

Pharmacotherapeutics of *Deepaniya Dravyas* (Appetizers / Stomachics / Digestive Drugs) - A Literary Review

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Abstract- The drugs which stimulates the digestive fire called as *Deepaniya Dravyas*. These drugs are mainly carminative. Because of carminative property helps to facilitate the digestion of the food and drug action. The drugs of this group are *Ushna*(Hot in potency) and *Katu*(Spicy in nature), *Uttejaka*(Stimulant) and *Teekshna*(Penetrative) action. Therefore it is contraindicated pregnancy, puerperal period, constipation, haemorrhoids, history of abortions, *Pittaja Vikaras*(Diseases of *Pitta Dosh*). Acharya Charaka mentioned the *Deepaniya* group of drugs Viz; *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Shringavera*(*Ardraka*), *Amlavetasa*, *Maricha*, *Ajamoda*, *Bhallatakasthi*, *Hingu Nirayasa*. These drugs are predominant of *Vayu* and *Agni Mahabhutas*. The *Vayu Mahabhuta* helps to stimulate the digestive fire whereas the *Agni Mahabhuta* helps to digest the food. The *Deepana* and *Pachana* are have one action but different stages. Therefore Acharya Charaka has not mentioned the separate group of *Paachaniya Dravyas*. Here an attempt is made to highlight the pharmacological actions and therapeutic applications. Such drugs which can be used as appetite stimulant as well as nutritional deficiencies.

Indexed Terms- Ayurveda, Charaka Samhita, *Deepana*, *Chandra Nighantu*, *Bhavaprakash Nighantu*, *Madanapala Nighantu*, etc.

I. INTRODUCTION

The word *Deepana*^[1] means appetizers or digestive stimulant. The drugs which stimulates the digestive power called as *Deepaniya Dravyas*. These drugs are predominant by *Agni* and *Vayu Mahabhutas*. These are ten in number called as *Deepaniya Mahakashaya*^[2]. Viz; *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Shringavera*(*Ardraka*), *Amlavetasa*, *Maricha*, *Ajamoda*, *Bhallatakasthi*, *Hingu Nirayasa*.

These drugs possess *Ushna*(Hot in potency), *Katu*(Pungent in taste), *Katu Vipaka*(Pungent at post digestive effect), *Teekshna*(Penetrating action), *Agni* and *Vayu Mahabhuta* predominant. The *Vayu Mahabhuta* helps to stimulate the digestive fire whereas the *Agni Mahabhuta* helps to digest the food. The *Deepana* and *Paachana* are have one action but different stages. Therefore Acharya Charaka has not mentioned the separate group of *Paachaniya Dravyas*.

II. DISCUSSION

The ten drugs which acts as *Deepana* are, *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Shringavera*(*Ardraka*), *Amlavetasa*, *Maricha*, *Ajamoda*, *Bhallatakasthi*, *Hingu Nirayasa*.

- *PIPPALI-* *Piper longum* Linn, *Piperaceae*^{[3],[4],[5],[6],[7],[8],[9]}

Synonyms-

Magadhi, *Krishna*, *Vaidehi*, *Chapala*, *Kana*, *Upakulya*, *Ushana*, *Shoundi*, *Kola*, *Teekshna Tandula*

Pharmacological Actions-

Pippali is *Dipana*(Appetizer), *Vrishya*(Aphrodisiac), *Madhura Vipaka*(Sweet at post digestive effect), *Rasayana*(Vitalizer), It is *Anushna*(Neither heat nor cold), *Katu* (Pungent in taste), *Snigdha* (Secretes oils), *Vata-Kapha Shamaka*, *Laghu*(Light), *Rechani*(Acts as mild laxative). It cures *Shwasa*(Dyspnoea), *Kasa*(Cough), *Udara*(Abdominal disorders), *Jwara*(Fever), *Kustha*(Skin diseases), *Prameha* (Urinary disorders), *Gulma*(Intestinal disorders), *Arsha*(Haemorrhoids), *Pleeha*(Splenic diseases), *Shoola*(Colic), *Maruta*(Flatulency).

Ardra Pippali(Wet *Pippali*) is *Kaphakara*, *Snigdha*(Demulcent), *Sheetala*(Cold), *Madhura*(Sweet), *Guru*(Heavy), *Pitta Shamaka*(Alleviates *Pitta Dosh*).

Consumption of *Pippali* with *Guda* (Jaggery) alleviates *Meda*(Obesity) and *Kapha*, *Shwasa*(Dyspnoea), *Kasa*(Cough), *Jwara*(Fever), *Vrishya*(Aphrodisiac), *Medhya*(Brain tonic), *Agnivardhaka*(Appetizer), *Jeernajwara*(Chronic fever), *Agnimandyahara*(Alleviates loss of appetite).

- *PIPPALI MOOLA*(Root of *Piper longum* Linn), Piperaceae^{[3],[4],[5],[6],[7],[8],[9]}

Synonyms-

Granthika, Ushana, Chataka Shira

Pharmacological Actions-

Pippali Moola is *Dipana*(Appetizer), *Katu* (Pungent in taste), *Ushna*(Heat producing), *Pachana*(Digestive), *Laghu*(Light), *Rooksha*(Drying), *Pittakara*, *Bhedi*(Breaks the hard stools). It subsides *Kapha*, *Vata* diseases, *Anaha*(Abdominal distention), *Pleeha*(Splenic diseases), *Gulma*(Intestinal growths), *Krimi*(Worms), *Shwasa*(Dyspnoea), *Kshaya*(Emaciation).

- *CHAVYA- Piper retrofractum* vahl, Piperaceae^{[10],[11],[12],[13],[14],[15],[16]}

Synonyms-

Chavika, Ushana

Pharmacological Actions-

Chavya properties are same as *Pippali Moola*. It mainly acts on *Arsha*(Haemorrhoids).

- *CHITRAKA- Plumbago zeylanica* Linn, Plumbaginaceae^{[17],[18],[19],[20],[21],[22],[23]}

Synonyms-

Anala, Paathi, Vyaala, Ushana

Pharmacological Actions-

Chitraka is *Katu*(Pungent in taste), *Katu Vipaka*(Pungent in post digestive effect), *Dipana*(Appetizer), *Pachana*(Digestive), *Laghu*(Light), *Rooksha*(Drying), *Ushna*(Heat), It cures *Grahani*(Sprue syndrome), *Kustha*(Skin diseases), *Shotha*(Edema), *Arsha*(Haemorrhoids), *Krimi*(Worms), *Vata-Shleshma Hara*(Alleviates *Vata* and *Kapha Doshas*), It is *Grahi*(Absorbent). Alleviates *Vata-Pitta-Kapha*. *Chitraka Moola Panchanga Choorna* is given with butter or Cow's milk cures all types of diseases, especially *Kritrima*

Visha(Poisoning), *Jalodara*(Ascites), *Kustha*(Skin diseases). *Chitraka Moola* with *Gomutra*(Cow's urine) cures *Arsha*(Haemorrhoids).

- *ARDRAKA- Zingiber officinale* Rosc, Zingiberaceae^{[24],[25],[26],[27],[28],[29],[30]}

Synonyms-

Shringa Vera, Katubhadra, Ardrika

Pharmacological Actions-

Ardraka is *Bhedani* (Breaks the hard stools), *Guru*(Heavy), *Teekshna*(Penetrating), *Ushna*(Heat generating), *Deepana*(Promotes appetite). It is *Katu*(Pungent in taste), *Rooksha*(Drying), *Ruchya*(Taste promoter), *Kapha-Vata Shamaka*(Subsides *Kapha* and *Vata Dosha*), *Vibandhahara*(Relieves constipation), *Shoolgna*(Relieves colic pain), clears the tongue, throat, It is consumed with *Saidhava Lavana* just before food. *Ardraka* is contraindicated in *Kustha*(Skin diseases), *Paandu*(Anemia), *Mutra Krichra*(Difficulty in micturation), *Rakta Pitta*(Haemorrhage), *Vrina*(Ulcers) *Jwara*(Fever), *Daha*(Burning sensations), *Grishma* and *Sharad Rutu*(During summer season).

- *AMLAVETASA- Garcinia pedunculata* Roxb, Clusiaceae^{[31],[32],[33],[34],[35],[36],[37]}

Synonyms-

Chukra, Shatavedhi, Sahasranut

Pharmacological Actions-

Amlavetasa is *Ati Amla*(Sour), *Bhedana*(Expels the hard stools), *Laghu*(Light), *Dipana*(Appetizer), *Pittala*(Increases *Pitta Dosha*), *Lomaharshanam*(Causes horripilation or great pleasure), *Ruksha*(Drying), *Kapha-Vatagna*. It alleviates *Hridroga*(Heart diseases), *Shoola*(Colic pain), *Vitmutra Dosha*(Diuretic), *Pleeha*(Spleen diseases), *Udavarta*(Sour belching or regurgitation), *Hikka*(Hiccough), *Anaha*(Distention of abdomen), *Aruchi*(Loss of taste), *Shwasa*(Dyspnoea), *Kasa*(Cough), *Ajirna*(Indigestion), *Vami*(Nausea and Vomiting).

- **MARICHA-** Piper *nigrum* Linn,
Piperaceae^{[38],[39],[40],[41],[42],[43],[44]}

Synonyms-

Vellaja, Krishna, Ushana, Dharma Pattana

Pharmacological Actions-

Maricha is *Katu*(Pungent in taste), *Teekshna*(Penetrating), *Dipana*(Appetizer), *Kapaha-Vatahara*(Alleviates *Kapha* and *Vata*), *Ruchikaraka*(Tasty), *Ushna*(Hot in potency), *Pittakara*(Aggravates *Pitta Dosh*), *Rooksha*(Drying), It cures *Shwasa*(Dyspnoea), *Shoola*(Colic), *Krimi*(Worms), *Shukra Nashaka*(Decreases semen), *Agnijanaka*(Improves appetite). *Ardra Maricha*(Wet Pepper) is *Madhura Vipaka* (Sweet after end of digestion), *Natiushna*(Not much heat), *Kinchit Teekshna Guna*(Mild penetrating action), *Shleshma Praseki*(Mucogenic), *Apittalam*(Does not increase *Pitta*).

- **AJAMODA-** *Apium graveolens* Linn,
Apiaceae^{[45],[46],[47],[48],[49],[50],[51]}

Synonyms-

Kharashwa, Mayura, Dipyaka, Brmhakusha, Karavi, Lochamasthaka

Pharmacological Actions-

Ajamoda is *Katu*(Pungent), *Teekshna*(Penetrating), *Dipyaka*(Appetizer), reduces *Kapha* and *Vata Dosh*as. It is *Ushna*(Heat), *Vidahi*(Causes burning sensation), *Hridaya*(Good for heart), *Balakara*(Promotes strength), *Laghu*(Light), *Netramaya*(Cures eye diseases). It cures *Krimi*(Worms), *Chardi*(Vomiting sensation), *Hikka*(Hiccough), *Basthi Ruja*(Bladder pain).

- **BHALLATAKA-** *Semicarpus anacardium* Linn,
Anacardaceae^{[52],[53],[54],[55],[56],[57],[58]}

Synonyms-

Arushka, Arushkara, Agnika, Agnimukhi, Bhalli, Veervriksha, Shophakrit

Pharmacological Actions-

Pakva Bhallataka Phala(Ripe fruit) is *Swadu*(Sweet), *Kashaya*(Astringent) in taste, *Madhura Vipaka*(Sweet in post digestive effect), *Laghu*(Light),

Pachana(Digestive), *Snigdha*(Demulcent), *Teekshna*(Penetrating), *Ushna*(Heat), *Chedana*(Expells hard stools), *Bhedana*(Breaks the hard stools), *Medhya*(Brain tonic), *Vanhikara*(Appetizer). It cures *Kapha, Vata Vrina*(Ulcers), *Udara*(Abdominal distention), *Kustha*(Skin diseases), *Arsha*(Haemorrhoids), *Grahani*(Sprue syndrome), *Gulma*(Intestinal growth), *Shopha*(Edema), *Anaha*(Abdominal distention), *Jwara*(Fever), *Krimi*(Worms). The *Majja*(Kernel) of *Bhallataka* is *Madhura*(Sweet), *Vrushya*(Aphrodisiac), *Brimhana*(Nourishing), subsides *Vata* and *Pitta*. The *Vrinta*(Fruit stalk of the *Bhallataka* is *Swadu*(Sweet), reduces *Pitta, Keshya*(Hair vitalizer), *Agnikrit*(Appetizer). *Bhallataka* is *Kashaya*(Astringent), *Madhura*(Sweet), *Shukrala*(Promotes semen production), *Laghu*(Light). It cures *Vata-Kapha* diseases, *Udara*(Abdominal diseases), *Anaha*(Abdominal distention), *Kustha*(Skin diseases), *Arsha*(Haemorrhoids), *Grahani*(Dysentery), *Gulma*(Intestinal growths), *Jwara*(Fever), *Shwittra*(Vitiligo), *Agnimandya*(Indigestion), *Krimi*(Worms), *Vrina*(Wounds).

- **HINGU-** *Ferula foetida* Regel,
Apiaceae^{[59],[60],[61],[62],[63],[64],[65]}

Synonyms-

Vedhi, Jatuka, Baalhika, Raamatha

Pharmacological Actions-

Hingu is *Ushna* (Heat), *Katu*(Pungent), *Pachana*(Digestive), *Ruchya*(Promotes taste), *Teekshna*(Penetrating), *Laghu*(Light), *Snigdha*(Demulcent). It subsides *Vata* and *Kapha* and increases *Pitta Dosh*a. It cures *Ajeerna*(Indigestion), *Shoola*(Colic), *Gulma*(Intestinal growth), *Udara*(Abdominal disorders), *Krimi*(Worms), *Vibandha*(Constipation).

CONCLUSION

The above discussion concludes that the drugs mentioned in this group are carminative property helps to facilitate the digestion of the food and drug action. The drugs of this group are *Ushna*(Hot in potency) and *Katu*(Spicy in nature), *Uttejaka*(Stimulant) and *Teekshna*(Penetrating) action. Major of the drugs

helps to relieve the worms infestations, spasmodic pain, and helps to digestion and easy evacuation of flatus and stool. All these drugs can be used in preparation of food and also as taste promoter.

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