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ADDRESS:

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EMAIL

ayurlog33@gmail.com

WEBSITE

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A critical review of *Sushruokta Gana*

ABSTRACT:

As we have seen in *Charak Samhita*, any *Vaidya* can use the *Dashemani Gana* in case he isn't able to use his mind to get to proper choice of herb while treating subjects, similarly *Sushrutacharya* has mentioned in *Sushrut Samhita*, drug combinations under the name of *Sushrutokta Gana*. These *Gana*'s are helpful for immediate use by the individuals in case of distress in choice of drug. The basic concept of both groups is same. Here we have classified *Sushrutokta Gana* and precisely in which dosha disequilibrium it can be used for optimal results.

KEYWORDS

Sushrutokta gana, *Aushadhi Varg*, Clinical use

AUTHORS

Sandeep Rajput*¹, Apoorva Sane²

¹ Assistant Professor (Balrog Dept) (M.D. Kayachikitsa),

² MD III (Dept of Samhita & Siddhant)

Dr. G.D. Pol Foundation's YMT Ayurvedic College & Hospital, PG Institute,
Kharghar, Navi Mumbai, Maharashtra, India.

*CORRESPONDING AUTHOR

dr.rajputsandeep@gmail.com / +919167133548

INTRODUCTION

In the *Samhita*'s, in the *Sutrasthan*'s, use of single drug or a group of drugs is mentioned prior to descriptions of major formulations. Acharya Charak in *Shadvirechanashatashritiya Adhyaya* mentioned about 50 such groups of herbs which was classified as per their action on human body. In *Sushrut Samhita*, we find 38 groups as per initial content are clearly mentioned but it's difficult to illicit the usage just by its name. Also, with a well in depth study, all the drugs utility can be well understood, thus a single drug can be used in multiple disease.

Such herbs could be used in various forms for administration for attaining good health. In this article we have compiled these groups mentioned by *Acharya Sushrut* as per the predominance of doshas and as per the disease mentioned in their usage. And specifically which gana can be used in which dosha disequilibrium.

Purpose: At glance availability of scattered group of herbs helpful to ease the treatment protocol.

It is the need of time to unbox these kind of unsaid concepts for better understanding and easier treatment of complex disease.

MATERIALS: *Sushrut Samhita* was used for gathering the data.

Effect of *gana* as per *doshas* on a birds view

:

Effect on the dosh/ bodily humors	Groups name
Vaat dosha hara	Eladi, Prushakaadi, Virataraadi, Vidaryaadi, Vatsakadi
Pitta dosha hara	Ambashtadi, Anajanadi, Guduchyadi, Nyagrodhadi, Padmakadi, Priyangavadi, Sarivadi
Kapha dosha hara	Amalakyadi, Aragvadhdi, Arkadi, Asanadi, Guduchadi, Mustaadi, Mushkakaadi, Nyagrodhadi, Shyamadi, Sursadi, Trikatu, Ushakadi, Vatsakadi, Varunadi
Vaat pitta dosha hara	Laghupanchamoola, Padmakadi, Vidarigandhadi
Vaat kapha dosha hara	Bhruhatpanchamool, Eladi, Vatsakadi,
Pitta kapha dosha hara	Guduchadi, Lakshadi, Patoladi, Triphaladi,
Rakta pitta dosha hara	Kantakpanchamool, Nyagrodadi, Sarivaadi, Trunapanchamool, Vallipanchamool

Table 1 : Gross classification of Sushrutokta Gana

DISCUSSION: The initial series shows the effect of herbs mentioned in Samhita on the dosha in the body (*Vaat, pitta, kapha* and as per

Sushrutacharya rakta). Later on, as mentioned we can see different herbal groups used to treat various disease on human body.

1) *Ekadoshaj* and *Tridoshaj* classificationⁱ

<i>Sr No</i>	<i>Rogagnata</i>	<i>Vataj</i>	<i>Pittaj</i>	<i>Kaphaj</i>	<i>Tridoshaj</i>
1	<i>Aamaatisar</i> (Diarrhoea)	-	-	<i>Vachadi,</i> <i>Haridradi</i>	-
2	<i>Agnimandya</i> (Low digestive fire)	-	-	<i>Trikatu,</i> <i>Varunadi</i>	-
3	<i>Angamarda</i> (Bodyache)	<i>Vidarigandhadi</i>	-	-	-
4	<i>Antardaha</i> (Internal Burning sensation)	-	<i>Anjanadi</i>	-	-
5	<i>Abhyantar vidhradhi</i> (Internal abcess)	-	-	<i>Varunadi</i>	-
6	<i>Arochaka</i> (Anorexia)	-	-	<i>Surasadi,</i> <i>Shyamadi,</i> <i>Amalakyadi</i>	-
7	<i>Arsha</i> (Piles)	-	-	<i>Mushkakadi</i>	-
8	<i>Ashmari</i> (Calculi)	<i>Veerataradi</i>	-	<i>Ushakadi,</i> <i>Mushkakadi</i>	-
9	<i>Bruhan</i> (Nourishment)	<i>Vidarigandhadi</i>	-	-	-
10	<i>Daah</i> (Burning sensation)	-	-	-	-
11	<i>Dipan</i> (Carminative)	-	-	<i>Trikatu</i>	-
12	<i>Dushta vrana</i> <i>Vishodhan</i> (Wound cleanser)	-	-	<i>Aaragwadhadi</i>	-
13	<i>Gulma</i> (Gaseous tumor)	<i>Vidarigandhadi</i>	-	<i>Varunadi,</i> <i>Ushakadi,</i> <i>Mushkakadi,</i> <i>Shyamadi,</i> <i>Trikatu</i>	-
14	<i>Hrudya</i> (Cardiotonic)	<i>Vidarigandhadi</i>	-	-	-
15	<i>Hrudrog</i> (Cardiac disease)	-	-	<i>Shyamadi</i>	-
16	<i>Jivan</i> (Improve general stamina)	-	-	-	-
17	<i>Jwar</i> (Fever)	-	-	<i>Aamlakyadi,</i> <i>Aaragwadhadi</i>	-
18	<i>Kaas</i> (Cough)	<i>Vidarigandhadi</i>	-	<i>Surasadi</i>	-
19	<i>Kamala</i>	-	-	-	-

	(Hepatitis)				
20	<i>Kandu</i> (Itching)	-	-	<i>Aaragwadhadi</i>	-
21	<i>Krumi</i> (Worms)	-	-	<i>Asnadi, Arkadi, Surasadi</i>	-
22	<i>Kushta</i> (Skin disorders)	-	-	<i>Aaragwadhadi, Asanadi, Arkadi, Salasaradi, Trikatu</i>	-
23	<i>Medorog</i> (Obesity)	-	-	<i>Asnadi, Varunadi, Ushakadi, Nyagrodhadi</i>	-
24	<i>Mala pachak</i> (Improves quality of stool)	-	-	-	<i>Mustadi</i>
25	<i>Mutradosh</i> (Urinary disorders)	-	-	-	-
26	<i>Mutraghat</i> (Urine retention)	<i>Veerataradi</i>	-	-	-
27	<i>Mutrakruchya</i> (Difficulty to pass urine)	<i>Parushakadi, Veerataradi</i>	-	<i>Ushakadi, Shyamadi</i>	-
28	<i>Mutrashrakara</i> (Gravel in urine)	<i>Veerataradi</i>	-	-	-
29	<i>Netrarog</i> (Ophthalmic disease)	-	-	<i>Aamalakyadi</i>	-
30	<i>Prameha</i> (Diabetes)	<i>Parushakadi</i>	-	<i>Aaragwadhadi, Aasnaadi, Mushkakadi, Salasaradi, Trikatu</i>	-
31	<i>Paachan</i> (Improves digestion)	-	-	-	-
32	<i>Pandu</i> (Anaemia)	-	-	<i>Asnadi, Mushkakadi, Salasaradi</i>	-
33	<i>Pitika kotha nashanam</i> (Skin eruptions)	-	-	-	-
34	<i>Pakvaatisar</i> (Dysentery)	-	<i>Priyangvadi, Ambashthadi</i>	-	-
35	<i>Pratishay</i> (Running nose)	-	-	<i>Surasadi</i>	-
36	<i>Prinan</i> (Nourishment)	-	-	-	-
37	<i>Raktapitta</i>	-	-	-	-

	(Bleeding disorder)				
38	<i>Sandhan</i>	-	<i>Priyangvadi, Ambashthadi</i>	-	-
39	<i>Shirashool</i> (Headache)	-	-	<i>Varunadi</i>	-
40	<i>Shool</i> (General ache)	-	-	-	-
41	<i>Shosha</i> (Inflammation)	<i>Vidarigandhadi</i>	-	-	-
42	<i>Shukra</i> (Azoospermia)	-	-	<i>Mushkakadi</i>	-
43	<i>Shwas</i> (Breathlessness)	<i>Vidarigandhadi</i>	-	<i>Surasadi</i>	-
44	<i>Shwitra</i> (Vitiligo)	-	-	<i>Asnadi</i>	-
45	<i>Stanyakar</i> (Galactagogue)	-	-	-	-
46	<i>Sthambhi</i> (Arresting)	-	-	<i>Rodhradi</i>	-
47	<i>Sthanyadosh</i> (Breast milk disease)	-	-	<i>Vachadi, Haridradi</i>	<i>Mustadi</i>
48	<i>Tridosha Vikar</i> <i>Aamdosh</i> (Indigestion)	-	-	-	-
49	<i>Trushana</i> (Excess Thirst)	<i>Parushakadi</i>	-	-	-
50	<i>Twacha rog</i> (Skin disease)	-	-	<i>Trikatu</i>	-
51	<i>Udar rog</i> (Ascitis)	-	-	<i>Aamalakyadi</i>	-
52	<i>Vami</i> (Anti emetic)	-	-	<i>Aaragwadhadi</i>	-
53	<i>Varnya</i> (Skin enhancer)	-	-	-	-
54	<i>Visha</i> (Poison)	-	<i>Anjanadi</i>	<i>Aaragwadhadi, Nyagrodhadi, Arkadi, Shyamadi</i>	-
55	<i>Visham jvar</i> (Chronic fever)	-	-	-	-
56	<i>Vranaropak</i> (Wound healer)	-	<i>Priyangvadi, Ambashthadi</i>	-	-
57	<i>Vranashodhak</i> (Wound cleanser)	-	-	<i>Arkaadi, Surasadi</i>	-
58	<i>Vrushya</i> (Aphrodasiac)	-	-	<i>Aamlakyadi</i>	-

Table 2 : Classification of Gana in Single Dosha Disequilibrium

2) Samsargaj Dosha

Sr No	Roga Ghnata	Vaat Pittaj	Pitta Kaphaj	Vaat Kaphaj	Rakta Pittaj
1	Aamaatisar	-	-	-	-
2	Agnimandya	-	Triphala, Guduchyadi	-	-
3	Angamardaa	-	-	-	-
4	Antardaha	-	-	-	-
5	Antarvidhradhi	-	-	-	-
6	Arochaka	-	Patoladi	-	-
7	Arsha	-	-	Vatsakadi	-
8	Ashmari	-	-	-	-
9	Bruhan	Padmakadi, Laghupancha mool	-	-	-
10	Daah	-	Guduchyadi	-	Sarivadi Nyagrodhadi
11	Dipan	-	Triphala	Bruhat Panchamool	-
12	Dushta Vrana Vishodhan	-	Lakshadi	-	-
13	Gulma	-	-	Vatsakadi	-
14	Hrudya	-	-	-	-
15	Hrudrog	-	-	-	-
16	Jivan	Padmakadi	-	-	-
17	Jwar	Laghupancha mool	Patoladi, Guduchyadi	Vatsakadi, Bruhatpancha mool	Saarivadi
18	Kaas	-	-	-	-
19	Kamala	-	Patoladi	-	-
20	Kandu	-	-	Eladi	-
21	Krumi	-	Lakshadi	-	-

22	<i>Kushta</i>	-	<i>Lakshadi, Patoladi, Triphala</i>	-	-
23	<i>Medorog</i>	-	-	-	-
24	<i>Mala Pachak</i>	-	-	-	-
25	<i>Mutradosh</i>	-	-	-	<i>Trunapanchamool</i>
26	<i>Mutraghata</i>	-	-	-	-
27	<i>Mutrakru hya</i>	-	-	-	<i>Trunapanchamool</i>
28	<i>Mutrashra kara</i>	-	-	-	-
29	<i>Netrarog</i>	-	<i>Triphala</i>	-	-
30	<i>Prameha</i>	-	<i>Triphala</i>	-	<i>Vallipanchamool</i>
31	<i>Paachan</i>	<i>Laghupancha mool</i>	-	<i>Bruhatpancha mool</i>	-
32	<i>Pandu</i>	-	-	-	-
33	<i>Pitika Kotha Nashanam</i>	-	-	<i>Eladi</i>	-
34	<i>Pakvaatisa r</i>	-	-	-	-
35	<i>Pratishay</i>	-	-	-	-
36	<i>Prinan</i>	<i>Padmakadi</i>	-	-	-
37	<i>Raktapitta</i>	-	-	-	<i>Saarivadi, Nyagrodhadi, Valli Panchamool, Kantakpanchamool. Trunapanchamool</i>
38	<i>Sandhan</i>	-	-	-	<i>Nyagrodhadi</i>
39	<i>Shirashool</i>	-	-	-	-
40	<i>Shool</i>	-	-	<i>Vatsakadi</i>	-
41	<i>Shosha</i>	-	-	-	-
42	<i>Shukra</i>	-	-	-	-
43	<i>Shwas</i>	<i>Laghupancha mool</i>	-	<i>Bruhatpanchm ool</i>	-
44	<i>Shwitra</i>	-	-	-	-
45	<i>Stanyakar</i>	<i>Padmakadi</i>	-	-	-

46	<i>Sthambhi</i>	-	-	-	-
47	<i>Sthanyado sh</i>	-	-	-	-
48	<i>Tridosha Vikar Aamdosh</i>	<i>Laghupancha mool</i>	-	<i>Bruhatpancha mool</i>	-
49	<i>Trushana</i>	-	<i>Guduchyadi</i>	<i>Saarivadi, Nyagrodhadi</i>	-
50	<i>Twacha Rog</i>	-	-	-	-
51	<i>Udar Rog</i>	-	-	-	-
52	<i>Vami</i>	-	<i>Patoladi, Guduchyadi</i>	-	-
53	<i>Varnya</i>	-	-	<i>Eladi</i>	<i>Nyagrodhadi</i>
54	<i>Visha</i>	-	<i>Patoladi</i>	<i>Eladi</i>	-
55	<i>Visham Jvar</i>	-	<i>Triphala</i>	-	-
56	<i>Vranaropa k</i>	-	-	-	-
57	<i>Vranashod hak</i>	-	<i>Lakshadi</i>	-	-
58	<i>Vrushya</i>	<i>Padmakadi</i>	-	-	-

Table 2 : Classification of Gana in 2 Dosha Disequilibrium

3) So, in the further chapters wherever *Sushrutacharya* has explained treatment of disease, he has just mentioned the expected karma instead of mentioning it in total. Probably this is done in order to concise the text. Any one in distress can use the single or all the contents mentioned in the *gana*. Like that mentioned in the *Samhita* further Eg.

1. Treatment of *dushti vrana* – Use of decoction made from *Aragwadhadi* and *Surasaadi gana* for washing of wound is advisable. ⁱⁱ

2. Treatment of *Kaphaj Ashmari* – use of *Varunadi* and *Ushakadi gana* are mentioned. ⁱⁱⁱ

3. Treatment of *Prameha* – For healthy subject use of *Nikumbhadi Tail* or *Priyangvadi siddha ghrut* for *vaman* and *teevra Virechan*. Post *Virechan* use of *Shunthi, devdaru, Musta* along with honey and *saindhav* salt plus the *surasadi gana* for administration of *asthapana basti*. In case of existence of burning sensation use of *Nyagrodhadi gana kashay* as *asthapan basti* without *sneha* can be done. ^{iv}

4. Treatment of *Atisaar* – Use of *pippalyadi gana* for processing *changeri* juice and 4 times curd to make *ghrutpak*.

- Use of *deepan, pachan and grahi kalpa* is always advisable^v

Here *Deepani* = *pippalyadi gana*,
Paachani = *Mustadi gana* and *Grahi* =
Ambashtadi gana.

PAST STUDIES:

1. Acharya *Sushrutokta gana* and their pharmacological actions – a review (Rabb. U, 2023)^{vi}
2. Evaluation of *Rodhradi Gana (Sushrutokta)* in *Yoni roga* w.s.r. PCOS – a clinical study showing the usage of *Rodhradi gana ghanavati* in *yni roga* with effective results.(Meena A,2022)^{vii}
3. Understanding the role of *Sushrutokta Salsaradi Gana* in *Panduroga*. (Singh H, et al,2022)^{viii}

CONCLUSION

Ayurveda is a science where not only the treatment protocols are already mentioned

clearly and stand true even in today's times, but also there has been immense freedom given to the Practitioner to decide the treatment as per the individual's conditions. The purpose of this classification was to get a clear vision about these *Gana's* at one glance. This classification will help the researchers and practitioners to easily use the groups based on the *doshaj* conditions.

FURTHER SCOPE

Many eminent Ayurveda Practitioners have already been using these compound formulations for better results in various disorders successfully, as those mentioned in the previous work done section and otherwise too. The exploration of other *Gana's* too can be done, clinically to get an evidence based efficacy outcome based on the both Ayurvedic and Contemporary Science parameters.

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ⁱⁱⁱ 2019. *Sushrut Samhita*. Varanasi: Chaukhambha Surbharti Prakashan. Vol II, pg 235, shlok 14,16

^{iv} 2019. *Sushrut Samhita*. Varanasi: Chaukhambha Surbharti Prakashan. Vol II, pg 268, shlok 6

^v 2019. *Sushrut Samhita*. Varanasi: Chaukhambha Surbharti Prakashan. Vol III, pg 319, shlok 180-181

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