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A Review of *Vrushya Dravyas* of *Guduchyadi Varga* of *Bhavaprakasha Nighantu*

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ABSTRACT

Bhavaprakasha Nighantu, an important lexicon of *Ayurveda* consists of 23 *Vargas* where *Guduchyadi Varga* is one among them which consists of 190 drugs. Among them 28 drugs are attributed to *Vrushya* property. As Infertility has emerged as one of the most common health issues that many young couples are facing, there is a great demand for the treatment of infertility. While, the herbal therapies are better positioned to offer more holistic approaches to improve reproductive health. So here an attempt is made to screen the *Vrushya Dravyas* mentioned in *Guduchyadi Varga* of *Bhavaprakasha Nighantu* with their *Rasa, Guna, Veerya, Vipaka*.

Key words: *Bhavaprakasha Nighantu, Guduchyadi Varga, Vrushya Dravyas, Infertility.*

INTRODUCTION

Vajikarana is one among the eight branches of *Astangas* of *Ayurveda*. The term *Vrushya* has been used as a synonym for *Vajikarana*. Literally the word *Vrushya* denotes, the drugs, which potentiate sexual vigour or promote *Shukra* (seminal parameters) or both.^[1] *Vrushya Dravyas* act as *Vaajikara* also, but all *Vaajikara Dravyas* do not possess *Vrushya* property. This appears due to predominance of stimulant action on *Shukravaha Samsthana* in *Vaajikara Dravyas* while *Vrushya* has mainly qualitative and quantitative effect on *Shukra*.^[2] Among the *Sapta Dhatus* mentioned in our classics, *Shukra* is considered as seventh one

which is endowed with the function of *Garbhotpadana* and considered as the purest *Dhatu*. It is pure to such an extent that it lacks *Mala*. *Acharya Charaka* considers *Shukra* as one among the *Dashapranaayatanas* (ten abodes of life) and should be protected first as its diminution causes various diseases and even death.^[3]

Infertility is a condition in which a couple is unable to conceive despite having unprotected sexual intercourse for over a year. Infertility, over recent years, has emerged as one of the most common health issues that many young couples are facing. Sedentary lifestyles with minimum physical activity, irregular sleep pattern, smoking, alcohol and other external factors such as pollution and stress also affect semen production and quality. Persons with lifestyle issues like obesity and Diabetes tend to increase the chances of infertility. Both male and female infertility is common in India. While female infertility accounts for 40-50% of infertility cases, male infertility accounts for 30-40% of cases. According to a report by World Health Organization (WHO), one in every four couples in developing countries is affected by infertility. Percentage of Male infertility has been growing over the last few years.^[4] The global

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deterioration of reproductive health is a major concern and the therapeutic approaches to combat male infertility are expensive, less accessible, have long term tenure and possess side effects. While, the herbal therapies are better positioned to offer more holistic approaches to improve male reproductive health. In the present paper an effort is made to enlist the Vrushya Dravyas of Guduchyadi Varga of Bhavaprakasha Nighantu, a lexicon of 16th century by Bhavamishra. After screening the Varga 28 drugs which possess Vrushya property are enlisted with their Rasa Panchakas.

MATERIALS AND METHODS

A thorough review of Guduchyadi Varga of Bhavaprakasha Nighantu has been done. 190 drugs of the Varga were critically reviewed for the drugs possessing Vrushya Karma and are enlisted with their Rasa, Guna, Veerya, Vipaka and Karma.^[5] For botanical identity of the drugs, Indian medicinal plants by Kiritkar and Basu was referred.^[6]

Table 1: List of Vrushya Dravyas of Guduchyadi Varga

Drug	Botanical Name	Rasa	Guna	Veerya	Vipaka	Karma
Gambhari Phala	Gmelina arborea	Kashaya Tikta	Guru	Ushna	Madhura	Vrushya
Prishniparni	Uraria picta	Madhura	Asara	Ushna	Madhura	Vrushya
Gokshura	Tribulus terrestris	Madhura		Sheeta		Vrushya
Mudgaparni	Phaseolus trilobus	Tikta, Madhura	Ruksha, Laghu	Sheeta		Vrushya
Shobhanjana	Moringa oleifera	Katu, Tikta	Tikshna, Laghu	Ushna	Katu	Vrushya
Gandhaprasarini	Paederia foetida	Tikta	Guru, Sara	Ushna	Katu	Vrushya

Gunja	Abrus precatorius	Tikta, Kashaya	Laghu, Tikshna	Ushna	Katu	Vrushya
Kapikacchu	Mucuna pruriens	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Vrushya
Mamsarohini	Swietenia febrifuga	-	Sara			Vrushya
Mushalikanda	Curculigo Orchoides	Madhura, Tikta	Guru, Picchila	Ushna	Madhura	Vrushya
Kokilaksha	Astercantha longifolia	Tikta		Sheeta		Vrushya
Patalagardi	Cocculus hirsutus	Tikta	Laghu, Picchila	Ushna	Katu	Vrushya
Karpasi	Gossypium hebecum	Madhura	Laghu	Ushna	Katu	Vrushya
Bhadramunja	Saccharum munja	Madhura, Kashaya	-	Sheeta	-	Vrushya
Eraka	Typha elephantina	-	-	Sheeta	-	Vrushya
Kumari	Aloe vera	Tikta	Guru, Snigdha Picchila	Sheeta	Katu	Vrushya
Asthisamhari	Cissus quadrangularis	Madhura, Katu	Sara, Laghu, Ruksha	Ushna	Madhura	Vrushya
Shankapushpi	Covulvulus pluricaulis	Kashaya	Sara	Ushna		Vrushya
Dugdhdika	Euphorbia hirta	Madhura, Tikta	Guru, Ruksha			Vrushya
Ashwagandha	Withania somnifera	Tikta, Kashaya	Laghu, Snigdha	Ushna	Madhura	Atishukrara

<i>Krishnasaa riva</i>	<i>Ichnocarpus frutescens</i>	<i>Madhura</i>	<i>Guru</i>			<i>Shukrala</i>
<i>Jala Pippali</i>	<i>Phyllanthus nodiflora</i>	<i>Kashaya</i>	<i>Laghu, Rooksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Shukrala</i>
<i>Vidarikanda</i>	<i>Pueraria tuberosa</i>	<i>Madhura</i>	<i>Snigdha, Guru</i>	<i>Sheeta</i>		<i>Shukradala</i>
<i>Kakamachi</i>	<i>Solanum nigrum</i>	<i>Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shukradala</i>
<i>Vaarahikanda</i>	<i>Dioscorea bulbifera</i>	<i>Madhura</i>	<i>Snigdha, Guru</i>	<i>Sheeta</i>		<i>Shukra</i>
<i>Vruddhadaruka</i>	<i>Agyreia speciosa</i>	<i>Katu, Tikta, Kashaya</i>	<i>Sara</i>	<i>Ushna</i>		<i>Shukra</i>
<i>Shatavari</i>	<i>Asparagus racemosus</i>	<i>Tikta, Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Shukrakari</i>
<i>Lakshmana</i>	<i>Ipomea sepiaria</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Putrajani</i>

DISCUSSION

Guduchyadi Varga of *Bhavaprakasha Nighantu* consists of 190 drugs in total. Among them 28 drugs have been attributed with *Vrushya Karma*.^[5]

Based on Rasa Panchaka

Here most of the drugs possess *Madhura, Tikta and Kashaya Rasa, Sheeta Veerya, Guru, Snigdha* and *Sara Guna*. *Madhura* and *Kashaya Rasa, Sheeta Veerya Dravyas* increases the muscular strength of reproductive system.^[7] *Madhura Rasa, Madhura Vipaka* and *Guru Guna* are considered as *Dhatu Pustikara* and inturn nourishes *Shukradhatu*. *Snigdha Guna* helps in increasing the volume of the semen whereas *Sara Guna* helps in improving the motility of the sperm.^[8] Hence the above said *Dravyas* may play their role in oligospermia and azospermia conditions.

Kapikacchu seeds possess *Madhura Rasa, Guru* and *Snigdha Guna, Madhura Vipaka* and *Sheeta Veerya*. *Guru* and *Snigdha Guna* and *Madhura Rasa* have been mentioned as qualities of *Vrushya Dravyas* by *Charaka*. Here *Guru, Snigdha Guna* and *Madhura Rasa*

are similar to the properties of *Shukra*.^[9] Hence it increases the *Shukra* by *Samanya Vishesh Siddhantha*. *Kapikacchu* has *Madhura Rasa* which is called as *Shareera Satmya, Shukrabhivardhana* and *Marutagna*, hence it directly increases *Shukra*, can be used in *Shukra Dushti*. It has *Madhura Vipaka* which is called as *Srista Vinmutra* and *Shukrala* hence acts as *Vrushya* and helps to increase as well as ejaculate *Shukra*. It has *Sheeta Veerya* so it can be used to delay ejaculation in case of premature ejaculation.^[10] In addition, *Kapikacchu* is a good source of dopamine. More specific to sexual function, it is likely that dopamine can trigger penile erection, by acting on neurons located in the paraventricular nucleus of the hypothalamus.^[8] It has been proven that *Mucuna pruriens* not only reactivates the anti-oxidant defence mechanism, but also helps in the management of stress and improves semen qualities.^[10]

Based on Dosha

According to *Sushruta Samhita* and *Astanga Sangraha, Shukra Doshas* are either due to vitiation of *Doshas* individually or combination of any of two or three *Doshas*.

According to *Dosha* dominance, the drugs having *Madhura Rasa, Ushna Veerya* and *Guru, Snigdha* properties like *Prishniparni, Musali Kandha, Karpaasi* can be used in *Vata* dominant condition. The drugs attributed with *Madhura, Tikta Rasa, Sheeta Veerya* and *Snigdha* properties like *Gokshura, Mudgaparni, Kokilaksha, Kakamachi, Vaarahikanda, Shankapuspi, Shatavari* can be administered in *Pitta* dominant condition. The drugs attributed with *Katu, Tikta, Kashaya Rasa, Ushna Veerya* and *Laghu Rooksha* properties like *Shigru, Asthisamhari, Ashwagandha, Vruddadaruka* can be used for *Kapha* dominant conditions.

CONCLUSION

Infertility is emerging as one of the major problems in the present world. *Vrushya Dravyas* can be a ray of hope to the patients of infertility. "*Bhavaprakasha Nighantu*" enlists most of the drugs, where *Guduchyadi Varga* is one among them which consists

of 190 drugs among which 19 drugs possess *Vrushya Karma*, 2 drugs possess *Shukrala Karma*, 2 drugs possess *Shukrada*, 2 drugs are *Shukra* and 1 drug possess *Atishukrala Karma*. Based on *Yukthi Vaidya* can use these drugs for the management of seminal morbidities according to *Doshic* predominance.

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