



## A REVIEW STUDY ON MEDHYA KARMA W.S.R. TO DRAVYAGUNA VIGYAN

Shikha Thakur<sup>1</sup>, Deepak Verma<sup>2</sup>, S.K. Sharma<sup>3</sup>, Priyanka Jamadagni<sup>4</sup>, Arjun Grover<sup>5</sup>PG Scholar<sup>1,4,5</sup>, Dayanand Ayurvedic College, Jalandhar, Punjab. India

Professor and HOD, Dravyaguna department, Dayanand Ayurvedic College, Jalandhar, Punjab. India

Assistant Professor, Dravyaguna department, Dayanand Ayurvedic College, Jalandhar, Punjab. India

Corresponding Author: [shikhathakurshimla@gmail.com](mailto:shikhathakurshimla@gmail.com)<https://doi.org/10.46607/iamj4110092022>

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## ABSTRACT

**INTRODUCTION:** *Dravyaguna* is an integral part of *Ayurveda* which deals with *rasa, guna, virya, vipaka*, and *prabhava* (Pharmacokinetics and pharmacodynamics) of herbs. The science dealing with the properties and actions of drugs. *Ayurveda* has multidimensional actions having an influence on memory. They not only enhance intellectual capacity but also rejuvenate the whole system. *Acharya Charaka* has given a vivid explanation of *Medhya Rasayan* in a healthy person and described major common mental ailments classified are *Unmada* (psychosis) *Apasmara* (convulsive disorder) and *Atattvabhinivesha* (psychotic fear); he also described Signs, Symptoms, and behaviour alternation in different psychiatric disorders. *Ayurveda* provides a list of herbs known for nootropic activity as well as their multifactorial utility in various conditions. *Medhya* drugs are used for the prevention & treatment of mental disorders in all age groups. These drugs promote intellect (*Dhee*), retention power (*Dhriti*), and memory (*Smriti*). These drugs work on the hypothalamus-pituitary, adrenal axis and normalize the secretion of neurotransmitters such as dopamine, serotonin, and acetylcholine and can improve mental health.

**AIM & OBJECTIVE-** Review and analysis to evaluate the effect of *Medhya* drug's classical as well as modern parameters.

**MATERIAL AND METHOD:** The various Classical & Modern Texts, Research Papers, Review Papers, Journals, and Internet Material.

**Keywords:** Ayurveda, Medhya, Nootropics, Mental health.

## INTRODUCTION

*Ayurveda* represents an ancient system of traditional medicine. *Medhya* drugs are a group of medicinal plants described in *Ayurveda* with multi-benefits to improve memory and intellect by its *prabhava* (specific action). Neurological and psychiatric disorder is generally associated with loss of memory, cognitive defect, impaired mental function, etc. In the present era, individuals are overloaded with stress, anxiety, tension, and lack of sleep which adversely affect the memory of most individuals. *Medhya* drugs strengthens the body and maintain normal body function. These drugs help to maintain *vata*, *pitta* & *kapha* doshas' normal functions. *Medhya* drugs improve learning and memory processes by modulating dopamine, 5- hydroxytryptamine receptors, and noradrenaline systems. *Medhya* drugs have a specific effect on mental performance by promoting the function of *buddhi* & *manas*. There is a

number of drugs in *Ayurveda* that are known for their effect on the brain. *Acharya Charaka* has mentioned a group of four drugs. These drugs can be used individually or in combination for improvement.

**MEDHYA KARMA** - The word '*Medhya Karma*' has been derived from the Sanskrit words *Medhya* meaning intellect or cognition and *karma* meaning action. In *Ayurveda*, medicinal plants are used as brain tonics and these plants are used for both herbal and conventional loss, impaired mental function, etc. Medicine neurological and psychiatric disorders are generally associated with memory.

*Medhya* comprises three mental faculties- *Dhee*, *Dhriti*, and *Smriti*. *Medhya* can be divided into 3 parts.

- **Grahan shakti (power of grasping).**
- **Dhriti /Dharna Shakti (power of retention).**
- **Smriti /Vivek Shakti (power of discrimination).**

**Table 01:** Pharmacological Propertise of *Medhya* Drugs<sup>6</sup>.

S. No	Drug name (Sanskrit name)	Latin name	Family	Rasa	Guna	Virya	Vipaka	Doshganta
i.	<i>Andri</i> <sup>1</sup>	<i>Bacopa Monnieri</i>	<i>Plantaginaceae</i>	Tikta	Laghu	Ushna	Katu	KV
ii.	<i>Ashwagandha</i> <sup>2</sup>	<i>Withania Somnifera</i>	<i>Solanaceae</i>	Tikta, Katu, Madhura	Laghu, snigdha	Ushna	Madhura	KV
iii.	<i>Atibala</i> <sup>3</sup>	<i>Abutilon indicum</i>	<i>Malvaceae</i>	Madhur	Laghu, snigdha	Sheet	Madhura	P
iv.	<i>Bala</i> <sup>4</sup>	<i>Sida cordifolia</i>	<i>Malvaceae</i>	Madhur	Laghu, snigdha	Sheet	Madhura	P
v.	<i>Brahmi</i> <sup>5</sup>	<i>Bacopa monnieri</i>	<i>Scrophulariaceae</i>	Tikta	Laghu	Ushana	Katu	KV
vi.	<i>Guduchi</i> <sup>6</sup>	<i>Tinospora cordifolia</i>	<i>Menispermaceae</i>	Tikta, kashya	Guru, snigdha	Ushna	Madhur	Tridoshar
vii.	<i>Jatamansi</i> <sup>7</sup>	<i>Nardostachys jatamansi</i>	<i>Valerianaceae</i>	Tikta, kashya	Madhur	Sheet	Katu	Tridoshar
viii.	<i>Madhuyasti</i> <sup>8</sup>	<i>Glycyrrhiza glabra</i>	<i>Leguminosae</i>	Madhur	Guru, snigdha	Sheet	Madhur	P
ix.	<i>Mandukparni</i> <sup>9</sup>	<i>Centella asiatica</i>	<i>Umbelliferae</i>	Tikta	Laghu	Sheet	Madhur	KP
x.	<i>Shankhpushpi</i> <sup>10</sup>	<i>Convolvulus pluriculis</i>	<i>Convolvulaceae</i>	Tikta	Singdha, pichila,	Sheet	Madhur	VP
xi.	<i>Shatavari</i> <sup>11</sup>	<i>Asperagus racemosus</i>	<i>Asparagaceae</i>	Madhur, tikta	Guru, snigdha	Sheet	Madhura	VP
xii.	<i>Tagar</i> <sup>12</sup>	<i>Valeriana Wallichii</i>	<i>Valerianaceae</i>	Katu, tikta	Laghu, snigdha	Ushna	Katu	KV

xiii.	<b>Vacha</b> <sup>13</sup>	<i>Acorus calamus</i>	<i>Araceae</i>	<i>Katu, tikta</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>KP</i>
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**Table 02: Aushadha Yoga**

<b>Aushadhi Yoga</b>	<b>References</b>	<b>Major Content</b>	<b>Rogaghnta</b>
<b>Brahmi Ghrit</b> <sup>14</sup>	Ch. Chi. 10/25	<i>Brahmi, Vacha, Shankpushpi</i>	<i>Unmaad, apsmaar</i>
<b>Vachaadi Ghrit</b> <sup>15</sup>	A.H.U.1/46	<i>Vacha, Amrita</i>	<i>Medha, smriti</i>
<b>Lahsunadi Ghrit</b> <sup>16</sup>	Ch.Chi.9/51	<i>Lahsun</i>	<i>Unmaad, Apsmaar</i>
<b>Mahapaishik Ghrit</b> <sup>17</sup>	Ch.Chi.9/48	<i>Jatamansi</i>	<i>Smriti</i>
<b>Mahapanchagavya Ghrit</b> <sup>18</sup>	Ch. Chi.10/24	<i>Dashmool</i>	<i>Apasmar</i>
<b>Ashtanga Ghrit</b> <sup>19</sup>	A.H.U.1/43-44	<i>Vacha</i>	<i>Medha, Smriti</i>
<b>Sarsvat Ghrit</b> <sup>20</sup>	A.H.U.1/45	<i>Abhay</i>	<i>Medha, Smriti, Agni</i>

**Table 03: Therapeutic Uses of Medhya Drugs**

<b>S. No</b>	<b>Drug name</b>	<b>Classical Indications</b>	<b>Corresponding reference</b>	<b>Pharmacological actions</b>
i.	<b>Brahmi</b>	<i>Smritipradara (Memory enhance, Ayusha Rasayani)</i>	B.P.N=280- 281 <sup>21</sup> K. D=719-723 <sup>22</sup> CH/CHI=10/25 <sup>23</sup>	Hysteria, Nervine Tonic, Promoting Memory Power and Memory Faculties.
ii.	<b>Vacha</b>	<i>Unmad, Apsmaar</i>	B.P.N=102-103 <sup>24</sup> K.D=1216-1218 <sup>25</sup> CH/CHI=10-20,19-20,26-21. <sup>26</sup>	Antidepressant, Antihypertensive, Anticonvulsant, Memory Weakness, Sedative, Hysteria.
iii.	<b>Shankpushpi</b>	<i>Medhya, Medhyarasayan, Manorama Smriti, Apsmaar</i>	B.P.N=269-270 <sup>27</sup> K.D=1493-1497 <sup>28</sup> CH/CHI=10/62 <sup>29</sup>	Anticonvulsive, Antistress, Brain tonic
iv.	<b>Bala</b>	<i>Rasayan, Balya-Brmhana</i>	B.P.N=142-146 <sup>30</sup> K.D=1051-1059 <sup>31</sup> CH/CHI=1-12,11-91/92 <sup>32</sup>	Antiinflammatory, Hypoglycaemic Activates
v.	<b>Atibala</b>	<i>Rasayan, Balya-Brmhana</i>	B.P. N=146 <sup>33</sup> CH/CHI=1-82 <sup>34</sup>	Antiinflammatory, Immune Modulatory, Antimicrobial, Antimalarial
vi.	<b>Tagar</b>	<i>Medhya-Mastiska samaka, Aksepahara, Smritivibhansa</i>	B.P. N=28-29 <sup>35</sup> K.D=1273-1276 <sup>36</sup>	Antihypertensive, Epilepsy, Hysteria, Brain Tonic.
vii.	<b>Madhuyasti</b>	<i>Medhya Rasayana, Mansika-Nadidourbalya, Buddhimandya</i>	B.P.N=145-146 <sup>37</sup> K.D=1180-1181 <sup>38</sup> CH/CHI=8-85,19-117/118 <sup>39</sup>	Anti-inflammatory, anticonvulsive.
viii.	<b>Guduchi</b>	<i>Rasayani, Balya Medya.</i>	B.P. N=1-10 <sup>40</sup> K. D=7-11 <sup>41</sup> CH/CHI=1,3,33 <sup>42</sup>	Antispasmodic, antimalarial, anti-inflammatory.
ix.	<b>Ashwagandha</b>	<i>Balya, Rasayani, Balpustiprada</i>	B.P.N=189-190 <sup>43</sup> K.D=1044-1047 <sup>44</sup> CH/CHI=17 117 <sup>45</sup>	Hypnotic and sedative
x.	<b>Shatavari</b>	<i>Medhya-Nadibalya, Apsmara, Balya-Rasayan</i>	B.P.N=184-188 <sup>46</sup> K.D=1062-1068 <sup>47</sup> CH/CHI=8-105,19-97/98,2-3-18. <sup>48</sup>	Tonic and Diuretic, Galactogen Nervine Tonic, Anticonvulsive

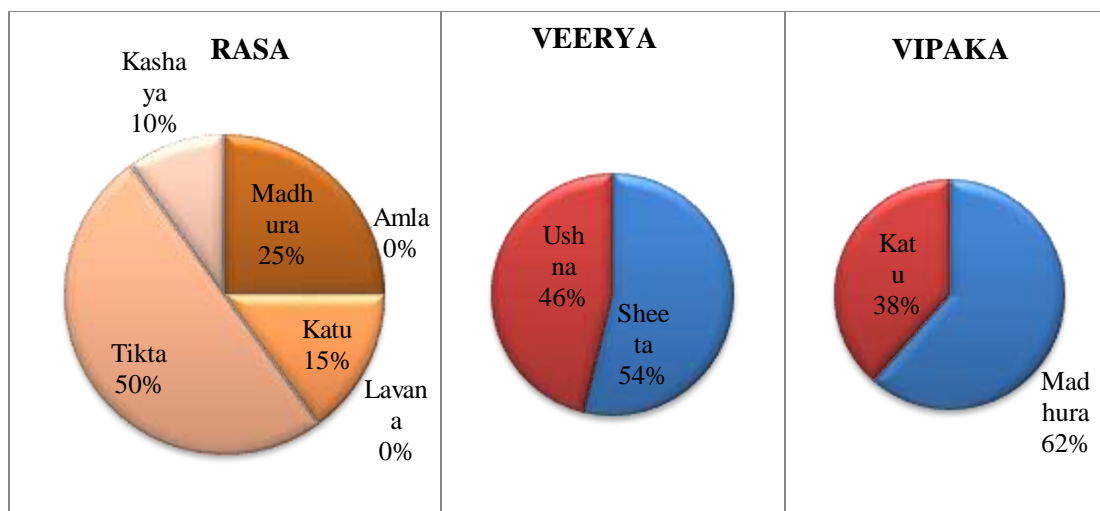
xi.	<b>Jatamansi</b>	<i>Bhutaghana, Sajanasthapana</i>	B.P. N=89 <sup>49</sup> K.D=1362-1365 <sup>50</sup> CH/CHI=9/45 <sup>51</sup>	Antiepileptic, hysterical convulsions, loss of memory.
xii.	<b>Mandukparni</b>	<i>Medhya Rasayan, Mastiskabalya-Samaka, Buddhimandatva-Smritihrasa-Mastiskadourbalya, Unmad Apsamara</i>	B.P. N=1-659 <sup>52</sup> CH/CHI=18-176,1/3-30 <sup>53</sup>	Intellect-promoting

## DISCUSSION

*Medhya* action of *Medhya* dravya like *Mandukparni* (*Centella asiatica*), *Yastimadhu* (*Glycyrrhiza Glabra*), *Guduchi* (*Tinospora Cordifolia*) & many more *Dravya* are described to its *prabhava* (special action) and unexplained to its *Rasa, Guna, Virya, Vipaka*. *Medhya dravya* plays an important role in ageing. Mostly the herbs act on the basis of antioxidants, adaptogenic essential elements present in them. In spite of advancements in modern medicine today, it is very unfortunate that the success is very limited to the context of neurological & Pshychiatric disorders. These drugs plays and essential role in the treatment of psychiatric & psychosomatic diseases. *Medhya* function is related to *mana* due to *nadi sasthan*. *Medhya karma* is related to *Nadi Sansthan*. *Nadi sansthan* is connected with the brain. *Medhya dravya* is also known as a brain tonic. The *medhya karma* is considered *prabhavjanya*.

In *Ayurveda*, *Medhya* is described vastly and it means the power of grasping, retention discrimination and recollection of knowledge and karma means action. In the *Ayurvedic* system, many medicinal plants are used as brain tonics. *Medhya* drugs are known to have a specific effect on mental performance by performing neuro- nutrient effects & improve cerebral metabolism. *Medhya* drugs are a group of medicinal plants. *Medhya* drugs also act on *manasikabhava* relieving anxiety, stress, etc. and they are having *Mashtishka Balya* (nourning brain) property. *Medhya* drugs are *madhura vipaka* and *shit virya* (except *guduchi*). *Medhya karma* is considered *prahavjanya* because some *medhya dravya* are *shit virya, madhur rasa, and madhur vipaka*. *Medhya dravya* has more *medhya karma* rather than a *samanya dravya* inspite of having common *gunas*. so, *Medhya karma* is predominant in *prabhavjanya*.

**Data Interpretation of above given *Medhya* drugs:**



- As we find; most of the drugs belong to *tikta rasa* prominent ( 50%), as we know the basic principle about *tikta rasa* that subsides the activity of *pitta dosha* which is responsible for *medhya karma*. It means half of the drugs are showing their activity of memory enhancer due to *Prabhav*. In modern this term, *Prabhav* can be co-related with thier chief action due to main chemical constituents like alkaloids, and Flavanoids. glucosides, mineralcorticosteroids, etc. another data is showing that no one *dravya* has the *rasa amla* and *lavana*. it may be because they can aggravate *pitta dosha* in excess quantity and the subject can show hyperactivity.
- As we find; the *veerya* is not so much a cause of *medhya* action; however *sheeta virya aushadh* will play a major role in the action of the *medhya* drug.
- As we find; Most of the drugs belong to *madhura vipaka*. It means the final product of the drugs will increase the *kapha* ( *Bodhaka kapha* ) which is responsible for *medhya karma*.

#### Mode Of Action (Ayurvedic and Modern Aspect):

*Medhya dravya* exhibits combinations of three properties. Due to *Ashukari* & *Tikshana's* predominant *Gunas Pitta* stimulate *satva (mana)* and it is helpful for the perception of knowledge, and it is helpful in memory intellect, and it is one of the natural functions of *Pitta Doshas*. *Vata doshas* are also helpful in memory by performing the association of ideas. *Kapha Doshas* has stable properties & helps

retention of knowledge and memories. It is clear that both *kapha* & *pitta dravya is medhya*. *Ushana virya dravya* mainly boosts intellect and *Sheet Virya Dravya* mainly boosts memory.

#### CONCLUSION

In *Classical texts of Ayurveda*, *Medhya dravya* (neurological medication) is mentioned in *Garbhasthapan* (Fetus growth), *rasayana* (*Immunoboosters*), and *swarnaprashan* (A formulation for increasing childhood immunity). These are also stated in *kushanga suptata*. These drugs therapeutically act on the nervous system or psychosomatic system as they are used in *Apsmaar*, *Unmaad*, and *Anidra*. This article gathered data and information regarding the action of *medhya dravyas*. The above interpretation shows the results that these drugs act mainly based on *prabhava*. Mainly these drugs are used in childhood and geriatric stages of life. Need more research related to these *Dravays* and their action in some modern parameters and diseases like Parkinsonism, autism, Dementia, and learning disabilities. This article may be helpful for the pharmaceutical industry, new drug research, research scholars, and practitioners also.

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