

Exploring in the Depths of Ayurveda: A Review article on *Bhavaprakash Samhita* and *Nighantu*

Dr. Sanchita¹

Consultant (Ayu), Central Ayurveda Research Institute (under Ministry of AYUSH, Government of India, New Delhi), Moti Bagh Road, Patiala (Punjab- 147001), India.

Dr. Ritu Yadav²

Consultant (Ayu), Central Ayurveda Research Institute (under Ministry of AYUSH, Government of India, New Delhi), Moti Bagh Road, Patiala (Punjab- 147001), India.

ABSTRACT:

That substance which is worth knowing is called *Bhava*; therefore, the text through which the hidden knowledge of Ayurveda is revealed is called *Bhavaprakash*. The *Bhavaprakash* is especially significant in the field of *Dravyaguna Vigyana* for its systematic classification and detailed pharmacological description of medicinal plants. It's a comprehensive lexicon of medicinal plants, minerals and animal origin products which are mainly used in the management of various health diseases. *Bhavaprakash* is a renowned classical text of Ayurveda composed by *Acharya Bhavamishra*, during 16th Century AD. In *Bhavaprakash Samhita* there are 71 diseases and in *Bhavaprakash Nighantu* there are 23 *Vargas*. The synonyms of *Bhavaprakash Nighantu* is also known as with the name of *Haritakiyadi Nighantu* because *Haritaki* is the first *Dravya* in this lexicon.

KEYWORD: *Dravya, Bhavaprakash, Varga, Dravyaguna, Ayurveda.*

INTRODUCTION:

The *Bhavaprakash* is comprehensive guide to Ayurvedic therapeutics, the *Bhavaprakash* connects as a bridge between traditional knowledge and modern aspects. The *Bhavaprakash* is one of the evidential and fundamental aspect in the study of Ayurveda and especially in the subject of *Dravyaguna Vigyana*. *Bhavaprakash* represents a significant milestone in the history of Ayurvedic medicine. *Bhavaprakash* is recognized as one of the three well-known Ayurvedic manuscripts known as *Laghutrayi*, in which also includes *Madhava nidana* and *Sarangadhara*. In addition to this, it broadens the understanding of various emerging diseases and herbs while remaining true to the fundamental principles of Ayurveda. Description of different groups of *Dravyas* and articles of diet are dealt in different *Vargas* in *Purva khanda* chapter six. This is considered as the speciality of *Bhavaprakash*. In this sixth chapter, 24 sub sections have been mentioned. The 1st section is *Mishraka Prakarana* which deals with miscellaneous subjects. The 24th section is known as *Anekarth varga*. *Bhavaprakash* is composed entirely in Sanskrit verses of different meters. The text has about 10,268 verses, distributed among three *Khanda: Purva khanda, Madhya khanda* and *Uttara khanda*.

AIMS AND OBJECTIVE:

1. The aim of this study to critically evaluate the literary review in the relevance of *Bhavaprakash Samhita* and *Bhavaprakash Nighantu*.
2. To provide the further scope of study.

MATERIALS AND METHODS:

Literature review was collected from various contemporary textual references and online database. We analyzed the *Bhavaprakash Samhita* and *Bhavaprakash Nighantu*, referencing various translations and commentaries, to explore and understanding of the text's content and significance. We consulted with Ayurvedic experts and scholars to enhance conceptual clarity of the text and its relevance in contemporary Ayurvedic practice. We compared the *Bhavaprakash Samhita* and *Bhavaprakash Nighantu* which provides an in-depth explanation of Ayurvedic principles, including the three *Doshas*, seven *Dhatu*s and the concept of *Karma* and 23 *Varga* with detailed information on medicinal plants, morphology, synonyms and their therapeutic uses.

RESULTS:

Table 1. Description of *Bhavaprakash Samhita*

	<i>Khanda</i>	Description
1.	<i>Purva Khanda</i>	<ul style="list-style-type: none"> ● <i>Purva khanda</i> contains 2 parts, 6 chapters in part I and 7 chapters in part II, covering concepts such as, <ul style="list-style-type: none"> ❖ <i>Ayurveda Avatharana</i>- It contain greeting to God, <i>Nirukti</i> (meaning) of the term Ayurveda. ❖ <i>Srushti Prakarana</i>- This chapter contains <i>Srushti Prakarana</i>, <i>Prakirti Purusha</i> and seven types of <i>Prakirti</i> explained. ❖ <i>Garbha Prakarana</i>- There is description of <i>Rajasvala Swaroopa</i> and <i>Niyam</i>, <i>Garbha Avtarankram</i>, <i>Garbhashya Swaroopa</i>, <i>Lingabheda</i>, <i>Garbhini Lakshana</i>, <i>Vikrit Garbha</i>, <i>Garbha Lakshana</i>, <i>Tridosha</i>, <i>Saptadhatva</i>, <i>Garbhavidhi karma</i>,

		<p><i>Garbhaavyava utpatti, Garbha Vridhikara Bhava, sutikagara nirmana, Prasavamasa Sankhya and Asanaprasava etc.</i></p> <p>❖ <i>Bala Prakarana-</i> In this chapter explanation of <i>Bala-Janam-Uttar Vidhi</i>, provides a description of <i>Stanya</i>, details the role of <i>Dhatri</i>, explains the <i>Stanyapana Vidhi</i>, discusses the <i>Anaprashana Vidhi</i>, elaborates on the <i>Balaparicharya Vidhi</i>, defines <i>Balaadi Avashta</i> and describes <i>Prakriti</i>, among other topics.</p> <p>❖ <i>Dincharya</i> - This chapter explains <i>Dincharya, Ratricharya and Ritucharya</i>, along with <i>Swastha Lakshana, Shadvidha Ahara, Bhojan Praman, Sadachar Guna and Maithun Vidhi</i> etc.</p> <p>❖ <i>Mishra Prakarana-</i>This chapter includes description of <i>Vyadhi, Updrava, Arishta, Chikitsa, Phala, Anga</i> of treatment, Characters of <i>Rogi, Duta, Suvaidhya, Nishidh Vaidhya, Deergyayu, Parichraka, Dravya, Samyog Virudh, Abhava Pratinidhi</i>, and elaboration of <i>Dravyagata Panch-Padhartha</i> i.e. <i>Rasa, Guna, Virya, Vipaka</i> and <i>Prabhava, Aushadha Parikshadi</i> etc.</p> <p>● Part II consists of 1st chapter with 7 subchapters such as -</p> <p>❖ <i>Manaparibhasha-</i>In this chapter, explanation of <i>Mana</i> have been described.</p> <p>❖ <i>Bheshaja Vidhana Prakarana-</i> It conatin <i>Panchvidha Kashaya Kalpana</i> and other preparation have been explained.</p>
--	--	---

		<ul style="list-style-type: none"> ❖ <i>Dhatwadishodhana Prakarana - Puta, Yantra</i> and formulation and their action are explained in this chapter. ❖ <i>SnehapanavidhiPrakaranam-Snehapana Viddhi</i> indication and contraindication in this chapter. ❖ <i>Panchakarmavidhi Prakarana</i> - This chapter explained <i>Panchkarama</i> i.e <i>Vamana, Virechana</i> etc. ❖ <i>Dhumapanavidhi Prakarana- Lepa, Netrachikitsa, Raktamokashan, Snehana</i> and <i>Swedhana</i> are explained. ❖ <i>Rogipriksha Prakarana</i> - It includes <i>Rogi and Roga Pariksha</i> are explained.
2.	<i>Madhyam Khanda</i>	Entirely dedicated to disease diagnosis and treatments. This section have 71 chapters, dealing with <i>Nidana, Lakshan, Samprapti</i> and <i>Chikitsa</i> of all diseases. With greater emphasis on <i>Kayachikitsa</i> . <i>Jawara</i> is the first chapter and <i>Balaroga</i> is last chapter. Both <i>Kashatha Aushadha</i> and <i>Rasa Aushadha</i> are mentioned in the treatment.
3.	<i>Uttara Khanda</i>	This <i>Khanda</i> have only two chapters, one dealing with <i>Vajikarana Chikitsa</i> and the other with <i>Rasayana Chikitsa</i> ¹ .

Table 2. Classification of Varga explained in Bhavapraksh Nighantu²

S.no	Varga	First Dravya	Last Dravya	Total Dravyas
1.	<i>Haritakayadi</i> Varga (Varga beginning with <i>Haritaki</i>)	<i>Haritaki</i>	<i>Chuka</i>	98
		<i>Terminalia chebula</i>		
		Combretaceae		
2.	<i>Karpuradi</i> Varga (Aromatic and fragrant Dravyas)	<i>Karpura</i>	<i>Chaksu</i>	56
		<i>Borneo camphor</i>	<i>Cassia absus</i>	
		Dipterocarpaceae	Fabaceae	
3.	<i>Guduchyadi</i> Varga (Climbers and shrubs)	<i>Guduchi</i>	<i>Mayurshikha</i>	190
		<i>Tinospora Cordifolia</i>	<i>Celosia cristata</i>	
		Menispermaceae	Amacranthaceae	
4.	<i>Pushpa Varga</i> (Flower Dravyas)	<i>Kamala</i>	<i>Barbari</i>	37
		<i>Nelumbo nucifera</i>	<i>Ocimum basilicum</i>	
		Nymphaeaceae	Laminaceae	
5.	<i>Vatadi Varga</i> (Medicinal trees)	<i>Vata</i>	<i>Sagona</i>	43
		<i>Ficus bangalensis</i>	<i>Tecona grandis</i>	
		Moraceae	Verbenaceae	
6.	<i>Aamradiphala</i> Varga (Medicinal fruits)	<i>Aamra</i>	<i>Kokkama</i>	60
		<i>Mangifera indica</i>	<i>Garcinia indica</i>	
		Anacardiaceae	Guttiferae	
7.	<i>Dhatavadi</i> Varga (Varga on metals)	<i>Suvarna</i>	<i>Upvisha</i>	
8.	<i>Dhanayadi</i> Varga (Cereals, pulses and millets)	<i>Chawal</i>	<i>Juaara</i>	29
		<i>Oryza sativa</i>	<i>Sorghum vulgare</i>	
		Gramineae	Gramineae	
9.		<i>Bathua</i>	<i>Chhataraka</i>	71

	<i>Shaka Varga</i> (pot herbs)	<i>Chenopodium album</i> Chenopodiaceae	<i>Agaricus campestris</i> Agaricaceae	
10.	<i>Mamsa Varga</i> (animal meat)	<i>Jangala Mamsa</i>	<i>Matasya</i>	Description of 2 types of <i>Mamsa</i> , <i>Jangam</i> and <i>Anupa</i> and further divided into subgroups <i>Jangam</i> 8 types and 5 types of <i>Anupa</i> <i>Mamsa</i>
11.	<i>Kritana Varga</i> (food preparations)	<i>Bhaata</i>	<i>Tandula</i>	In this <i>varga</i> food preparation are described
12.	<i>Vaari Varga</i> (water and its qualities)	<i>Dhaara Jala</i>	<i>Peet Jala</i>	In this <i>varga</i> various types of water are explained. How to drink water, cold and hot water properties are described
v	<i>Dugdha Varga</i> (Different types of milk)	<i>Godugdha</i>	<i>Nindita Dugdha</i>	In this <i>varga</i> various types of milk properties and impurities are explained
14.	<i>Dadhi Varga</i> (curd)	<i>Manda Dadhi</i>	<i>Mastu</i>	In this <i>varga</i> qualities of <i>Dahi</i> are explained
15.	<i>Takra Varga</i> (buttermilk)	<i>Ghola</i>	<i>Gavyadi vishata Takra</i>	In this <i>varga</i> different types of <i>takra</i> and their properties have been described

16.	<i>Navnita Varga</i> (butter and its properties)	<i>Gaye Navnita</i>	<i>Purana Makhan</i>	This <i>varga</i> contains properties of <i>Navnita</i>
17.	<i>Ghrita Varga</i> (properties of Ghee)	<i>Goghrita</i>	<i>Navnita Ghrita</i>	In this <i>varga</i> different types of ghee are explained
18.	<i>Mutra Varga</i> (urine and its properties)	<i>Gomutra</i>	<i>Manushya Mutra</i>	In this <i>varga</i> various kinds of <i>mutra</i> are explained such as <i>manushya mutra</i>
19.	<i>Taila Varga</i> (different oils)	<i>Til Taila</i>	<i>Sarjarasa Taila</i>	In this <i>varga</i> explanation, method of preparation and various kind of oils have been described
20.	<i>Samdhana Varga</i> (fermented liquors or drinks)	<i>Kaanji</i>	<i>Madpan Prakara</i>	<i>Sandhana Varga</i> comprises fermented preparations and their therapeutic properties
21.	<i>Madhu Varga</i> (different types of honey)	<i>Madhu</i>	<i>Moma</i>	8 types of <i>Madhu</i> and their properties are explained
22.	<i>Ikshu Varga</i> (Sugarcane and its products)	<i>Ukha</i>	<i>Madhukhanda</i>	13 types of <i>ikshu</i> and their varieties and their properties have been described
23.	<i>Anakarthanam Varga</i> (Synonyms)	<i>Ashmantaka</i>	<i>Rasa</i>	In this <i>varga</i> synonyms of <i>dravyas</i> are

				explained which have <i>Duryyani naamani</i> , <i>triyarthani</i> and <i>chaturatha naamani</i> are described
--	--	--	--	---

DISSCUSSION:

Bhavaprakash stands as a comprehensive and pragmatic contribution to Ayurvedic literature. Its systematic classification, inclusion of new substances and new diseases and emphasis on both medicinal and dietary articles make it a timeless reference. In this text, descriptions of *Phiranga Roga*, new *Dravyas*, and substances involved in import and export are found, which were not available in earlier works³. The text successfully bridges classical foundations with practical applications, ensuring its continued relevance in modern Ayurvedic education and practice. In the field of *Dravyaguna*, *Bhava Mishra* has made valuable contribution. Apart from the *Dravyas* introduced by *Madanpala* viz, *Akarakarabha*, *Dwipantara Vacha* (*Chopchini*), *Pudina*, *Chhohara* (*Kharjura bheda*) etc, new *Dravyas* were introduced in *Bhavaprakash* viz, *Kalambaka*, *Chandrashura* etc. Further, the following *Dravyas* noted in *Bhavaprakash* are also noteworthy viz, *Kulanjana*, *Charam Aluka*, *Makhanna*, *Gandha Kokila* and *Kumudabeeja* etc⁴.

CONCLUSION:

Bhavaprakash Samhita explains an in-depth explanation of Ayurvedic principles, including the three *Doshas*, seven *Dhatus*, and the concept of *Karma* (*Deepan-Pachanadi Karma*). *Bhavaprakash Samhita* describes 71 diseases in *Madhyam Khanda* and their causes, symptoms and treatment options. *Bhavaprakash Samhita* provides detailed information on medicinal preparations, including formulations, dosages and administration methods. *Bhavaprakash Samhita* highlights the therapeutic applications of Ayurvedic medicine, including diet, lifestyle, and yoga. In *Nighantu Varga* there are 23 *Vargas*, 1758 *Shaloka*, 744 *Dravya* and 494 are *Aushadha* and 250 are *Aahara Dravya* are mentioned. In *Bhavaprakash Nighantu* include herbals, minerals and animal origin *Dravyas* but in detail it mainly describes *Aushadha Dravyas*. The concept of *Pratinidhi Dravya* is given by *Bhavaprakash Nighantu*. *Dravya Pariksha Vidhi* e.g. *Uttama Haritaki Lakshana* and *Ritu Haritaki*, *Bhumi*: 4 types as per *Varna* viz, *Brahma*, *Kshatra*, *Vaisya* and *Sudra* *Udbhida Veda*: 5 types viz, *Vanaspati-Vanaspatya-Kshupa-Valli-Osadhi*, *Dravyaguna Siddhanta*: described in detail, *Karma*: *Deepan-Pachanadi Karma* have been described. *Anekartha Nama Varga*: Useful compilation for cross referential study of *Dravyas* (114 *Dwiarthanama*, 84 *Triartha Nama*, 3 *Chaturartha Nama*, 4 *Bahuartha Nama*). Due to the contribution of *Bhavaprakash* to enrich *Dravyaguna* as well as other.

REFERENCES:

1. Acharya Bhavmishra, Bhavaprakash Nighantu, English Commentry Prof.D. Shanthkumar Lucas, Chaukhamba Bharati Academy, Varanasi, Reprint, (2017)
2. Acharya Bhavmishra, Bhavaprakasa Nighantu, Commentry Dr. K.C.Chunekar, Ed Dr.G.S.Pandey, Chaukhamba Bharati Academy, Varanasi, Reprint, (2020)
3. Dhiman S. Dravyaguna Aadhara. New Delhi: Jaypee Brothers Medical Publishers; (2018)
4. Sharma P.V, Dravyagunavijnana, Published by Chaukhamba Bharati Academy, Varanasi, Reprint, (2020)



Copyright & License:

© Authors retain the copyright of this article. This work is published under the Creative Commons Attribution 4.0 International License (CC BY 4.0), permitting unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.