

DETAILED AYURVEDIC PHARMACOLOGY (DRAVYAGUNA)

Drug Name	Rasa (Taste)	Guna (Properties)	Virya (Potency)	Vipaka (Post-digestive effect)	Prabhava (Specific action)	Karma (Therapeutic action)	Dosha Effect	Clinical Use
Haritaki	Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Grahi, Anulomana	Anulomana, Dipana, Rasayana	Vata Kapha	Constipation, Digestive disorders, Rejuvenation
Amalaki	Amla	Ruksha, Laghu	Ushna	Madhura	Rasayana	Balya, Rasayana, Jwaraghna	Pitta Vata	Anemia, Jaundice, Fever, Rejuvenation
Bibhitaki	Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosahara	Anulomana, Kaphahara, Rasayana	Vata Kapha	Constipation, Respiratory disorders, Rejuvenation
Guduchi	Tikta	Laghu, Snigdha	Ushna	Madhura	Rasayana, Jwaraghna	Balya, Agnivardhaka, Rasayana	Tridosha	Fever, Immunity booster, Jaundice
Shatavari	Madhura	Snigdha, Guru	Sheeta	Madhura	Stanyajana	Balya, Medhya, Stanyajana	Pitta Vata	Lactation, Female reproductive disorders, Weakness
Pippali	Tikta, Katu	Laghu, Snigdha	Ushna	Madhura	Deepana, Rasayana	Deepana, Pachana, Pranavardhaka	Vata Kapha	Digestive disorders, Respiratory disorders, Weakness

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Triphala	Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Anulomana, Rasayana	Digestive stimulant, Detox, Rejuvenation	Tridosha	Constipation, Digestive disorders, Immunity booster
Ashwagandha	Katu, Tikta	Guru, Snigdha	Ushna	Madhura	Rasayana, Balya	Balya, Medhya, Rasayana	Vata Kapha	Weakness, Stress, Immunity booster
Neem (Nimba)	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu	Krimighna	Krimighna, Pittaghna, Shothahara	Pitta Kapha	Skin diseases, Infections, Fever
Brahmi	Tikta	Laghu, Snigdha	Sheeta	Madhura	Medhya	Medhya, Rasayana	Pitta Vata	Memory, Cognitive disorders, Stress
Gudmar	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Madhura	Medhya, Raktaprasada	Madhumeha, Rasayana	Kapha Pitta	Diabetes, Sweet cravings, Rejuvenation
Trikatu	Katu	Laghu, Tikshna	Ushna	Katu	Deepana, Pachana	Digestive stimulant, Metabolism booster	Kapha Vata	Indigestion, Obesity, Kapha disorders
Triphala Guggulu	Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Deepana, Pachana, Lekhana	Obesity, Joint disorders, Detox	Tridosha	Obesity, Arthritis, Constipation
Haridra (Turmeric)	Tikta, Katu	Laghu, Ruksha	Ushna	Madhura	Shothahara, Krimighna	Anti-inflammatory, Antimicrobial	Vata Pitta	Skin disorders, Wounds, Arthritis

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Manjistha	Tikta	Laghu, Ruksha	Sheeta	Madhura	Raktaprasadana	Blood purifier, Skin health	Pitta Kapha	Skin disorders, Jaundice, Blood purification
Kutki	Tikta	Laghu, Ruksha	Ushna	Madhura	Agnivardhaka, Pittaghna	Liver disorders, Detox	Pitta Kapha	Jaundice, Liver ailments, Dyspepsia
Bhumi Amla	Tikta	Laghu, Ruksha	Sheeta	Madhura	Mutrala, Shothahara	Urinary disorders, Anti-inflammatory	Pitta Kapha	UTI, Liver disorders, Kidney disorders
Gokshura	Madhura	Laghu, Snigdha	Sheeta	Madhura	Mutrala, Shothahara	Urinary disorders, Rejuvenation	Vata Kapha	Urinary stones, Kidney disorders, Rejuvenation
Amla Guggulu	Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Shothahara, Medhya	Obesity, Detox, Arthritis	Vata Kapha	Obesity, Arthritis, Constipation
Punarnava	Tikta, Kashaya	Laghu, Snigdha	Ushna	Madhura	Mutrala, Shothahara	Edema, Kidney disorders	Vata Kapha	Edema, Ascites, Kidney diseases
Trivrit	Tikta	Laghu, Ruksha	Ushna	Madhura	Virechana, Anulomana	Constipation, Detox	Vata Pitta	Constipation, Liver disorders, Skin diseases
Eranda (Castor)	Katu	Laghu, Ruksha	Ushna	Madhura	Virechana, Anulomana	Constipation, Edema	Vata Kapha	Constipation, Edema, Skin disorders

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Arogyavardhini Vati	Tikta, Katu	Laghu, Ruksha	Ushna	Madhura	Jwaraghna, Medhya	Liver disorders, Digestive	Pitta Kapha	Jaundice, Liver disorders, Digestive disorders
Chitrak	Katu, Tikta	Laghu, Ushna	Ushna	Madhura	Deepana, Pachana	Digestive disorders, Metabolism	Kapha Vata	Indigestion, Obesity, Dyspepsia
Shilajit	Tikta, Katu	Guru, Snigdha	Ushna	Madhura	Rasayana, Balya	Strength, Rejuvenation, Sexual health	Vata Kapha	Weakness, Sexual disorders, Rejuvenation
Vidanga	Katu	Laghu, Ruksha	Ushna	Katu	Krimighna	Anti-parasitic, Digestive	Kapha Pitta	Worm infestations, Digestive disorders
Guggulu	Tikta, Katu	Laghu, Ruksha	Ushna	Madhura	Lekhana, Shothahara	Arthritis, Obesity, Detox	Vata Kapha	Arthritis, Obesity, Lipid disorders
Lodhra	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Madhura	Shothahara, Stanyajana	Uterine disorders, Skin	Pitta Kapha	Menstrual disorders, Skin disorders
Ashoka	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Madhura	Stanyajana, Shothahara	Menstrual disorders, Uterine health	Pitta Kapha	Menstrual disorders, Dysmenorrhea
Arjuna	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Madhura	Hridya, Shothahara	Heart tonic, Edema	Pitta Vata	Heart disorders, Angina, Edema
Bala	Madhura	Snigdha, Guru	Sheeta	Madhura	Balya, Rasayana	Strength, Rejuvenation	Vata Kapha	Weakness, Fatigue,

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								Rejuvenation
Gojivha (Indian Gooseberry)	Amla	Ruksha, Laghu	Ushna	Madhura	Rasayana, Balya	Immunity, Digestive	Pitta Vata	Immunity booster, Liver disorders, Rejuvenation
Haridra + Guduchi combination	Tikta	Laghu, Ruksha	Ushna	Madhura	Rasayana, Shothahara	Immunity, Detox	Tridosha	Fever, Skin disorders, Immunity
Shankhpushpi	Madhura	Laghu, Snigdha	Sheeta	Madhura	Medhya	Memory, Cognitive enhancement	Vata Pitta	Stress, Memory disorders, Cognitive function
Yashtimadhu (Licorice)	Madhura	Snigdha, Laghu	Sheeta	Madhura	Deepana, Pachana	Cough, Digestive	Vata Pitta	Respiratory disorders, Gastritis, Ulcers
Vidari	Madhura	Snigdha, Laghu	Sheeta	Madhura	Balya, Medhya	Strength, Sexual health	Vata Kapha	Weakness, Sexual disorders, Rejuvenation
Chakramarda	Tikta	Laghu, Ushna	Ushna	Madhura	Shothahara, Balya	Anti-inflammatory, Strength	Vata Pitta	Joint pain, Weakness, Edema
Vacha	Tikta	Laghu, Ruksha	Ushna	Madhura	Medhya, Deepana	Cognitive enhancement, Digestive	Vata Kapha	Memory, Indigestion, Weakness
Shatavari + Guduchi	Madhura, Tikta	Snigdha, Laghu	Sheeta	Madhura	Balya, Rasayana	Immunity, Female	Vata Pitta	Weakness, Lactation, Immunity

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						reproductive health		
Kutki + Punarnava	Tikta	Laghu, Ruksha	Ushna	Madhura	Agnivardhaka, Mutrala	Liver health, Detox	Pitta Kapha	Jaundice, Liver disorders, Edema

Dosha-wise Dravyaguna Chart (Fast Revision)

Dosha Disorder	Drug Name	Main Actions (Karma)	Clinical Use
Vata Disorders	Ashwagandha	Balya, Rasayana, Medhya	Weakness, Stress, Rejuvenation
	Bala	Balya, Rasayana	Fatigue, Weakness, Pediatric disorders
	Vacha	Medhya, Deepana	Cognitive disorders, Digestive issues
	Shatavari	Balya, Stanyajanana	Female reproductive weakness, Lactation
	Guggulu	Lekhana, Shothahara	Arthritis, Obesity, Joint disorders
	Pippali	Deepana, Pachana	Respiratory and digestive disorders
	Triphala	Anulomana, Rasayana	Constipation, Digestive issues, Detox
	Eranda (Castor)	Virechana, Anulomana	Constipation, Edema
	Vidari	Balya, Medhya	Sexual weakness, Rejuvenation
Pitta Disorders	Amalaki	Rasayana, Balya	Liver disorders, Anemia, Immunity
	Guduchi	Rasayana, Jwaraghna	Fever, Immunity, Jaundice
	Haridra (Turmeric)	Shothahara, Krimighna	Skin disorders, Anti-inflammatory
	Kutki	Agnivardhaka, Pittaghna	Jaundice, Liver disorders, Detox
	Manjistha	Raktaprasadana	Blood purifier, Skin health
	Shankhapushpi	Medhya	Cognitive disorders, Stress relief
	Ashoka	Stanyajanana, Shothahara	Menstrual disorders, Uterine health
	Lodhra	Shothahara, Stanyajanana	Menstrual and skin disorders
Kapha Disorders	Trikatu	Deepana, Pachana	Indigestion, Metabolism booster

Dosha Disorder	Drug Name	Main Actions (Karma)	Clinical Use
	Pippali	Deepana, Pachana	Respiratory and digestive disorders
	Gokshura	Mutrala, Shothahara	Urinary disorders, Kidney health
	Triphala	Anulomana, Rasayana	Constipation, Detox, Immunity
	Punarnava	Mutrala, Shothahara	Edema, Kidney disorders
	Trivrit	Virechana, Anulomana	Constipation, Liver disorders, Detox
	Eranda	Virechana, Anulomana	Constipation, Edema, Skin disorders
	Guggulu	Lekhana, Shothahara	Arthritis, Obesity, Detox
Tridosha / Balanced / General Rasayana	Triphala	Anulomana, Rasayana	Constipation, Immunity, Detox
	Haritaki + Amalaki + Bibhitaki	Rasayana, Anulomana	Rejuvenation, Digestive, Detox
	Shatavari + Guduchi	Balya, Rasayana	Female health, Immunity, Strength
	Ashwagandha + Guduchi	Balya, Rasayana	Stress, Immunity, Rejuvenation
	Shilajit	Rasayana, Balya	Strength, Sexual health, Rejuvenation
	Brahmi	Medhya, Rasayana	Memory, Stress relief, Cognitive enhancement
	Arogyavardhini Vati	Jwaraghna, Medhya	Liver disorders, Digestive disorders

Key points

1. **Vata disorders:** Use **Balya, Snigdha, Ushna drugs** for weakness, constipation, and neurological issues.
2. **Pitta disorders:** Use **Sheeta, Tikta drugs** for liver, blood, and inflammatory conditions.
3. **Kapha disorders:** Use **Ushna, Tikta-Katu drugs** for obesity, edema, and respiratory disorders.
4. **Tridosha / Rasayana:** Drugs like **Triphala, Guduchi, Ashwagandha** act on all doshas for **rejuvenation, immunity, and general health**.

Classification by Therapeutic Action (Karma)

Karma (Action)	Drug Examples	Dosha Effect	Clinical Use
Rasayana (Rejuvenative)	Amalaki, Guduchi, Haritaki, Ashwagandha	Tridosha	Immunity, longevity, strength, rejuvenation
Balya (Strengthening)	Bala, Shatavari, Ashwagandha, Gokshura	Vata Kapha	Weakness, fatigue, pediatric/geriatric care
Deepana-Pachana (Digestive stimulant)	Pippali, Chitrak, Trikatu	Kapha Vata	Indigestion, poor appetite, metabolic disorders
Anulomana (Laxative/Regulates channels)	Haritaki, Triphala, Eranda	Vata Kapha	Constipation, detoxification, bowel regulation
Mutrala (Diuretic)	Punarnava, Gokshura, Bhumi Amla	Kapha Pitta	Edema, urinary disorders, kidney health
Shothahara (Anti-inflammatory/Edema reducing)	Guggulu, Haridra, Punarnava	Vata Pitta	Arthritis, edema, inflammation
Medhya (Brain tonic/Cognitive enhancer)	Brahmi, Shankhapushpi, Vacha	Vata Pitta	Memory, stress, cognitive disorders
Krimighna (Anti-parasitic/Anthelmintic)	Vidanga, Neem, Haridra	Kapha Pitta	Worm infestations, intestinal parasites

Classification by Organ/System Specificity

System / Organ	Drug Examples	Karma (Therapeutic Action)	Clinical Use
Hridya (Cardiac / Heart)	Arjuna, Pushkarmoola, Guduchi	Hridya, Balya	Heart disorders, angina, edema
Medhya (Brain / Nervous system)	Brahmi, Shankhapushpi, Vacha	Medhya, Rasayana	Memory, cognitive disorders, stress
Stanyajanana (Lactation / Female reproductive)	Shatavari, Lodhra, Ashoka	Balya, Stanyajanana	Lactation, menstrual disorders, reproductive health
Muttrala (Urinary system)	Gokshura, Punarnava, Bhumi Amla	Muttrala, Shothahara	UTI, kidney stones, edema
Jwaraghna (Fever / Infection)	Guduchi, Amalaki, Haridra	Jwaraghna, Rasayana	Fever, immunity, infections
Kushthaghna (Skin / Dermatology)	Neem, Manjistha, Haridra	Krimighna, Shothahara	Skin disorders, infections, eczema
Agnivardhaka (Digestive system / Metabolism)	Trikatu, Pippali, Chitrak	Deepana-Pachana	Indigestion, metabolic disorders, obesity
Sothahara (Anti- inflammatory / Joint disorders)	Guggulu, Punarnava, Haridra	Shothahara	Arthritis, edema, inflammation
Raktaprasadaka (Blood purifier)	Manjistha, Guduchi, Neem	Raktaprasadaka	Skin disorders, liver disorders, blood purification

For Notes
