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STUDY OF RASANISHPATTI OF SOME ANUKTA DRAVYAS

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ABSTRACT:

New Aharadravyas has been increasing, which were not mentioned in Samhita or Nighantukala. On daily basis we are consuming these Dravyas which sometimes lead to imbalance in tridosha which leads to various diseases. So it is necessary to study them according to Ayurvedic parameters which is to study their Rasa so we can understand them better. For which 6 Ahara Dravya which we use on daily basis but are not mentioned in Samhita and Nighantus were taken and studied by proforma made for evaluation of taste and threshold test by which determination of Rasa was concluded.

KEY WORDS: *Rasa, Anurasa, Anukta.*

INTRODUCTION:

Now in this era due to globalization the use of various new Aharadravyas has been increasing, which were not available in Samhita or Nighantukala. But now we are using them on daily basis; like Tomato (*Lycopersicon esculentum*), Potato (*Solanum tuberosum*), Capsicum (*Capsicum frutescens*), Strawberry (*Fragaria ananassa*), Pear (*Pyrus communis*), Broccoli (*Brassica oleracea*). Due to abundant use (Atiyoga) they may cause imbalance in

Tridosha; which leads to diseases. The term „Granthokta“ means which is mentioned in ancient texts or Nighantu. But these said Dravyas are neither mentioned in Texts nor in Nighantu. So they can be termed as „Anukta“. Tomato, Capsicum, and Potato are mentioned in Shaligram and Nighantu Adarsha which are not considered as ancient. To cure Diseases one has to know the knowledge of Gunakarma of Hetu whether Ukta (it means Granthokta that which is described in ancient text) or Anukta (it means not described in ancient text) Dravyas and Chikitsa Dravyas also. Selected 6 Dravyas are not mentioned in Samhitas so these are termed as Anukta; so this subject is selected. This subject for

dissertation is selected to make efforts to know the Pramukh Rasa of said Dravyas. To know Pramukh Rasa is a first step to assess the Gunakarma of any Dravya-Ukta or Anukta. If Pramukha Rasa of any Dravya is not known, either Ukta or Anukta, we cannot diagnose different Lakshana due to Ati-Heena-Mithya yoga of these Rasa. Without knowing this Yoga, one is not able to choose specific Dravya for Chikitsa. So the knowledge of Pramukha Rasa is necessary.

AIM AND OBJECTIVES

1. a. To compile all references of Shadrasas from Bruhatrayi mainly related to Rasanishpatti.
b. To compile aspect of Rasanishpatti as per modern literature.
2. To evaluate Rasanishpatti of some Anukta dravyas with the help of Rasa pariksha.
3. To study Taste threshold values of said Anukta dravyas to estimate Anurasa if any.

MATERIALS AND METHODS:**MATERIALS**

Following Dravyas were used for Rasanispatti,

S. No.	Plant Name	Latin name	
1.	Strawberry	(<i>Fragaria ananassa</i>)	Sample A
2.	Tomato	(<i>Lycopersicon esculentum</i>)	Sample B1
	Unripe Tomato (Green Tomato)		Sample B2
3.	Pear	(<i>Pyrus communis</i>)	Sample C
4.	Capsicum	(<i>Capsicum frutescens</i>)	Sample D
5.	Potato	(<i>Solanum tuberosum</i>)	Sample E
6.	Broccoli	(<i>Brassica oleracea</i>)	Sample F

METHODOLOGY:

- Textual references of all Dravyas were collected from Ayurved Text, Botany, Cookery, and Internet.
- All Dravyas were collected from market yard- Pune and Strawberry was collected from Mapro garden- Mahabaleshwar.
- Authentication of all Dravyas was done from Dept. of Botany, Pune University.
- Standards for Dravyas were obtained from Bureau of Indian standards, Pune branch.
- Standardization of all Dravyas was done from State Public Health Laboratory, Pune.
- For this study a special proforma was prepared consisting of 3 pages which included the 1st page of consent form of volunteers taking part in study. Then 2nd page was consisting of a table in which Lakshanas of Six Rasa related to Rasanendriya were mentioned in tabular form. In the 3rd page textual meaning of these Lakshanas were mentioned

for the knowledge of Volunteers.

- Raw drugs were cleaned properly and freshly prepared Kalka or juice was given in amount of 10gm/10 ml to 25 healthy volunteers of 18-21yrs old of both sexes who were having proper perception of Rasa for estimation of Pramukh Rasa.
- Volunteers were informed to hold Kalka/juice in mouth for 2-3min for better perception of taste.
- The Estimation of Pramukh Rasa was done with the help of Rasalakshanas which are related to Rasanendriya only because Rasa is perceived by Rasanendriya only after its direct contact i.e. NIPATA.

Taste with tongue is the criterion for determining the Rasa or Anurasa of Drug, so the above procedure was adopted. e.g.

दन्तहर्षान्मुखास्त्रावात्स्वेदानाम्मुखबोधनात् । विदाहाचास्यतुष्टस्य प्राक्षयैवाम्लं रसं वदेत् ॥ (च.सू. २६/७५)

After taking Amlarasa- Dantaharsha, Lalasrav, Laha in Mukha and Kanta etc. Lakshanas are experienced and these are related Jivha i.e. Rasanendriya

Same method was applied for estimation of other 5 Rasa"s by volunteers.

Determination of Rasa and its intensity in drug is very difficult to Measure.

- The problem arise due to different texts have described different Rasas of Dravyas.
- Some has mentioned two or more Rasa to a drug and have not generally mentioned as to which of those Rasa is the Pramukha Rasa and Anurasa.
- The Dravya of a particular Rasa may have varying intensity of taste.
- The assessment of the effect of storage on the taste of drugs.

There may be certain physiological variations in the taste percept Power of different volunteers where the taste of the drug is explicit; there shall be no difficulty or difference of opinion. But when two Rasa manifest in a drug with almost equal intensity, both the taste may be perceived and it may be difficult to say which of the Rasas is first perceived so as to call it as

Pramukh Rasa. In such cases the opinions of the volunteers may differ. To solve this problem as well as to determine the intensity of taste in a drug Taste Threshold method is considered.

Methodology for Taste Threshold

The method for taste threshold of Swarasa or Kalka was not mentioned in textbook of Shivacharana Dhyani, so new methodology was adopted as follows -

Method:

- 100gms of Dravays were taken. Juice of Dravays was obtained with the help of juicer.
- 10ml of concentrated juice was taken & it was filtered with the help of filter paper in beaker.
- This juice was mixed in 100ml of distilled water & the prepared solution was kept unstirred for 30 min.

- Each volunteer was given 1ml of solution for taste perception with the help of Dropper and were informed to hold it for 1min in mouth for better perception of taste.
- The solution was gradually diluted by adding distilled water in amount of
- 10ml to 50ml & taste was recorded at different dilutions.
- The point at which solution became tasteless was noted and further dilution was stopped.
- End value obtained from dilution of solution was taste threshold of taken
- Dravays.
- The Dravays having more than one taste were having greater taste threshold value which was termed as Pradhan rasa whereas lesser taste threshold value was termed as Anurasa.
- The above method was applied for all six Dravays which are taken for study.

Experimental Evaluation by Special Proforma

For this study special Proforma mentioned in Bruthtraye was prepared and given to volunteers in which Lakshanas for Rasa were given and after tasting the Dravyas volunteer has to tick the Lakshana of Rasa which is Felt when Dravya was given. Likewise it was done for 6 Dravyas.

The percentage of Rasa Lakshanas which were obtained by Volunteers:

The percentage of rasa lakshanas which were obtained by 10 students.						
SR. NO.	RESULT IN PERCENTAGE					
LAKSHANAS	MADHUR	AMLA	LAVAN	KATU	TIKTA	KASHAYA
Sample A	50.4	29.6	26	0	24	13
Sample B1	47.2	22.4	18	0	13	7
Sample B2	24	25.6	8	0	9.3	9
Sample C	57.6	8.8	22	0	17.3	29
Sample D	18.4	15.2	18	21.6	32	21
Sample E	20.8	8.8	11	0.8	10	36
Sample F	26.4	2.4	22	0	32	27

Chart showing Sample taken for study and total percentage of 6 Rasa perceived by volunteers.

The percentage of Rasa Lakshanas which were obtained by Volunteers.

Taste Threshold of Dravyas collected from 25 healthy volunteers after consent.

No. of Volunteers	Sample						
	Strawberry	Tomato (ripe)	Tomato (unripe)	Pear	Capsicum	Potato	Broccoli
1	3400	1850	1850	600	1050	1050	2990
2	3450	1860	1800	620	1080	1100	2950
3	3420	1900	1820	650	1100	1090	2920
4	3450	1820	1750	630	1000	1120	2980
5	3400	1850	1780	640	1020	1110	3000
6	3500	1860	1800	650	1040	1130	3120
7	3550	1900	1820	640	1100	1140	2950
8	3550	1820	1850	600	1060	1150	2900
9	3560	1840	1800	650	1020	1100	2950
10	3450	1790	1790	610	1000	1160	2960
11	3500	1860	1800	600	1030	1180	2980
12	3420	1880	1720	620	1050	1140	2920
13	3500	1900	1750	630	1100	1120	2960
14	3400	1820	1850	610	1090	1100	3000
15	3420	1860	1800	600	1050	1140	3120
16	3460	1800	1790	620	1020	1100	3000
17	3460	1850	1760	600	1000	1080	2950
18	3400	1900	1750	630	1020	1090	2900
19	3490	1830	1780	600	1040	1050	3000
20	3520	1810	1800	610	1050	1060	3100
21	3600	1900	1820	640	1000	1080	3050
22	3580	1800	1760	600	1050	1100	3040
23	3520	1820	1780	650	1100	1120	3060
24	3480	1830	1840	620	1090	1140	3000
25	3540	1840	1820	610	1060	1060	2980
Avg. threshold Values	3480	1847	1795	621.2	1048	1108	2987
S.D	59.52	33.73	33.83	18.18	33.74	33.78	63.2
Confident Interval of Threshold Ratio	3364	1781	1728	585	982	1042	2863
	3597	1913	1861	656	1114	1174	3111

CONCLUSION:

After applying Statistical Test Rasanishpatti (Pradhan and Anurasa) of Said Dravyas is as follows

Sr. No	Name of Dravya	Pradhana Rasa (By Rasa pariksha)	Anu Rasa (By Rasa pariksha)	Taste threshold (Average)
A	Strawberry (<i>Fragaria ananassa dutch</i>)	Madhur	Amla	3480
B-1	Tomato (<i>Lycopersicum esculentum Linn</i>)	Madhur	Amla	1847
B-2	Unripe Tomato (<i>Lycopersicum esculentum Linn</i>)	Amla	Madhur	1795
C	Pear (<i>Pyrus communis linn</i>)	Madhur	Kashaya	621.2
D	Capsicum (<i>Capsicum frutescens Linn</i>)	Tikta	Katu	1048
E	Potato (<i>Solanum tuberosum Linn</i>)	Kashaya	Madhur	1108
F	Broccoli (<i>Brassica oleracea Linn</i>)	Tikta	Kashaya	2987

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