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A review article on *Chakshushya* property of *Dravya* mentioned by *Raja Nighantu*

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ABSTRACT

Ayurveda is the ancient medical science existing since or before the human creation. *Ayurveda* has main two aims, i.e., prevention and promotion of health and secondary cure from the disease. Eye is one of the sensitive organs permanently exposed to different environmental agent. To take care of our eyes our *Acharya's* describe *Chakshushya Dravya* and other rejuvenating medicines to nourish damage and weakened retinal tissue. The word *Chakshushya* means promotion of Eye health. In present scenario, due to lifestyle modifications eye has become more susceptible to various ocular diseases. Hence prevention and promotion of ocular health plays a major role. The present review has been undertaken to identify the *Aushadh* and *Aahar Dravyas*, which are having *Chakshushya* (wholesome for eyes) property from *Raja Nighantu*. The study reveals references of 49 *Dravyas* are having *Chakshushya* property. Here an attempt is made to analyse the drugs having the *Chakshushya* property from 23 *Varga* mentioned by *Acharya Narahari Pandita* in *Raja Nighantu*.

Key words: *Chakshushya, Ocular health, Dravya, Raja Nighantu*

INTRODUCTION

Indriya are the medium through which we can perceive the knowledge. Eye is the knowledge of the soul, a major sense organ involved in Vision. According to our *Acharya's Sarvendriyanam Nayanam Pradhanam* which shows the importance of *Chakshurendriya*.^[1] According to *Acharya Vagbhatta*, stating the importance of eyes as *Drishti Cha Nashta Vividham Jagat Tamomaya Jayat* that means the loss of vision is

nothing but loss of life.^[2] So, protecting our visual perception is one of the most important things. The word *Chakshushya* means *Chakshushe Hitam Chakshushyam* beneficial for eyesight or ocular health.^[3] Everyone uses the electronic gadgets which has negatively affect the vision of eye. There are an estimated 35 million people visually impaired (2.55%) in India. Refractive error remains the leading cause of visual impairment. Meanwhile, the most prevalent condition in children and adolescents have refractive error.^[4] *Dravya* having *Chakshushya* property are known for their ability to improve vision, strengthen the eyes, and alleviate various ocular disorders.

Raja Nighantu is one important lexicon of plant drugs. It is one of the latest *Nighantu* belonging to 17th century A.D and contains most of the newly added drugs and their properties. It is considered as king of all the *Nighantu*". This book is known with the names *Abhidana Chudamani* and *Nighantu Raja*. The author was the first to give importance to *Dravyaguna* and included *Dravyaguna* in *Astanga Ayurveda* showing the

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prime importance of plant drugs in Ayurvedic treatments. This is the first lexicon, which recognized the importance of nomenclature of plants. He introduced many new plants. Acharya has given utmost importance to maintaining normal health and preventing diseases by enlisting Chakshushya Dravya. The present text has been taken for the study of Chakshushya Dravya mentioned in Raja Nighantu.

MATERIALS AND METHODS

Raja Nighantu edited with Dravyagunaprakashika Hindi commentary by Dr. Indradeva Tripathi introduced by Acharya Vishwanath Dwivedi has been taken as the base for the study. The Published work on journals and web pages are consulted for review of the Raja Nighantu and Chakshushya Dravya mentioned in other texts for better understanding. The Nighantu has been searched for the term Chakshushya and the drugs mentioned to have the said property were listed out. The properties mentioned in the list of the plants are tabulated and critically analysed on the principles of Dravyaguna to identify the most probable properties of all the Chakshushya Dravya.

OBSERVATIONS AND RESULTS

Table 1: Showing the list of the plants/Audhbhida Dravya having Chakshushya property in Raja Nighantu

Sanskrit name	Botanical Name & Family	Rasa	Virya	Dosha Shama ka	Reference
Mudgap arni	Phaseolus trilobus Fabaceae	-	Sheeta	-	Guduchyadiv arga ^[5] 36
Swarnajivanti	Dregea volubilis Apocynaceae	Madhura	Sheeta		Guduchyadiv arga ^[5] 44
Ashwakhura	Clitoria ternatea Fabaceae	Tikta,	Sheeta	Tridosha shama ka	Guduchyadiv arga ^[5] 89

Indivara	Nymphaea stellate Nymphaeaceae	Katu	Sheeta	Pittakapha shama ka	Guduchyadiv arga ^[5] 95
Sweta Kantakari	Solanum xanthocarpum Solanaceae	Katu	Ushna	Kaphavata Shama ka	Satahwadiv arga ^[6] 36
Shruta Shreni	Euphorbia nerifolia Euphorbiaceae	Katu	-	-	Satahwadiv arga ^[6] 137
Bhringraja	Eclipta prostate Asteraceae	Tikta	Ushna	Kapha shama ka	Satahwadiv arga ^[6] 141
Kulatthika	Dolichus biflorus Fabaceae	Tikta, Katu	-	-	Parpatadiv arga ^[7] 72
Sweta Jeerak	Cuminum cyminum Apiaceae	Katu, Madhura	-	-	Pipalyadiv arga ^[8] 59
Krishna/Jeerak	Carum carvi Apiaceae	Katu	Ushna	-	Pipalyadiv arga ^[8] 62
Saindhav Lavana	Sodium chloridum	-	-	Tridosha Shama ka	Pipalyadiv arga ^[8] 89
Yashtimadhu	Glycyrrhiza glabra Fabaceae	Kinchi t tikta	Sheeta	-	Pipalyadiv arga ^[8] 145
Klitanak	-	Madhura	Sheeta	-	Pipalyadiv arga ^[8] 148
Kramuk/Shavar lodhra	Symplocos crataegoides	Kashaya	Sheeta	-	Pipalyadiv arga ^[8] 212

	Symplocacae				
Shigru	<i>Moringa oleifera</i> Moringaceae	Katu, Madhura	Ushna		Mulakadivarga ^[9] 29
Ajashrug	<i>Dolichandrone falcate</i> Bignoniaceae	Tikta, Katu	-	-	Prabhadradi Varga ^[10] 33
Karanja	<i>Pongamia glabra</i> Fabaceae	Katu	Ushna	-	Prabhadradi Varga ^[10] 62
Putrajiva	<i>Putrajiva roxburghii</i> Euphorbiaceae	-	Sheeta	Pittashamaka	Prabhadradi Varga ^[10] 139
Kshudra Champa	-	Katu	Ushna	Kaphavata Shamaka	Karveeradivarga ^[11] 62
Raja Taruni	-	Kashaya		Kaphakarak	Karveeradivarga ^[11] 128
Nimbuk	<i>Citrus medica</i> Rutaceae	Amla, Katu	Ushna	Vata shamaka	Amradivarga ^[12] 174
Katak	<i>Strichnos potatorum</i> Loganiaceae	Katu, Tikta	Ushna	-	Amradivarga ^[12] 197
Karkat Phala	-	-	Sheeta	Kapha Pitta Shamaka	Amradivarga ^[12] 199

Bibhitaki	<i>Terminalia belerica</i> combretaceae	Katu, Tikta, Kashaya Madhura Vipak	Ushna	Kapha Shamaka	Amradivarga ^[12] 232
Kasturi	<i>Moschus moschiferus</i> Cervidae	Tikta	-	-	Chandanadivarga ^[13] 49
Lavanga	<i>Syzygium aromaticum</i> Myrtaceae	Tikta, Vipak Madhura	Sheeta	Tridosha Shamaka	Chandanadivarga ^[13] 84
Prapondrik	<i>Nelumbo nucifera</i> Nelumbonaceae	Madhura, Tikta	Sheeta	-	Chandanadivarga ^[13] 142

Table 2: Showing the list of the Parthiv Dravya having Chakshushya property in Raja Nighantu.

Sanskrit Name	Rasa	Virya	Dosha Shamaka	Reference
Suvarna	Kashaya, Tikta, Madhura	-	Tridosha Shamaka	Suvarnadivarga ^[14] 11
Kamsya	Tikta, kashaya	Ushna	Vatakapha Shamaka	Suvarnadivarga ^[14] 33
Tuvari	Tikta, katu, kashaya, Amla	-	-	Suvarnadivarga ^[14] 63
Kasisa	Kashaya	Sheeta		Suvarnadivarga ^[14] 78

<i>Nilanjan</i>	<i>Katu, Tikta, Kashaya</i>	<i>Sheeta</i>	<i>Kaphavata Shamaka</i>	<i>Suvarnadivarga^[14]</i> 88
<i>Kullatthika</i>	<i>Kashaya, Katu</i>	<i>Sheeta</i>	-	<i>Suvarnadivarga^[14]</i> 90
<i>Kharpari Tuttha</i>	<i>Katu, Tikta</i>	-	-	<i>Suvarnadivarga^[14]</i> 104

Table 3: Showing the list of the Jangam Dravya having Chakshushya property in Raja Nighantu.

Sanskrit Name	Rasa	Virya	Dosha Shamak	Reference
<i>Vanshekshu Sharkra</i>	<i>Madhura</i>	-	-	<i>Paniyadivarga^[15]</i> 105
<i>Shitakhanda (Mishri)</i>	<i>Madhura</i>	-	-	<i>Paniyadivarga^[15]</i> 109
<i>Khaudra Madhu</i>	-	<i>Shita</i>	<i>Pittavata Shamak</i>	<i>Paniyadivarga^[15]</i> 128
<i>Hastini Kshira (Elephant's Milk)</i>	<i>Madhura, Kashaya</i>	<i>Shita</i>	-	<i>Kshiradivarga^[16]</i> 15
<i>Manushi Kshira (Human's Milk)</i>	<i>Madhura, Kashaya</i>	<i>Shita</i>	-	<i>Kshiradivarga^[16]</i> 19
<i>Stri Dadhi (Human's milk curd)</i>	<i>Vipake Madhura</i>	-	-	<i>Kshiradivarga^[16]</i> 48
<i>Gavya Navaneet (Cow's milk butter)</i>	<i>Madhura</i>	<i>Shita</i>	<i>Sarvadosh Shamak</i>	<i>Kshiradivarga^[16]</i> 63

<i>Bala Aja Navaneet (Goat's milk butter)</i>	<i>Madhura, Kashaya</i>	-	<i>Tridosha Shamak</i>	<i>Kshiradivarga^[16]</i> 1 66
<i>Ashwa Navaneet (Horse's milk butter)</i>	<i>Kashaya</i>	<i>Ushna</i>	<i>Kapha-Vata Shamak</i>	<i>Kshiradivarga^[16]</i> 1 71
<i>Nari Navaneet (Human's milk butter)</i>	-	-	-	<i>Kshiradivarga^[16]</i> 1 74
<i>Sadhya Navaneet (Fresh buttermilk)</i>	<i>Madhura</i>	-	<i>Vatapitta Shamaka</i>	<i>Kshiradivarga^[16]</i> 1 75
<i>Mahishi Ghrita (Buffalo's ghee)</i>	-	-	<i>Vatakapha Shamaka</i>	<i>Kshiradivarga^[16]</i> 1 78
<i>Aja Ghrita (Goat's ghee)</i>	-	-	<i>Kapha Shamak</i>	<i>Kshiradivarga^[16]</i> 1 79
<i>Nari Sarpi (Human's milk ghee)</i>	-	-	-	<i>Kshiradivarga^[16]</i> 1 86
<i>Sarshpa Tail</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Vatakapha Shamak</i>	<i>Kshiradivarga^[16]</i> 1 110

RESULT

From the above mentioned tables 49 drugs have been identified and their properties have been enlisted. The drugs are analysed based on their *Rasa*, *Virya*, *Vipaka* and *Dosha Karma*. (Table-1,2,3)

Based on the 23 *Varga* among the 49 *Dravya*, 04 *Dravya* are in *Guduchyadivarga*, 03 *Dravya* are in *Shatahvadivarga*, 01 *Dravya* in *Parpatadivarga*, 06 *Dravya* are in *Pippalyadivarga*, 01 *Dravya* in *Mulkadivarga*, 03 *Dravya* are in *Prabhadradivarga*, 02

Dravyas are in Karveeradivarga, 04 Dravya are in Amradivarga, 03 Dravya are in Chandanadivarga, 07 Dravya are in Suvarnadivarga, 03 Dravya are in Paaniyavarga, and 12 Dravya are in Kshiradivarga have Chakshushya property from 23 Vargas mentioned in Raja Nighantu. (Table-4)

Based on the origin of the Dravya among the 27 Dravya are Audhbhidh Dravya, 07 Dravya are Parthiva Dravya and 15 Dravya are Aahar Dravya. (Table-5)

Based on the Virya of the Dravya it was observed that among 49 Dravya, 19 Dravya have Sheeta Virya and 12 Dravya have Ushna Virya. (Table-6)

Based on the Rasa among the 49 Dravya, 10 Dravya have Madhura Rasa, 01 Dravya have Amla Rasa, 12 Dravya have Katu Rasa, 12 Dravya have Tikta Rasa and 06 Dravya have Kashaya Rasa. (Table-7)

Based on the Dosha Karma it has been observed that out of 49 Dravya, 01 Dravya is Vata Shamaka, 01 Dravya is Pitta Shamaka, 03 Dravya are Kapha Shamaka, 02 Dravya are Vatapitta Shamaka, 02 Dravyas are Kaphapitta Shamaka, 07 Dravya are Kaphavata Shamaka, 06 Dravya are Tridosha Shamaka respectively.

Table 4: Number of Dravya according to Varga

SN	Name of the Varga	Number of the Dravya
1.	Aanupadivarga	0
2.	Dharnayadivarga	0
3.	Guduchyadivarga	4
4.	Shatahvadivarga	3
5.	Parpatadivarga	1
6.	Pippalyadivarga	6
7.	Mulkadivarga	1
8.	Shalmalyadivarga	0
9.	Prabhadradivarga	3

10.	Karveeradivarga	2
11.	Amradivarga	4
12.	Chandanadivarga	3
13.	Suvarnadivarga	7
14.	Paaniyavarga	3
15.	Kshiradivarga	12
16.	Shalyadivarga	0
17.	Mamsyadivarga	0
18.	Manushyadivarga	0
19.	Simhadivarga	0
20.	Rogadivarga	0
21.	Satvadivarga	0
22.	Mishrakvarga	0
23.	Ekarthadivarga	0
		49

Table 5: Number of Dravya according to origin

SN	Origin of Dravya	Number of Dravya
1.	Audhbhidh	27
2.	Jangam	15
3.	Parthiv	7
		49

Table 6: Number of Dravya according to Virya

SN	Virya	Number of Dravya
1.	Sheeta	19
2.	Ushna	12
		31

Table 7: Number of Dravya according to Rasa

SN	Rasa	Number of Dravya
1.	Madhura	10
2.	Amla	1
3.	Lavana	0
4.	Katu	12
5.	Tikta	12
6.	Kshaya	6
		41

Table 8: Number of Dravya according to Doshakarma

SN	Doshakarma	Number of Dravya
1.	Vata Shamaka	1
2.	Pitta Shamaka	1
3.	Kapha Shamaka	3
4.	Vatapitta Shamaka	2
5.	Kaphavata Shamaka	7
6.	Kaphapitta Shamaka	2
7.	Tridosha/ Sarvadosha Shamaka	6
		22

DISCUSSION

Chakshushya, which means strengthening the eyes; (*Chakshu* means Eye and *Ayushya* means *Rasayana*). *Acharya Bhavprakash* mentioned *Chakshushya Dravya* have *Rasayana* property so, it is literally a *Rasayana* for the eyes. According *Acharya Charaka*, *Chakshu* is the chief site of *Alochaka Pitta* but special protection is required against the *Kapha*, because *Kapha Dosha* is opposite to *Teja Mahabhoot* in reference to their *Guna*. *Raja Nighantu* mentioned 49 *Dravya* from them majority of *Dravya* are of with *Sheeta Virya* and *Madhura, Tikta, Katu, and Kashaya Rasa* and *Tridosha Shamak* properties. *Sheeta Virya Dravya* which is pacify

the *Pittavridhi* & opposite of the *Teja Guna* of *Chakshu* where as *Ushna Virya Dravya* helps in pacify *Kaphavridhi*. So, *Chakshushya Dravya* should be *Kaphashamak* and *Pittavardhak*. Above mention, the *Dravya* have mainly having property of balancing all the three *Dosha* especially keeping the *Pitta Kapha Saamyas*. From the present study, it can be concluded that 49 drugs were mentioned in *Rajanighantu* acting on ocular health. It can also be said that the drugs having *Madhura, Katu, Tikta, Kashaya Rasa, Sheeta Virya* and *Madhura Vipaka* and *Tridosha Shamakta* play major role for *Chakshushya* property. Above mentioned the *Dravya* have mainly having property of balancing all the three *Dosha* especially keeping the *Pitta Kapha Saamyas*. Above mentioned *Chakshushya Dravya* can be used in various therapeutic processes *Kriyakalpa* like *Pindi, Bidalaka, Tarpana, Putapaka, and Anjana*.

CONCLUSION

The *Chakshushya Dravya* described in *Ayurveda* encompass a wide range of functions, including medications with nutritional, medicinal, preventative, and revitalising qualities. These medications can be taken regularly by both healthy people and those with ocular illnesses to avoid further complication.

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