily diet (*Ahara*), Preventive and promotive health benefits

DISCUSSION

Haridra^[1]

- **Botanical Name-** *Curcuma longa* Linn. **Family-** Zingiberaceae

Ayurvedic Properties (*Dravya Guna*)

- **Rasa (Taste)-** *Katu* (Pungent), *Tikta* (Bitter)
- **Guna (Qualities)-** *Ruksha* (Dry), *Laghu* (Light)
- **Veerya (Potency)-** *Ushna* (Hot)
- **Vipaka (Post digestive effect)-** *Katu*
- **Dosha Karma-** Pacifies *Kapha* and *Pitta*

Pharmacological and Therapeutic Actions

- **Digestive and Metabolic Effects-** *Haridra* enhances *Agni* (digestive fire) and helps in proper digestion and metabolism. Useful in *Aruchi* (loss of appetite) by stimulating taste perception. Reduces *Ama* (toxins) due to its *Deepana* (appetizer) and *Pachana* (digestive) properties. Its pungent and bitter principles support enzyme activity and improve gut health.
- **Anti inflammatory and Anti edematous Action-** Effective in *Shotha* (edema) and inflammatory conditions. The active principle curcumin exhibits strong anti-inflammatory activity by inhibiting inflammatory mediators. Useful in arthritis, swelling, and injury-related inflammation.
- **Skin and Blood Purification (*Twak* and *Rakta Shodhana*)-** Beneficial in *Twak Dosha* (skin disorders) such as eczema, acne, and dermatitis. Acts as a *Rakta Shodhaka* (blood purifier), improving skin complexion (*Varnya* property). Reduces *Kandu* (itching) due to its antimicrobial and anti allergic properties.

- **Wound Healing (*Vranaropana*)-** Promotes rapid healing of *Vrana* (wounds/ulcers). Exhibits antiseptic and antimicrobial action, preventing infection. Used both internally and externally (paste application).
- **Effect on Urinary and Metabolic Disorders-** Useful in *Meha* (urinary disorders, including diabetes) by regulating metabolism and reducing excessive *Kapha*. Helps in detoxification and supports kidney function.
- **Hematological Benefits-** Indicated in *Pandu* (anemia) and *Rakta* disorders. Improves blood quality and circulation. Acts as a mild blood purifier and enhancer
- **Antimicrobial and Immunomodulatory Action-** Possesses broad spectrum antibacterial, antiviral, and antifungal properties. Enhances immunity (*Vyadhikshamatva*), making it useful in recurrent infections.
- **Modern Pharmacological Correlation- Curcumin** (major bioactive compound) shows; Anti inflammatory, Antioxidant, Hepatoprotective, Antidiabetic, Anticancer potential
- **Common Uses in Daily Life-** As a spice in cooking (improves digestion and prevents infections). Turmeric milk (*Haridra Ksheerapaka*) for immunity and respiratory health. Topical application for skin glow and wound healing. Used in Ayurvedic formulations like *Haridra Khanda*

Maricha^[2,3]

- **Botanical Name-** *Piper nigrum*. **Family-** Piperaceae
Maricha, commonly known as black pepper, is one of the most widely used spices in *Ayurveda* and modern medicine. It is regarded as a powerful digestive stimulant and bioavailability enhancer.

Ayurvedic Properties

- **Rasa (Taste)-** *Katu* (Pungent)
- **Guna (Qualities)-** *Teekshna* (Sharp), *Ruksha* (Dry)
- **Veerya (Potency)-** *Ushna* (Hot)
- **Vipaka (Post-digestive effect)-** *Katu* (Pungent)
- **Doshic Effect-** Pacifies *Kapha* and *Vata*, Increases *Pitta* (*Pittakara*)

Therapeutic Actions

- **Dipana (Appetizer)-** Stimulates digestive fire (*Agni*), enhancing appetite and metabolism.
- **Agnijanaka-** Improves digestion and promotes proper assimilation of nutrients.
- **Ruchikaraka-** Enhances taste perception and palatability of food.
- **Kapha-Vatahara-** Reduces mucus accumulation and alleviates *Vata* disorders like bloating.
- **Shwasa (Respiratory Disorders)-** Useful in dyspnoea, asthma, and cough by clearing airways.
- **Shoola (Colic)-** Relieves abdominal pain due to gas or indigestion.
- **Krimighna-** Acts against intestinal worms due to its pungent and penetrating nature.
- **Shukra Nashaka** In excess use, may reduce reproductive tissue (*Shukra Dhatu*), hence should be used cautiously.

Ardra Maricha- Fresh pepper differs slightly in properties;

- **Vipaka-** *Madhura* (Sweet post-digestive effect)
- **Veerya-** Mildly *Ushna* (Not excessively hot)
- **Guna-** Slightly *Teekshna*

- **Effects- *Shleshma Praseki***- Increases mucus secretion. ***Apittalam***- Does not aggravate Pitta significantly This indicates that fresh pepper is milder and less irritating compared to dried black pepper.

Chemical Constituents

- *Piperine* (main active alkaloid), Chavicine (isomer of piperine), Volatile oils (sabinene, pinene, limonene), Oleoresins. *Piperine* is especially important as it enhances the bioavailability of drugs and nutrients by increasing their absorption in the intestines.

Pharmacological Actions

- Digestive stimulant, Carminative (relieves gas), Antimicrobial, Anti inflammatory, Bioavailability enhancer (improves efficacy of other drugs like *curcumin*), Mild thermogenic (increases metabolism)

Shunthi^[4,5]

- **Botanical Name-** *Zingiber officinale* **Family-** Zingiberaceae

Ayurvedic Pharmacological Actions

Shunthi (dry ginger) is a highly valued drug in *Ayurveda*, primarily known for its *Agni Deepana* (digestive fire enhancing) and *Vata Kapha* pacifying properties. Its pharmacodynamic attributes include-

- **Rasa (Taste)-** *Katu* (Pungent)
- **Guna (Qualities)-** *Laghu* (Light), *Snigdha* (Unctuous)
- **Veerya (Potency)-** *Ushna* (Hot)
- **Vipaka (Post-digestive effect)-** *Madhura* (Sweet)

Therapeutic Actions Explained- Digestive and Metabolic Effects

- ***Ruchya and Pachani***- Enhances appetite and improves digestion by stimulating gastric secretions.
- ***Agni Guna Dominance***- Strengthens digestive fire, helping in proper breakdown and assimilation of food.
- ***Anaha and Udara Maruta***- Relieves abdominal distension and flatulence by reducing gas formation.
- ***Vibandha and Sangrahi***- Regulates bowel movement absorbs excess moisture (*Toyamsha Parishosha*) and firms stool.

Musculoskeletal and Anti inflammatory Role

- ***Amavatagna***- Effective in conditions like Rheumatoid arthritis by digesting *Ama* (toxins) and reducing inflammation. Its *Ushna Veerya* helps in relieving stiffness and improving circulation in joints.

Respiratory Benefits-

- ***Shwasa and Kasa***- Useful in dyspnoea and cough due to its expectorant and bronchodilatory action. Reduces *Kapha* accumulation in respiratory channels.

Gastrointestinal and Anti-emetic Action-

- ***Vami***- Controls vomiting by stabilizing gastric function. Helps in nausea, especially due to indigestion or *Kapha* imbalance.

Cardiovascular Support

- **Hridayamaya-** Supports heart health by improving circulation and reducing *Kapha*-related blockages. Mild hypolipidemic and circulatory stimulant effects are observed.

Anti edematous and Fluid Regulation

- **Shotha and Shleepada-** Reduces edema and conditions like filariasis by its drying (*Ruksha* like) and channel clearing action.

Anorectal and Digestive Disorders

- **Arscha (Haemorrhoids)-** Improves digestion and reduces pressure in rectal veins. Helps in chronic constipation and irregular bowel habits.

Voice and Reproductive Health-

- **Swarya-** Improves voice clarity by clearing throat congestion.
- **Vrushya-** Acts as an aphrodisiac by improving metabolism and vitality.

Functional Interpretation

- *Shunthi* is considered *Agni Deepaka* and *Ama Pachaka* it kindles digestive fire and eliminates toxins.
- Its *Ushna* (hot potency) counteracts cold, heavy qualities of *Kapha* and stabilizes *Vata*, making it highly effective in chronic metabolic and inflammatory disorders.
- **Bhedani (Breaks hard stools)-** *Ardraka* has mild laxative properties. It's *Ushna* (hot potency) and *Teekshna* (sharp nature) help soften and break hardened fecal matter, thereby facilitating smooth bowel movements and relieving constipation.
- **Guru (Heavy)-** Though fresh ginger is considered *Guru*, it provides nourishment and grounding effect to the body. However, due to its digestive-stimulating nature, it does not burden digestion when used in appropriate quantities.
- **Teekshna (Penetrating) -** Its sharp and penetrating quality helps in clearing obstructions in bodily channels (*Srotas*). It enhances circulation and allows better absorption of nutrients and medicines.
- **Ushna (Heat generating)-** *Ardraka* generates internal warmth, improving digestion (*Agni Deepana*) and reducing cold-related disorders. It is especially useful in conditions dominated by *Kapha* and *Vata*.
- **Deepana (Appetizer)-** It stimulates digestive fire (*Agni*), thereby improving appetite. Regular intake before meals enhances hunger and prepares the digestive system for efficient digestion.
- **Katu (Pungent taste)-** The pungent taste helps in breaking down *Ama* (toxins), reducing heaviness, and improving metabolism. It also aids in clearing mucus from respiratory passages
- **Rooksha (Drying)-** Its drying property helps reduce excess *Kapha* (mucus, congestion) and is beneficial in respiratory conditions like cough and cold.
- **Ruchya (Taste promoter)-** *Ardraka* enhances taste perception and relieves tastelessness (*Aruchi*). It stimulates salivary secretion and improves overall palatability of food.
- **Kapha-Vata Shamaka-** Due to its hot and pungent qualities, *Ardraka* effectively balances *Kapha* (phlegm, heaviness) and *Vata* (pain), making it useful in respiratory and digestive disorders.

- **Vibandhahara (Relieves constipation)**- It improves peristalsis and digestion, thereby preventing accumulation of undigested food and easing bowel movements.
- **Shoolaghna (Relieves colic pain)**- *Ardraka* acts as a carminative, reducing intestinal spasms, gas, and abdominal pain. It is especially useful in *Vata*-induced abdominal colic.
- **Cleansing effect (with *Saindhava Lavana*)**- When fresh ginger is taken with *Saindhava Lavana* (rock salt) before meals; It stimulates *Agni* (digestive fire), Cleanses the tongue and throat by removing mucus and coating, Improves taste and appetite, Prepares the gastrointestinal tract for proper digestion

Twak^[6]

- **Botanical Name**- *Cinnamomum cassia* Blume.
- **Family**- Lauraceae

Ayurvedic Properties

Twak (cinnamon bark) is a widely used aromatic drug in *Ayurveda* with multiple therapeutic benefits-

- **Rasa (Taste)**- *Katu* (Pungent), *Tikta* (Bitter), *Madhura/Swadu* (Sweet)
- **Guna (Qualities)**- *Laghu* (Light), *Ruksha* (Dry), *Tikshna* (Sharp)
- **Veerya (Potency)**- *Ushna* (Hot)
- **Vipaka (Post digestive effect)**- *Madhura* (Sweet)
- **Dosha**- Pacifies *Kapha* and *Vata*, may increase *Pitta* in excess

Therapeutic Actions

- **Digestive and Metabolic Effects**- Acts as *Deepana* (appetizer) and *Pachana* (digestive). Improves *Agni* (digestive fire) and reduces *Aruchi* (loss of taste). Useful in nausea and vomiting by stimulating gastric secretions
- **Respiratory Benefits**- Effective in *Peenasa* (chronic rhinitis) and cold. Its *Ushna Veerya* helps liquefy and expel *Kapha*. Beneficial in cough, sinus congestion, and throat discomfort
- **Anti pruritic and Skin Uses**- Relieves *Kandu* (itching) due to its antimicrobial and anti-inflammatory properties. *Twak choorna* can be applied externally for skin disorders and swelling
- **Cardiovascular Action**- Supports heart health (*Hridroga*) by improving circulation. Helps regulate lipid metabolism and acts as a mild stimulant
- **Genitourinary Effects**- Useful in *Basti Roga* (bladder disorders). Acts as a mild diuretic and antimicrobial, helping urinary infections
- **Anorectal Disorders**- Beneficial in *Arsha* (haemorrhoids) due to its *Deepana* and *Vata-Kapha* reducing action. Helps reduce inflammation and improve digestion (root cause of piles in *Ayurveda*)
- **Anthelmintic Action**- Effective against *Krimi* (intestinal worms). Its *Tikshna* and *Katu* properties destroy parasites
- **Gynecological Uses**- Helpful in dysmenorrhoea (painful menstruation). Relieves spasms due to its *Ushna* and *Vata shamaka* properties
- **Dental and Oral Care**- Used in toothache due to analgesic and antimicrobial properties. Helps reduce bad breath and oral infections
- **External Application (*Bahya Prayoga*)**- *Twak Choorna* (powder) is applied locally on; Swelling (*Shotha*), Painful areas. Acts as a counter irritant, improves circulation, and reduces inflammation

Modern Pharmacological Correlation-

- *Twak* contains active constituents like cinnamaldehyde and eugenol, which show; Antimicrobial, Anti-inflammatory, Antioxidant, Carminative effects

Sarshapa^[7]

- **Botanical Name-** *Brassica campestris*.
- **Family-** Brassicaceae

Ayurvedic Properties- *Sarshapa* (mustard) is a widely used medicinal and culinary herb in *Ayurveda*, valued for its strong penetrating and heating qualities.

- **Rasa (Taste)-** *Katu* (Pungent), *Tikta* (Bitter)
- **Vipaka (Post-digestive effect)-** *Katu* (Pungent)
- **Guna (Qualities)-** *Teekshna* (Sharp/Penetrating), *Ruksha* (Dry)
- **Virya (Potency)-** *Ushna* (Hot)

Effect on Doshas

- **Pacifies-** *Kapha* and *Vata Dosha* **Aggravates-** *Pitta*. Its *Ushna* (hot potency) and *Teekshna* (sharp quality) help in breaking down accumulated *Kapha* and stimulating bodily functions.

Therapeutic Actions

- **Agnivardhana (Enhances Digestive Fire)-** *Sarshapa* stimulates *Agni* (digestive fire), improving appetite and digestion. It helps in; Indigestion Loss of appetite (*Aruchi*) *Ama* (toxic metabolic waste) accumulation
- **Kapha-Vata Shamana (Balances Kapha and Vata)-**Due to its heating and penetrating nature, it; Reduces mucus accumulation, Relieves cold, cough, and congestion, Helps in joint stiffness and pain (*Vata* disorders)
- **Kandu Nashaka (Relieves Itching)-** Mustard is useful in skin itching (*Kandu*) because of its; Antimicrobial, Anti-inflammatory properties, Mustard oil is often applied externally to relieve itching and irritation.
- **Kusthaghna (Beneficial in Skin Diseases)-** *Sarshapa* is used in conditions like; Eczema, Dermatitis, Fungal infections. Its *Tikta* (bitter) and *Katu* (pungent) properties help detoxify the skin and blood.
- **Krimighna (Anti parasitic Action)-** It helps destroy intestinal worms (*Krimi*) due to its; Sharp (*Teekshna*) action. Strong digestive stimulation
- **Raktapitta Prabhava (Effect on Bleeding Disorders)-** *Sarshapa* is said to promote *Raktapitta* (hemorrhagic tendency) if used excessively because; It is hot (*Ushna*), It increases *Pitta*
- **Rakshakara and Graha Nashaka (Protective and Spiritual Use)-** Traditionally, *Sarshapa* is believed to- Ward off negative energies (*Graha*). Be used in rituals and fumigation (*Dhupana*) for purification. This reflects its strong, penetrating, and cleansing nature both physically and symbolically.
- **Modern Perspective-** Mustard contains- Allyl isothiocyanate; antimicrobial and rubefacient. Helps improve circulation, digestion, and has mild analgesic effects

Rasona^[8]

- **Botanical Name-** *Allium sativum*.
- **Family-** Liliaceae.

Rasa (Taste) and Panchabhautika Diversity-

Lashuna is unique in Ayurveda because different parts exhibit different tastes (*Rasa*)-

- **Root- *Katu*** (Pungent)
- **Leaves- *Tikta*** (Bitter)
- **Stem- *Kashaya*** (Astringent)
- **Stem apex- *Lavana*** (Salty)
- **Seeds- *Madhura*** (Sweet)
- This multi *rasa* nature makes it a powerful *tridosha* regulator, though it primarily reduces *Vata* and *Kapha*.

Guna (Qualities), Virya (Potency), Vipaka

- **Guna (Qualities)- *Snigdha*** (Unctuous), *Guru* (Heavy), *Tikshna* (Sharp)
- **Virya (Potency)- *Ushna*** (Hot)
- **Vipaka (Post-digestive effect)- *Katu***

Pharmacological (Therapeutic) Actions- *Lashuna* is a multi functional medicinal herb with wide ranging effects-

- **Digestive and Metabolic- *Pachana*** (Improves digestion), *Analāsada / Deepana* (Stimulates appetite), Relieves *Ajirna* (Indigestion) and *Aruchi* (loss of taste), *Sara* (Mild laxative → relieves constipation)
- **Cardiovascular and Circulatory-** Beneficial in *Hridroga* (heart diseases). Improves blood circulation. Reduces lipid accumulation (anti cholesterol)
- **Respiratory System-** Useful in; *Kasa* (Cough), *Shwasa* (Dyspnoea/asthma) Helps clear *Kapha* from lungs
- **Anti infective and Anthelmintic- *Jantughna*** (Kills worms). Effective in infections due to its antimicrobial nature
- **Musculoskeletal and Vata Disorders-** Relieves *Vata* diseases (joint pain, stiffness). Useful in *Gulma* (abdominal masses)
- **Skin and External Use-** Beneficial in; *Kustha* (skin diseases), *Shopha* (inflammation/edema)

Rasayana and Rejuvenative Effects

- ***Brimhana-*** Nourishes body tissues
- ***Balakara-*** Improves strength and immunity
- ***Medhahita-*** Enhances memory and intellect
- ***Varnakara-*** Improves complexion
- ***Netrya-*** Good for eye health
- ***Vrishya-*** Acts as an aphrodisiac

Indications (Diseases/Conditions)-

- **Digestive disorders-** *Ajirna*, *Vibandha*,
- **Respiratory-** *Kasa*, *Shwasa*,
- **Cardiovascular-** *Hridroga*,
- **Gastrointestinal-** *Gulma*, *Kukshi Shoola*.
- **Skin-** *Kustha*
- **Metabolic-** Loss of appetite.

- **Parasitic-** Worm infestations.
- **Inflammatory-** Shophya. *Vata-Kapha* disorders

Modern Correlation-

- Garlic contains; **Alicin** → antimicrobial, cardioprotective. Antioxidants → anti aging effects. Helps in; Lowering cholesterol, Blood pressure control, Immunity boosting

Tila^[9]

- **Botanical Name-** *Sesamum indicum*.
- **Family-** Pedaliaceae

Rasa (Taste) and Vipaka (Post digestive Effect)-

- **Rasa (Taste)-** *Katu* (Pungent), *Tikta* (Bitter), *Kashaya* (Astringent)
- **Vipaka-** *Katu* (Pungent after digestion)
- **Swadu-** Palatable and nourishing. These taste properties help in deep digestion, removal of toxins, and balancing bodily humors.

Guna (Qualities) and Veerya (Potency)

- **Guna-** *Snigdha* (Unctuous/Demulcent)
- **Veerya-** *Ushna* (Hot potency)
- **Sparsha-** *Hima* (Cold to touch externally)
- Internally heating but externally soothing this dual nature makes *Tila* versatile in both internal consumption and external therapies (like oil massage).

Dosha Karma (Effect on Doshas)

- **Balances-** *Vata (Vatagna)*, **Pacifies-** *Kapha*. May mildly increase *Pitta* if used excessively. Especially beneficial in *Vata* disorders such as dryness, joint pain, and nervous weakness.

Major Therapeutic Actions Explained

- **Balya (Strength Promoter)** - Enhances overall body strength and stamina. Nourishes deeper tissues (*Dhatus*)
- **Keshya (Hair Tonic)** - Promotes hair growth, prevents premature graying. Sesame oil is widely used in head massage
- **Stanya Janana (Galactagogue)-** Increases breast milk production in lactating mothers. Often recommended in postnatal diets
- **Vrina Hita (Wound Healing)-** Helps in quick healing of wounds. Sesame oil acts as an antimicrobial and soothing agent
- **Dantya (Strengthens Teeth)-** Improves teeth and gum health. Oil pulling with sesame oil is a traditional practice
- **Grahi (Absorbent)-** Useful in diarrhea and malabsorption disorders. Improves intestinal absorption
- **Agniprada (Digestive Fire Enhancer)-** Stimulates appetite and digestion, Helps in reducing Ama (toxins)
- **Shukrala (Enhances Reproductive Tissue)-** Particularly black sesame seeds improve; Semen quality, Fertility, Vitality

Special Functional Insights

- **Snigdha (Unctuous nature)**- Lubricates joints, skin, and intestines
- **Ushna Veerya**- Helps in cold conditions like stiffness, cough, and Vata imbalance
- **Hima Sparsha**- Cooling touch makes it ideal for external application in burning sensations

Clinical Uses

- **Vata disorders** (arthritis, dryness), Hair fall, dandruff, Lactation deficiency, Weak digestion, Dental problems, Skin wounds and dryness

Methika^[10]

- **Botanical Name**- *Trigonella foenum-graecum* Linn.
- **Family**- Fabaceae

Ayurvedic Properties

- **Rasa (Taste)**-*Tikta* (Bitter), *Katu* (Pungent)
- **Guna (Qualities)**- *Guru* (Heavy), *Snigdha* (Unctuous)
- **Virya (Potency)**- *Ushna* (Hot)
- **Vipaka (Postdigestive effect)**- *Katu*
- **Dosha karma; Vata Kapha Shamaka** (reduces *Vata* and *Kapha*), May slightly increase *Pitta* if taken in excess due to *Ushna* nature

Therapeutic Actions (Karma)

- **Jwaraghna (Antipyretic)**- *Methika* helps in reducing *Jwara* (fever) by improving digestion and clearing *Ama* (toxins), which are often the root cause of fever in *Ayurveda*.
- **Pramehaghna (Anti diabetic and Urinary Health)**- Useful in *Prameha* (including diabetes mellitus) Helps regulate blood sugar levels Improves insulin sensitivity Reduces excessive urination and glycosuria
- **Raktashodhaka (Blood Purifier)**- Cleanses the blood by removing toxins. Beneficial in skin disorders like acne, boils, and eczema. Supports liver function
- **Medohara (Anti lipidemic and Weight Reducing)**- Reduces *Meda Dhatu* (fat tissue), Lowers cholesterol and triglycerides, Acts as a natural anti lipidemic agent, Helps in weight management by improving metabolism and reducing fat accumulation
- **Deepana Pachana (Digestive Stimulant)**- Enhances appetite (*Deepana*), Improves digestion (*Pachana*), Reduces *Ama* formation, Useful in indigestion, bloating, and loss of appetite
- **Vatanulomana**- Regulates movement of *Vata Dosha*, Relieves constipation, flatulence, and abdominal discomfort
- **Balya (Strength Promoting)**- Nourishes body tissues. Improves general strength and stamina

Modern Pharmacological Actions

- **Anti diabetic**- Contains soluble fiber (galactomannan) and 4-hydroxyisoleucine
- **Anti lipidemic**- Reduces LDL cholesterol. Anti inflammatory and antioxidant. Gastroprotective
- **Hormonal support**- May help in lactation and hormonal balance

Dhanyak^[11]

- **Botanical Name-** *Coriandrum sativum*.
- **Family-** Apiaceae

Ayurvedic Properties- *Dhanyaka* is widely used both as a culinary spice and a medicinal herb in Ayurveda.

- **Rasa (Taste)-** *Madhura* (Sweet), *Tikta* (Bitter), *Kashaya* (Astringent)
- **Guna (Qualities)-** *Laghu* (Light), *Snigdha* (Unctuous/Demulcent)
- **Virya (Potency)-** Generally *Sheeta* (Cooling)
- **Vipaka (Post-digestive effect)-** *Madhura* (Sweet)
- **Dosha Effect-** *Tridosha Shamana* (Balances *Vata*, *Pitta*, and *Kapha*)

Therapeutic Actions**Digestive and Metabolic Effects**

- **Rochaka (Appetizer)-** Enhances taste perception and stimulates appetite.
- **Grahi (Absorbent)-** Helps in conditions like diarrhea by improving intestinal absorption.
- **Swadupaki-** Promotes healthy digestion with a sweet post digestive effect.
- Useful in indigestion, loss of appetite, and weak digestion (*Agnimandya*).

Urinary System Benefits

- **Mutrala (Diuretic)-** Promotes urine formation and helps in flushing toxins.
- Beneficial in; Urinary tract infections, Burning micturition, Water retention (edema)

Fever and Heat Related Disorders

- **Jwaraghna (Antipyretic)-** Helps reduce fever.
- **Daha and Trishna Hara-** Relieves burning sensation and excessive thirst.
- Especially useful in *Pitta* disorders due to its cooling nature.
- **Respiratory Benefits- Helps relieve;** *Kasa* (Cough), *Shwasa* (Dyspnoea/Asthma) Works by reducing *Kapha* and soothing respiratory passages.

Anti-emetic and Anti parasitic

- **Vamana Nigrahana-** Controls vomiting.
- **Krimighna (Anti-helminthic)-** Helps eliminate intestinal worms.

Nourishing and General Health

- **Snigdha-** Provides mild nourishment and lubrication to tissues.
- **Karshya Hara-** Helps in conditions of emaciation or weakness.
- Though *Avrushya* (non-aphrodisiac), it still supports overall vitality.

Fresh (Ardra) vs Dry Coriander-

- **Fresh Dhanyaka (Leaves)-** *Madhura* (Sweet), *Sugandhika* (Aromatic), *Ruchikara* (Improves taste of food), More cooling and refreshing
- **Dry Seeds-** Stronger medicinal properties, more effective in digestion, fever, and urinary disorders

Jiraka^[12]**Botanical Name-** *Cuminum cyminum* Linn.**Family-** Apiaceae**Ayurvedic Properties**

- **Rasa (Taste)-** *Katu* (Pungent)
- **Guna (Qualities)-** *Ruksha* (Dry), *Laghu* (Light)
- **Virya (Potency)-** *Ushna* (Hot)
- **Vipaka (Post-digestive effect)-** *Katu*
- **Dosha Effect-** Pacifies *Vata* and *Kapha*, May increase *Pitta* if taken excessively

Therapeutic Actions Explained**Digestive and Metabolic Effects**

- **Deepana (Appetizer)-** Stimulates digestive fire (*Agni*), improving hunger.
- **Pachana (Digestant)-** Helps digest *Ama* (toxins), reducing indigestion.
- **Ruchya (Taste promoter)-** Enhances taste perception, useful in anorexia.
- **Sangrahi (Absorbent)-** Helps in binding stools → useful in diarrhoea (*Atisara*).

Action on Vata and Gastrointestinal Disorders

- Relieves *Admana* (abdominal distension) by reducing gas.
- Useful in *Gulma* (abdominal lumps/tumors) due to its carminative action.
- Controls *Chardi* (vomiting) by stabilizing stomach function.

Systemic Effects

- **Jwaraghna (Antipyretic)-** Helps reduce fever by correcting digestion and metabolism.
- **Balya (Strength promoter)-** Improves overall vitality and nourishment.
- **Medhya (Brain tonic)-** Supports cognitive functions and mental clarity.
- **Chakshushya (Beneficial for eyes)-** Indirectly improves vision via better digestion and circulation

Reproductive and Women's Health

- **Garbhashaya Vishuddhi Krit-** Helps cleanse and tone the uterus. Often used post delivery to restore uterine health.
- **Vrishya (Aphrodisiac)-** Enhances reproductive strength and vitality

Disease Indications

- *Jeeraka* is commonly used in; *Atisara* (Diarrhoea)- due to absorbent property, *Admana* (Gas, bloating), *Gulma* (Abdominal masses), *Chardi* (Vomiting), *Jwara* (Fever), Weak digestion / low appetite

Hingu^[13]

- **Botanical Name-** *Ferula foetida* Regel.
- **Family-** Umbelliferae (Apiaceae)

Ayurvedic Properties

- *Ushna Virya* (Hot Potency).
- **Hingu generates heat in the body**- Improves digestion and metabolism. Helps dissolve *Ama* (toxins). Useful in cold related disorders like cough, congestion
- **Katu (Pungent Taste)**- Stimulates digestive fire (*Agni*), Breaks down food efficiently. Reduces heaviness and sluggish digestion
- **Hridya (Good for Heart)**- Supports proper circulation. Helps relieve gas pressure around the chest. Traditionally believed to reduce discomfort linked to indigestion affecting the heart region
- **Saraka (Laxative)**- Promotes smooth bowel movement. Helps in relieving constipation (**Vibandha**). Softens stools and reduces straining

Effect on Doshas

- **Balances Vata**- Reduces dryness, pain, bloating
- **Balances Kapha**- Clears mucus, heaviness
- May slightly increase *Pitta* if used excessively due to heat

Therapeutic Actions

- **Krimi (Worm Infestation)**- Acts as an anti parasitic. Helps eliminate intestinal worms. Improves gut hygiene
- **Gulma (Abdominal Mass / Gas Lumps)** - Relieves abdominal lumps caused by gas accumulation. Breaks stagnation in intestines
- **Adhmana (Abdominal Distension)**- One of the best carminatives in *Ayurveda*. Reduces bloating, gas, and fullness
- **Vibandha (Constipation)**- Improves bowel movement. Works well when constipation is due to gas or weak digestion
- **Shoola (Pain)**- Relieves colicky abdominal pain. Especially effective in *Vata* type pain (sharp, spasmodic)
- **Digestive Benefits (Core Strength of Hingu)**- *Hingu* is primarily a *Deepana* (appetizer) and *Pachana* (digestive) herb; Enhances appetite, Prevents gas formation, Improves absorption of nutrients,

Ajamoda^[14]

- **Botanical Name:** *Trachyspermum roxburghianum*.
- **Family-** Umbellifereae (Apiaceae)

Ayurvedic Properties

- **Rasa (Taste)**- *Tikta* (Bitter), *Katu* (Pungent)
- **Guna (Qualities)**- *Laghu* (Light), *Ruksha* (Dry)
- **Virya (Potency)**- *Ushna* (Hot)
- **Vipaka (Post digestive effect)**- *Katu* (Pungent)
- **Effect on Dosh**- Reduces *Vata* and *Kapha*. May slightly increase *Pitta* if overused

Therapeutic Actions

- **Deepana (Appetizer and Digestive stimulant)**- Enhances *Agni* (digestive fire). Useful in; Loss of appetite (*Aruchi*), Weak digestion. Helps proper breakdown and absorption of food

- **Relieves *Adhmana* (Abdominal distention)**- Acts as a carminative (reduces gas formation), Removes bloating, fullness, and discomfort. Commonly used in, Flatulence, Indigestion
- **Shoola (Spasmodic pain relief)**; has antispasmodic properties
- **Relieves**- Intestinal cramps, Colicky abdominal pain, especially useful in *Vata* related pain conditions
- **Hikka (Hiccough control)**- Regulates abnormal upward movement of *Vata*, Helps control persistent hiccups, Often used with warm water or herbal decoctions
- **Krimi (Anti-worm action)**- Acts as a natural anthelmintic, Eliminates intestinal worms, Improves gut hygiene and digestion
- **Aruchi (Anorexia / Loss of taste)**- Improves taste perception, Stimulates salivation and appetite. Useful in, Fever recovery, Digestive weakness
- **Dosha Action- *Vata Shamana***- Relieves pain, gas, spasms, ***Kapha Shamana***- Clears heaviness, sluggish digestion. Because of ***Ushna* (hot potency)** → liquefies *Kapha* and normalizes *Vata* movement

Chincha^[15]

- **Botanical Name**- *Tamarindus indica*.
- **Family**- Caesalpinioideae.

Ayurvedic Properties

- **Rasa (Taste)- *Amla* (Sour)**- dominant taste Stimulates digestion, increases salivation, enhances appetite.
- **Guna (Qualities)-*Guru* (Heavy)**-Takes longer to digest, provides nourishment but may slow digestion if overused.
- **Virya (Potency)- *Ushna* (Hot potency)**, Increases metabolic activity, helps in digestion and circulation.
- **Vipaka (Post-digestive effect)**- Generally considered *Amla* (Sour)

Effect on *Doshas*

- *Vata Shamaka* (reduces *Vata*)- Relieves dryness, constipation, and nervous imbalance
- *Kapha* and *Pitta Vardhaka* (increases *Kapha* and *Pitta*)

Therapeutic Actions of *Amlika Phala* (Fruit)

- **Deepana (Appetizer)**- Enhances digestive fire (*Agni*)
- **Useful in**- Loss of appetite, Weak digestion
- **Sara (Laxative)**- Promotes bowel movement
- **Helps in**- Mild constipation, Intestinal sluggishness
- ***Kapha-Vata Shamaka* (especially ripe fruit)**- Reduces bloating (*Vata*). Heaviness and mucus (*Kapha*)

Medicinal Uses

- **Digestive Disorders**- Improves appetite and digestion, Useful in indigestion, anorexia, Constipation (Gentle laxative effect)
- **Flatulence and Bloating**- Reduces *Vata* related abdominal discomfort
- **Fever and Thirst**- Tamarind water helps reduce thirst and heat

CONCLUSION

From the above discussion, it is evident that the mentioned drugs predominantly possess *Katu Rasa* (pungent taste), *Katu Vipaka* (pungent post digestive effect), and *Ushna Virya* (hot potency). Additionally, they exhibit *Laghu* (light), *Ruksha* (dry), and *Teekshna* (penetrating) qualities, which contribute to their therapeutic effectiveness in various disorders. Due to these properties, these drugs play a significant role in pacifying *Kapha* and *Vata Doshas*, while stimulating digestive and metabolic activities. Their *Deepana* (appetizer) and *Pachana* (digestive) actions help improve digestion, enhance appetite, and correct metabolic imbalances. Phytochemically, many of these drugs contain volatile oils and active constituents that contribute to a wide range of pharmacological activities, such as; Antipyretic Anti inflammatory Antioxidant, Antimicrobial Immunomodulatory Anti lipidemic digestive disorders, respiratory conditions, metabolic diseases, and inflammatory conditions. Moreover, certain drugs like *Haridra* (Turmeric) contain active compounds such as *curcumin*, which have been widely studied for their neuroprotective effects. *Curcumin* helps in reducing oxidative stress and inflammation in the nervous system, thereby playing a potential role in the prevention and management of neurodegenerative diseases like Parkinson's disease. In addition, these drugs have shown promising results in mental health conditions, including mild to moderate depression, due to their antioxidant and anti inflammatory effects, which support brain function and neurotransmitter balance.

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