



EXPLORING ABHAVA PRATINIDHI DRAVYA (SUBSTITUTE) FOR SHOREA ROBUSTA (GAERTN.): GIVEN ITS SANGRAHI KARMA

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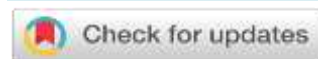
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ABSTRACT

The ancient system of Ayurveda, rooted in Holistic Health Practices, acknowledges the broad significance of *Abhava Pratinidhi Dravya*. *Pratinidhi Dravyas* are the substitute drugs which are utilised in the absence of the original drug (*Abhava Dravya*). *Shorea robusta* (Gaertn.), known as the Sal tree, holds a revered position in Ayurvedic Medicine for its numerous therapeutic properties. It is *Kasaya rasatmak*, *katu vipaki*, *sheeta veerya* and has *ruksha laghu guna* and performs *Sangrahi Karma*, which can be correlated with cellular uptake activity of body fluids. Thus, synthesising traditional wisdom with modern insights, this article aims to provide a holistic understanding of *Sangrahi karma*. Also, this article aims to compile possible substitutes for *Shorea robusta* (Gaertn.) about *Raspanchak* and *Sangrahi Karma*.

Keywords: *Abhava Pratinidhi Dravya*, *Sangrahi Karma*, Substitute, *Raspanchak*, *Shorea robusta* (Gaertn.)

INTRODUCTION

Pratinidhi dravyas are substitute drugs utilised in the absence of the original drug (*Abhava dravya*)[1]. Acharya Bhavprakash first mentioned the concept of *Pratinidhi dravyas* in the 16th century AD in Ayurvedic Classics[2]. It has also been dealt with in detail in *Abhava Varga* of Yogratnakar and Bhaishajya Ratnavali^[3,4].

The substitution of the drug is based on the Ayurved Principle that both the drug, *Abhava Pratinidhi*, should possess either similar *guna*, i.e *Rasapanchak* or similar *Karma* (therapeutic action).

Classification of substitute:-

The drug which can be taken as *Pratinidhi dravya* can be classified into two types:-

1. Exhibit similar *Rasapanchak* as well as therapeutic action.
2. Exhibit a similar therapeutic effect but not similar to *Rasapanchak*.

With proper revalidation of *Rasapanchak* attributes of *Rasa* (Taste), *Guna* (Property), *Veerya* (Potency), *Vipaka*, *Prabhava*, and *Karma* (Action), there is always scope to find new substitutes for today's *Abhava dravyas* ^[5].

In Ayurveda, *Shorea robusta* (Gaertn), known as the Sal tree, possesses various therapeutic properties^[6]. It is mainly distributed in the Tropical region. In India, it is found in Chhattisgarh, Jharkhand, etc. Thus, *Ruksha guna* is predominant due to geographical conditions. *Shorea robusta* (Gaertn) is *Kasaya rasatmak*, *katu vipaka*, *sheeta veerya* and *ruksha*, *sheeta gunatmak* and have *Sangrahi* nature^[7], which can be correlated with cellular uptake activity of body fluids. A metabolic disorder which occurs due to the vitiation of *kapha dosha* leads to an increase in the **Rasa and Predominance of Guna (Charak)^[9]**:-

Rasa	Predominance of Guna
Kasaya	ruksha sheeta guru
Tikta	ruksha sheeta laghu
Katu	laghu usna ruksha

Grading of *Sangrahi Karma*: **Normal**: If dravya is *kasaya rasatmak* with *ruksha*, *sheeta guna*, *katu vipaka*, and *sheeta veerya*, it will perform Normal *Sangrahi karma*.

kleda of the body. *Kleda* can be defined as sugar bound water molecule which accumulates in the Intercellular spaces of the body. An increase in *kleda* results in *srotoavrodha*, leading to vitiation of *vata dosha*. This *vata* brings *kleda* from all over the body to possible excretory ways since the body's natural tendency is to eliminate excretory products. Hence, the vitiated *kleda* is converted into the urine, sweat, etc., and expelled, resulting in excessive urination and sweating. On administration of *Sangrahi dravya*, the cell utilises the *kleda* from intercellular space, i.e there is transport of *kleda* from intercellular to intracellular spaces. Hence, exploring the logic behind the Ayurvedic concept of *Abhava Pratinidhi dravya*, the substitution drug for *Shorea robusta*, will be identified based on similarity with its *Rasapanchak* and *Sangrahi karma*.

Concept of Sangrahi Karma:-

Sangrahi dravyas are predominantly *vayu mahabhutatmak* ^[8]. They constitute the prevalence of *ruksha guna*. Also, they are *laghu*, *sheet*, *khar*, *gunatmak*; *Katu*, *Tikta*, *Kashay rasatmak*, *katu vipaki*, and *sheet virya* and perform *shoshan* either by *chushan* or *anupravanta*. Thus, they move body fluids from higher concentration (extracellular space) to lower concentration (intracellular space) by crossing the concentration barrier by osmosis or by crossing the pressure gradient.

Characteristics of Ideal Sangrahi Dravya:-

Rasa:- *kasaya*, *tikta*, *katu*

Guna:- *ruksha*, *laghu*, *khar*, *sukshma*

Vipaka:- *katu*

Veerya:- *sheeta*

Moderate:- If dravya is *kasaya rasatmak* with either *katu* or *tikta rasa* ; *ruksha sheeta guna* or other *guna* ; *katu vipaka* and *sheeta veerya* it will perform Moderate *Sangrahi Karma*.

Highly: If dravya is *kashaya*, *tikta*, and *katu rasatmak*, possess all the gunas responsible for *Sangrahi karma*, and have *katu vipaka* and *sheeta veerya*, it will perform Highly *Sangrahi Karma*.

Pratinidhi Dravya (Substitutes) of *Shorea robusta* (Gaertn.) :- In view of its *Sangrahi Karma*^[10,11]:-

Sr. No.	Drug Name	Latin Name	Family	Rasa	Guna	Vipaka	Veerya	Part used
1.	<i>Shal</i>	<i>Shorea robusta</i>	Dipterocarpaceae	<i>Kasaya</i>	<i>Ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
2.	<i>Kaidarya</i>	<i>Murraya Koenji</i>	Rutaceae	<i>Katu tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Leaf
3.	<i>Mahanimba</i>	<i>Melia azaderach</i>	Meliaceae	<i>Tikta kasaya katu</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
4.	<i>Aparajita</i>	<i>Clitoria ternate</i>	Papilionaceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Root
5.	<i>Asoka</i>	<i>Saraca indica</i>	Dipterocarpaceae	<i>Kasaya tikta</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
6.	<i>Avartani</i>	<i>Cassia auriculata</i>	Caesalpinaceae	<i>Kasaya tikta</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Whole plant
7.	<i>Kebuka</i>	<i>Costus speciosus</i>	Zingiberaceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	rhizome
8.	<i>Khadir</i>	<i>Acacia catechu</i>	Mimosaceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Heartwood
9.	<i>Kutaja</i>	<i>Holarrhena antidysentrica</i>	Apocynaceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Bark, seed
10.	<i>Lajjalu</i>	<i>Mimosa pudica</i>	Mimosaceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Whole plant
11.	<i>Madayantika</i>	<i>Lawsonia inermis</i>	Lythraceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Leaf
12.	<i>Musta</i>	<i>Cyperus rotundus</i>	Cyperaceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	tubers
13.	<i>Nimba</i>	<i>Azadiracta indica</i>	Meliaceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Leaf bark
14.	<i>Vasa</i>	<i>Adhatoda vasica</i>	Acanthaceae	<i>Tikta kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Leaf
15.	<i>Sirisa</i>	<i>Albizia lebbeck</i>	Mimosaceae	<i>Kasaya tikta</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>anusna</i>	Bark seed
16.	<i>Priyangu</i>	<i>Callicarpa macrophylla</i>	Verbenaceae	<i>Tikta kasaya</i>	<i>Guru ruksha</i>	<i>katu</i>	<i>sita</i>	Fruit
17.	<i>Jatamansi</i>	<i>Nardostachys jatamasi</i>	Valerianaceae	<i>Tikta kasaya</i>	<i>Laghu snigdha</i>	<i>katu</i>	<i>sita</i>	rhizome
18.	<i>Padmaka</i>	<i>Prunus cerasoides</i>	Rosaceae	<i>Kasaya tikta</i>	<i>Laghu snigdha</i>	<i>katu</i>	<i>sita</i>	Whole plant
19.	<i>Sarja</i>	<i>Vateria indica</i>	Dipterocarpaceae	<i>Tikta kasaya</i>	<i>Guru Ruksha</i>	<i>katu</i>	<i>sita</i>	Exudate
20.	<i>Pasanabheda</i>	<i>Bergenia ligulate</i>	Saxifragaceae	<i>Tikta kasaya</i>	<i>Tikshna snigdha</i>	<i>katu</i>	<i>sita</i>	Leaves
21.	<i>Arjuna</i>	<i>Terminalia arjuna</i>	Combretaceae	<i>Kasaya tikta</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
22.	<i>Avartani</i>	<i>Cassia auriculata</i>	Caesalpinaceae	<i>Kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Whole plant
23.	<i>Kancanara</i>	<i>Bauhinias variegata</i>	Caesalpinaceae	<i>Kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
24.	<i>Mayaphala</i>	<i>Querus infectoria</i>	Meliaceae	<i>Kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Gall
25.	<i>Patranga</i>	<i>Caesalpina sappan</i>	Caesalpinaceae	<i>Kasaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	heartwood
26.	<i>Lodhra</i>	<i>Symplocos racemosus</i>	Symplocaceae	<i>Kasaya</i>	<i>Ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
27.	<i>Vata</i>	<i>Ficus benglenis</i>	Moraceae	<i>Kasaya</i>	<i>Guru ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
28.	<i>Plaksha</i>	<i>Ficus lacor</i>	Moraceae	<i>Kasaya</i>	<i>Guru ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
29.	<i>Ashwattha</i>	<i>Ficus religiosa</i>	Moraceae	<i>Kasaya madhura</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
30.	<i>Dhatki</i>	<i>Woodfordia fruticosa</i>	Lythraceae	<i>Kasaya madhura</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Flower
31.	<i>Jambu</i>	<i>Eugenia jambolana</i>	Myrtaceae	<i>Kasaya madhura</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>sita</i>	Fruit, seed
32.	<i>Japa</i>	<i>Hibiscus rosasinesis</i>	Malvaceae	<i>Kasaya madhura</i>	<i>Laghu snigdha</i>	<i>katu</i>	<i>sita</i>	Flower
33.	<i>Kadamba</i>	<i>Anthocephalus cadamba</i>	Rubiaceae	<i>Madhur tikta kasaya</i>	<i>Ruksha</i>	<i>katu</i>	<i>sita</i>	Bark
34.	<i>Parisa</i>	<i>Thespesia populnea</i>	Malvaceae	<i>Madhur kasaya</i>	<i>Ruksha laghu</i>	<i>katu</i>	<i>sita</i>	Bark

Other methods of Substitution:-

Another drug can substitute *Shorea robusta* (Gaertn.) if they also perform *Sangrahi Karma* in the following ways:-

1] *Prabhava*:-

Some drugs may possess different *rasapanchak* from *Shorea robusta* (Gaertn.) but are *Sangrahi* by *Prabhava*.

e.g.: - Amla Dadima

2] *Sanskara*:-

Some drugs are not *Sangrahi* by nature but can be converted into *Sangrahi* by different *samskara*.

e.g.: - *Haritaki*, if boiled, performs *Sangrahi karma*

3] *Matra*: Some drugs act as *sangrahi* when given in specific concentration.

4] *Samyog*: When some drugs are mixed, they show *sangrahi karma* through their combined effect.

DISCUSSION

Pratinidhi dravyas are the substitute drugs which exhibit similar *rasapanchak* and therapeutic action, both or therapeutic action like the original drug.

In Ayurveda, *Grahi dravyas* are mentioned, which results in *Deepan* (Appetizer which stimulates and enhances the *agni*), *Pachan* (Improves Digestion) and *Shoshan* (absorption of body fluids). *Adhyamalla* has classified *Grahi dravyas* into:-

<i>Karma</i>	Predominance of <i>guna</i>	Action
<i>Sangrahi</i>	<i>Ruksha</i>	Absorbent (Increases cellular uptake of body fluids)
<i>Sthambhan</i>	<i>Khara</i>	Affects intestinal motility (Creates resistance to the movement of body fluids)

Sangrahi dravyas increase cellular uptake of body fluids, so they are used in conditions where there is an increase in *kleda* (body fluids), oozing of cells or glands, synovial effusion, Meningeal effusion, *Atisara*, *Prameh*, etc.

Shal (*Shorea robusta* Gaertn.) is mainly found in Tropical Regions. Thus, it shows a predominance of "*Ruksha guna*". It is *kasaya rasatmak*, possess *laghu ruksha guna*; *Katu vipaka* and *sheeta veerya* and results in *Sangrahi Karma*. The dravya showing simi-

a) *Sheeta grahi*

b) *Usna grahi*

Sheeta grahi dravyas are also known as *Sangrahi dravyas*. They are *kashaya rasatmak* and possess *laghu ruksha guna*, *katu vipaka*, and *sheeta veerya*, which leads to cellular uptake of body fluids. On the other hand, *usna grahi* drugs are similar to them but possess *usna veerya*. Thus, they lead to *amapachan* and absorb body fluid.

Sangrahi and *Sthambhan*:-

Sthambhan dravya possesses similar *rasapanchak* with *Sangrahi dravya*, but here, there is a predominance of "*Khara guna*," and in *Sangrahi dravya*, there is a predominance of "*Ruksha guna*." *Sthambhana* means to stop or to inhibit. Due to its *Khara guna*, *Sthambhan dravya* creates resistance to body fluids. It leads to vitiation of *vata dosa* and prevents the expulsion of body fluids that have either upward or downward movement.

Sangrahi drugs increase the cellular uptake of body fluids, either by *chushan* or *anupravanta*. Thus, they transport body fluids from a higher concentration (extracellular space) to a lower concentration (intracellular space) by crossing the semipermeable membrane through osmosis or by crossing the pressure gradient.

lar *Rasapanchak* and *Sangrahi karma* is considered *Pratinidhi dravya* of *Shal*.

CONCLUSION

In this article, an attempt has been made to compile all the possible substitutes for *Shal* (*Shorea robusta* Gaertn.) with respect to its *Sangrahi Karma*. The above list may be further increased by finding dravyas that show *Sangrahi Karma*. Also, further research can be done to prove the efficacy of drugs and similar actions on Ayurvedic Properties and Phyto-

chemistry based on its Pharmacological actions, Animal studies, and Clinical studies.

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