



A CRITICAL REVIEW ARTICLE ON THE EFFICACY AND SAFETY OF VACHADI GANA IN THE MANAGEMENT OF DYSLIPIDEMIA

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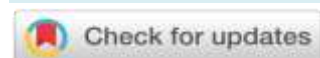
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ABSTRACT

Ayurveda is a treasure for humanity. Ancient *Acharya* very smartly binds all knowledge together into texts. There is a solution to every problem in ancient classical texts either related to physical health or mental health. Due to a fast-forward busy lifestyle people suffer from many lifestyle disorders. These disorders can be easily treated with the help of a proper ancient regimen, but when the condition gets worse there are many drugs, drug formulations, or groups of drugs which can easily cure the chronic condition. The ancient classical texts like *Sushruta Samhita*, *Ashtanga Hridaya*, *Brihatnighantu Ratnakar*, and *Nighantu Adarsha* elaborated *Vachadi Gana* very nicely. According to these classical texts, the drugs under *Vachadi Gana* have properties like *Tikta-Katu Rasa* and can treat Kapha & Vata-related disease conditions. Dyslipidemia is a condition in which *Vata* and *Kapha* both are involved. In the present study, we compile the properties of these drugs and also try to prove their action on dyslipidemia conceptually.

Keywords: Ayurveda, Vachadi Gana, Samhita, Dosha, Dyslipidemia etc.

INTRODUCTION

In the modern age of modernization and rapid life, many of us are engaged in a hectic and stressful life-style. Additionally, the consumption of fast food with high-calorie content is on the rise. We have all the comforts of life, yet we are not engaging in any form of physical activity. This has resulted in an increase in body fats and cholesterol levels, which can lead to a variety of life-threatening disorders.

Ayurveda, which is a life science, is based on scientific principles and has been proven to have positive outcomes in maintaining health and alleviating health issues. The primary goal of Ayurvedic medicine is to improve the health of the healthy and to treat the diseased [1]. The importance of *Dravya* in individual life is evident, as it is mentioned in the *Shastra*. *Ayurveda* is a *Vedic Shastra* that refers to the comprehensive understanding of the four *Ayushya* deities: *Ayushya* (the Supreme Being), *Anayusha* (the Lesser One), *Dravya* (the object/medicine), *Guna* (the properties), and *Karma* (the effect).

In India, the prevalence of dyslipidemia was estimated to be 13.9%, with hypercholesterolemia at 29.5%, low HDL-Cs at 72.3%, and LDL-C at 11.8%. This high rate of occurrence highlights the need for urgent lifestyle intervention to prevent and manage this major cardiovascular risk factor, which is linked to various illnesses, such as metabolic syndrome, cardiovascular disorders, and more. The primary line of treatment for dyslipidemia consists of dietary modifications, exercise, and lipoprotein-lowering medications [2].

Dyslipidaemia is a condition that has been linked to numerous illnesses, particularly metabolic syndrome and cardiovascular disorders. The elevation of plasma cholesterol, triglycerides, or both, or a low HDL level contributes to the development of various diseases. Causes may be primary (genetic) or secondary. Diagnosis is made by measuring plasma levels of total cholesterol, triglycerides, and individual lipoproteins. The basic line of treatment is dietary changes, exercise, and lipid-lowering drugs.

Dyslipidaemia is a condition that is not specifically addressed in *Ayurveda*. However, it can be inferred that an increase in the presence of *ama* and *Rasa-Raktagata Nishansha* in the body can lead to the development of this condition. Several *Ayurveda* herbs are used in the classical texts to manage this condition, and their properties can be used to formulate a formulation. Examples of such herbs include *Vacha* (*Acorus calamus* Linn.), *Nagarmotha* (*Cyperus rotundus* Linn.), *Devdaru* (*Cedrus deodara* (Roxb.) Loud), *Sunthi* (*Zingiber officinale* Linn.), *Atish* (*Aconitum heterophyllum* Wall. Cat.), etc.

Aims & objectives.

- A literary review of herbs by *Vachadi Gana*.
- A literary review on medicinal importance of herbs under *Vachadi Gana* in dyslipidemia.

Material & methods

- To review the action and Importance of herbs under *Vachadi Gana* on dyslipidemia from different *Ayurvedic* classical texts.

Introduction to *Dravya's*

S. No.	<i>Dravya</i>	<i>Sanskrit Name</i>	<i>Botanical Name</i>	<i>Family</i>	<i>Synonyms</i>
1.	<i>Shadgrantha</i> ³	<i>Vacha</i>	<i>Acorus calamus</i>	Araceae	<i>Uragandha</i> , <i>Ugra</i> Sweet Flag etc.
2.	<i>Nagarmotha</i> ⁴	<i>Mushta</i>	<i>Cyperus rotundus</i>	Cyperaceae	<i>Motha</i> , Nut Grass, Java grass etc.
3.	<i>Devdaru</i> ⁵	<i>Indradaru</i> , <i>Devkashtha</i>	<i>Cedrus deodara</i>	Pinaceae	<i>Devadara</i> , <i>Devdara</i> , Himalayan cedar etc.
4.	<i>Shunthi</i> ⁶	<i>Maha Aushadhi</i>	<i>Zingiber officinale</i>	Scitamineae	<i>Vishva</i> , <i>Vishvabhashja</i> , <i>Nagar</i> , <i>Ushna</i> , <i>Dry Ginger</i> etc.
5.	<i>Atish</i> ⁷	<i>Ativisha</i>	<i>Aconitum heterophyllum</i> Wall.	Ranunculaceae	<i>Kashmeera</i> , <i>Suklakanda</i> , <i>Bhangura</i> , <i>Visha</i> , <i>Indian Atees</i> etc.
6.	<i>Harad</i> ⁸	<i>Haritaki</i> ,	<i>Terminalia</i>	Combretaceae	<i>Indian Walnut</i> , <i>Indian Hog Plum</i> etc.

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Action & properties of herbs of Vachadi Gana

S. N.	Dravya	Rasa	Guna	Virya	Vipaka	Dosh-Karma	Anyakarma
1.	<i>Shadgrantha</i> ⁹	Katu-Tikta	Laghu-Tikshna	Ushna	Katu	Kapha-Vatashamaka	Medhya, Deepana, Pachna, Jeevani, Vakprada, Unmadahara etc.
2.	<i>Nagarmotha</i> ¹⁰	Tikta-Katu-Kasaya	Laghu-Ruksha	Sheeta	Katu	Kapha-Pitta shamaka	Jawarhara, Aruchinashaka, Trishna-Krimivinashani, Deepan, Pachan, Grahi etc.
3.	<i>Devdaru</i> ¹¹	Tikta-Katu-Kasaya	Laghu-Ruksha	Ushna	Katu	Kapha-Vatashamaka	Kasa-Swasa-Amahara, Krimi-Kushthahara, Dushtvranavishodna, Vibandha-Adhyaman-Shotha-Premeha Nashaka etc.
4.	<i>Shunthi</i> ¹²	Katu	Guru, Ruksha, Tikshna	Ushna	Madhura	Kapha Shamaka	Rochana, Vrishya, Hridya, Deepana, Bhedna etc.
5.	<i>Atish</i> ¹³	Tikta-Katu	Laghu-Ruksha	Ushna	Katu	Kapha-Pitta shamaka	Vishahara, Deepana, Pachana, Atisara-Krimi-Kasahara etc.
6.	<i>Harad</i> ¹⁴	Pancha-Rasa-Yukta, except Lavana (salt) but Kasaya Pradhana	Laghu-Ruksha	Ushna	Madhura		Rasayana, Varnya, Sara, Medhya, Lekhniya, Shothahara, Deepana, Pachna, Chakshushya etc.

Therapeutic uses

S. N.	Name of the Herb	Therapeutic Uses
1.	<i>Shadgrantha</i>	<ul style="list-style-type: none"> For the health, strength, intellect, and longevity of a child, one should use <i>Ghrit</i> preparation with <i>Vacha</i>. [15] <i>Vacha</i> is used in one of the four formulations that help enhance the health, strength, intellect, and longevity of a child. [16] It is helpful in the improvement of digestion. [17]
2.	<i>Nagarmotha</i>	<ul style="list-style-type: none"> It helps in digestion. [18] It stimulates the digestive fire and helps in digestion. [19]
3.	<i>Devdaru</i>	<ul style="list-style-type: none"> <i>Devdaru</i>, <i>Shigru</i> bark, & <i>Apamarga</i> used with <i>Gomutra</i> are helpful in <i>Jalodar</i>. [20]
4.	<i>Shunthi</i>	<ul style="list-style-type: none"> <i>Phanta</i> is useful in <i>Kaphaja Roga</i>. [21] <i>Shunthi</i> powder is administered with <i>Ghrita</i> in the morning for the cure of <i>Amadosha</i>. [22]
5.	<i>Atish</i>	<ul style="list-style-type: none"> <i>Atish</i> is very effective when administered with aromatic and bitter herbs. [23] Effective in worm infestation when used with <i>Vidanga</i>. [24]
6.	<i>Harad</i>	<ul style="list-style-type: none"> It is a <i>Shrashtha Mridu Virechaka</i>. [25] It is a <i>Rasayana</i> and useful in almost every disease. [26]

DISCUSSION

We already discussed the causes of Dyslipidaemia and concluded that increasing *Ama* and *Rasa-Raktagata Snehansha* in our body may lead to this condition. On the review literature, we found that with the help of the properties of herbs under *Vachadi Gana* is having the probability of cleansing channels of the body is higher; because most of the herbs having properties like *Katu-Tikta-Kasaya Rasa*, *Laghu-Ruksha Guna*, *Ushna Virya* and *Katu Vipaka*, all these properties are capable to treat imbalance condition of *Ama-Rasa-Rakta*.

Ayurveda is run on fundamental principles, from a healthy condition to an unhealthy state of living body depends on these principles. *Samanya-Vishesha Sidhanta* plays a very important role in the cause, precaution, and care of any disease condition in the living body. According to this principle, the same (*Samanya*) properties of herbs or food are capable of increasing the level of related things in the body, and different (*Vishesh*) are capable of treating the increased condition. Food and regimens like heavy/oily/unhealthy food habits, and zero/fewer physical activities cause the deposition of fat in the nerves/arteries/veins/channels (*Shatrotas*) that fat creates blockages and is responsible for disturbing the *Ama-Rasa-Rakta* relation and creates an imbalance in lipid profile of the body as well.

Herbs which are having properties like *Katu-Tikta-Kasaya Rasa*, *Laghu-Ruksha Guna*, *Ushna Virya* and *Katu Vipaka*, and *Tridoshahara* are capable of balancing the *Ama-Rasa-Rakta* relation; these properties having excellent cleansing effect, and this is the *Samanya-Vishesha Sidhanta*. For more efficient results experimental and clinical research should be done.

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