

Research Article

KARMAS (PHARMACOLOGICAL ACTIONS) - AN AYURVEDIC REVIEW

*Dr. Umakant N. Rabb

Department of Dravyaguna Vijnana, Acharya Deshabhushan Ayurveda Medical College and Hospital,
Shamnewadi-Bedkihal, Tal: Chikkodi, Dist: Belagavi, Karnataka, India

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ABSTRACT

The word *Karma* refers to by which the action will be take place. It is responsible for *Samyoga*(Combination), *Vibhaga*(Division) and is resides in *Dravya*. The characteristics of *Dravya* are *Rasa*, *Guna*, *Virya*, *Vipaka*, *Prabhava*. These are the physical and chemical characteristics of the drug. The drug undergo physical and chemical changes because of action of the enzymes(*Pitta* or *Agni*), in the gastro intestinal tract, in *Yakrit*(Liver), and in *Dhatu*(Tissues), there after it produces two different types of actions viz; General actions and Specific actions. The general action can be termed as *Karma*. It is takes place as manifested in accordance with *Rasa*(Taste), *Guna*(Qualities or Attributes), *Veerya*(Potency), and *Vipaka*(Taste at post digestive effect). whereas the Specific action termed as *Prabhava*. The *Prabhava* is the special efficacy of the drug which cannot be explained by means of *Rasa*, *Guna*, *Veerya*, *Vipaka*. It is also called as *Achintya Veerya*, *Shakti*, *Vichitra Pratyayabdhya*, *Vikriti Vishama Samaveta*, *Anavadharaniya*, *Swabhava*. Here an attempt is made to highlight the important pharmacological action in an *Ayurvedic* view with examples. Further scope of study is to evaluate these pharmacological actions with modern parameters.

Keywords: *Ayurveda*, *Karma*, *Sharangadhara Samhita*, *Charaka Samhita*, *Asthanga Hridaya* Proto elements, Pharmacological actions etc.

INTRODUCTION

The word *Karma* refers to by which the action will be takes place. It is responsible for *Samyoga*(Combination), *Vibhaga* (Division) and is present in *Dravya* [1]. The mechanism action of the drug is depends upon the *Panchabhautika* configuration (Proto elements). In modern it can be termed as chemical structure of the drug. According to these chemical components the action of the drugs takes place. The factors responsible for the changes either chemical or physical changes in the drug are *Rasa*, *Guna*, *Virya*, *Vipaka*. When the drug under go digestion in liver, in tissues, gastro intestinal tract by the action of *Agni*, produces two different actions. These two different actions are; General Action which is generally termed as *Karma*, the second one is called as *Pravaja Karma* or Specific action. In specific action it is observed that even though the *Rasa*, *Guna*, *Virya*, *Vipaka* are same but the drug action will be different. This happen because of large number of molecules gathered together and combines with *Agni* and the pharmacological action is produced. The molecules are nothing but the *Panchabhautika Anus*(Molecules). The pharmacological actions are; *Deepana*, *Pachana*, *Samshodhana*, *Samshamana*, *Anulomana*, *Sramsana*, *Bhedana*, *Rechana*, *Chedana*, *Lekhana*, *Grahi*, *Sthambhana*, *Madakari*, *Pramathi*, *Abhishyandi*, *Vyavayi*, *Vikashi*, *Rasayana*, *Vajeekarana*, *Jeevaniya*, *Balya*, *Brimhana*, *Langhana*, *Medhya*.

DISCUSSION

The detail description of each pharmacological actions are enumerated as follows;

1. **Deepana**^[2]- *Deepana* in general means appetizers.

“PACHENNAAMAM VANHIKRIT CHA DEEPANAM TADYATHA MISHI”

The drugs which stimulate or increase the either *Jatharagni*(Digestive fire), *Bhutagni*(Five proto elements), and *Dhatwagni*(Tissue metabolism) without the performing *Ama Pachana*(Improperly metabolized food digestion) called as *Deepaniya Dravyas*.

Ex: *Mishi*(*Shatapushpa- Anethum sowa* Kurz.). *Acharya Charaka*^[3] mentioned ten *Deepaniya* drugs viz; These drugs are carminative in nature which act as appetite stimulants. The drugs are; *Pippali*(*Piper longum* Linn), *Pippali moola*(Root of *Piper longum* Linn), *Chavya*(*Piper retrofractum* Vahl), *Chitraka*(*Plumbago zeylanica* Linn), *Shunthi*(*Zingiber officinale* Rosc), *Amlavetas*(*Garcinia pedunculata* Roxb), *Maricha*(*Piper nigrum* Linn), *Ajamoda* (*Carum roxburghianum* DC), *Bhallataka*(*Semicarpus anacardium* Linn), *Hingu*(*Ferula narthex* Boiss). These drugs are predominant of *Agni* and *Vayu Mahabhuta*(Proto elements). According to *Acharya Arunadatta*^[4] the *Deepaniya* drugs performs *Ama Pachana* also. Therefore in *Charaka Samhita Paachaniya Dashemani* is not mentioned.

2. **Pachana**^[5] - *Paachana* in general called as Digestives.

“PACHATYAAMAM NA VANHIM CHA KURYAATTADDHI PAACHANAM | NAAGAKESHARAVADVIDYAACCHITRO DEEPANA-PAACHANAH ||”

The drugs which digest the *Ama* alone without stimulating the *Agni*. Ex: *Chitraka*(*Plumbago zeylanica* Linn), *Nagakeshara*(*Messua ferrea* Linn). *Acharya Arunadatta*^[6] explained that the activity of *Agni* and the drug which improves the digestion process is called as *Paachana*.

3. **Samshodhana**^[7]- Purification of the body called as *Samshodhana*.

“STHAANAAD BAHIRNAYED OORDHWAM ADHO VA MALA SANCHAYAM | DEHA SAMSHODHANAM TASYAAD DEVADAALI PHALAM YATHA ||”

The drugs which expel the *Doshas* and *Malas* through the upward direction(Through mouth), and downward direction(Through anus) known as *Samshodhana Karma*. Ex: *Devadali Phala* (*Luffa echinata* Roxb). *Acharya Charaka*^[8] considered as *Samshodhana Karma* are four viz; *Vamana*, *Virechana*, *Shirvirechana*, *Niruha Basti* While *Acharya Sushruta*^[9] considered *Samshodhana* are of two types viz; *Vamana*, *Virechana*.

4. **Samshamana** ^{[10],[11]}- The palliative measures are called as Samshamana.

**“NA SHODHAYATI NA DWESTHI SAMAAN
DOSHAANSTATODDHATAAN | SAMEEKAROTI VISHAMAAN
SHAMANAM TADYATHA AMRUTA ||”**

The drugs which do not expel the *Doshas* either upward direction or down ward direction and without aggravating the *Doshas*, brings them into normal state called as *Samshamana*. Ex: *Guduchi*(*Tinospora cordifolia* Willd).

5. **Anulomana**^[12]- *Anulomana Karma* are mild laxatives.

**“KRITWA PAKAM MALAANAAM YADBHITWA BANDHAM
ADHONAYET | TACCHANULOMANAM JNEYAM YATHA PROKTA
HARITAKI ||”**

The drugs which do *Mala Paka*(Digestion) and release the *Bandha*(Sphincter) to expel them downward direction known as *Anulomana*. The drugs which causes downward movement of *Vata*(Flatus) is called as *Anulomana*. Ex: *Haritaki*(*Terminalia chebula* Retz). This is dominated by *Sara Guna*(Laxative).

6. **Sramsana**^{[13],[14]}- The laxative or simple purgatives are termed as *Sramsana*.

**“PAKTAVYAM YADPAKTAIVA SHLISHTAM KOSTHE
MALADHKAM |
NAYATYADHAH SAMSANAM TADYATHA SYAAT
KRITAMAALAKAH ||”**

The *Mala* which are attached to the *Kostha* or internal channels will be expelled out without undergoing digestion called as *Sramsana Karma*. Ex: *Aragwadha*(*Cassia fistula* Linn)

7. **Bhedana**^{[15],[16]}- The purgatives or chologogues are termed as *Bhedana*.

**“MALAADIKAMBADDHAM YADVADDHAM VA PINDITAM
MALAIHI | BHITVAADHAH PAATAYATI YAD BHEDANAM KATUKI
YATHA ||”**

The *Malas* which are *Baddha*(Solid), *Abaddha*(Liquid) will be expelled through the *Guda Marga*(Anus) is termed as *Bhedana*. Ex:- *Katuki*(*Picrorhiza kurroa* Royle ex Benth). These drugs constricts the gall bladder and expels the excess bile in to gastro intestinal tract which causes peristaltic movements lead to purgative action. *Acharya Charaka* mentioned ten drugs named *Bhedaniya Dashemani*, which includes; *Trivritta*(*Operculina turpethum* Linn), *Arka*(*Calotropis procera* (Ait) R.Br), *Eranda*(*Ricinus communis* Linn), *Langali*(*Gloriosa superba* Linn), *Danti*(*Baliospermum montanum* Muell-Arg), *Chitraka*(*Plumbago zeylanica* Linn), *Chirabilva*(*Holoptelea glauca* Edgew), *Shankhini*(*Albezzia lebbeck* Benth), *Katuka*(*Picrorhiza kurroa* Royle ex Benth), *Swarnakshiri*(*Argemone mexicana* Linn).

8. **Rechana**^{[17],[18]}- Cathartics drugs are called as *Rechana*.

**“VIPAKWAM YADPAKWAM VA MALAADI DRAVATAAM NAYET |
RECHAYATYAAPI TAJNEYAM RECHANAM TRIVRUTA YATHA ||”**

The *Pakwa* or *Apakwa Mala* is expelled out in liquid form through the anus called as *Rechana*. Ex: *Trivrutta*(*Operculina turpethum* Linn). These drugs are predominant by the *Prithwi* and *Jala Mahabhuta*. *Acharya Charaka* elaborated the action is of three modes viz; *Sukha Virechana*(*Trivrutta*), *Mrudu Virechana*(*Aragwadha*), *Teekshna*

Virechana (*Snuhi Ksheera*). These drugs possess *Ushna*, *Teekshna*, *Sookshma*, *Vyavayi*, and *Vikasi Gunas*.

9. **Chedana**^[19]- The scarification action is termed as *Chedana*.

**“SHLISTHAAN KAPHAADIKAN DOSHAAN UNMOOLAYATI
YADBALAAT |
CHEDANAM TADYATHA KHSARA MARICHAANI SHILATATU
||”**

The action which uproot the adhered *Doshas* by forcefully called as *Chedana*. Ex: *Maricha* (*Piper nigrum* Linn), *Shilatatu*.

10. **Lekhana**^{[20],[21]}- The dehydrating agents are termed as *Lekhana* drugs.

**“DHAATUN MALAANVA DEHASYA VISHOSHYO
LEKHAYECCHA YAT | LEKHANAM TADYATHA KSHAUDRAM
NEERAM USHNA VACHA YAVAH ||”**

The action which reduce and scrape the tissues and unwanted *Malas* (Wastes) through dehydration termed as *Lekhana*. Ex: *Vacha*(*Acorus calamus* Linn), *Yava*(*Barley*), *Kshaudra*(Honey), *Ushnodaka*(Hot water). Any drug possessing *Laghu*(Light), *Tikshna*(Penetrating), *Katu Vipaka*(Pungent at post digestive effect), *Ushna Virya*(Hot in potency) does the *Lekhana Karma*. i.e curative, scraping and absorptive action on *Dosha Dhatu*, and *Malas*. The *Lekhaniya Dravyas* can be termed as hyperlipidaemia and anti-obesity drugs. *Acharya Charaka* mentioned ten *Lekshaniya* drugs Viz; *Musta*(*Cyperus rotundus* Linn), *Kustha*(*Saussurea lappa* C.B. Clarke), *Haridra*(*Curcuma longa* Linn), *Daruharidra*(*Berberis aristata* DC), *Vacha*(*Acorus calamus* Linn), *Ativisha*(*Aconitum heterophyllum* Wall), *Katuka*(*Picrorhiza kurroa* Royle ex Benth), *Chitraka*(*Plumbago zeylanica* Linn), *Chirabilva*(*Holoptelia integrifolia* Planch), *Shweta Vacha*.

11. **Grahi**^[22]- The drugs which acts as Absorbent called as *Grahi*.

**“DEEPANAM PAACHANAM YATSYADUSHNATWAD
DRAVASHOSHAAM | GRAHI TACCHA YATHA SHUNTHI
JEERAKAM GAJAPIPALI ||”**

The action which acts as appetizer and digestive by absorbing the fluids from the body termed as *Grahi*. Ex: *Shunthi*(*Zingiber officinale* Rosc), *Jeeraka*(*Cuminum cyminum* Linn), *Gaja Pippali*(*Piper chaba* Hunter). These drugs are predominant by *Prithwi* and *Vayu Mahabhuta*. *Acharya Charaka* Mentioned *Purisha Sangrahaniya* and *Mutra Sangrahaniya Dravyas*. Viz;

- **PURISHASANGRAHANIYA**^[23]- The drugs which control excess elimination of stool are called as *Purishasangrahaniya Dravyas*. Viz; *Priyangu*(*Callicarpa macrophylla* Vahl), *Ananta*(*Alhagi pseudalhagi*), *Amrasthi*(*Mangifera indica* Linn), *Aralu*(*Ailanthus excelsa* Roxb), *Lodhra*(*Symplocos racemosa* Roxb), *Mocharasa*(*Salmalia malabarica* Schott & Endl), *Lajjala*(*Mimosa pudica* Linn), *Dhatakuphuspa*(*Woodfordia fruticosa* Kurz), *Bharangi*(*Clerodendrum serratum* Linn), *Padmakshara*(*Nelumbo nucifera* stamens).

- **MUTRASANGRAHANIYA**^[24]- The drugs which control excess elimination of urine called as *Mutrasangrahaniya Dravyas*. Viz; *Jambu*(*Syzygium cumini* Linn), *Amra*(*Mangifera indica* Linn), *Plaksha* (*Ficus lacor* Buch-Ham), *Vata*(*Ficus bengalensis* Linn), *Parisha*(*Ficus amittiana*), *Udumbara*(*Ficus glomerata* Roxb), *Ashwattha*(*Ficus religiosa* Linn), *Bhallataka*(*Semicarpus anacardium* Linn),

Ashmantaka (*Ficus rumphii* Blume), Somavalka (*Myrica esculenta* Buch-Ham).

12. **Sthambana**^[25]- The drugs act as constipation known as *Sthambana*.

“RAUKSHAT SHAITYAAT KASHAYATWAT LAGHUPAAKACCHA YAD BHAVED | VAATAKRIT STHAMBANAM TASYAADYATHA VATSAKATUNTUKAU ||”

The one which prevents the expulsion of fluids or *Malas* because of its astringent, and light in property called as *Sthambana*. Ex: *Kutaja* (*Holarrhena antidysenterica* Linn), *Shyonaka* (*Oroxylum indicum* Vent). The *Sthambana* has *Ruksha* (Dry), *Sheeta* (Cold), *Kashaya* (Astringent in taste), *Laghu Paka* (Light in digestion) properties. It is *Vatakara* (Increases *Vata Dosha*).

13. **Madakari**^[26]- The intoxicants called as *Madakari* drugs.

“BUDDHI LUMPATI YAD DRAVYAM MADAKARI TADUCHYATE | TAMOGUNA PRADHANAM CHA YATHA MADYA SURAADIKAM ||”

The destruction of wisdom, intellect, memory, and produces intoxication due to predominant of *Tama Guna* (One of the *Dosha* of the mind) is called as *Madakari*. Ex: *Madya* (Alcohol), *Sura* (Wine).

14. **Pramathi**^[27]- The drugs of specific effects on internal channels called *Pramathi*.

“NIJA VEERYENA YAD DRAVYAM STROTOBHYO DOSHA SANCHAYAM | NIRASYATI PRAMATHI SYAAT TADYATHA MARICHAM VACHA ||”

Due to specific effect and potency of the drugs will expel the *Doshas*, *Malas* from the internal channels called as *Pramathi*. Ex: *Maricha* (*Piper nigrum* Linn), *Vacha* (*Acorus calamus* Linn). These drugs act only at *Dosha Sanchaya* that is during the early stage of pathogenesis.

15. **Abhishyandi**^[28]- The obstructants are called as *Abhishyandi*.

“PAICHCHILYAD GAURAVAD DRAVYAM RUDDHVA RASAVAHA SHIRAH | DHATTE YADGAURAVAM TATSYADABHISHYANDI YATHA DADHI ||”

The obstruction in *Rasavaha* *Siras* causes due to *Picchila* (Sticky), and *Guru* (Heavy) which in turn produces heaviness in the body known as *Abhishyandi*. Ex: *Dadhi* (Curd).

16. **Vyavayi**^[29]- The CNS stimulant followed by depressant called as *Vyavayi*.

“POORVAM VYAPYAAKHLAM KAAYAM TATAH PAAKAM CHA GACCHATI | VYAVAYI TADYATHA BHANGA PHENAM CHA AHISAMUDBHAVM ||”

The drugs which spreads all over the body first and then undergo for metabolism is called as *Vyavayi*. The CNS stimulation followed by CNS depressants. Ex: *Bhanga* (*Cannabis sativa* Linn), *Ahiphena* (*Papaver somniferum* Linn)

17. **Vikasi**^[30]- The drugs of connective tissues loosens called as *Vikasi*.

“SANDHI BANDHAAN SHITHILAN KAROTI VIKASI TAT | VISHLESHYAUJASHCHA DHATUBHYO YATHA KRAMUKA KODRAVAH ||”

The drugs which loosens the ligaments of the joints, results in laxity of the tissues and also separates the *Oja* (Essence of *Sapta Dhatus-Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra*) from the *Dhatus* called as *Vikasi*. Ex: *Karamuka* (*Areca catechu* Linn), *Kodrava* (*Paspalum scrobiculatum* Linn)

18. **Rasayana**^[31]- The rejuvenating and revitalizing drugs are called as *Rasayana*.

“RASAYANAM CHA TAJNEYAM YAJJARA VYADHI NASHANAM | YATHAAMRUTA RUDANTI CHA GUGGULUSHCHA HARITAKI ||”

The one which destroys *Jara* (Old age), *Vyadhi* (Diseases) is called as *Rasayana*. Ex: *Guduchi*, *Rudanti*, *Guggulu*, *Haritaki*. The rejuvenating and revitalizing drugs are called as *Rasayana Dravyas*.

19. **Vajikarana**^[32]- The aphrodisiac drugs are called as *Vajikarana* Drugs.

“YASMAAD DRAVYAD BHAVET SREESHU HARSHO VAAJIKARAM CHA TAT | YATHA NAAGABALAADYAHA SYUR BEEJAM CHA KAPIKACCHUJAM ||”

The aphrodisiac action of the drugs which produces orgasm and libido in men and women called as *Vajikara*. Ex: *Nagabala* (*Grewia hirsuta* Vahl), *Kapikacchu* (*Mucuna prurita* Hook)

20. **Jeevaniya**^[33]- The vitalizing and life promoting herbs called as *Jeevaniya* drugs.

“JEEVANAM AYUHU TASMAI HITAM JEEVANIYAM |”

These drugs have the capacity to sustain and protect the life force and also nourish the tissues of the body and maintain the cellular functions. These drugs are anabolic in nature. Hence builds the tissues, give strength and sustain the body. These drugs are also used in patients suffering from Malnutrition. The drugs are as follows; *Jeevaka* (*Microstylis wallichii* Lindl), *Rishabhaka* (*Microstylis mucifera* Ridley), *Meda* (*Polygonatum verticillatum* All), *Mahameda* (*Polygonatum cirrhifolium* Royle), *Kakoli* (*Nomocharis oxypetala* Royle), *Kshirakakoli* (*Lilium polyphyllum* D. Don), *Mudgaparni* (*Phaseolus trilobus* Ait), *Mashaparni* (*Teramnus labialis* Spreng), *Jivanti* (*Leptadenia reticulata* A. W. & A), *Yashtimadhu* (*Glycyrrhiza glabra* Linn).

21. **Balya**^[34]- The drugs which promote strength the tissues and to the nerves called as *Balya*.

“BALYAM UPACHAYAUJAHA SHAKTIKARATWAT |”

The drugs are; *Aindri* (*Bacopa monnieri* Linn), *Kapikacchu* (*Mucuna prurita* Hook), *Shatavari* (*Asperagus racemosus* Willd), *Mashaparni* (*Teramnus labialis* Spreng), *Kshirvidari* (*Ipomoea digitata* Linn), *Ashwagandha* (*Withania somnifera* Linn), *Shalaparni* (*Desmodium gangeticum* DC), *Rohini* (*Soymida febrifuga* A. Juss), *Bala* (*Sida cordifolia* Linn), *Atibala* (*Abutilon indicum* Linn).

22. **Brumhana**^[35]-

**“BRIHATWAM YAT SHARIRASYA JANAYET TACCHA
BRIMHANAM” |**

The word *Brimhana* means to nourishment, Nutritive and promoting corpulence. The *Dravyas* which increases muscle bulk called as *Brimhaniya Dravyas*. The drugs mentioned in this group are as; *Ksheerini*(*Ksheera Vidari-Ipomea digitata* Linn), *Dugdika* (*Euphorbia prostrata* W. Ait), *Ashwagandha*(*Withania somnifera* Dunal), *Kakoli* (*Nomocharis oxypetala* Royle), *Ksheerakakoli*(*Lilium polyphyllum* D. Don), *Bala* (*Sida cordifolia* Linn), *Atibala*(*Abutilon indicum* Linn), *Vanakarpasa*(*Thespesia lampas* (Cav), Dalz & Gibs), *Payasya*(*Vidarikanda- Pueraria tuberosa* DC), *Vidhaara*(*Vridhdharu-Argyria nervosa*(Burm.f) Boj). These drugs are used in *Ksheena* (Emaciation), *Kshata*(Injury), *Krishna*(Lean), *Vridhdha*(Old age), *Durbala* (Weak person), person who walks excess, indulging in sexual activity, and intake of excess alcohol. The qualities of these drugs are *Guru*(Heavy), *Sheeta*(Cold in potency), *Snigdha*(Demulcent), *Sthula*(Stout), *Picchila*(Sticky), *Manda*(Slow), *Sthira*(Stable), *Shlakshna*(Smooth).

23. **Langhana**^[36]- The drugs gives lightness to the body called as *Langhana Karma*.

**“LANGHANE LAGHUHU- YAT SHARIRA LAAGHAVAKARAM
DEHE TAD LANGHANAM SMRITAM |”**

The drug which does the *Karshana* or *Lekahan*(Scraping) are called as *Langhana* or *Lekhana Dravyas*. As per *Acharya Charaka* the drugs which produce lightness in the body known as *Langhana Karma*. As per *Acharya Sushruta* these *Lekhaniya* drugs are predominant by *Vayu* and *Agni Mahabhutas*. The qualities of these drugs are; *Laghu*(Light), *Ushna*(Hot in potency), *Teekshna*(Penetrating and Sharpness action), *Vishada*(Clearness), *Ruksha*(Dryness), *Sookshma*(Minuteness), *Khara*(Roughness), *Sara*(Mobility), *Kathina*(Hardness). The *Lekhaniya Dravyas* are; *Mustha*(*Cyperus rotundus* Linn, Cyperaceae), *Kustha*(*Saussurea lappa* C.B clarke, Asteraceae), *Haridra*(*Curcuma longa* Linn, Zingiberaceae), *Daruharidra*(*Berberis aristata* Roxb.ex DC, Berberidaceae), *Vacha*(*Acorus calamus* Linn, Araceae), *Ativisha*(*Aconitum heterophyllum* wall. Ex Royle, Ranunculaceae), *Katuki*(*Picrorrhiza kurroa* Royle ex Benth, Scrophulariaceae), *Chitraka*(*Plumbago zeylanica* Linn, Plumbaginaceae), *Chirabilva*(*Holoptelea integrifolia* Planch, Ulmaceae), *Shweta Vacha*(*Iris ensata* Thumb, Araceae). These drugs help to increase the metabolism which help in utilizing the body fat and increasing the body vitality. These drugs also helps in the eliminating excess cellulite deposition, obstruction, blocks, clots, haematoma, obesity etc metabolic diseases from the body and prevent further disease pathogenesis.

24. **Medhya**^[37]- The brain tonics are termed as *Medhya*.

“MEDHAAYA HIATAM MEDYAM |”

The drugs which are good for brain called as *Medhya*. The drugs which promotes intellect, memory called as *Medhya*, Ex: *Aindri*(*Bacopa monnieri* Linn), *Mandukaparni*(*Centella asiatica* Linn), *Bramhi*(*Bacopa monnieri* Linn), *Shankhapushpi*(*Convolvulus pluricaulis* Chois), *Guduchi*(*Tinospora cordifolia* Willd), *Haritaki*(*Terminalia chebula* Retz), *Vacha*(*Acorus calamus* Linn), *Jatamansi*(*Nordostachys jatamansi* DC) etc. These drugs predominant of *Madhura Rasa*(Sweet taste), *Madhura Vipaka*(Sweet at post digestive effect), and *Sheeta Virya*(Cold in potency). The action is considered as *Prabhava*(Specific effect) of the drug.

CONCLUSION

By the above discussion the general action can be termed as *Karma*. It takes place and manifested in accordance with *Rasa*(Taste), *Guna*(Qualities or Attributes), *Veerya*(Potency), and *Vipaka*(Taste at post digestive effect). whereas the Specific action termed as *Prabhava*. It is the special efficacy of the drug which cannot be explained by means of *Rasa*, *Guna*, *Veerya*, *Vipaka*. Here the *Rasa*, *Guna*, *Virya*, *Vipaka* can be correlated with chemical structure of the drug as well as plant constituents of the drug. Here an attempt was made to highlighted the Ayurvedic perspective of the drug action and qualities which help to perform the action of the drug.

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