

“A review on application of *Panchatikta Dravyas.*”
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ABSTRACT:

Pancha refers to five and *tikta* refer bitter . In Ayurved classic *Panchatikta* i.e. Five dravyas with *tikta* (bitter) rasa viz. *Azadirachta Indica* (Neem), *Trichosanthes Dioica* (*Gourd*), *Solanum Xanthocarpum* (Branched Shrub), *Tinofpora Cordifolia* (*Guduchi*) and *Adhatoda Vasica* (*Adulsa*). *Panchatikta* is one of the ideal combinations for a vast range of therapeutics focused in Ayurveda. in present study first time an attempt has been made to compile the therapeutic application of *panchatikta dravyas*.

Keywords: *Dravyas, Panchatikta,* therapeutic application

INTRODUCTION:

The word ‘*Dravyaguna*’ means the science dealing with properties and actions of drugs. Caraka has classified drugs from various angles, e.g. according to source, effect on doshas, composition, properties, actions, etc. *Marvelous* piece in the *Charaka-Samhita* is the description of fifty groups of drugs according to their main action. Similar classification is found in the *Sushruta-Samhita* where thirty-seven groups of drugs are defined according to their effect and therapeutic uses. *Pancha*

means five, *Tikta* (bitter in taste) *ras pradhan dravyas* are collectively called as *Panchatikta dravyas*. The five *dravyas* are *Azadirachta Indica* (*Neem*), *Trichosanthes Dioica* (*Gourd*), *Solanum Xanthocarpum* (*Branched Shrub*), *Tinoffora Cordifolia* (*Guduchi*) and *Adhatoda Vasica* (*Adulsa*).

TIKTA RAS:

Bitter taste is *tikta rasa* in *ayurveda* and is one among six *rasas* or *shadrasa*. According to texts of *ayurveda* bitter taste is composed of *vayu* (air) and *akasha* (ether) elements. These two elements impart lightness, hollowness, coldness and dryness to a substance. Hence bitter tasting foods are light to digest (*laghu*), they increase a *ir* element or *vata* in body and cause dryness of tissues (*rooksha*). They decrease *kapha dosha*, balance *pitta dosha* and increase *vata dosha* *ayurveda acharyas* recommend bitter tasting foods for diabetes, weight loss, *pcos* and skin diseases. According to principles of *ayurveda* bitter taste foods and herbs are very good for skin. They reduce sweat (*swedaghna*). This helps to reduce body odour and prevents accumulation of dirt and microbes on skin. They relieve itching (*kandughna*). These are praised as eradicator of skin diseases

(*kushtaghna*) as they have anti-microbial properties. Hence herbs like turmeric, *karanja* and *neem* which are bitter in taste find place in *ayurvedic* preparations for skin ailments like *psoriasis*, *acne*, *pimple*, *dandruff*, *leprosy* etc.

The five *tikta dravyas* are as below:

- **Nimba** is a member of *Meliaceae* family with scientific name **Azadirachta Indica**, commonly known as **Margosa Tree in English**.
Action: *Kapha-pittahara* (Decrease *Kapha and Pitta*), *Dipana* (Appetizer), *Grahi*, *Krumighna* (Deworming agent), *Netrya* (Good for eyes).
- **Kantakari** is an *ayurvedic* medicinal herb known by different names in different parts of the world. Its botanical name is **Solanum Xanthocarpum**. It is known as *Kantkari* in *Sanskrit*, *Kateli/Kateri* in *Hindi* and *Yellow Berried Nightshade* in *English*. *Kantakari* has *Deepan* (appetizer) and *Pachan* (digestive) properties which help in maintaining and improving *Agni* and thereby better digestion. **Action:** It enhances the digestion process and thereby it also helps in improving appetite.
- **Guduchi:** In *Ayurvedic* medicine, *Guduchi* (*Giloy*) is considered to be one of the three

Amrit plants. Amrit means nectar of Gods, such are the qualities of this climber plant that in Sanskrit it named as “Amritavalli”. English Name: Heart-Leaved Moonseed;

Latin Name: *Tinospora cordifolia*. Scientific studies evaluate and confirm the insight

beneficial properties of this medicinal herb like Immunomodulatory, Hepatoprotective,

Cardioprotective, Antiinflammatory, Antioxidant, Analgesic effect, confirms the ayurvedic

view of Guduchi as a Rasayana (rejuvenator) and an immunity booster.

- **Vasa** :Adhatoda,also known as Malabar nut tree, is a well-known

Ayurvedic medicine indicated to treat cough, asthma, bronchitis and colds. It is also used traditionally to treat symptoms associated with these illnesses and other unknown diseases including fever, diarrhea, jaundice, dysentery, headache and tuberculosis.

- **Patol** is a vine-like plant belonging to the family Cucurbitaceae. Patol - Sanskrit name, pointed gourd-English name, *Trichosanthes dioica*-Botanical name. *Deepana* (improves digestion),*Varnya* (good for skin),*Rochana* (useful in anorexia) *Vrushya* (natural aphrodisiac),*Kandughna* (useful in itching).

Ayurvedic Properties of *Panchatikta dravyas*

Sr. No.	Name of Dravya	Ras	Virya	Vipak	Gunas	Doshagnata
1	Nimba	Tikta,Kashay	Sheet	Katu	Laghu, Ruksha	Kapha-pittahara
2	Kantakari	Tikta	Ushna	Katu	Laghu, Ruksha, Sukshma	Kapha-vatahara
3	Guduchi	Tikta, Kashay	Ushna	Madhur	Guru, Snigdha	Tridosh shamak
4	Patola	Tikta	Ushna	Katu	Laghu, Ruksha	Kaphapitta shamak
5	Vasa	Tikta,kashya	Sheet	Katu	Laghu,Ruksha	Vatavardhak, Kapha-pittahara

Various formulations

- **Panchatikta Ghrut:** This is an ancient herbal medication in ghee form. Also known as *Guggulutiktaka ghrita*, it provides relief from a milieu of skin diseases. *Panchatikta Ghrita Guggulu* comes from 5 bitter herbs that help fight infection, calms *Pitta, Vata and Kapha*, and purifies the blood. It is a wholesome medicine for improvement of general health and immunity.
- **Panchatikta Guggul:** The ingredients of *Panchatikta Guggulu* have *Tikta Rasa, Ushna Virya*, and *Madhura and Katu Vipaka*. It may increase *Dhatwagni* and *Poshana* of all the *Dhatu*s, especially *Asthi* and *Majja Dhatu* which controls *Asthi* and *Majja Kshaya* (the degeneration process). *Tikta Rasa* is predominant in *Akasha* and *Vayu Mahabhuta* which helps in preservation of normal health of *Asthi Dhatu*. *Tikta Rasa* has got *Deepan* and *Pachan* effect that might have helped to improve general health and thus

strengthens the whole body as well as joints. *Tikta Rasa* is having *Lekhana, Kleda, Meda, Pitta, Shleshma*, and *Shoshana* properties. Hence, along with *Guggulu* which is *Lekhana* and has *Katu Rasa*, it helps in the weight reduction of the patients and management of OA.

- **Panchatikta Kashay:**
It is used in the treatment of malarial fever with tremors, chronic fevers, 3rd and 4th day fevers and irregular fevers.
- **Guggulutiktakam Ghritam :**
.This is also known as *Guggulutiktaka ghrita*. It is used for preparatory procedure for *Panchakarma* and also as medicine, mainly for skin diseases. *Panchatikta* refers to five bitter herbs, which are the main ingredients in this herbal ghee.

Therapeutic Application:

Panchatikta ksheer siddha basti:

In *Asthivaha Strotodushti Chikitsa Panchatikta Dravya Siddha Ksheer Basti* and *Sarpi* are mentioned and are *Rasayana for Asthi Dhatu*. They

rejuvenate the *Dhatus*, repair them, remove *Kha Vaigunya*, give *Bala* (strength) to the *Dhatu*, maintain their healthy condition and restricts/slow down the progress of disease. *Janubasti* helps for local *Snehana Swedana and Vedana Shaman*

Anuvasan Basti:

Guggultikta ghris is used in the form of *Anuvasan Basti* in cases of *Vata* dominant skin disorders.

Snehapan:

Acne Treatment, Clear Skin, Eczema, Fungal Infections, Psoriasis, Purifying (anti-bacterial), Rejuvenation/Detox. *Snehan karma* for the treatment of non healing ulcers, skin disease, eczema, worm infestations, hemorrhoids and cough.

Upanaha swed:

Kalka of panchatikta dravyas can be applied in *vaat vyadhi*.

CONCLUSION

- Tikta Rasa pacifies kapha and pitta while increases vata, is absorbent and cleans channels. If used in excess vatika disorders and if not used kaphaja, pittaja and raktaja disorders arise. Due to predominance of vayu in its

nature it absorbs moisture and also rasa etc dhatus by roughness.

- Rasa (Taste of Substance) Guna (Properties) Vipaka (Final Transformation) Virya (Active Principle) and Prabhava are properties which reside in dravya which exerts action on this basis. While exploiting the drug action one has to keep in mind all these factors considering their relative strength.

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Vd.Ujwala Rodge1 ,Vd. V.E. Gogate2 Vd. Sharmili Suryavanshi, IOSR Journal of Pharmacy and Biological Sciences (IOSR-JPBS) e-ISSN:2278-3008, p-ISSN:2319-7676. Volume 11, Issue 3 Ver. I

(May.- Jun.2016), PP 80-82
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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

“A review on application of Panchatikta Dravyas.”

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Ayurline: International Journal of Research In Indian Medicine 2020;4(4) : 01 - 06