

A REVIEW OF SUGANDHI DRAVYAS MENTIONED IN BHAVAPRAKASH

[Vaishali^{1*}](#), [Madhusudhan Rao K²](#)

¹Final Year P.G. Scholar, ²Associate Professor & HOD, Department of Dravyaguna, Dr. N. R. S. Government Ayurvedic College, Vijayawada, Andhra Pradesh, India

Corresponding Author: pittanivaishali@gmail.com

<https://doi.org/10.46607/iamj10p6032022>

(Published Online: March 2022)

Open Access

© International Ayurvedic Medical Journal, India 2022

Article Received: 25/02/2022 - Peer Reviewed: 15/03/2022 - Accepted for Publication: 16/03/2022



ABSTRACT

Herbal system of medicine is the oldest system of healing medicine which requires research in all aspects to justify its phenomenon. Scientist of present era are in a continuous search of effective and cheap remedies from available resources. Plants, animals and minerals with medicinal or aromatic properties have been used in pharmacies and perfumeries and are defined as (aromatic drugs) *Sugandhi Dravyas*. Aromatics drugs have always been the part of traditional medicine systems. Since time immemorial the products made out of *Sugandhi Dravyas* has played a significant role in conservation of human health and well-being. *Bhavaprakash Nighantu* is considered as the most authentic work on crude drugs. It was compiled by Bhavamisra in the 16th century. The text consists of 23 *Vargas* which describes the synonyms, properties, therapeutics and pharmacological action of the *Dravyas* mentioned. The text is a bridge to the medieval and modern era. The *Karpuradi Varga* of the *Nighantu* gives a detail description of the *Sugandhi Dravyas* with various aromatic principles. Nearly 56 *Dravyas* have been mentioned in the *varga* with many actions like *Rakshoghna*, *Vranaropana*, *Varnya*, *Rasayana*, *Twakprasadana*, *Medhya*, *Shiroroga hara*, *Krimihara*, *Swasahara*, *Kasahara*, *Vyangahara*, *Hrdroga hara*. The present study is a trial to understand the impact of *Sugandhi Dravyas* as cosmetics, action on CNS, action on psychological disorders and in the management of life-style disorders.

Keywords: *Bhavaprakash*, *Sugandhi Dravyas*, Traditional medicine, Effectiveness

INTRODUCTION

Sugandha is a Sanskrit word consisting of the terms *Su* and *Gandha* means quality that is minute and give a sense pleasure & satisfaction. Aroma also known as an odorant, fragrance or flavour, is a chemical compound that has a smell or odour. These aromatic drugs or *Sugandha Dravyas* forms the source for crude essential oils. *Sugandha Dravyas* and the therapeutic use of its essential oils, is one of the most popular techniques of natural medicine practiced today. It is widely available, pleasant, and easy to use. Everything in our day today life from the kitchen to bathroom has an aroma that affects you in many ways. Aromatic bath soaps calm your nervous system as we soak them in the tub. Aromas are added to candles, soaps, lotions and massage oils, so often times we are using *Sugandhi Dravyas* even when you don't realize it. Essential oils as well as their isolated compounds are widely used in cosmetic products as they offer a variety of benefits. Their biological activities range from analgesic, antiseptic, antimicrobial, carminative, diuretic, spasmolytic to hyperaemic and stimulatory. The main reason for their usage in cosmetics is their pleasant aroma. There is a variety of cosmetic and personal care products on the market for the purpose of cleaning, nourishing, beautifying and perfuming of the human body in order to protect and retain improved condition of the body and to promote its attractiveness. Plants have the ability to produce a wide range of chemicals that are used to perform important biological functions. Phytochemicals, particularly primary and secondary modalities of plant extract have a number of applications. The harnessing of herbs for human health management is practised since centuries. The traditional modalities and modern invent has to be collaborated to identify natural products and their crucial role in modern drug discovery. The present review provides an update on *Sugandhi Dravyas* as cosmetic, its action on CNS, action on psychological disorders and in the management of lifestyle disorders. Although many essential oils are also recommended in the treatment of certain dermatological problems due to their activities, we focused on *Dravyas* that are enlisted

under *Karpooradi Varga* of *Bhavaprakash Nighantu* and a trial is made to understand their uses to improve life.

AIM:

- The aim of this study is to critically evaluate the *Sugandhi Dravyas* - medicinal aromatic drugs mentioned in *Bhavaprakash Nighantu*.
- To understand the action of *Sugandhi Dravyas* as Cosmetics, its action on CNS, in the management of psychological disorders and in the management of lifestyle disorders.
- To provide further scope of study.

MATERIALS AND METHODS: The study is a critical review and the material used in the study are as follows:

1. Classical Ayurvedic Samhitas & Bhavaprakash Nighantu
2. Modern texts of Pharmacology
3. World wide web, research articles and databases of different health sciences.

METHODOLOGY: Critical literary Review of all the possible literature was assessed for *Sugandhi Dravyas* and its utility as cosmetics, action on CNS, action on psychological disorders and in the management of lifestyle disorders from different literatures of Ayurveda and Modern Medicine.

OBSERVATION AND RESULTS

Role of *Sugandhi Dravyas* as Cosmetics:

Cosmetics are “any substance or mixture intended to be placed in contact with the various external parts of the human body like epidermis, hair system, nails, lips and external genital organs or with the teeth and the mucous membranes of the oral cavity with a view exclusively or mainly to cleaning them, perfuming them, changing their appearance, protecting them, keeping them in good condition or correcting body odours. Cosmetics are constituted mixtures of chemical compounds derived from either natural sources, or synthetically created ones. Cosmetics have various purposes. Cosmetics designed to enhance or alter one's appearance can be used to conceal blemishes, enhance one's natural features, add colour to a person's face, or change the appearance of the face entirely to resemble

a different person, creature or object. Demand for natural cosmetics raw materials is not only at the individual level but also at the commercial level. Essential oils derived from *Sugandhi Dravyas* are primarily used in natural cosmetics due to their anti-inflammatory, antibacterial and antiviral properties. They also serve as natural preserving agents. Alongside all these benefits, essential oils have a positive effect on the human organism. The principal raw materials used for manufacturing cosmetics are aromatic drugs with oily materials such as oils, fats, wax esters, and ester oils, and surface-active agents are used as emulsifiers, solubilizing agents, etc. Every product involved in the cosmetic industry finds its basis from the aromatic principles of raw materials used. The use of *Sugandhi Dravyas* in skin complexion enhancement came into

practise when scientist realised the presence of volatile essential oils and in penetrating action on skin. When these aromatic principles are administered by various means like inhalation, local application, baths they penetrate through the human skin with a marked aura. When there is use of *Varnya Dravyas* externally or internally it acts on *Bhrajak Pitta*. *Bhrajak Pitta* is responsible factor related with *Varna* (complexion) i.e, manifestation of Skin colour of *Avbhasini Twacha*. *Varnya Dravyas* acts on *Bhrajak Pitta* and also having action of *Raktaprasadan*, *Ojoprasadan*. A healthy skin can be obtained by use of essential aromatic oils in facial products. Similarly, few drops of appropriate oil give a rejuvenating and revitalizing experience. Some drugs⁵ with relevant properties mentioned in *Bhavaprakash Nighantu* have been enlisted below.

Table 1: Showing *Sugandhi Dravyas* as *Cosmetics*

S.no.	Dravya	Botanical name/ family	Karma	Pharmacological action
1.	<i>Kaliyakam</i> (<i>Pita candana</i>)	<i>Santulum album</i> Linn. Santalaceae	<i>Vyanga nashana</i>	Blood purifier, antioxidant, cooling, anti-bacterial, anti-inflammatory
2.	<i>Agaru</i>	<i>Aquilaria agallocha</i> Roxb. Thymelaeaceae	<i>Tvachya</i>	Antioxidant, anti-bacterial, anti-inflammatory, Anti-microbial, anti-fungal
3.	<i>Kunduru</i>	Gum resin of <i>Boswellia carterii</i> Birdw. Burseraceae	<i>Tvachya</i>	Anti-inflammatory, anti-microbial, aromatic
4.	<i>Jatipatri</i>	<i>Myristica fragrans</i> Houtt. Myristicaceae	<i>Varnakrt</i>	Anti-inflammatory, anti-microbial, antioxidant
5.	<i>Tvak</i> (<i>Darusita</i>)	<i>Cinnamomum zeylanicum</i> Blume Lauraceae	<i>Varnya</i>	Insecticidal, anti-microbial, antioxidant, anti-inflammatory
6.	<i>Kumkuma</i>	<i>Crocus sativus</i> Linn. Iridaceae	<i>Varnya, vyanga dosha paham</i>	Antioxidant, anti-cancer
7.	<i>Nakha-nakhi</i>	<i>Helix aspera</i> , <i>Achatina fulica</i> Helicidae	<i>Varnya</i>	Anti-microbial, wound healing, anti-inflammatory
8.	<i>Prapundrika</i>	<i>Saussurea obvallata</i> Wall.ex C.B. Clarke	<i>Varnya</i>	Radio-protective, antioxidant, anti-microbial, anti-cancer

Action of *Sugandhi Dravyas* on Central nervous system

The CNS (central nervous system) form the basic processing centre for the system. It receives information from and sends information to the peripheral nervous system. The brain processes and interprets sensory information sent from the spinal cord and on this basis, it presents the interpretation of our external environment and the origin of control over body movements.

The complex processing of information transmission and communication to various organ viscera is at times influenced by the various external stimuli one among which is application of (aromatic drugs) *Sugandha Dravyas*. The effect of aromatic drugs in the human brain and its emotions are yet to be analysed. Its role in mood, alertness and mental stress in healthy and diseased are the areas where in the scientific community have to pave a way. When thinking of a healthy

individual a fragrance may give a present pleasantness while the same may act invariably in the other individual by causing irritation or discomfort. For centuries, the *Sugandha Dravyas* have found their importance as a fragrance with a curative potential on the body, mind and spirit. These aroma molecules are very potent organic chemicals that make the surroundings free from disease, bacteria, virus and fungus. Their versatile character of antibacterial, antiviral, anti-inflammatory nature along with immune booster body with hormonal, glandular, emotional, circulatory, calming effect, memory and alertness enhancer, is well documented by many scientists. Many pilot projects and studies have been conducted on humans to decipher their nature and role with disease and disorder. These aromatic principles are known for their energy specific character, as their potency is not lost with time and age. The stimulation properties of these aromatic drugs in the form of oils lay in their structure which are closely in resemblance with actual hormones. The penetration potential of these *Dravyas* in the form of essential oil to reach the subcutaneous tissues is one of the important characters of its action on CNS¹. Their effects are also complex and subtle due to their complex structure and chemical properties. The mechanism of their action involves integration of essential oils into a biological signal of the receptor cells in the nose when inhaled. The signal³ is transmitted to limbic and hypothalamus parts of the brain via olfactory bulb. These signals cause brain to release neuro messengers like serotonin, endorphin etc., to link our nervous and other body systems assuring a desired change and to provide a feeling of relief. Serotonin, endorphin and noradrenalin are released from calming oil, euphoric, and stimulating oil respectively to give expected effect on mind and body. This significantly provide the sense of comfort to individual. *Dravyas*⁵ like *Agaru*, *Karpooora*, *Kasturi (mashik bala pradha)*, *Jabadha kasturi*, *Tagara (Chetanakaraka)*, *Guggulu (vatanadi samsthana pusthikara)*, *Sarala niryasa*, *Sallaki niryasa*, *Kunduru*, act as *Uttejaka* (CNS stimulants).

Mechanism of drug action (*Sugandhi Dravya*)

Fragrances enters through the nasal passage. Further the scent travels through the nasal cavity until reaching

the olfactory bulb, via the olfactory bulb, the aroma is sent directly to the limbic system where it is processed, releasing neurochemicals that can be relaxing, stimulating, sedative, etc. depending upon the nature of *Sugandhi Dravya* used. Inhalation of essential oils derivatives of *Sugandhi Dravyas* has given rise to olfactory aromatherapy, where simple inhalation has resulted in enhanced emotional wellness, calmness, relaxation or rejuvenation of the human body. The release of stress is welded with pleasurable scents which unlock odour memories.

Effect of *Sugandhi Dravyas* in psychological disorders:

The term psychological disorder is sometimes used to refer to what is more frequently known as mental disorders or psychiatric disorders. There are many different mental disorders, with different presentations. They are generally characterized by a combination of abnormal thoughts, perceptions, emotions, behaviour and relationships with others. Mental disorders include depression, bipolar disorder, schizophrenia and other psychoses, dementia, and developmental disorders including autism. There are effective strategies for preventing mental disorders such as depression. Among them is psycho-aromatherapy, certain states of moods and emotions can be obtained by these *Sugandhi Dravyas* giving the pleasure of relaxation, invigoration or a pleasant memory. The inhalation of the aromatic principles in this therapy is direct though the infusion in the room of a patient. Psycho-aromatherapy and aromacology, both deal with the study and effects of aroma be it natural or synthetic. Psycho-aromatherapy has limited itself with study of natural essential oils and gives a wide scope of research to the present-day scholars. Anxiety² is one of the principal symptoms of diverse mental disorders. The mechanism of action of anxiety disorders remains unclear but still current evidence suggest that the neurobiological mechanism of anxiety was related to dysregulation of serotonergic, noradrenergic, glutamatergic and GABA transmission. In view of these pathways, a number of drugs are considered beneficial to combat anxiety disorders, selective serotonin reuptake inhibitors (SSRIs), selective serotonin and noradrenalin reuptake inhibitors

(SNRIs), and benzodiazepines. Serotonin has been considered to be involved in the aetiologies of many disease states, such as depression, anxiety, and panic

disorders. Drugs⁵ with such scope in management of psychological disturbances have been enlisted.

Table 2: Showing Pharmacological Action of Sugandhi Dravyas on various psychological disturbances.

S.no.	Condition	Sugandhi Dravya	Specific Pharmacological action
1.	Anxiety, agitation, stress, challenging behaviour	Chandana- Santulum album Linn. /Santalaceae	<i>Raktaprasadaka</i>
2.	Fatigue & Mental exhaustion	Dhupa sarala- Pinus longifolia Roxb. / Pinaceae Sugandhibala- Pavonia odorata Willd. /Malvaceae Ushira- Vetiver zizanioides Linn. /Graminae Candana- Santulum album Linn. /Santalaceae	<i>Sramahara, Angasada</i>
3.	Insomnia	Candana- Santalum album Linn. /Santalaceae Jatamamsi- Nardostachys Jatamamsi DC. / Valerianaceae Devadaru- Cedrus deodara /Pinaceae	<i>Nidrajanaka</i>
4.	Memory loss/ Cognitive Enhancer	Jatamamsi- Nardostachys Jatamamsi DC. / Valerianaceae Renuka- Vitex agnus-castus Linn. / Verbenaceae Sthanya- Clerodendrum infortunatum Linn. / Verbenaceae	<i>Medya</i>
5.	Pain management	Padmaka- Prunus puddum Roxb. / Rosaceae Guggulu- Commiphora mukul/ Burseraceae Lavanga- Syzygium aromaticum Linn. /Myrtaceae Tagara- Valeriana wallichii DC. / Valerianaceae Candana- Santalum album Linn. /Santalaceae Priyangu- Callicarpa macrophylla Vahl. /Verbenaceae	<i>Sulahara Vedanahara</i>

Mechanism of action of Sugandhi Dravyas on Serotonin

The serotonin⁴ is released from the presynaptic terminal into the synaptic cleft, where it binds to serotonin receptors on the pre/post synaptic cell, there by modulating numerous processes involved in neurotransmission. The serotonin receptors (virtually all parts of the brain) coupled with the diverse inputs received by the serotonergic neurons (e.g., from hypothalamus,

cortex, basal ganglia, and midbrain) is in consonance with the fact that this neurotransmitter regulates a range of behavioural and neuropsychological processes. Excess serotonin in the synaptic cleft is taken back up into the presynaptic cell by serotonin transporters, where it is either broken down by the enzyme monoamine oxidase or recycled into vesicles for further signalling. The intended physiological effect of these drugs (*Sugandhi Dravyas*) is to increase the

amount of serotonin or enhance serotonin signalling at the synapse. Although there are drugs represent popular and effective treatments for depression, anxiety and behavioural changes they are also associated with side effects and limitations in their efficacy. Certain herbal drugs like *Kumkuma*, *Pudina* & *Jatamamsi* have been found effective in increasing serotonin levels and certain in vivo studies have provide evidence of their efficacy.

Effect of Sugandhi Dravyas in modification of lifestyle disorders

Lifestyle diseases can be defined as diseases linked with one's way of living. These diseases are non-communicable diseases. They are caused by lack of physical activity, unhealthy eating, alcohol, substance use disorders and smoking tobacco, which can lead to heart disease, stroke, obesity, type II diabetes and

Lung cancer. Lifestyle disease may soon have an impact on the workforce and the cost of health care. It can be critical for the patients' health to receive primary prevention and identify early symptoms of these non-communicable disease. These lifestyle diseases are expected to increase throughout the years if people do not improve their lifestyle choices. With an increase in lifestyle related disorders there is a worldwide resurgence of alternatives to restore health. The utility of *Sugandhi Dravyas* and the knowledge of the effect of essential oils on promoting and treating clinically diagnosed medical ailments has to be understood. Majority of the lifestyle disorders are easily avoidable with the use these simple and very effective Aromatic principles which provokes energy. Drugs⁵ mentioned under *Karpuradi Varga* in the management of lifestyle disorders are enlisted below.

Table 3: Showing Sugandhi Dravyas in Lifestyle disorders

S.no.	Dravya	Botanical name/Family	Karma	Therapeutic Indication
1.	<i>Karpura</i>	Cinnamomum camphora Nees & Eberm Lauraceae	<i>Chedana, Lekhana, Medohara</i>	Obesity, eye diseases, halitosis
2.	<i>Kasturi</i>	Moschus moschiferous Cervidae	<i>Deepana, Pachana, Hridhya</i>	Atrophy
3.	<i>Mushaira</i>	Hibiscus abelmoschus L. Malvaceae	<i>Deepana, Rochaka, Balya</i>	Eye diseases, thirst, Diseases of urinary bladder & mouth
5.	<i>Rakta Candana</i>	Pterocarpus santalinus Linn. Fabaceae	<i>Chakshushya, Vrshya</i>	Eye diseases, diseases of blood
6.	<i>Agaru</i>	Aquilaria agallocha Roxb. Thymelaeaceae	<i>Dusta Vranashodana, Kushtahara, Krimihara</i>	Skin diseases, diseases of eyes & ears
7.	<i>Devadaru</i>	Cedrus deodara Roxb. Pinaceae	<i>Mehahara, Sothahara</i>	Constipation, edema, hiccough, polyuria, diseases of the blood
8.	<i>Padmaka</i>	Prunus puddum Roxb. Rosaceae	<i>Kustahara, Krimihara, Vrana Hara</i>	Erysipelas, urticaria, skin diseases, epitaxis, ulcers
9.	<i>Guggulu</i>	Commiphora mukul Burseraceae	<i>Hrdya, Lekhana, Medohara, Bhagna Sandhanakara, Vrsya, Rasayana, Arsoghna, Varnya</i>	Fractures, goiter, obesity, edema, calculus, lymphadenitis, rheumatism, hemorrhoids, worm infestation
10.	<i>Jatiphala</i>	Myristica officinalis Henlt. Myristicaceae	<i>Varnya, Dourgandhyahara, Vrsya, Krimighna, Visaghna, Rucikara, Kasa-Swasa Hara</i>	Throat diseases, hyperhidrosis, asthma, heart ailments

11.	<i>Sarala ni-ryasa</i>	Oleoresin obtained from <i>Pinus longifolia</i> Roxb. Pinaceae	<i>Durgandhahara, Deepana, Mutrala</i>	Headache, diseases of eye, hoarseness of the voice, pruritis and ulcers
12.	<i>Sthula ela</i>	<i>Amomum subulatum</i> Roxb. Zingiberaceae	<i>Deepana, Pacana, Dourgandhaya Hara</i>	Diseases of blood, thirst, nausea, diseases of urinary bladder
13.	<i>Suksma ela</i>	<i>Elettaria cardamomum</i> Maton. Zingiberaceae	<i>Deepana, Pachana, Rechana, Mutrala</i>	Cough, asthma, haemorrhoids, dysuria
14.	<i>Tvak patra</i>	<i>Cinnamomum cassia</i> Blume Lauraceae	<i>Grahi, Hrdya, Arsoghna, Krimighna</i>	Heart ailments, diseases of urinary system, hemorrhoids, worm infestation, anorexia
15.	<i>Ta-malpatra</i>	<i>Cinnamomum tamala</i> Nees & Eberm Lauraceae	<i>Deepana, Svedajanana, Mutrajanana</i>	Hemorrhoids, heart ailments, anorexia, rhinitis
16.	<i>Kumkuma</i>	<i>Crocus sativus</i> Linn. Iridaceae	<i>Tridoshahara, Varnya, Vranahara, Jantughna, Rujahara, Dourgandhyahara, Kusthaghna</i>	Ulcer, chloasma, headache
17.	<i>Nakha nakhi</i>	<i>Helix aspera</i> Helicidae	<i>Varnya, Vrsya, Kusthanut, Vranahara, Vishahara</i>	Microbial infections, diseases, leprosy, ulcer, halitosis
18.	<i>Ushira</i>	<i>Vetiver zizanioides</i> Linn. Graminae	<i>Mutrajanana, Dahasamaka, Sramahara</i>	Alcoholism, dysuria, ulcers, erysipelas, thirst
19.	<i>Karcura</i>	<i>Curcuma zedoaria</i> Rosc. Zingiberaceae	<i>Deepana, Ruchya</i>	Leprosy, hemorrhoids, ulcer, abdominal tumour, worm infestation
20.	<i>Mura</i>	<i>Helicteres isora</i> L. Sterculiaceae	<i>Kusthahara, Kasahara, Bhutaraksoghani</i>	Microbial infestation, leprosy, diseases of blood
21.	<i>Priyangu</i>	<i>Callicarpa macrophylla</i> Vahl. Verbenaceae	<i>Deepana, Mutrala, Vedanahara</i>	Hyperhidrosis, abdominal tumour, polyuria, diarrhoea
22.	<i>Granthiparna</i>	<i>Polygonum aviculare</i> L. Polygonaceae	<i>Kandu Kusthahara, Medhakaram, Sukrakaram, Ruchya</i>	Asthma, pruritis
23.	<i>Talisapatra</i>	<i>Abies webbiana</i> Lindle. Pinaceae	<i>Deepana, Pachana, Grahi, Balya</i>	Anorexia, abdominal tumour, loss of appetite, phthisis
24.	<i>Kankola</i>	<i>Piper cubeba</i> L.f. Piperaceae	<i>Ruchipradha, Aasyadourgandhya, Hrdroga Hara</i>	Cardiac diseases, night blindness
25.	<i>Elavaluka</i>	<i>Prunus cerasus</i> L. Rosaceae	<i>Kandu Hara, Vranahara, Kasahara, Kusthahara, Krimihara</i>	Pruritis, ulcers, leprosy, heart ailments, diseases of blood
26.	<i>Parpati</i>	<i>Pogostemon patchouli</i> var. Labiatae	<i>Vishahara, Vranahara, Kushta Kandu Nut</i>	Ulcers, blood diseases, skin diseases
27.	<i>Nalika</i>	<i>Hibiscus cannabinus</i> L. Malvaceae	<i>Sothahara, Varnya, Cakshusya, Sukrala</i>	Eye diseases, dysuria, calculus, blood diseases, leprosy
28.	<i>Pudina</i>	<i>Mentha sylvestris</i> Labiatae	<i>Agnimandhya Hara, Sangrahaniya, Krimihara</i>	Alcoholism, dyspepsia, cholera, malabsorption, diarrhoea, worm infestation

RESULTS

56 *Dravyas* have been mentioned in the *Karpuradi varga* with many actions like *Raksoghna,*

Vranaropana, Varnya, Rasayana, Twakprasdana, Medhya, Shiroroga hara, Krimihara, Swasahara, Kasahara, Vyangahara, Hrdroga hara. The present

study has revealed the scope of *Sugandhi Dravyas* as cosmetics, action on CNS, action on psychological disorders and in the management of lifestyle disorders. With wide range of Pharmacological action mentioned by *Sugandhi Dravyas* like antioxidant, anti-depressant, anti-anxiety, action on serotonin hormone, CNS-stimulant and CNS-depressant activity the *Dravyas* have been proven to have efficacy in management of Health disorders and Alteration of lifestyle modalities. This would further enhance the quality of standard living and increase the lifespan.

DISCUSSION

Sugandhi Dravyas are those that contain aromatic compounds – basically essential oils that are volatile at room temperature. These essential oils are odorous, volatile, hydrophobic and highly concentrated compounds. They are complex mixtures of secondary metabolites comprised low-boiling-point phenylpropenes and terpenes. These consist of unidentified trace constituents may be held responsible for altering the odour, flavour and the bioactivity of the oil to a considerable degree. Essential oils have characteristic flavour and fragrance properties, possess biological activities and are widely applied in aromatherapy and healthcare in addition to several industries such as cosmetics, flavouring and fragrance, spices, pesticides and repellents, as well as herbal beverages. Based on the available source it was found that there are some relevant neuropharmacological actions of *Sugandhi Dravyas* and very limited clinical evidence of utility of these aromatic principles a treatment module with major but relatively unexplored potentials in the field of clinical psychiatry. The major chemical constituents that penetrate the nasal passage, skin or lungs have direct actions on the autonomic nervous system. It can be grouped as relaxing or stimulating in terms of basic responses such as action on heartrate, blood pressure and respiration. In addition to the direct neuropharmacological properties of a *Sugandhi Dravya*, it may also exert a pleasant familiar learnt response, via olfactory system.

From above study, we can conclude that use of *Sugandhi Dravyas* as natural and non-invasive gift of nature

for humans. It's not only the disease symptoms which are eradicated but the whole body is rejuvenated by the use of *Sugandhas*. Use of *Sugandhi Dravyas* regulates the physiological, spiritual and psychological upliftment for the new phase of life. These drugs not only act as preventive but also can be used in the acute and chronic stages of disease. *Sugandhi Dravyas* have promising safe and effective intervention to relieve stress, reduce anxiety and improve mood. The accessibility, low cost, less side effect profile for the utility of these *Dravyas* has made pharmaceutical industries turn to alternative and natural medicine for disease associated with pathogens and metabolism. There may be a possibility of enhancing the rate of reaction and bioavailability of drugs from the use of these aromatic principles. If properly studied, these volatile oils may have the synergistic effect with the drugs used in the treatment of central nervous system disorder. Moreover, the time at which the plant contains the maximum amount of volatile oil with various chemical constituents also is a matter of discussion. Essential oils can be a useful non-medicinal option or can also be combined with conventional care for some health conditions, provided safety and quality issues are considered. The tilt of the scientific community towards complementary and alternative medicine has given the new hope to reduce the unwanted effects of modern medicine by these essential oils and if properly explored to their full potential, this therapy can be a boon not only to the patients but also to a common man. Further antiviral, antimicrobial, antioxidant, antifungal, anti-inflammatory and immune-restorative properties of certain essential oils support a multiplicity of CNS and autonomic nervous system effects.

CONCLUSION

A growing number of people are plaguing by different kinds of psychiatric disorders, especially depression, anxiety and insomnia. These mental illnesses & associated lifestyle disorders not only affect people's daily life, but also cause a great economic burden for society. Over the past decades, growing investigations have focused on the psychopharmacology of herbs. A large data show that a lot of intricate psychotropic

activities of herbs probably help to combat depression, anxiety as well as sleep disorders. So, a humble trial was made in understanding these *Sugandhi Dravyas* mentioned under *Karpuradi Varga* of *Bhavaprakash Nighantu* which can render therapeutic effects and provide us further scope of study.

REFERENCES

1. Neurobehavioral effects of acute exposure to aromatic hydrocarbons Richard H McKee¹, J H C M Lammers, H Muijser, D E Owen, B M Kulig, Affiliations expand PMID: **20448260**, DOI: 10.1177/1091581810365089
2. Review article Essential oils used in aromatherapy: A systemic review Author links open overlay panel Babar Ali¹Naser Ali Al-Wabel SaibaShams²AftabAhmad³Shah AlamKhan⁴FirozAnwar⁵
3. Hornung, 2003; Mengod et al., 2006; Berger et al., 2009; Pollak Dorocic et al., 2014.
4. Regulation of Serotonin in Depression: efficacy of Ayurvedic Plants See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/311313461>
5. Prof. K.C. Chunekar, Bhavaprakash Nighantu, hindi translation, edited by Dr. G.S. Pandey, Chaukhambha Publication, Varanasi; reprint edition 2018, Karpuradi varga pg no-(166-256)

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Vaishali & Madhusudhan Rao K: A Review Of Sugandhi Dravyas Mentioned In Bhavaprakash. International Ayurvedic Medical Journal {online} 2022 {cited March 2022} Available from: http://www.iamj.in/posts/images/upload/3421_3429.pdf