

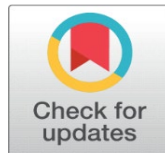
# CRITICAL REVIEW OF BHAVPRAKASH NIGHANTU WITH SPECIAL REFERENCE TO PHARMACOVIGILANCE PERSPECTIVE OF MEDICINAL PLANTS AND ITS PRACTICAL APPLICATION IN THERAPEUTICS

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## ABSTRACT

**Introduction:** Ayurveda is ancient literature for protecting the health of healthy individual and curing the diseased one. With this aim in World-wide Ayurveda has increased in their practice in form of diets, medicine and routines. As increasing use in western countries, it leads to concern of regarding safety of use. There are various publications which raise concern about the safety of Ayurveda medicines. Today Ayurveda is gathering globally attention with regards to therapeutic option to treat various acute, chronic and non-infectious diseases. Though Ayurveda is practiced for centuries, there is a few of systematic documentation regarding adverse drug reactions (ADRs) occurrence after administration of *Aushadha* and safety of *Aushadha* (Ayurvedic medicine). For safety and efficacy of *Aushadha*, systematic documentation related to ADR's mentioned in different Samhitas. With respect to Bhavpraksha Nighantu mentioned various ADRs with drugs as mention of *Aushadha* is given amazing.

**Materials and Methods:** Bhavprakasha Nighantu was studied critically to look for description of ADRs in medicinal plants (poisonous drugs were excluded) This ADRs were analysed and presented systemically.

**Result and Discussion:** ADRs aims to achieve qualitative use of drugs and to achieve safety and therapeutic uses to treat with caution. The drugs selected from classics name Bhavprakash Nighantu and their adverse effect with respect to administration of drugs and complication. Use of drugs with safety and prevent ADRs in Ayurvedic medicines

**Conclusion:** For Understanding the safety of use of Ayurvedic medicine is need in today era with the help of Pharmacovigilance study.

**Keywords:** ADRs, Bhavprakasha Nighantu, Pharmacovigilance

## 1. INTRODUCTION

India is known to be rich treasure of knowledge of different subjects from which Indigenous medicine is mentioned in Ayurveda. In Ayurveda, a wide range of therapeutic approaches is been observed such as use of herbs, minerals, various detoxifying regimes, dietary, and their combinations with various *Aushadha* (medicine) and Non-medicinal modalities. A lot about *Aushadha* has been

mentioned and effectiveness of one *Aushadha* with a wide spectrum of therapeutics but concerns of safety and efficacy of *Aushadha* which is always been ignored. There is evidence supporting the efficacy and safety of *Aushadha* in literature as well though Ayurveda has been practice for hundreds of years the ADR's reported are rare. As Ayurveda is accepted and with increasing uses of Ayurvedic *Aushadha* globally, there is a raise of concerned about the safety and awareness within the Ayurvedic practitioners and people about safety uses of Ayurvedic medicine. For safety and efficacy of *Aushadha* systematic documentation related to ADR's mentioned in *samhitas* and occurrence of ADR's to Ayurvedic *Aushadha* to patients is needed as very few documentations is presented. To address these issues Ayurveda classics also have mentioned the probable ADRs which may occur in some patients. So, Ayurveda has its own Pharmacovigilance outlook, which needs to be explored, highlighted and presented to the community to improve the health care of the patient with safety which is the ultimate goal of Pharmacovigilance. This article is for documentation of ADR's mentioned in Bhavaprakasha Nighantu by *Acharya Bhavmishra* which is practically and widely accepted Nighantu in field of Dravyaguna vgyan. Ayurveda is distinct in its treatment approach, covering both preventive & curative aspects and in same way Acharyas has mention many drugs and their uses in diseases and there basic formation of *rasa, guna, virya, vipaka, karma* and *Prabhava*. Especially with the reference of Bhavpraksha Nighantu, he has mention many different drugs i.e. herbal medicine in *Aushadh varga* and with its uses he also mentioned the ADRs which are neglected due to they are paucity presented.

## 2. MATERIAL AND METHOD

This mentioned topic is specifically concentrated on Bhavapraksha Nighantu which was written by Bhavapraksha. To know the *dravya* and their insights the dictionary which explains in chronologically is Nighantu and Bhavapraksha's Nighantu is said to be best for *Dravya* and its *guna*. For the purpose of knowing *Aushadh varga* and their ADRs (adverse drug reaction) Bhavapraksha Nighantu was book of choice to collect data regarding ADRs. In the [Table 1](#) below some of the drugs excluding the poisonous drugs like *Snuhi, Ahiphena, Bhanga*, etc presented with their ADRs mentioned in Bhavapraksha Nighantu

**Table 1**

Table 1 List of Drugs in Bhavapraksha Nighantu with their ADRs					
S. No.	Dravya	Scientific name	Family	Part	ADR
1	<a href="#">Nimba Pandey &amp; Chunekar (2010)</a>	<i>Azadirachta indica</i> A. Juss.	Meliaceae	Patra	Ahridya
2	<a href="#">Vanshayava Pandey &amp; Chunekar (2010)</a>	<i>Bambusa arundinacea</i> (Retz.) Willd	Poaceae	Beej	Baddha mutra
3	<a href="#">Apamarg Pandey &amp; Chunekar (2010)</a>	<i>Achyranthes aspera</i> L.	Amaranthaceae	Mool	Vishtambhi
4	<a href="#">Tambulpatra Pandey &amp; Chunekar (2010)</a>	<i>Piper betle</i> L.	Piperaceae	Patra	Raktakrut
5.	<a href="#">Erand Pandey &amp; Chunekar (2010)</a>	<i>Ricinus communis</i> L.	Euphorbiaceae	Beej	Raktaprapokan
6.	<a href="#">Shobhanjana Pandey &amp; Chunekar (2010)</a>	<i>Moringa oleifera</i> Lam.	Moringaceae	Mool	Vidahkrut, Raktakara
7.	<a href="#">Bhustruna Pandey &amp; Chunekar (2010)</a>	<i>Cymbopogon citratus</i> (DC.)	Poaceae	Truna	Avrushya, Vidahi, anetrya
8.	<a href="#">Lashuna Pandey &amp; Chunekar (2010)</a>	<i>Allium sativum</i> L.	Liliaceae	Kand	Astravruddhi

9.	<i>Haritaki</i> Pandey & Chunekar (2010)	<i>Terminalia chebula</i> Retz.	Combretaceae	<i>Phala</i>	Contraindicated in Adhwatikhinno, Balavarjita, Krusha, Pittadhiko, Ga rbhini, Vimuktarakta
10.	<i>Bibhitak</i> Pandey & Chunekar (2010)	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae	<i>Phala</i>	<i>Madakrut</i>
11.	<i>ParsikYavani</i> Pandey & Chunekar (2010)	<i>Hyoscyamus niger</i> L.	Solanaceae	<i>Beeja</i>	<i>Madini</i>
12.	<i>Jyotishamati</i> Pandey & Chunekar (2010)	<i>Celastrus paniculatus</i> Willd.	Celastraceae	<i>Panchag</i>	<i>Vamini</i>
13.	<i>Vacha</i> Pandey & Chunekar (2010)	<i>Acorus calamus</i> L.	Acoraceae	<i>Mool</i>	<i>Vantikruta</i>

### 3. DISCUSSION

Ayurveda has its own concepts and recommendations for rational use of drugs where in many aspects like *prakriti*, *agni*, *satva*, etc. of patient needs consideration but majorly people believe that Ayurvedic *Aushadha* have no side effects but the above table shows Side effect of *Aushadha* if not taken in proper way. Bhavaprakash Nighantu also warns us about the contraindications of drugs like in *Haritaki*, it is clearly mentioned that in which conditions it should not be used, same way the drugs in which *vamikrut* effect is mentioned, they should be used with caution in patients prone to vomiting or some *chardinigrahan dravya* can be added to their prescription in advance. Similarly, drugs for which Bhavapraksha mentioned *Avrushya* effect should not be used in patients of infertility or couples planning for family. The drugs mentioned as *vidahi*, *Raktakrut*, *rakhta-prakropa* should not used in the patients of *Rakhta-pitta* and disorders related to *Rakhta Acharya* has also mentioned to take care right from the collection of the drugs to the final preparation and preservation of the medicine, precaution in each step should be taken.

### 4. CONCLUSION

There is need of Pharmacovigilance in Ayurveda as all other medical systems. With the knowledge of Samhita and Ayurveda texts one can use drugs safely. Bhavaprakash Nighantu which is the most popular lexicon of Ayurveda can serve as a guide for Ayurveda physicians for rational use of drugs.

### CONFLICT OF INTERESTS

None.

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