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Review on Undocumented Medicinal Plants (Anukta Dravya)

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ABSTRACT

Introduction: *Aushdh / Dravya* is considered the second most useful factor by *Acharya Charaka* for successful management of disease. There are many plants which are undocumented in texts but are being used by folklore peoples for the treatments of disease's are known as *Anukta Dravya.*

Aim: Aim of this article is how to identify *Anukta Dravya.*

Materials and Methods: Journals, the internet, and other appropriate ayurvedic and modern literatures were used in addition to gather knowledge on the subject.

Result and Discussion: Observing their *Rasa, Guna, Virya, Vipaka, Prabhava,* and pharmacognocal studies helps identify and determine *Anukta Dravya*. This article lists a few of the *Anukta Dravyas* with their botanical name and indications. *Anukta Dravya* presents a vast, untapped resource for natural product discovery. Further research is necessary to validate traditional uses, isolate bioactive compounds, and assess safety and efficacy. Conservation efforts are also crucial to preserve these unexplored medicinal plants for future generations.

Keywords – Anukta Dravya, undocumented plants, unexplored plants, extra pharmacopoeial drugs

Introduction

Ayurveda is an ancient medical science based on herbal and mineral treatment. Aim of Ayurveda is "*Svasthasya svasthya rakshanam aturasya vikaram prashmanam*" which means maintain the health and cure the disease[1]. For that *Aushdh / dravya* is considered the second most useful factor by *Acharya Charaka* in *Khudakchatuspada Adhyaya (Charaka Samhita)*[2]. The word *Anukta* is made of न-उक्त, means which is un-said or not said. The drugs which are not mentioned in ayurvedic texts (Samhitas, Nighantus, Vedas etc.) are known as *Anukta Dravya*. There are many drugs which are used for medicinal purpose by village/folk peoples but are not mentioned in classical texts. Many of the medicines are decreased in amount due to their excessive use and changes in environment. So, we have to find new herbs for treatment and for that there are some methods for identification of new herb. In this article we will see some of the identification and standardization methods for unidentified drugs.

Materials and Methods

1. Literature Review and Database Search

A comprehensive review of various ayurvedic texts like *Charaka Samhita, Sushruta Samhita*, other *Anukta Dravya* related dravyaguna vigyan's book and various ayurvedic journals and research papers.

2. Ethnobotanical Surveys

ओषधीर्नामरूपाभ्यां जानते ह्यजपा वने।

अविपाश्चैव गोपाश्च ये चान्ये वनवासिनः ॥

The *Aushada naama, Roopa* which is unknown can be known through *Gopaalaka, Vanacharini*, folklore practitioners usually these nomadic forest tribes know very well the vernacular names.[3]

3. Plant Identification and Collection

With the help of botanists collected plant samples were identified and then verified against herbarium records. Species that lacked prior pharmacological data were classified as *Anukta Dravya.*

4. Preliminary Phytochemical Analysis

Extracts of the sample plants were prepared to assess the presence of secondary metabolites, such as alkaloids, flavonoids, and tannins, which are indicative of therapeutic potential.

Results

1. Identification of Anukta Dravya

a) *Rasa* determination:

A drug's gustatory attraction is its rasa. It is not recommended to place any unknown or poisonous drugs on the tongue because doing so could be lethal. Therefore, any substance should be chemically analyzed before being tasted by human volunteers. Modern science states that specific molecules are responsible for taste.

ex- Carbohydrates such as sucrose, glycogen and starch are *Madhur* in taste. Tannins have *Kashaya Rasa*. Volatile oils may have *Katu Rasa*. Alkaloids are generally *Tikta* in taste. *Lavana Rasa* in salts. *Amla Rasa* in acids etc.[4]

b) *Guna* determination:

Guna present in *Dravya* can be determined by their *rasa* and biological activites/ Pharmacological actions. Like – if a *Dravya* is *Madhura* in *rasa* or shows *bringhan* properties then it could be *Guru, Sanigdha and Sheeta* in nature.[5]

c) *Vipaka* determination:

Vipaka is determined by their actions on *dosha, dhatu and mala- Srustavinmutra Pravrutti* shows *Madhura, Amla vipaka* and *Baddhavinmutra Pravrutti* shows *Katu vipaka*.[6]

d) *Virya* determination:

According to *Chakrapani, Virya* can be perceived either by *Nipata* (by means of external contact with body) or *Adhirasa* (by means of internal contact i.e., with site of action). *Madhur Rasa/ Vipaka* contains *sheet virya* and *Amla, Katu Rasa/ Vipaka* contains *Ushna Virya*.[7]

e) *Prabhava* determination:

Prabhava is the characteristic that gives a medication its unique or unusual activity. A single chemical component may be shared by two plants, while the other compounds may differ slightly. Even so, the necessary adjustments to the analytical tests must be made. Both *Haritaki* and *Dhataki* are instances of *Dravayas* with *Kashaya Rasa*; however, *Dhataki* induces constipation, while *Haritaki* functions as a laxative. Although *Kashaya Rasa* naturally causes constipation, a chemical examination of *Haritaki* showed that it contains anthroquinone, which has laxative qualities.[8]

2. Pharmacognostical Studies of natural drug

a) Identification and Official name

b) Synonyms and vernacular terms.

c) Habitat

d) Morphological Features

e) Macroscopic study

f) Microscopic Features

g) Cultivation, collection and processing of drug

h) Chemical analysis

i) Bio Assay

j) Toxicological studies are carried out to confirm the Toxicity, Lethal dose, Therapeutic effective dose by animal experimentation.

3. Some examples of Anukta Dravya[9]

Sr. No.	Name	Botanical name	Indication
1.	*Raat ki Rani*	*Cestrum nocturnum Linn.*	Spasm, Heart disease
2.	*Poinsetta*	*Euphorbia pulcherrima Wild. ex Klotzsch*	Tumours

3.	*Ban Tambaku*	*Solanum erianthum D Don.*	Inflammation, Pain, Cough, Skin disease, Wound, Asthma, Diabetes
4.	*Jonkmari*	*Anagallis arvensis.*	Epilepsy, Mania, Hysteria, Dropsy, Leprosy
5.	*Nagphool*	*Gmelina asiatica.*	Syphilis, Gonorrhoea, Burning sensation in eye, Fever, Dysuria, Dandruff
6.	*Rangoon ki bel*	*Quisqualis indica Linn.*	Diarrhoea, Fever, Worm, infestation, Boil, Ulcer Dysuria
7.	*Ghoda Tulasi*	*Scoparia dulcis Linn.*	Headache, Toothache, Cough, Wound, Heart disease, Haemorrhoids, Diarrhoea
8.	*Gulabbas*	*Mirabilis jalapa.*	Boil, Syphilis, Abscess, Diabetes, Dropsy, Gonorrhoea, Itch, Tumor
9.	*Aarogyappacha*	*Trichopus zeylanicus Gaertn.*	Fatigue, Aging, Debility, Loss of appetite

Discussion

India has a wide variety of flowers, and the strength of a medicine varies depending on the region. No plant is without therapeutic properties, according to the classic writings, and one should employ them wisely based on their knowledge. According to their pharmacological characteristics, such as *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Prabhava*, these medications are utilized in Ayurveda. Due to excessive use, several traditional plants that have been enhanced with different therapeutic qualities are in danger of going extinct. Therefore, there is a great need to understand additional pharmacopoeial medications that can be used as alternatives and meet the growing demand for herbal remedies in the modern day.

Conclusion:

Anukta Dravya offers a treasure trove of opportunities for Ayurvedic research and development. Further investigation is warranted to unlock the secrets of these unexplored medicinal plants and minerals, ensuring their safe and effective integration into modern healthcare.

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