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## Systemic Approach of Indigenous Herbal Drugs in Ayurveda

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### ABSTRACT

The Indian System of medicine “*Ayurveda*”, is one of the most innovative area of research to study the plants as dietary components and herbal medicines. Science is exploring ways to control and cure the diseases with the help of advancements in technology but the challenge is still persisting because of springing up of newer diseases, and also the relapse of old ones in a modified and worsened form *Ayurveda* needs to be subjected to the acid test of scientific scrutiny. There is an urgent need to develop methods of evaluation outside the purview of modern science or scientific methods could be reviewed to make it more appropriate for *Ayurveda*. In *Ayurveda*, the success of treatment completely depends upon four factors, termed as *Chikitsa Chatushpada* among which drug is second important factor after physician. Thus selection of a proper drug in the management of disease is very important. Drug combinations are envisaged to serve synergistic action, combined action, toxicity, neutralizing action and specific action. This study deals with the systemic approach of various herbal drugs in treatment of systemic disorders.

### KEYWORDS

*Herbal drugs, Systemic approach*



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## INTRODUCTION

In global scenario due to disturbed lifestyle and disturbed dietary habit leads to development of various lifestyle disorders. Science is exploring ways to control and cure the diseases with the help of advancements in technology but the challenge is still persisting because of springing up of newer diseases, and also the relapse of old ones in a modified and worsened form. From the foregoing, it is clear that human race gets inevitably exposed various factors that affect individual health that leads to various lifestyle disorders. Ayurveda, the science of life, plays an important role in maintenance of health and prevention of diseases.

In *Ayurveda*, the success of treatment completely depends upon four factors, termed as *Chikitsa Chatushpada* among which drug is second important factor after physician. Thus selection of a proper drug in the management of disease is very important<sup>1</sup>. In the modern ages WHO also stresses importance of drug and defines it as a substance or product that is used or intended to be used, to modify or explore physiological system or pathological status for the benefit of the recipient.

The drug that reverses or breaks the pathogenesis is ideal for the particular disease. The drug can be used singly or in

combination to achieve the prescribed objective. It is often the total effect of all the ingredients in case of a formulation rather than the action of individual drugs that plays a vital role in therapeutics. Drug combinations are envisaged to serve synergistic action, combined action, toxicity, neutralizing action and specific action. The examination of *Aushadhi* in ayurveda is done by *Prakriti, Rasa, Guna, Virya, Vipaka, Prabhava*, Origin, *Sanskar*, selection of disease in which it is used and dose which being able to alleviate the vitiated *Dosha*<sup>2</sup>.

Ayurveda needs to be subjected to the acid test of scientific scrutiny. There is an urgent need to develop methods of evaluation outside the purview of modern science or scientific methods could be reviewed to make it more appropriate for Ayurveda. Therefore the advancement in ongoing research is needed for promotion of research in Ayurveda. This paper deals with systemic approach of various herbal drugs for treatment of various lifestyle disorders.

## AIMS AND OBJECTIVES

1. To study the systemic approach of various herbal drugs in various diseases.
2. To study the mode of action of herbal drugs in different diseases.



## DISCUSSION

### Systemic approach of herbal drugs in Ayurveda

#### Respiratory system:

Solasodine, cycloartenol and norcarpesterone these steroids are main ingredients of *Kantakari* (*Solanum xanthocarpum*) which are frequently being used in modern medicine for the treatment of respiratory system<sup>3</sup>. Similarly to *Solanum xanthocarpum* other herbal medicines for respiratory system like *puskarmoola* (*Inularia cernua*), *Vasa* (*Athanasia vasa*), etc are available, formula which been used for Ayurvedic preparations are more important, for the respiratory system<sup>4</sup>.

*Tankad* is very important in the respiratory system, but the condition of diseases should be diagnosed properly. *Tankad* is important for the productive cough. If we use this *tankad* in the condition of dry cough then it may be the cause of bleeding from respiratory system, so we can conclude that the appropriate role of Ayurvedic preparation which is told by our *samhitas* for the respiratory system are very important for the management of respiratory disorders.

#### GIT system:

*Yastimadhu* (*Glycyrrhiza glabra*) having active principle like liquorice (anti-inflammatory), glycyrrhizin, asparagines,

glycoside isoliquirtin etc, which are act as anta-acid its reduces acidity and even hyperacidity<sup>5</sup>. As a laxative drug we can use *Haritaki* (*Termanalia chebula*), *isabgola* (*Plantago ovate*), *nisoth* (*Ipomoea turpethum*), Now a day's *Zingiber officinale* is use in many type of disease like in GIT system<sup>6</sup>. *Triphala* is used for purgative action so this preparation is used for constipation like conditions, also we can use *trivritt* in the form of *avaleha* preparation for the *ruksha virechan*.

The function of *Zingiber officinale* is based on the area of utilization, Up to small intestine its act as purgative & appetizer but when its reach in large intestine its act as absorber. So, here site of disease important for the proper action of medicine.

#### Nervous system:

In Ayurveda we have various medicines for CNS system like *Acorus calamus* (acalamone, acorone, eugenol, preisocalamendiol), *Bacopa monnieri* (bacopasides, D- mannitol, apigenin, nicotine, aglycone), *Centella asiatica* (pectic acid, flavanoids, vallarine, Asiatic acid), *Convolvulus pluricaulis* (convosine, terpine, ceryl alcohol, scopoletin) and they all are having active principles like above said and they are acting in central nervous system and improve the conditions of the diseases, which are mainly also used in modern



medicine for the treatment of the nervous system disorders<sup>7,8</sup>. But, according to the modern science theory some drugs of active principles are not able to cross the blood brain barrier, because might be they are having lipophobic properties/ action so, we are making the drugs blood brain barrier friendly or they can cross the barrier so we are preparing with saturated fatty acid products (*ghee*) so, they can cross the blood brain barrier because the *ghee* having lipophilic action and show their maximum result of the drug.

#### **Urinary system:**

In urinary system, urinary tract infection is common problem in present era. The urinary tract infection involves the urethra, bladder kidney. These are the major organs that urine passes through when excreted from the body. Urinary tract infect is more common in female compare to men. In these condition, modern doctors advice some antibiotic for long a period which showing harmful result in future. We can use the Ayurvedic medicine without any complication in this condition. Drugs are like *Crataeva nurvala* (Apigenin, luteolin, kaempferol, myricetin, quercetin), *Tribulus terrestris* (Bulgaricum, protodioscin, sponins), have diuretics property, *Ocimum sanctum*, *Punica granatum*, which are effective against major urinary tract pathogens like *Enterococcus faecalis*,

*Klebsiella pneumonie*, *Equisetum arvense*, **Cichoriumintybus** (lactucin, tannis, 7-dihydroxycoumarin), *Boerhavia diffusa* (anacardosides, O-trimethyl, jeediflavanone), some herbs for features of benign, prostatic, most notably drug is *Prunus africana* and *Serenoa repens*<sup>9,10</sup>.

#### **Reproductive system:**

Infertility is also a major problem in India due to life style. So for better fertility various medicines are available in Ayurveda for both male and female.

#### **Male infertility- Useful drugs which can be used are- *Withania sominifera***

(ansferine, isopellertierine, withanolides, sitondoside) stimulates nitric oxide production in the body which dilates the bloodvessels and therefore boost the desire for intimacy in couples to treat infertility. *Aparagus racemosa* (asparagines, arginines, tyrosine, rutin) not only improves the sperm count but boosts energy. *Mucuna pruriens* (4-dihydroxyphenylalanine, sapoinins, sterols, minerals) is specifically used in the condition of premature ejaculation<sup>11</sup>.

#### **Female infertility – Useful drugs are-**

*Pueraria turerosa* (amino acids, carbohydrate 64%), **Licoriceroot**, **Geranium essential**, **Sarakaindica** (glycosides, flavonoids, strontium, iron, sodium), *Ocimum tenuiflorum* (Eugenol, thymol, beta caryophyllene, carvocrol),



*Withania sominifera* (ansferine, isopellertierine, withanolides, sitondoside), *Aparagus racemosa* (asparagines, arginines, tyrosine, rutin), cumin seeds<sup>12</sup>.

### **Skin:**

For the treatment for skin disease and skin complexion single drug medications are mainly used as well as or the mixed drugs are also beneficial. The drugs which proves great results for skin disturbances are- *Achyranthes aspera* (boils, scabies, eruption), *Allium cepa* (seborrhic keratoses, candida alba), *Aloe vera* (wrinkles, hypo-pigmentation), *Azadirachta indica* (boils and blisters), *Bauhinia variegata* (skin ulcers, skin papillomas), *Beta vulgaris* (Anti tumor), *Curcuma longa* (skin rashes, papilloma, skin cancer), *Acacia catechu* (Anti helminthes, anti inflammatory), *Emblica ribes* (Anti helminthic)<sup>13,14,15</sup>.

Ayurveda is an ancient pathy which contains thousands of drugs. But proper utilization of those drugs are not achieved due to of lack of proper knowledge about the administration, action, duration, of the medicine. A single drug has different properties according to time, place, person and means to which they are used in different conditions. For example- *Tinospora cardifolia* (*Guduchi*) have anti-oxidant property<sup>16</sup>. Along with this it can

also be used in every system because of its antibacterial, antimicrobial properties. A single drug *guduchi* is sufficient for various types of disease. Another drug *Curcuma longa* has great results in respiratory system, and liver. Dry *curcuma longa* is the best treatment for tonsillitis and wet cough, but if it is given with warm water it can be beneficial for dry cough too. A single drug *Tulsi* proves to be effective in all the systems of our body.

Every drug has its own properties and according to its property molding of that drug into an affected system or disease is very essential to achieve better results. But due to lack of knowledge, lack of research and revalidation, lake of interest and specially ignorance towards Ayurveda, its qualities are not fulfilled.

### **CONCLUSION**

Ayurveda is holistic science with medication which are preventive, curative or both. Revalidation or research is required in the field of Ayurveda in order to gain proper knowledge of the pros and cons of the medication as well as therapies., but there are various choices in Ayurveda even for a single disease which do not produce any after effects in the body. It also provides more than 100 medicines for a single disease which shows the vasticity



and quantity of Ayurveda medicine. Hence, to achieve satisfactory results of an Ayurvedic medicine, needs adequate knowledge about the drug.



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