

## REVIEW OF NETRAROGAHARA DRAVYAS MENTIONED BY BRIHATTRAYI

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### ABSTRACT

The *dravyas* which maintain & improve eye sight work as eye tonic - “*Chakshushya Dravyas.*”

*Chakshu* is *sthana* of *Alochak pitta*. These *dravyas* work on *alochak pitta* by its *rasadi* properties & *doshghnata*. The *dravyas* mentioned by *Brihatrayi* for *netra chikitsa* have different properties like *netrahitakar* & *netrarogahara*. Majority of *netrarogahara dravyas* are of *ruksha-laghu guna, ushna virya, & kaphaghna* property. Properties like *vrishya, bruhana* can be used as *chakshushya rasayana* in diseases like ARMD, cataract etc. Pharmacological properties like anticataract, anti ulcer, antioxidant etc., are present in *netrarogahara dravyas*.

**Keyword:** *Chakshushya, netrarogahara, pharmacological activity*

### INTRODUCTION

Eye is most delicate and beautiful sense organ. It is wisdom of soul. If once vision is lost, it is lost forever. So protecting our eye sight is one of the most important thing, we can do to help maintain our quality of life. Due to change in lifestyle, excess use of computer, TV & smart phones etc. not many of us have perfect eyesight & we will develop problems as we get older. Upto now glasses or contact lenses were just the only options for patients with defective vision. We have come up with surprising way to preserve vision given by *Brihatrayi*. They have mentioned many *dravyas* for *netrachikista*, some of them are *netrahitakar* & some are *netrarogahara*. Here we will deal with *netrarogahara dravyas*.

Considering the *dosha* involvement on the basis of symptoms *netrarogahara dravyas* can be used to treat the condition. *Netrarogahara dravyas* improve homeostasis & ocular strength. Natural support for our eyesight is found in some specific *dravyas*. With the combination of *netrahitkar* & *netrarogahara dravyas* we can greatly boost our overall eye health & promote clear vision.

#### Aims & Objectives:

1. To review the effect of *Netrarogahara dravyas* mentioned in *Brihatrayi* based on *doshaghata* & *rasadi* properties.
2. To review their pharmacological activities.

### Methodology:

- Review of *Netrarogahara dravyas* for their *rasadi* properties & *doshghanta* which is mentioned by Charak, Sushruta & Vagbhat.

- Their pharmacological activities like- antioxidant, anti-inflammatory etc. was searched from Pubmed, various articles & search engines.

### Observations:

**Table 1** <sup>(1,2,3,4,5)</sup>: Review of some *netrarogahara dravyas*

Sr.No.	Name	Latin Name	Family	Part use
1.	<i>Draksha</i>	<i>Vitis vinifera</i> Linn	Vitaceae	Fruit
2.	<i>Amalaki</i>	<i>Emblica officinalis</i> Gaertn	Euphorbiaceae	Fruit
3.	<i>Bibhitak</i>	<i>Terminalia belerica</i> Roxb	Combrataceae	Fruit
4.	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz	Combrataceae	Fruit
5.	<i>Yasthimadhu</i>	<i>Glycerrhiza glabra</i> Linn	Leguminosae	Root
6.	<i>Patola</i>	<i>Trichosanthes dioica</i> Roxb	Cucurbitaceae	Leaf,Fruit,Panchang
7.	<i>Lodhra</i>	<i>Symplocos racemosa</i> Roxb	Symplocaceae	Stem bark
8.	<i>Erandmula</i>	<i>Ricinus communis</i> Linn	Euphorbiaceae	Leaf, Root,Fruit
9.	<i>Trivrutta</i>	<i>Oprculina turpethum</i> R.Br.	Convolvulaceae	Fruit
10.	<i>Chandana</i>	<i>Santaum album</i> Linn	Santalaceae	Stem bark
11.	<i>Tulasi</i>	<i>Ocimum sanctum</i> Linn	Labiatae	Leaf, Flower, Fruit Root
12.	<i>Haridra</i>	<i>Curcuma longa</i> Linn	Berberidaceae	Rhizome
13.	<i>Daruharidra</i>	<i>Berberis aristata</i> DC	Berberidaceae	Root, Fruit,Stem
14.	<i>Pippali</i>	<i>Piper longum</i> Linn	Piperaceae	Fruit
15.	<i>Nimba</i>	<i>Azadiracta indica</i> A.Juss	Meliaceae	Flower, Leaf, Stem bark
16.	<i>Shigru</i>	<i>Moringa olifera</i> Lam	Moringaceae	Fruit, Leaf
17.	<i>Sarshapa</i>	<i>Brassic campestris</i> Linn.	Crucifereae	Fruit
18.	<i>Musta</i>	<i>Cyperus rotundus</i> Linn	Cyperaceae	Rhizome
19.	<i>Guduchi</i>	<i>Tinospora cordifolia</i> Willd	Menispermaceae	Stem, Leaf
20.	<i>Ashmantaka</i>	<i>Ficus rumphi</i> Bl	Moraceae	Fruit,
21.	<i>Jambu</i>	<i>Eugenia jumbolana</i> Linn	Myrtaceae	Fruit, Seed, Leaf
22.	<i>Ela</i>	<i>Elletaria cardamomum</i> Linn.	Zinziberaceae	Fruit, Seed
23.	<i>Rasona</i>	<i>Allium sativum</i> Linn	Liliaceae	Rhizome
24.	<i>Kataka</i>	<i>Strychnus potatorum</i> Linn	Loganiaceae	Root, Seed
25.	<i>Jati</i>	<i>Jasminum officinale</i> Linn	Oleaceae	Fruit, Root, Flower, Bark
26.	<i>Devdaru</i>	<i>Cendrus deodara</i> Roxb	Pinaceae	Rootbark
27.	<i>Sunthi</i>	<i>Zingibar officinale</i> Roscoe	Zinziberaceae	Rhizome
28.	<i>Padmaka</i>	<i>Prunus cyrasoidus</i> D.Don	Rosaceae	Stem bark
29.	<i>Shatavari</i>	<i>Asparagus racemosus</i> Willd	Liliaceae	Rhizome
30.	<i>Kakoli</i>	<i>Fritillaria roylei</i> Linn.	Liliaceae	Root
31.	<i>Narikela</i>	<i>Cocos nucifera</i> Linn.	Palmeae	Whole plant
32.	<i>Dadima</i>	<i>Punica granatum</i> Linn	Punicaceae	Fruit, Fruit bark, Root bark

**Table 2:** Review of *netrarogahara dravyas* for their rasadi propertie<sup>(1,2,3,4,5)</sup>

Sr. No.	Name	Rasa	Vipaka	Virya
1.	<i>Draksha</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>
2.	<i>Amalaki</i>	<i>Panchrasa varjit lavana</i>	<i>Madhura</i>	<i>Sheeta</i>
3.	<i>Bibhitaka</i>	<i>Kashaya</i>	<i>Madhura</i>	<i>Ushna</i>
4.	<i>Haritaki</i>	<i>Panchrasa varjit lavana</i>	<i>Madhura</i>	<i>Ushna</i>
5.	<i>Yashtimadhu</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>
6.	<i>Patola</i>	<i>Tikta</i>	<i>Madhura</i>	<i>Ushna</i>
7.	<i>Lodhra</i>	<i>Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>
8.	<i>Erandmoola</i>	<i>Madhura Tikta</i>	<i>Katu</i>	<i>Ushna</i>
9.	<i>Trivrutta</i>	<i>Katu, Kashaya, Madhura, Tikta</i>	<i>Katu</i>	<i>Ushna</i>
10.	<i>Chandana</i>	<i>Tikta, Katu</i>	<i>Katu</i>	<i>Sheeta</i>
11.	<i>Tulasi</i>	<i>Katu, Tikta</i>	<i>Katu</i>	<i>Ushna</i>
12.	<i>Haridra</i>	<i>Tikta, Madhura</i>	<i>Katu</i>	<i>Ushna</i>
13.	<i>Daruharidra</i>	<i>Tikta, kashaya</i>	<i>Katu</i>	<i>Ushna</i>
14.	<i>Pippali</i>	<i>Katu</i>	<i>Madhura</i>	<i>Anushna</i>
15.	<i>Nimba</i>	<i>Tikta, Katu, Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>
16.	<i>Shigru</i>	<i>Madhura, Tikta, Katu</i>	<i>Katu</i>	<i>Ushna</i>
17.	<i>Sarshapa</i>	<i>Katu, Tikta</i>	<i>Katu</i>	<i>Ushna</i>
18.	<i>Musta</i>	<i>Tikta, Katu, Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>
19.	<i>Guduchi</i>	<i>Tikta, Katu, Kashaya</i>	<i>Madhura</i>	<i>Ushna</i>
20.	<i>Ashmantaka</i>	<i>Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>
21.	<i>Jambu</i>	<i>Kashaya, Madhura, Amla</i>	<i>Katu</i>	<i>Sheeta</i>
22.	<i>Ela</i>	<i>Katu, Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>
23.	<i>Rasona</i>	<i>Panchrasa varjit amla</i>	<i>Katu</i>	<i>Ushna</i>
24.	<i>Kataka</i>	<i>Madhura, Kashaya, Tikta</i>	<i>Madhura</i>	<i>Sheeta</i>
25.	<i>Jati</i>	<i>Tikta, Kashaya</i>	<i>Katu</i>	<i>Ushna</i>
26.	<i>Devdaru</i>	<i>Tikta</i>	<i>Katu</i>	<i>Ushna</i>
27.	<i>Shunthi</i>	<i>Katu</i>	<i>Madhura</i>	<i>Ushna</i>
28.	<i>Padmaka</i>	<i>Tikta, Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>
29.	<i>Shatavari</i>	<i>Madhura, Tikta</i>	<i>Madhura</i>	<i>Sheeta</i>
30.	<i>Kakoli</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>
31.	<i>Narikela</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>
32.	<i>Dadima</i>	<i>Madhura, Kashaya, Amla</i>	<i>Madhura</i>	<i>Anushna</i>

**Table 3**<sup>(1,2,3,4,5)</sup>: Review of *Netrarogahara Dravyas* on the basis of *Guna & Doshghanata*

Sr.No.	Name	Guna	Doshagnata
1.	<i>Draksha</i>	<i>Snigdha, Mrudu</i>	<i>Vatapittaghna</i>
2.	<i>Amalaki</i>	<i>Laghu, Ruksha</i>	<i>Tridoshaghna</i>
3.	<i>Bibhitaka</i>	<i>Guru, Ruksha</i>	<i>Kaphapittaghna</i>
4.	<i>Haritaki</i>	<i>Laghu, Ruksha</i>	<i>Tridoshaghna</i>
5.	<i>Patola</i>	<i>Laghu, Snigdha</i>	<i>Tridoshaghna</i>
6.	<i>Lodhra</i>	<i>Laghu, Ruksha</i>	<i>Kaphapittashamak</i>

7.	<i>Erandmoola</i>	<i>Snigdha, Tikshna, Sukshma, Laghu</i>	<i>Vatakaphaghna</i>
8.	<i>Trivrutta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Kaphapittaghna, Vatavardhaka</i>
9.	<i>Yashtimadhu</i>	<i>Guru, Snigdha</i>	<i>Pittavataghna, Kaphavardhaka</i>
10.	<i>Chandana</i>	<i>Laghu, Ruksha</i>	<i>Pittakaphaghna, Vatavardhaka</i>
11.	<i>Tulasi</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Vatapitta nashaka, kaphaghna</i>
12.	<i>Haridra</i>	<i>Laghu, Ruksha</i>	<i>Kaphaghna, Pittashamaka</i>
13.	<i>Daruharidra</i>	<i>Laghu, Ruksha</i>	<i>Pittaghna, Kaphaghna</i>
14.	<i>Pippali</i>	<i>Guru, Laghu, Snigdha, Tikshna</i>	<i>Vatakaphaghna, Pittakara</i>
15.	<i>Nimba</i>	<i>Laghu, Ruksha</i>	<i>Kapha Pittaghna, Vatakara</i>
16.	<i>Shugru</i>	<i>Laghu, Ruksha, Tikshna, Sara</i>	<i>Pitta Kaphaghna</i>
17.	<i>Srshapa</i>	<i>Tikshna, Snigdha</i>	<i>Kaphavataghna, Pittakara</i>
18.	<i>Musta</i>	<i>Laghu, Ruksha</i>	<i>Pittaghna, Kaphaghna Vatakara</i>
19.	<i>Guduchi</i>	<i>Snigdha, Mrudu</i>	<i>Tridoshaghna</i>
20.	<i>Ashmantaka</i>	<i>Laghu, Ruksha</i>	<i>Kaphapittashamaka</i>
21.	<i>Jambu</i>	<i>Guru, Ruksha</i>	<i>Kaphaghna, Pittaghna, Vatakara</i>
22.	<i>Ela</i>	<i>Laghu, Snigdha</i>	<i>Tridoshaghna</i>
23.	<i>Rasona</i>	<i>Snigdha, Tikshna, Pichchla, Guru, Sara</i>	<i>Kaphavataghna</i>
24.	<i>Kataka</i>	<i>Laghu, Vishada</i>	<i>Kaphavatashamaka</i>
25.	<i>Jati</i>	<i>Laghu, Snigdha, Mrudu</i>	<i>Tridoshashamaka</i>
26.	<i>Devdaru</i>	<i>Laghu, Snigdha</i>	<i>Kaphavataghna, Pittakara</i>
27.	<i>Shunthi</i>	<i>Laghu, Snigdha</i>	<i>Kaphavataghna</i>
28.	<i>Padamaka</i>	<i>Laghu, Snigdha</i>	<i>Kaphapittashamaka</i>
29.	<i>Kushmanda</i>	<i>Guru, Ruksha</i>	<i>Tridoshahara</i>
30.	<i>Shatavari</i>	<i>Guru, Snigdha, Mrudu</i>	<i>Vatapittaghna, Kaphakara</i>
31.	<i>Narikela</i>	<i>Guru, Snigdha</i>	<i>Vatapittashamaka</i>
32.	<i>Dadima</i>	<i>Laghu, Snigdha</i>	<i>Tridoshghna</i>

**Table 4:** Review of Netrarogahara dravyas and their Pharmacological Activity

Sr. No.	Pharmacological property	Dravya	Disease conditions
1.	Anti-cataract	<i>Draksha<sup>(17)</sup>, Amalaki<sup>(17)</sup>, Haritaki<sup>(9)</sup>, Bibhitaka<sup>(10)</sup>, Chandana<sup>(17)</sup>, Haridra<sup>(17)</sup>, Nimba<sup>(17)</sup>, Shigru<sup>(17)</sup>, Guduchi<sup>(17)</sup>, Rasona<sup>(17)</sup>, Tulsi<sup>(17)</sup>, Jambu<sup>(17)</sup>, Shunthi<sup>(17)</sup>,</i>	Cataract
2.	Anti-diabetic	<i>Amalaki<sup>(8)</sup>, Haritaki<sup>(9)</sup>, Lodhra<sup>(13)</sup>, Erandmoola<sup>(14)</sup>, Haridra<sup>(18)</sup>, Guduchi<sup>(21)</sup>, Rasona<sup>(23)</sup>, Devdaru<sup>(24)</sup>, Tulsi<sup>(26)</sup>, Musta<sup>(27)</sup>, Kushmanda<sup>(31)</sup>, Narikela<sup>(33)</sup>, Pippali<sup>(35)</sup>, Daruharidra<sup>(36)</sup>,</i>	Diabetic Retinopathy
3.	Anti-oxidant	<i>Draksha<sup>(7)</sup>, Amalaki<sup>(8)</sup>, Haritaki<sup>(9)</sup>, Bibhitaka<sup>(10)</sup>, Yashtimadhu<sup>(11)</sup>, Lodhra<sup>(13)</sup>, Erandmoola<sup>(14)</sup>, Trivrutta<sup>(15)</sup>, Chandana<sup>(16)</sup>, Haridra<sup>(18)</sup>, Nimba<sup>(19)</sup>, Guduchi<sup>(21)</sup>, Rasona<sup>(23)</sup>, Devdaru<sup>(24)</sup>, Shatavari<sup>(25)</sup>, Tulsi<sup>(26)</sup>, Musta<sup>(27)</sup>, Kataka<sup>(28)</sup>, Ela<sup>(30)</sup>, Kushmanda<sup>(31)</sup>, Narikela<sup>(33)</sup>, Dadima<sup>(34)</sup>, Padmaka<sup>(37)</sup>, Jati<sup>(39)</sup>,</i>	ARM D

4.	Immunomodulatory	<i>Amalaki</i> <sup>(8)</sup> , <i>Haritaki</i> <sup>(9)</sup> , <i>Erandmoola</i> <sup>(14)</sup> , <i>Guduchi</i> <sup>(21)</sup> , <i>Devdaru</i> <sup>(24)</sup> , <i>Shatavari</i> <sup>(25)</sup> , <i>Tulsi</i> <sup>(26)</sup> , <i>Pippali</i> <sup>(35)</sup> ,	ARMD
5.	Anti-inflammatory	<i>Draksha</i> <sup>(7)</sup> , <i>Amalaki</i> <sup>(8)</sup> , <i>Haritaki</i> <sup>(9)</sup> , <i>Yashtimadhu</i> <sup>(11)</sup> , <i>Lodhra</i> <sup>(13)</sup> , <i>Erandmoola</i> <sup>(14)</sup> , <i>Trivrutta</i> <sup>(15)</sup> , <i>Chandana</i> <sup>(16)</sup> , <i>Nimba</i> <sup>(19)</sup> , <i>Shigru</i> <sup>(20)</sup> , <i>Guduchi</i> <sup>(22)</sup> , <i>Devdaru</i> <sup>(24)</sup> , <i>Shatavari</i> <sup>(25)</sup> , <i>Tulsi</i> <sup>(26)</sup> , <i>Musta</i> <sup>(27)</sup> , <i>Kataka</i> <sup>(28)</sup> , <i>Jambu</i> <sup>(29)</sup> , <i>Ela</i> <sup>(30)</sup> , <i>Kushmanda</i> <sup>(31)</sup> , <i>Shunthi</i> <sup>(32)</sup> , <i>Narikela</i> <sup>(33)</sup> , <i>Dadima</i> <sup>(34)</sup> , <i>Pippali</i> <sup>(35)</sup> , <i>Daruharidra</i> <sup>(36)</sup> , <i>Jati</i> <sup>(39)</sup> ,	Inflammatory conditions, Conjunctivitis
6.	Anti-microbial	<i>Draksha</i> <sup>(7)</sup> , <i>Amalaki</i> <sup>(8)</sup> , <i>Haritaki</i> <sup>(9)</sup> , <i>Bibhitaka</i> <sup>(10)</sup> , <i>Yashtimadhu</i> <sup>(11)</sup> , <i>Patola</i> <sup>(12)</sup> , <i>Erandmoola</i> <sup>(14)</sup> , <i>Trivrutta</i> <sup>(15)</sup> , <i>Nimba</i> <sup>(19)</sup> , <i>Shigru</i> <sup>(20)</sup> , <i>Guduchi</i> <sup>(21)</sup> , <i>Rasona</i> <sup>(23)</sup> , <i>Devdaru</i> <sup>(24)</sup> , <i>Shatavari</i> <sup>(25)</sup> , <i>Tulsi</i> <sup>(26)</sup> , <i>Musta</i> <sup>(27)</sup> , <i>Kataka</i> <sup>(28)</sup> , <i>Ela</i> <sup>(30)</sup> , <i>Kushmanda</i> <sup>(31)</sup> , <i>Narikela</i> <sup>(33)</sup> , <i>Dadima</i> <sup>(34)</sup> , <i>Pippali</i> <sup>(35)</sup> , <i>Daruharidra</i> <sup>(36)</sup> , <i>Sarshapa</i> <sup>(38)</sup> , <i>Jati</i> <sup>(39)</sup> ,	Bacterial infection
7.	Antiviral	<i>Draksha</i> <sup>(7)</sup> , <i>Haritaki</i> <sup>(9)</sup> , <i>Yashtimadhu</i> <sup>(11)</sup> , <i>Nimba</i> <sup>(19)</sup> , <i>Rasona</i> <sup>(23)</sup> , <i>Jambu</i> <sup>(29)</sup> , <i>Narikela</i> <sup>(33)</sup> ,	Viral infection
8.	Antifungal	<i>Yashtimadhu</i> <sup>(11)</sup> , <i>Shigru</i> <sup>(20)</sup> , <i>Rasona</i> <sup>(23)</sup> , <i>Devdaru</i> <sup>(24)</sup> , <i>Ela</i> <sup>(30)</sup> ,	Fungal infection
9.	Cytoprotective	<i>Haritaki</i> <sup>(9)</sup> , <i>Jati</i> <sup>(39)</sup> ,	Corneal ulcer, Inflammatory conditions
10.	Wound healing	<i>Amalaki</i> <sup>(8)</sup> , <i>Patola</i> <sup>(12)</sup> , <i>Erandmoola</i> <sup>(14)</sup> , <i>Shigru</i> <sup>(20)</sup> , <i>Musta</i> <sup>(27)</sup> , <i>Narikela</i> <sup>(33)</sup> , <i>Jati</i> <sup>(39)</sup> ,	Ulcers, In post operative conditions
11.	Antiulcer	<i>Yashtimadhu</i> <sup>(11)</sup> , <i>Erandmoola</i> <sup>(14)</sup> , <i>Trivrutta</i> <sup>(15)</sup> , <i>Haridra</i> <sup>(18)</sup> , <i>Devdaru</i> <sup>(24)</sup> , <i>Shatavari</i> <sup>(25)</sup> , <i>Tulsi</i> <sup>(26)</sup> , <i>Kataka</i> <sup>(28)</sup> , <i>Jati</i> <sup>(39)</sup> ,	Ulcers
12.	Vit.C	<i>Amalaki</i> <sup>(8)</sup> , <i>Haritaki</i> <sup>(9)</sup> , <i>Patola</i> <sup>(12)</sup> ,	Subconjunctival haemorrhage
13.	Vit.A	<i>Patola</i> <sup>(12)</sup> ,	Night Blindness, Xerophthalmia
14.	Analgesic	<i>Lodhra</i> <sup>(13)</sup> , <i>Nimba</i> <sup>(19)</sup> , <i>Tulsi</i> <sup>(26)</sup> , <i>Musta</i> <sup>(27)</sup> , <i>Kataka</i> <sup>(28)</sup> , <i>Jambu</i> <sup>(29)</sup> , <i>Kushmanda</i> <sup>(31)</sup> , <i>Shunthi</i> <sup>(32)</sup> ,	Uveitis
15.	Anti-allergic	<i>Haridra</i> <sup>(18)</sup> , <i>Guduchi</i> <sup>(21)</sup> , <i>Devdaru</i> <sup>(24)</sup> , <i>Tulsi</i> <sup>(26)</sup> ,	Allergic conditions
16.	Anti-arthritis	<i>Guduchi</i> <sup>(22)</sup> , <i>Devdaru</i> <sup>(24)</sup> , <i>Tulsi</i> <sup>(26)</sup> , <i>Kataka</i> <sup>(28)</sup> , <i>Shunthi</i> <sup>(32)</sup> , <i>Narikela</i> <sup>(33)</sup> ,	Arthritis, Uveal tract infection

We described total 32 no. of *dravyas* in table no.1 as *netrarogahara dravyas* with their *upayuktanga* mentioned by *Brihatrayi*. In this we mentioned only herbal *dravyas*.

In table no.2, we gave their *rasa, virya, vipaka* properties & we found that most of *dravyas* are of

*madhura & katu –tikta rasa, Ushna virya, & katu vipaka*.

In table no.3, we mentioned their *guna & doshaghna* property. And we found that most of *dravyas* are of *laghu, ruksha guna*. Most of the *dravyas* are *kapha-pitta shamaka*.

In table no.4, we mentioned their pharmacological properties like- antioxidant, anticataract etc.

## Results-

2.

<i>Virya</i>	No.
<i>Sheeta</i>	15
<i>Ushna</i>	15
<i>Anushna</i>	2

We found that 15 drugs have *sheeta virya*, 15 have *ushna virya* & 2 are having *anushna virya*. *Sheeta*

Above observations show following results.

1. Most *dravyas* are of *madhura rasa*, which acts as *pittashamaka*. *Katu-tikta rasa dravyas* acts as *kaphashamaka*.

*virya dravyas* work on *Alochaka pitta*. *Ushna virya dravyas* work as *kaphashamaka*.

3.

<i>Vipaka</i>	No.
<i>Madhura</i>	15
<i>Katu</i>	18

We classified *dravyas* on the basis of *vipaka*, & found that, 15 *dravyas* are *madhura vipaka*, 18 are

*katu vipaka*. *Katu vipaka* is *kaphashamaka* & *Madhura vipaka* is *pittashamaka*.

4.

<i>Doshaghna</i>	No.
<i>Tridoshaghna</i>	8
<i>Vatakaphaghna</i>	7
<i>Kaphapittaghna</i>	12
<i>Vatapittaghna</i>	5

As per table no.3, 8 *dravyas* are having *Tri-doshaghna* property and among rest majority are having *kaphapittaghna* property.

## DISCUSSION & CONCLUSION

As per above review, we can conclude that, majority of *netrarogahara dravyas* are of *madhura rasa*, *sheeta virya* & *madhura vipaka*. By these properties they work as *pittashamaka*. By *katu-tikta rasa*, *laghu-ruksha guna*, *katu vipaka*, *ushna virya*, they acts as *kaphashamaka*. The *dravyas* which are having *tridoshaghna* property can be considered as *netrarogahara* as well as *netrahitakara*. *Tri-doshaghna dravyas* boosts eye health & work as tonic for it.

As per pharmacological activity we can conclude that, the *dravyas* having antioxidant property can be used in diseases like degenerative changes. The *dravyas* having anticataract property can be used in cataract like conditions. The *dravyas* having immuno-modulatory property can be used as *rasayana dravyas* which is *netrahitakara*.

Recent studies have proven Pharmacological properties of *netrarogahara dravyas* which is similar to properties given by *Acharyas* in ancient time.

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