

VARNYA DRAVYA IN BHAVAPRAKASH NIGHANTU:- A REVIEW.

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ABSTRACT:-

Beautiful skin is one of the most attractive indicators of beauty & youth , Its not just for look good , but also for overall health as well. No matter what your age, skintone or skin type.

In Ayurveda according to charaka , varnya is not just a colour . But it indicates all parameter of healthy & radiant skin. Number of cosmetic products are available in market which are commonly used. But in every condition of skin needs different cosmetic product. Ayurvedic herbal drugs for varnya karma are also necessary according to condition of skin, prakruti parikshan & saratva.

Varna is attributed to complexion, which is important biologically, cosmetically & socially. Complexion is the colour, appearance & texture of skin . Varnya dravya are useful externally & internally also. Externally its influence on bhrajaka pitta & when advised internally stimulates jatharagni, In this paper, focused on bhavaprakashokta varnya dravya.

KEYWORDS:- Varnya dravya, varnya karma, skin, cosmetics.

INTRODUCTION:-

Beauty is that quality or combination of qualities which afford keen pleasure to the senses or which charms the intellectual or moral faculties. The word *sundara* (*Saundarya*) is derived from the Sanskrit word '*ardrikaroti chittam iti*' which means to peace the mind. Colour and complexion of the individual are the innate Entities of this beauty which is depicted by the term *varna* in *Ayurveda*. In a broader perspective it includes all parameters of healthy & radiant skin. It reflects the equilibrium of *dhatu*s and is one among the signs of good health. Any unhealthy state of the psyche or physique is reflected by the skin as beauty manifests through the complexion of the skin.^[1]

“वर्णाय हितं यद् भवति तद् वर्ण्यम् ।

पित्तं वर्णप्रकाशकं भवति तथा च रक्तं ओजश्च वर्णस्य प्रसादनं करोति ॥” द्रव्यगुणशास्त्रम् ३.द्रव्यवर्गीकरण वर्ण्यं द्रव्यं.^[२]

The task of enhancement of complexion i.e. restoring the natural hue and tone of skin is termed as *Varnya*. *Varna* is basically an outcome of all the *dhatu*s. Each has unique role in the formation & maintenance of *Varna*. The whole cosmetic science deals with the idea of promoting complexion and appearance, Thus it is based on the principle of *varnya karma* . Hence it is high time to resort to *Varnya dravya* from *Ayurvedic* literature. Hence In this paper, I decided to work on collection of *varnya dravya* from *bhavaprakash nighantu*. That herbal drugs are used as *varnya dravya* internally & externally i.e. *anta & bahi parimarjana chikitsa* .

Need of study :- In present society ,Complexion has become a great cause of concern to majority of individuals irrespective of their age group especially while presenting oneself in the society. Complexion which is the manifest form of beauty is enhanced by various means . At market level different creams, face packs, cosmetics

are available But most of all they used as externally & they are not suitable for everyone. Hence, In Ayurveda, Various treatment modalities such as *Nasya, raktamokshana*, *lepa*, different herbal drugs have been mentioned by different *Acharyas* which are attributed in *varnya karma* & they are use according to *Purusham purusham vikshyam siddhantas*.^[3]

AIMS & OBJECTIVES:-

- 1] To explain *Varnya karma* according to *Ayurveda*.
- 2] To collect the *Varnya dravya* from *Bhavaprakash nighantu*.
- 3] To Evaluate the *varnya karma* of herbal drug mentioned in *Bhavaprakash Nighantu*.

MATERIAL & METHODS:-

Bhavaprakash nighantu, Other classical text of Ayurveda & net sources were referred for this conceptual study. The discussion was made on the basis of concepts & conclusions.

FACTORS ACT ON VARNA & VARNYA KARM IN AYURVEDA

1. Pancha-Mahabhuta

“न खलु केवलमेतदेव कर्म वर्णवैशेष्यकरं भवति, अपि तु तेजोधातुरप्युदकान्तरिक्षधातुप्रायोऽवदातवर्णकरो भवति, पृथिवीवायुधातुप्रायः कृष्णवर्णकरः, समसर्वधातुप्रायः श्यामवर्णकरः॥” च.शा. ८/१५^[४]

According to Ayurveda, *Mahabhutas* plays an important role in *varnotpatti* is accepted by all authors & It is responsible for the various *Varnas* in the individual such as *gaura*, etc In that, *Teja mahabhuta* is mainly responsible for *Varna utpatti* & *Varna-Prabhava*. So we can consider when *varna vikruti* is seen then there is all *mahabhuta* is responsible ..According to *charakaTeja, Aap, Akash mahabhuta* is responsible for *Gaura Varna*, *Teja, Vayu, Prithvi mahabhuta* is responsible for *Krishna varna, Teja, Aap, Vay, Akasha, Prithvimahabhut* is responsible for *Syama varna*.

2. Garbhotpadak Bhava

In Pregnant women, *Garbhotpadak Bhava* i.e. *Atmaja & Satmyaja Bhava* are assigned for the manifestation of colour & complexion in the foetus^[5]. *Charaka samhita* & *Astanga hridaya* have clearly accepted the Mental condition of pregnant mother is responsible for the *Rupa* & *Varna* of her offspring. *Ahara & Vihara* of the mother has a very evident influence on the colour & complexion of the offspring as per *Astang sangraha*.^[6]

3. Dhatusarata, Doshaja prakruti & Mala

Varna is basically an outcome of all the *dhatu*s. Each *dhatu* has unique role in the formation & maintainance of *Varna*. *Rasa, Rakta, Meda, Majja, Sukra dhatu* is responsible for *Sara lakshana* of *varna*. Relation of *Malas* like *mutra* & *poorish* is not directly identify but some relationship of *sweda* & *twaka /varna* is identified. Therefore *Sweda* is held responsible in maintaining the moisture, texture of skin & Softness of the body. *Ojas* has a definite role in imparting *Prakruta varna* to the body. *Ojas* bestows strength, imparts firm integrity to the *mamsa*, exercises unbounded control over all the acts of vitality, improves *swara* & *Varna*, help both external and internal sense organs, in duly performing their natural functions. *Prakruta karma* of *balais varna prasadana*, Hence *varna* is an indicator of the status of health & strength of an individual.^[7]

Charaka Samhita opines that *Varna prasadana, suswara, jivana, pratibha, shukra* are mainly attributed to *Ahara. Sushruta samhita* also considers *Ahara* as *mula* for *bala, varna* and *ojas*. *Madhurarasa* is said to be enhance *Varna* along with other functions like Strengthening the *dhatu*s, *indriya* and enhances *ojas*.

Relation of Ahara& Vihara on Varna.

AHARA RASA	VARNA	VIHARA	EFFEECT ON VARNA
<i>Kashaya</i>	<i>Shyava</i>	<i>Vayusevana</i>	<i>Vaivarnya</i>
<i>Lavana</i>	<i>Vaivarnya</i>	<i>Atapa Sevana</i>	<i>Vaivarnya</i>
<i>Madhura</i>	<i>Varna prasadana</i>	<i>Pravata</i>	<i>Vaivarnya</i>
<i>Asatmya Ahara</i>	<i>Varna hani</i>	<i>Kshudha-Pipasa vegadharana</i>	<i>Varna hani</i>
<i>Viruddha Ahara</i>	<i>Varna hani</i>	<i>Adhwa(extra walking)</i>	<i>Varna vinashana</i>
<i>Tikta ras</i>	<i>Kledashoshak & raktashodhaka</i>		

VARNYA DRAVYA FROM BHAVAPRAKASH NIGHANTU^[8]**1] *Yastimadhu (Glycyrriza glabra)***

यष्टी हिमा गुरुः स्वाद्वी चक्षुष्या बलवर्णकृत् । भावप्रकाश निघन्टु हरीतक्यादी वर्ग

2] *Manjistha (Rubia cordifolia)*

मंजिष्ठा मधुरा तिक्ता कषया स्वरवर्णकृत् । भावप्रकाश निघन्टु हरीतक्यादी वर्ग

3] *Laksha (Laccifer lacca)*

लाक्षा वर्ण्या हिमा बल्या स्निग्धा च तुवरा लघुः। भावप्रकाश निघन्टु हरीतक्यादी वर्ग

4] *Haridra (Curcuma longa)*

हरिद्रा कांचनी पीता निशाऽऽख्या वरवर्णिनी-----

-----वर्ण्या त्वग्दोष्मेहास्त्र शोथ पाण्डू व्रणापहा ॥ भावप्रकाश निघन्टु हरीतक्यादी वर्ग

5] *Rasona (Allium sativum)*

रसोनो बृंहणो वृष्यः स्निग्धोष्णः पाचनः सरा

-----बलवर्णकरो मेधाहितो नेत्र्यो रसायनः। भावप्रकाश निघन्टु हरीतक्यादी वर्ग

6] *Jatipatri (Myristica fragrance-)*

जातीपत्री लघुःस्वादुः कटुष्णा रुचिवर्णकृत् +

कफकासवमिश्रासत्क्षणा कृमिविषापहा ॥ भावप्रकाश निघन्टु कर्पूरादी वर्ग

7] *Trijat [Twak,Ela,Tejpatra]*

त्वगेलापत्रैस्त्रिसुगन्धि त्रिजातकम्-----

---लघुपित्ताग्निकृद्दर्प्यं कफवात विषापहम् ॥ भावप्रकाश निघन्टु कर्पूरादी वर्ग

8] *Kumkum (Crocus sativus)*

कुङ्कुमं कटुकं स्निग्धं शिरोरुग्णजन्तुजित् ।

तिक्तं वमिहरं वर्ण्यं व्यङ्गदोषत्रयापहम् ॥ भावप्रकाश निघण्टु कर्पूरादी वर्ग

9] *Nakhi (Helix Aspera)*

नखद्वयं ग्रहश्लेष्म वातास्त्र ज्वरकुष्ठनुत् ॥

लघुष्णं शुक्रलं वर्ण्यं स्वादु व्रणविषापहम् ।

अलक्ष्मीमुखदौर्गन्ध्यं हृत्पाकरसयोः कटु ॥ भावप्रकाश निघण्टु कर्पूरादी वर्ग

10] *Parpati (Pogostemon patchouli)*

पर्पटी तुवरा तिक्ता शिशिरा वर्णकृत्लघु ।

विषव्रणहरी कण्डु कफपित्तास्त्रकुष्ठनुत् ॥ भावप्रकाश निघण्टु कर्पूरादी वर्ग

११] *Prapaundarik (Saussurea obvallata)*

पौण्डर्यं मधुरं तिक्तं कषायं शुक्रलं हिमम् ।

चक्षुष्यं मधुरं पाके वर्ण्यं पित्तकफप्रणुत् ॥ भावप्रकाश निघण्टु कर्पूरादी वर्ग

12] *Vidarikand (Pueraria tuberosa)*

विदारी मधुरा स्निग्धा बृंहणी स्तन्यशुक्रदा ।

शीता स्वर्या मुत्रला च जीवनी बलवर्णदा ॥ भावप्रकाश निघण्टु गुडुच्यादी वर्ग

13] *Kamal (Nelumbium speciosum willd.)*

कमलं शीतलं वर्ण्यं मधुरं कफपित्तजित् ।

तृष्णादाहस्त्रविस्फोटविषवीसर्प नाशनम् ॥ भावप्रकाश निघण्टु पुष्पवर्ग

14] *Shatapatri (Rosa centifolia linn.)*

शतपत्री हिमा हृद्या ग्राहिणी शुक्रला लघुः।

दोषत्रयास्त्रजिद्वर्ण्यं कट्वी तिक्ता च पाचनी ॥ भावप्रकाश निघण्टु पुष्पवर्ग

15] *Ashoka (saraca ashoka)*

अशोकः शीतलस्तिको ग्राही वर्ण्यः कषायकः ।

दोषापची तृष्णादाह कृमिशोष विषास्त्रजीत् ॥ भावप्रकाश निघण्टु पुष्पवर्ग

16] *Vata (Ficus benghalensis)*

वटः शीतो गुरुर्ग्राही कफपित्तव्रणापहः।

17] *Udumbar(Ficus glomerulata)*

उदुम्बरो हिमो रुक्षो गुरुः पित्तकफास्त्रजित्।

मधुरस्तुवरो वर्ण्यो व्रणशोधन रोपणः॥ भावप्रकाश निघण्टु वटादिवर्ग

18] *Pimpal (Ficus religiosa)*

पिप्पलो दुर्जरः शीतः पित्तश्लेष्मव्रणास्रजित्।

गुरुस्तुवरको रुक्षो वर्ण्यो योनिविशोधनः॥ भावप्रकाश निघण्टु वटादिवर्ग

19] *Kshirivruksha*

क्षीरिवृक्षा हिमा वर्ण्यो योनिरोगव्रणापहाः।

रुक्षाः कषाया मेदोघ्ना विसर्पामयनाशनः॥ भावप्रकाश निघण्टु वटादिवर्ग

20] *Khadira (Acacia catechu)*

खदिरः श्वेतसारोऽन्य कदरः सोमवल्कलः ।

कदरो विशदो वर्ण्यो मुखरोगकफस्त्रजित् ॥ भावप्रकाश निघण्टु वटादिवर्ग

21] *Pakwa Amra (Mangifera indica linn.)*

पक्वं तु मधुरं वृष्यं स्निग्धं बलसुखप्रदम् ।

गुरु वातहरं हृद्यं वर्ण्यं शीतमपित्तलम् ॥

कषायानुरसं वह्नि श्लेष्म शुक्रविवर्द्धनम् । भावप्रकाश निघण्टु आम्रादीवर्ग

22] *Dugdhyukta Amra (Mangifera indica linn.)*

वातपित्तहरं रुच्यं बृहणं बलवर्द्धनम् ।

वृष्यं वर्णकरं स्वादु दुग्धाम् गुरु शीतलम् ॥ भावप्रकाश निघण्टु आम्रादीवर्ग

23] *Manashila*

मनःशिला गुरुर्वर्ण्यो सरोष्णालेखनी कटुः।

तिक्ता स्निग्धा विश्वासकास भूतकफास्त्रनुत् ॥ भावप्रकाश निघण्टु धात्वादीवर्ग

24] *kankushtha (Rheum emodi wall.)*

कङ्कुष्ठं रेचनं तिक्तं कटुष्णं वर्णकारकम् ।

कृमिशोथोदराध्मान गुल्मानाहकफापहम् ॥ भावप्रकाश निघण्टु धात्वादीवर्ग

25] *Marita vajra*

आयुः पुष्टिं बलं वीर्यं वर्णं सौख्यं करोति च ।

सेवितं सर्वरोगघ्नं मृतं वज्रं न संशयः ॥ भावप्रकाश निघण्टु धात्वादीवर्ग

26] *Raktashali*

रक्तशालीर्वरस्तेषु बल्यो वर्ण्यस्त्रिदोषजित ।

चक्षुष्यो मुत्रलः स्वर्गः शुक्रलस्तृज्वरापहः ॥ भावप्रकाश निघण्टु धान्यवर्ग

27] *Yawa (Hordeum vulgare linn.)*

रक्तशालीर्वरस्तेषु बल्यो वर्ण्यस्त्रिदोषजित ।

चक्षुष्यो मुत्रलः स्वर्गः शुक्रलस्तृज्वरापहः ॥ भावप्रकाश निघण्टु धान्यवर्ग

28] *Godhuma (Triticum Sativum Lam.)*

गोधुमः मधुरः शीतो वातपित्तहरो गुरुः।

कफशुक्रप्रदो बल्यः स्निग्धः सन्धानकृत्सरः।

जीवनो बृंहणो वर्ण्यो व्रण्यो रुच्यः स्थिरत्वकृत् ॥ भावप्रकाश निघण्टु धान्यवर्ग

29] *Adhaki (Cajanus Indicus Spreng)*

आढकी तुवरा रुक्षा मधुरा शीतला लघुः।

ग्राहिणी वातजननी वर्ण्या पित्तकफास्त्रजित् ॥ भावप्रकाश निघण्टु धान्यवर्ग

30] *Madhu*

मधु शीतं लघु स्वादु रुक्षं ग्राही विलेखनम् ।

---वर्ण्यं मेधाकरं वृष्यं विशदं रोचनं हरेत् ॥ भावप्रकाश निघण्टु मधुवर्ग

31] *Navneet*

नवनीतं हितं गव्य वृष्यं वर्णबलान्निकृत ॥ भावप्रकाश निघण्टु घृतवर्ग

32] *Ghruta*

घृतमाज्यं हविः सर्पिः कश्यन्ते तद्गुण अथा।

-----अल्पाभिष्यन्दि कान्त्योजस्तेजोलावण्यवृद्धीकृत । भावप्रकाश निघण्टु घृतवर्ग

33] *Tila Taila*

तिलतैलं गुरु स्थैर्यबलवर्णकरं सरम् ॥ भावप्रकाश निघण्टु तैलवर्ग

34] Seedhu

सीधु: पक्वसरसः श्रेष्ठः स्वराग्निबलवर्णकृत् । भावप्रकाश निघण्टु सन्धानवर्ग

Dravya	Ras	Guna	Virya	Vipaka	Chemical Constituents
1. Yastimadhu (Glycyrrhiza glabra)	Madhura	Guru, Snigdha	Sheeta	Madhura	Glycyrrhizin, Glycyrrhizic acid, Potassium, Asparagin, Starch, Sugar.
2. Manjistha (Rubia cordifolia)	Madhura, Tikta Kashaya	Guru, ushna	Ushna	Katu	Purpurin, Garancin, Glucoside, Manjistine, Alizarine, Xanthine.
3. Laksha (Laccifer lacca)	kashaya	Laghu, Snigdha, Sheeta	Anushna	Katu	
4. Haridra (Curcuma longa)	Katu, Tikta	Rukshna, Ushna	Ushna	Katu	Curcumin, Curcumen , Terpene, Cholesterol, Starch 24 %, Albuminoides 30 %.
5. Rasona (Allium sativum)	Madhura, Katu,	Snigdha, Sara, Tikshna, Guru,	Ushna	Katu	Volatile oil, Allyl disulphide, Allyl propyl disulphide, Allicin, Allicetion I & II.
6. jatipatri (Myristica fragrance)	Madhura, Katu	Laghu,	Ushna	Katu	Valatile oil 8-17 %, Sthirataila, Rala, Vasa , Sharkara, Dextrine, resin.
7. Trijata Ela, twaka, tamal- patra.	(Twak:-katu, Swadu, Tikta) (Ela :- katu) (Tamalpatra:- madhura)	Ruksha, Tikshna, Laghu.	Ushna		(Twak :- Yellow colour oil, Cinnamaldehyde, Eugenol) (Ela:- volatile oil- Cineol) (Tamalpatra:- Clove smell like volatile oil.)
8. Kumkum (crocus sativus)	Katu, Tikta	Snigdha	Ushna	Katu	Picrocrocine, Crocine , Crocetin, Volatile oil.
9. Nakhi (Helix Aspera)	Madhura, katu	Laghu	Ushna	Katu	
10. Parpati (Pogoastemon patchouli)	Kashaya, Tikta,	Laghu	Sheeta	Katu	Volatile Oil.
11. Prapoundrik (Saussurea obvallata)	Madhura, Tikta , Kashaya.		Sheeta	Madhura	In seed :- Ash present & Mg present in ash.

12. Vidarigandha (<i>Pueraria tuberosa</i>)	Madhura	Snigdha	Sheeta	Madhura	In creeper :-Toxic Glucoside present, In tuber :- Starch is present.
13. Kamal (<i>Nelumbium speciosum willd.</i>)	Madhura		Sheeta	Madhura	Resin, Glucose, Metarbin, Tannin, Nelumbine.
14. Shatapatri(<i>Rosa centifolia linn.</i>)	Katu, Tikta	Laghu, Mrudusarak.	Sheeta	Katu	Volatile oil, Tannic acid, Malic acid, Resin.
15. Ashok (<i>saraca ashoka</i>)	Kashaya, Tikta,	Ruksha, Grahi	Sheeta	Katu	Tannins, Catechol, ash 10%, Iron containing Organic substances.
16. Vata (<i>Ficus benghalensis</i>)	Kashaya	Guru, grahi	Sheeta	Katu	11 % Tannin.
17. Pippal (<i>Ficus religiosa</i>)	kashaya	Guru, Ruksha.	Sheeta	Katu	4 % Tannin.
18. Udumber (<i>Ficus glomerulata</i>)	Madhura , Kashaya.	Ruksha, Guru	Sheeta	Katu	14 % Tannin
19. Kshirivruksha	kashaya	Ruksha	Sheeta	Katu	
20. khadira (<i>Acacia catechu</i>)	Tikta, Kashaya	Ruksha	Sheeta	Katu	Catechine, Catechutannic acid,
21. Pakwaamra (<i>Mangifera indica linn.</i>)	Madhura	Snigdha, guru	Sheeta	Madhura	Vit –A, B, D, C, Citric Acid, Galic Acid.
22. Dugdhayukta Amra	Madhura	Guru, Snigdha	Sheeta	Madhura	
23) Manshila	Katu, Tikta.	Guru, Sara, Snigdha	Ushna	Katu	Arsenic
24) kankushtha (<i>Rheum emodi wall.</i>)	Katu, Tikta	Sara	Ushna	Katu	Anthraquinone
25) Marita vajra					
26) Raktashali	Madhura	Laghu, Snigdha	Sheeta	Madhura	Carbohydrates++, Albumin, fat, Ash
27) Yawa (<i>Hordeum vulgare linn.</i>)	Kashaya, Madhura,	Mrudu, Ruksha, Guru, Picchila.	Sheeta	Katu	Carbohydrate 69.3 %, Protein 11.5 %, Fe, Ca,
28) Godhuma (<i>Triticum Sativum Lam.</i>)	Madhura	Guru, Snigdha, sara, Sthira	Sheeta	Madhura	Protein-8-24 Part, Carbohydrate 68-70 %, Ash -1.5-2 part. fe, Cu ,Mg.
29) Adhaki(<i>Cajanus Indicus Spreng</i>)	Kashaya, Madhura	Ruksha, Grahi, Laghu	Sheeta	Madhura	Protein -22.3, Fat 1.7 %, Carbohydrate 57.2, ca, ph, vit –A, B- 1.

30) Madhu	Kashaya, Madhura.	Ruksha, Laghu, Grahni, Sukshma, Vishada, Yogvahi	Sheeta	Madhura	
31) Navneet	Madhura	Snigdha	Sheeta	Madhura	
32) Ghruta	Madhura	Guru, Snigdha	Sheeta	Madhura	
33) Tila Taila	Madhura, tika, Kashaya Anurasa,	Sukshma, Vikasi, Vishada, Guru, Sthira,	Ushna	Madhura	
34) Pakwa Sidhu	Madhura, Kashaya	Laghu, Snigdha	Ushna	Madhura	

तत्र मधुररसप्रायाणि द्रव्याणि रसरक्तमज्जाशुक्रधातुन् ओजश्च वर्धयन्ति वर्णप्रसादकानि च भवन्ति। यथा, घृत सारिवा कूष्मांडः मधुकं नवनीतं क्षीरं च । द्रव्यगुणशास्त्रम् ३.द्रव्यवर्गीकरण वर्ण्य द्रव्य.

Madhura rasatmaka dravya works as *varnya dravya* by inhancing *ras, rakta, majja, Shukra dhatu* & also increase *oja* which causes *varnaprasadana*. According to *Bhavaprakash nighantu-Yashimadhu, Prapaundrika, Vidarigandha, Kamala, Pakwa-amra, Dugdhayukta* – *Amra, Raktashali, Godhum, Adhaki, Madhu, Navneet, Ghruta, Tila taila, Pakva-Seedhu* are *dravya* which works as *varnya* by this way.

कषायरसप्रधानानि द्रव्याणि क्लेदस्य विशेषणं तथा रक्तस्य च शोधनं कृत्वा वर्णप्रसादकानि च भवन्ति। यथा, कमलं, मधु प्रवालं लाक्षा गैरिकं च ॥ द्रव्यगुणशास्त्रम् ३.द्रव्यवर्गीकरण वर्ण्य द्रव्य.

Kashaya rasatmaka dravya works as *varnya dravya* by *kleda vishoshana* property which causes *rakta-shodhana* and *Varnaprasadana* karma happens. According to *Bhavaprakash nighantu, Manjishtha, laksha, parpati, Ashoka, Vata, pippala, Udumbar, kshirivruksha, khadira, Yawa, Madhu, Adhaki, Tila taila* work as *varnya dravya* by *kledavishoshana karma & raktavishodhanakarma* due to *kashaya rasa*.

तीक्ष्णानि ऊष्णानि च द्रव्याणि पित्तस्य विशेषतः भ्राजकपित्तस्य रक्तस्य च वर्धनं

कृत्वा वर्णानि भवन्ति। यथा मंजिष्ठा, हरिद्रा, भृंगराजः हरितकी च।

पाण्डुरोगे, शोथे, कुष्ठे, व्रणे च व्रणे च वर्णानां उपयोगः पानेन तथा बर्हिलेपनेन च ॥ द्रव्यगुणशास्त्रम् ३.द्रव्यवर्गीकरण वर्ण्य द्रव्य.

Tikshna, Ushnadravya work on *Bhrajaka pitta*, inhances *rakta dhatu* and acts as a *varnyadravya*. In *Bhavaprakasha nighantu, Haridra, Rasona, Jatipatri, Trijata, Kumkum, Nakhi, Manshila, kankushtha* are drugs which works as *varnya dravya* by acting on *Bhrajaka pitta* & inhance *rakta dhatu*.^[9]

Though All *Varnya dravya* acts by above explained pathway but actually each *dravya* acts by its own way due to *Ras, guna, virya, vipaka, Prabhava* & chemical constituents of that drugs.

DISSCUSION:-

Varnya karma & bhavaprakashokta varnya dravya is explain in this paper, with this other drugs also works as *varnya dravya* but the most of *dravya* works by same concept as mentioned as above. *Varnya karma* is one of the *karma* of *Udana Vayu* also. So, *Madhura rasatmaka* or *vatahamaka dravya* is also works as a *Varnya dravya*. In *vataj* condition of patient or in *vata-pittaprakruti* use *madhura rasatmaka dravya* for *varnya karma*. In *pitta prakruti* or in *kapha-pittaja* condition of *twaka* e.g. in oily skin use *kashaya rasatmaka dravya* for *varnya karma*. According to condition of skin *dravya for varnya karma* are changed e.g. in *Ruksha twaka* use medicated *ghruta, taila, Navneeta* externally & internally also & in oily skin use *khadira, panchavalkala*. i.e. here we use *kashaya rasa, katu ras* for *kleda shoshana & tika ras* for *Shodhana*. In *rasa-rakta dhatwagnimandya*

,*pandura varna twaka* or in unfresh skin use *tikshna ,ushna dravya* for proper functioning of *bhrajaka pitta* then there *twakagata kledapachan* occur & *inhance rakta dhatu* .

CONCLUSION:-

Varnya dravya from *Bhavaprakashnighantu* are collected in this paper, some *dravya* are of *tikshna ushna dravya* acts on *bhrajaka pitta* which *inhance rakta & oja*, some *dravya* which have *madhura rasa* acts on *rasa,rakta,majja, Shukradhatu, oja vardhaka*, Some *dravya* are of *kashaya rasa*, it causes *kleda vishoshanakarma & rakta shodhana* then *varna prasadana karm* is happens.

Hence, we can conclude that *Varnya karma* is happens by different way in different *prakruti* & according to *Saratwa*. Therefore the *acharyas* used number of *dravya for varnya karm* according to condition (*Dushyam, Deshm, Bala, kala, Analam, Prakruti, Vaya, Ahara & vihara, Satva, Satmya, Avastha*)

Varnya dravya works are as given below:-

1. Madhura rasa -*Ras, rakta, majja, Shukra Dhatu Vardhana - Varnaprasadan*
2. *Tikshna ushna Dravya - Through Bhrajaka pitta – Rakta & Oja Vardhana - Varnaprasadan*
3. *Kashaya Rasa- Amapachana, Kleda Vishoshan & Rakta shodhan- Varnaprasadan*
4. *Tikta rasa – Rakta shodhana & Raktapradana- Varnaprasadana.*

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