

“-Determination of “RASA” selected from Mishrakadi gana dravyas by the Taste Threshold Methodology.”



Dissertation submitted as partial fulfillment for the degree of

Ayurveda Vachaspati
[Doctor of Medicine]
Specialty – Dravyaguna

Scholar

Dr.Hardik A Raval

Under the supervision of
Guide

Dr.Rekha Parmar

M. D. (Ayu.)

Professor & Head, Department of Dravyaguna

Department of Dravyaguna

Parul Institute of Ayurveda

Parul University, Limda, Vadodara, Gujarat-391760 (India).

Month- 2018

Enrollment No-150202204005

Abstract

Aims and objectives

To evaluate Intensity of RASA in a Mishrakadi gana Dravyas by Taste Threshold.

To prescribe suitable ausadhi to individual volunteers according to tar tam bhav of particular rasa as:

Use of intensity of particular rasa in volunteers

To fulfill this objectives study was divided out into five main sections,

1) Literary study

- a. Review of *Rasa*
- b. Review of taste
- c. Review of *Mishrakadi Gana*
- d. Drugs review
 - I. Madhura Triphala
 - II. Amla Panchaka
 - III. Panch Lavana
 - IV. Trikatu
 - V. Panch Tikta
 - VI. Panch Valkala

2) Experimental study

- a. Determination of taste of Dravyas Selected From Mishrakadi Gana
 - VII. Madhura Triphala
 - VIII. Amla Panchaka
 - IX. Panch Lavana
 - X. Trikatu
 - XI. Panch Tikta

XII. Panch Valkala

- 3) Discussion
- 4) Summary & conclusion

CONCEPTUAL STUDY

To obtain an absolute knowledge of the subject and to view the opinions of Acharyas in this perspective, conceptual study was with the phrases like; Ayurvedic concept of Rasa, modern aspect of taste, review of Mishrakadi Gana, Taste Threshold Of Dravyas Selected From Mishrakadi Gana

Review on Rasa:

Review comprises etymology, definition, characteristics of Rasa and its number, evolution and Panchamahabhautikatva, Rasa formation according to season, difference with Anurasa, characteristics, Rasopalabdhi (Mechanism of taste according to Ayurveda), classification, properties with its intensity, relation with Guna-Veerya-Vipaka, relation with Dosha-Desha, Rasa as Ahara and Aushadha, and general classification of Rasa are described under Ayurvedic view of Rasa.

In the context of Dravyaguna, Rasa is an important quality manifested by substances (compound substances) which makes a gustatory appeal. Rasa is mentioned as one among the seven Padarthas. According to all texts of Brihatrayee the genesis of different Rasa are same and the composition of Mahabhutas in each Rasa is also stated in a similar manner. Properties of Katu Rasa are Ruksha, Ushna, Tikshna and Laghu; these Gunas are due to Vayu and Agni Mahabhoota which are the basic constituents of Katu Rasa.

Modern review on taste:

Modern review comprises with primary sensations of taste, anatomy and physiology of taste, taste buds and taste papillae, taste transduction, and piquance perceptions correlated with Katu Rasa.

Total six numbers of the Rasas have been mentioned in the classical text of Ayurveda, but modern science accept only five as basic tastes, spiciness and astringency are chemesthesis, so not accepted as tastes by modern pharmacology. Umami is qualitatively different from sour, salty, sweet, or bitter and some physiologists consider it to be a separate, fifth category of primary taste stimuli. Latest research methods have been developed to measure the pungency of chilli pepper and which is measured by souville units.

EXPERIMENTAL STUDY

Determination of taste:

In the experimentation, Rasa of Dravyas selected from Misrakadi Gana were reassessed with the help of volunteers by using classical method. Taste threshold of b plants were also determined by using dilution method.

CONCLUSION

Ayurvedic classical texts have reported 6 tastes such as *Madhura, Amla, Lavana, Katu, Tikta, Kashaya*. whereas modern science does not accept *Katu* (pungent) and *Kashaya* (Astringent) as taste, but considered as chemesthesis. Though they have increased number of tastes as five by including Umami taste.