

A Review on Study of Collection of Drugs as Per its Parts and Seasonal Aspects

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ABSTRACT

Ayurveda drugs are whole n sole belongs to plant and mineral origins. To get the best results from the drugs we need best potency drugs to treat the disease in very excellent way. And to get such best potency drugs it is mandatory that it should be prepared from raw materials of superior quality. Any drug preparation is quite a long method and it starts with collection of the drug very firstly. In ayurvedic literatures, there are many factors explained very efficiently to collect the drug from the plant like from taking permission from that plant up to the prayer before collection of drug, the person who is collecting the drug should be neat and clean, he should wear white dress, should think of *bhumi*, *veerya*, season etc. it has been told as there might be change in quality of active principle according to seasons in plants, due to impact of sunrays, moon rays and also the impact of nakshatras. Hence it is considered from above mentioned scenario by ayurvedic acharyas after experiments done by them over thousands of years and generation after generations, said that particular part of drug should be collected in particular season.

KEYWORDS: *bhumi*, *veerya*, *drug*, *season*, *collection*

INTRODUCTION

Basically Ayurveda Is science of life. It's main aim or *Prayojana* is to maintain the health of healthy people and to cure the disease of ill ones. Ayurveda is not less than any boon to the human beings. In Ayurveda there is a very brief description on every little things as well there is perfection expected in every task. To cure the diseases there are following four factors mentioned which are not only required but they should be of best and superior quality for the best results from the drugs.

1. *Vaidya* (Treating doctor)
2. *Paricharak* (Nursing staff or assistant)
3. *Rugna* (Patient)
4. *Aushadhi* (Medicine)

Here we are discussing on the fourth factor i.e. *Aushadhi*, which need to be of best quality. Many ayurvedic acharyas described the *ras*, *guna*, *veerya*, *vipak*, *prabhava* and some prime physiological factors of drug. They also explained the collection of drug should be done according to *bhumi* (place), *veerya* (active principle), *ritu* (season). In this study

we will focus only on collection of parts of drug according to season as described in ayurvedic literature.

MATERIALS AND METHODS:

Acharya Charaka mentioned the procedure to collect the drug in very detailed manner such as the person who desires to collect the raw drug material should take permission very first of all from the nature then perform the prayer, he should be neat and clean, he should wear white cloths, he should have on fasting overnight, he should be facing towards east or north while collecting the drugs. Acharya charaka also mentioned that drug which will be collected should have in its full form of physical properties like *rasa*, *guna*, *veerya* and should produce in its proper time of eruption, preferably such drugs should be collected^[1].

Ayurvedic acharyas like *Charaka*, *Sushrut*, *Raj nighantukara* mentioned that the specific parts of the drug should be collected in specific season of year only for the best efficient results from the drugs for the diseases as following^[1,2,4]

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Parts Used	Charaka	Sushrut	Raj Nighantu
Roots	<i>Greeshma, Sisru</i>	<i>Pravrit</i>	<i>Shishira</i>
Tender Leaves	<i>Varsha, Vasant</i>	-	<i>Greeshma</i>
Branetes	<i>Varsha, Vasant</i>	-	-
Flowers	<i>As per Ritu</i>	-	<i>Vasant</i>
Bark	<i>Sharad Ritu</i>	<i>Sharad</i>	-
Latex	<i>Sharad Ritu</i>	<i>Hemant</i>	-
Sap- Wood	<i>Hemant</i>	<i>Vasant</i>	-
Fruit	<i>As per Ritu</i>	<i>Greeshma</i>	<i>Vasant</i>
Tubers/ Rhizomes	<i>Sharad Ritu</i>	-	<i>Hemant</i>
Leaves	-	<i>Varsha</i>	<i>Shishira</i>
Whole Plant	-	-	<i>Sharad Ritu</i>

Whereas, Acharya Sharangdhar explained the collection of drug according to season and its pharmaceutical actions as follows^[3]....

Pharmaceutical- action	SEASON
<i>Virechan</i>	<i>Vasant ritu</i>
<i>Vaman</i>	<i>Vasant ritu</i>
For all other purpose	<i>Sharad ritu</i>

Modern view about collection of plant parts^[6]

Roots: Roots of annuals trees are usually not collected but in case where the whole plant is used, the roots of annual plant along with aerial part of the plant are collected. The biennials and perennials are generally collected in autumn of first year growth or in spring before the beginning of second year growth. This is because the roots are storage organ for the plants and accumulate active principle during summer.

Leaves: they are collected throughout the whole growing period. Young leaves contain highest quality of active principle, but they should be free from diseases, insects etc.

Tubers/Bulb: These should be collected during flowering period because this aid in identification of species. It is notable that deep digging is avoided during collection of underground parts.

Herbage: The aerial or top parts of the plant are collected with flowers or fruit bearing stem. In case of herbage, seasonal study must be conducted to pinpoint the period when optimum active principle are present in plant. The care should be taken during the collection that mature branches of the stem must be harvested and never remove all branches of the plant.

Flower: Flowers or whole inflorescences are gathered at the start of the flowering period and leave some floral parts on the plants to facilitate natural regeneration.

Fruits And Seeds: Fruits and seeds are collected when they are fully matured. In case of cultivated crops which are harvested by machine, this is done just before they are fully ripe so that fruits do not crumble or seeds fallout in the field.

Bark: It is collected either in spring when the trees and shrub begin to bud or in autumn after they have shed their leaves. This is the time of year when the flow of sap is at its maximum and bark radially detached. It is important to strip the bark longitudinally and not all over the circumference to the trunk.

DISCUSSION:

“Sanskaro gunantarhana ch.v.1/29”

Acharya Charaka told that there is always change in quality due to *sanskara*. *Kala* also one of the *sanskara* mentioned by *charaka*.

“Kalarthakarmanam yogo hinmithyammatraka Samyagyogcha vidhyayo rogarogaiekaranam” Ah.su.1/19

Ashtanga hrudya also told that if we take proper food in proper season makes us healthy and if we take proper food in improper season then it causes diseases.

“Shanadivyardhayavasthach kalo bheshajyogkrut” Ah.su.1/24

He also explained that *shanadi kala* also have an effect on medicine. seasons can be include in *kala* as per commentary of *hemadri on ashtag hrudya*.

Ex. 1) when any *dhanyas* are used as *navanam* then it's properties are *guru* and *abhishyandi*. When *purandhanya* is use then its property changes to *laghu* and *anabhishyandi*. Here *kala* also perform its work as *sanskara* by *gunatardhana*.

2) Acharya *charaka* also explained which water should take in specific *ritu* (season) Modern research also explain that there is change in quality of drug according to season

Ex.1) some articles on *brahmi* conclude that shoot of *bhrami* having highest saponin contain during rainy season.

CONCLUSION:

In the management of any disease we use the drug as a weapon to target the specific disease. For that drug for its best efficiency it should have of best quality which can achieve with the best quality of raw material use to form the drug. This best quality of raw drug can obtain only when we collect it in its proper season of collection as per mentioned in ayurvedic literatures by many acharyas over the thousand years of experiences.

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