Pharmaceutical and Therapeutical Utility of Ikshu Varga Dravya: A Review

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ABSTRACT

Aharavarga Dravya and Aushadhavarga Dravya have been explained in Ayurveda to get an approach towards nutritional and medicinal values. Ayurveda explains dietary regimen for maintaining health and treatment of diseases. Ikshu Varga has been explained under Ahara Varga by the Brihatrayees which has got a very specific role in therapeutics and pharmaceutics as well. Ikshu is having properties Guru, Madhura Rasa, Brimhana and Vrushya. This establishes a strong base for Ikshu Vikaras being utilised in different formulations in different forms like as an ingredient, Anupana, binding agent. In daily routine these could be included under diet regimen because of their nutritional values and even they could prove to be beneficial in cases of malnutrition.

Key words: Ikshuvikara, Brihamana, Vrushya, Nutritional value.

INTRODUCTION

The Ayurvedic system of medicine has described Ahara Varga Dravya and Aushadhha Varga Dravya in the treatment of diseases, which plays an important role in maintaining health. Acharya Charaka has mentioned that Hitakara Ahara Dravyas are responsible for Purusha Vridhi and Ahitakara Aharadrayas are responsible for manifestation of diseases. Akhavargya Dravyas are well explained in Ayurvedic classics. According to Acharya Charaka Samskaras induces special qualities in a Dravya.

As we can appreciate this in the case of preparation of Guda, Matsyaandika, Sharkara where Agni Samskara acts on Ikshu Rasa. Acharya Charaka has mentioned Ikshu as Agrya for Mutrajananaam whereas Ikshu Kaanda is mentioned in Shukra Shodhana Varga. When it is chewed it is Brihamana, Vrushya in nature. According to Acharya Sushruta, it is Madhura, Balya, Vrushya, Mutrala and Raktapitta Prashamana in nature. In Astanga Hridayam also same properties are mentioned. Bhavaprakasha Nighantu mentions it as Hridhya, Ratpittaghnha, Balya and mutrala. By looking at these references this can be inferred that Ikshu and Iskhu Vikaras have great role to play in therapeutics and in pharmaceutics as well.

Types of Ikshu

According to Acharya Sushruta, Ikshu is having twelve prajaatis. In Bhavaprakasha Nighantu thirteen prajaatis and in Raja Nighantu five prajaatis are well described.

Properties of Ikshu Rasa Vikaras

In Astanga Hridayayam five Ikshu vikaras are explained viz. Phanita, Guda, Matsyaandika, Khanda and
**Concept Of Purana Guda**

In the preparation of any Aushadha Yoga Purana Guda should be taken as mentioned by Acharya Sharangdhara in context of preparation of Vyoshadi Vati. In context of Gudapaka Kalpana and wherever we are expecting Rasayana, Brimhana and Vrushya properties Purana Guda should be taken into use. According to Bhavaprakasha Nighantu, after one year Madhu, Sharkara and Guda are considered as Purana. In Abhava of Purana Guda, fresh Guda is dried under sunlight for four Yama which is then considered as Purana Guda.

**Utility of Ikshu Vikaras in Therapeutics**

In pharmaceutics, the role of Ikshu Vikaras (Ikshu Rasa) is well noticed as a Bhavana Dravya also, as mentioned in context of Vasantasa Kusumakara Rasa. In preparation of Avaleha kalpana contribution of Ikshu Vikaras are well appreciated. Avaleha Kalpas are known to have better palatability and this is achieved by the incorporation of Ikshu Vikaras during their preparation. With the help of Samyoga Samskara, Ikshu Vikaras bring about special properties like Rasayana, Vrushya and Brimhana in the drug like in case of Chyavanaprasha.

We also get reference of Gudapaka Kalpana in our classics for example Shatavariguda, Kalayanakaguda. Guda is also used in preparation of Vesavara Kalpana and Panaka Kalpana.

Sharakara Kalpana is having a very important role in context of palatability. Matsyaandika, Khanda and Sharaka are well used as Praksepa Dravyas. Ikshu Vikaras like Sharaka are utilized as chief ingredient in many formulations for example Sitoplaadi and Avipattikara Choorna.

In the preparation of Asava-Arista, Guda plays a very important role in fermentation. Being Madhura Dravya it enhances the palatability also. Khanda is very much essential to prepare sugar syrup in many formulations like in Avaleha as well as in Murabba preparations. It also acts as a natural preservative.

Acharya Sharangdhara told contribution of Guda and Sharaka in preparation of Vati Kalpana. Here these acts as binding agent along with imparting medicinal and nutritional values. Ikshu Vikaras are also explained in Mantha Kalpana in Charaka Samhita. Ikshu Vikaras are also very well utilised in preparation of Seedhu Kalpana, Shukta Kalpana (Gudashukta, Ikshushukta) and Shadava Kalpana.

**Utility of Ikshu Vikaras in Therapeutics**

We can find direct references of utility of Ikshu Vikaras in different formulations for example Palitalepa, in which Ikshu Rasa is used as an ingredient.

In Pittaja Vridhhi and Daha condition Sharkara is frequently used due to its Sheetala Guna. In Sitoplaadi Choorna, Sita is main ingredient, mentioned for Kasa, Kshaya, Daharoga. In Phalashruthi of Sitoplaadi Choorna it is mentioned as Hasta Padangadaha Hara. In Raktapitta Sharkara is consumed along with Atarushakadi kwatha and Ushiradipeya.

In Swasa-Kasa disease reference of Gudavatika is also explained in Sharangdhara samhita.
and Suranavataka in Arsharoga are other examples where Guda is used.

Sita is used in Chandraprabha Vati as an important ingredient. It is also used in Pippali Modaka which is used in condition of Dhaturaga Jwara.\(^{[22]}\) It is also added as an ingredient in Dahanashana Gandoosha. Yoga Ratnakara has mentioned Nishadinetrabindu, a remedy for eye diseases in which Sharkara is used as a component.

Khanda is used in Triphala Modaka which is said to be beneficial in Kustha Roga.\(^{[23]}\) Similarly in Mashaadi Modaka, indicated for Vaojikarana properties.\(^{[24]}\)

Phanitha is mentioned in preparation of a Tarpana Yoga which is used in conditions of Murtakricharata and Udvarta.\(^{[25]}\) Rasala prepared with Guda is Hrudya and having Vatahara properties. Mantha is given along with Amla, Sneha and Guda it cures Murtakricharata and Udvarta. If consumed along with Sharaka, Ikshu Rasa and Draksha cures Pittaja Vikaras.\(^{[26]}\) Panaka prepared with Guda is Mutrala, helpful in UTI conditions.

**DISCUSSION**

According to modern science sugar cane juice is rich in iron, magnesium, calcium and other electrolytes, so it is beneficial for dehydration. It helps to cure the common cold and other infections and also fights with fever as it boosts the body’s protein levels. Besides these it helps in curing kidney stones. As it is a good source of glucose so it is having high nutritional values.

In Ayurveda explanation regarding Aushadha and Aharavarga Dravya is a fruitful narration which is not only useful in curing diseases but also to achieve desired nutritional values.

There are so many references which are beautifully explained in classics regarding usefulness of Ikshuvikaras in Pharmaceutics as well in therapeutics which are hardly practised.

Though it has been said that Ikshu Vikaras are good for the body still utmost care should be taken while using or prescribing them in persons suffering from Diabetes. As these are rich in carbohydrates and provides high calories, so inappropriate use may cause some harm in conditions of diabetes and other related disorders.

**CONCLUSION**

Indian system of medicine is having such a wonderful diversity to cure the diseases from the root level. Easy availability of Ikshu ikaras makes it easier to use in day to day life which will be a great benefit to public health. Various Ikshu Vikaras play pivotal role in different formulations in different ways like Anupana, ingredient, binding agent, food supplement having their specific role to play in the human body. Even it makes Ayurvedic drugs more palatable because of which these are widely accepted in the society.

**REFERENCES**


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