

**“AN ASSESSMENT OF VIRYA BY ENDOTHERMIC & EXOTHERMIC
REACTION OF SELECTED DRUGS FROM ‘HARITAKYADI VARGA’ W.S.R. TO
‘BHAVPRAKASH NIGHANTU”**



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*“An Assessment of Virya by Endothermic & Exothermic Reaction of Selected Drugs from
‘Haritakyadi Varga’ W.S.R. To ‘Bhavprakash Nighantu”*

ABSTRACT

Objectives: To assess *shita virya dravya* on the basis of endothermic reaction & *ushna virya dravya* by exothermic reaction. Then compare parameters obtained by test with *virya* mentioned in classical literature.

Methodology: All 30 raw drug samples collected from ahmedabad market. Raw drug authentication was under raw drug authentication committee at Parul Institute of Ayurveda. Raw drugs samples are converted in to powder (*Churna*) form with following standard procedure in parul ayurvedic pharmacy. than experimental lab study started with 20 ml of Distilled water taken in a beaker and temperature were noted down for three time intervals (1 minute, 3 minutes and 5 minutes) after that 2 grams *churna* (powder) drug is added in Distilled water and stir it well with stirrer. Then again temperatures were noted down for three time intervals respectively. Changes of the temperature in 1 minute, 3 minutes and 5 minutes of intervals were noted down, Temperature will be analyzed by 'External probe sensor digital thermometer'. Lab experiments of all 30 drugs are done at normal room temperature on day time. All above lab study done in Central Research Laboratory, Parul Institute of Ayurved. At the end of the lab study observation and result noted down.

Results: Results obtained from observation shows that all 23 *Usna Virya* drugs like *Haritaki*, *Vibhitaki*, *Shunthi*, *Maricha*, *Pippalimula*, *Chitraka*, *Yavani*, *Jiraka*, *Dhanyaka*, *Shatpushpa*, *Methika*, *Chandrika*, *Vacha*, *Vidanga*, *Kampillaka*, *Rasna*, *Sarpagandha*, *Katphal*, *Bharangi*, *Manjishtha*, *Haridra*, *Daru Haridra*, *Chakramarda* respectively shows raise of temperature significantly. Results of observation shows all 6 *Sita Virya Dravya* drugs like *Amalaki*, *Mishreya*, *Yastimadhu*, *Katukee*, *Dhataki*, *Lodhra* respectively shows decrease of temperature followed by slight raise. In observation shows 1 *Anusna dravya*, *Pippali* shows significant raise of temperature.

Conlusions: From the observation of present study it can be concluded that all the *usna virya dravya* showed exothermic reaction and rise in the temperature were noted down from given time intervals respectively. Same as *shit virya dravya* showed endothermic reaction and decrease the temperature were noted down from 3 time intervals respectively. Therefore the results parameters

obtained by study are match with classical Ayurvedic reference and hypothesis is proved at end of study. *Virya* is having its own scope and application in the management of disease and clinical practice. Study revalidates estimation of *virya* of selected drug w.s.r. to *Bhavaprakash Nighantu*.

Keywords: *Virya, Endothermic, Exothermic, Haritakyadi Varga,*