



ADVANCE RESEARCH IN AYURVEDIC DRUGS IN CURRENT ERA :-A REVIEW

Dr. Dipshikha Rakhunde

Associate Professor, Dravyaguna Vigyana, Shri Ayurved Mahavidyalaya Nagpur

ABSTRACT Ayurveda is a science of life with a holistic approach to health. With another it is one of the oldest medical systems. This system has ability to treat many chronic diseases which are mostly untreatable in modern medicine. Ayurvedic treatment is although highly effective, pharmacology, pharmacokinetics, and pharmacovigilance. There are many important Ayurvedic drugs are still not fully explored. In the modern medicine the research is going in day to day life so the modern drugs are available as early as possible according to the need of time. In ayurveda this process is little slowdown as compared to that. But still some drugs are available in ayurveda which result is impressive as compared to modern medicine.

KEYWORDS : Recent Research, Aurvedic Medicine

INTRODUCTION

There is lot of research in ayurveda drugs in which active principles are used in various preparations which are used in various diseases. The ayurvedic drugs are used in most of the diseases which are commonly found such as respiratory tract diseases, abdominal pain, fever, cough.

MATERIALS AND METHODS

Guduchi is a popular herb known as Giloy and its scientific name is *Tinospora cordifolia* has been used in therapeutics in Ayush systems. This is bitter and astringent in taste, hot potency and sweet post digestive effect. In COVID-19 pandemic saw a major spike in research as experts explored natural immunity boosters and holistic healthcare solutions. The further studies shows that its immune-modulatory, antiviral, and adaptogenic properties. Recent research on Amalaki, scientific name is *Embllica officinalis*, also known as Indian gooseberry, it has lavanrahit panchrasa, Madhur vipak and sheet virya. It has properties including antioxidant, anti-diabetic, and neuroprotective effects. It can help improve blood fluidity, lower cholesterol, and reduce blood pressure. Additionally, it is found that its potential role in managing conditions like liver fibrosis, Alzheimer's disease, and certain types of cancer. In Ayurveda Haritaki is one of the most important drug, botanical name is *Terminalia chebula*, it has lavanrahit panchrasa, Madhur vipak and ushna veerya and the research include studies on its bioactive compounds, pharmacological activities, and potential applications in functional foods and medicine. It has antioxidant, anti-cancer, hepatoprotective, and gut health-modulating properties. The recent research on Bibhitaki possesses significant antioxidant, anti-inflammatory, and antimicrobial properties, with potential benefits for liver health, blood sugar regulation, and even hair care. And it is used in managing conditions like premature graying of hair and iron deficiency anemia. Botanical name is *Terminalia bellerica*, it contains kashay rasa, Madhur vipak, ushna veerya. Recent research on pippali (*Piper longum*), it is a spice also known as long pepper, it contains katu rasa, Madhur vipak, ushna veerya, used as antimicrobial, anti-inflammatory, and respiratory health benefits, as well as its potential in treating conditions like rheumatoid arthritis. It explored variations in phytochemical composition between fresh and old pippali fruits, highlighting the impact of aging on bioactive compounds. It is also used as rasayan in ayurveda. Recent research highlights Shunthi (dried ginger, *Zingiber officinale*) as a promising natural remedy with various health benefits. Studies indicate its effectiveness in managing pain, particularly joint pain and inflammation associated with conditions like Amavata (rheumatoid arthritis). Additionally, Shunthi shows potential in supporting digestive health, boosting immunity, and even aiding in weight management when combined with other therapies. Recent research on Piper nigrum (black pepper) continues to explore its diverse pharmacological properties, particularly focusing on its active compound, piperine, and its potential in various health applications. Studies highlight its antioxidant, anti-inflammatory, and anticancer activities, along with its ability to enhance the bioavailability of other drugs and nutrients. Recent research on Vasa (*Adhatoda vasica*) focuses on its medicinal properties, particularly its role in respiratory ailments and the potential of its active compound, vasicine, as a bronchodilator. It has tikta, kashay rasa, katu vipak and sheet virya. Studies have explored various formulations, including Vasa arka (a distillate) and Vasa swarasa (juice), for nebulization and other

therapeutic applications. Further research is also examining its efficacy in treating conditions like coughs, asthma, and even COVID-19 symptoms. Recent research on Vidanga (*Embelia ribes*) focuses on its potential as an anti-inflammatory, antioxidant, and anti-diabetic agent, with a particular interest in its main bioactive component, embelin. It has kashay, katu rasa, katu vipak, ushna virya and as per ayurveda it has krimighna prabhav. Studies have also explored its use in treating worm infestations (Krimi Roga). In daily routine cardamom (*Elaeagnus angustifolia*) is used as a spice which contains katu, Madhur rasa, katu vipak, sheet virya and it possesses various health benefits, including cardiovascular support, antioxidant properties, and potential cancer-fighting capabilities and inflammation, improving blood lipid profiles, and even impacting cancer cell behavior. Like ela lavang (clove) also a spice is used in day to day life, katu, tikta rasa, sheet virya and katu vipak indicates its potential in various health areas, including antimicrobial, antioxidant, and anti-diabetic properties. It is also effective against dental pathogens, neuroprotective effects, and its role in improving glucose metabolism. Additionally, lavang is being investigated for its potential benefits in digestive health, respiratory issues, and even skin infections. Haridra is the most effective antibacterial agent used in daily routine which contains katu, tikta rasa, katu vipak and ushna virya. Haridra (turmeric, *Curcuma longa*) has focused on its anti-inflammatory, antioxidant, and antimicrobial properties, and it has also potential in managing conditions like diabetes, skin diseases, and even neurological disorders. Ayurvedic texts also highlight Haridra's role in detoxification, skin health, and pain relief. Recent research on Jirak (*Cuminum cyminum* or cumin) focuses on its nutritional value, medicinal properties, and potential applications, particularly within the context of Ayurvedic medicine. Studies have explored its antioxidant activity, role in digestive health, and potential benefits for respiratory and menstrual issues. Recent research indicates ajwain (*Trachyspermum ammi*) possesses a variety of medicinal properties, including anti-inflammatory, analgesic, antioxidant, and antimicrobial effects.

DISCUSSION

From above data it is discussed that, ayurvedic drugs has near about equal potential as compared to modern drugs. There is some drugs in ayurveda which is used in rasayan karma like amalaki, guduchi. As compared to modern there is effective drugs which are used in chronic diseases. Modern medicine mostly powerful in emergency treatment. In ayurveda, drugs have effective as anti-inflammatory, analgesic, bronchodilator effect. In such a way that the ayurvedic drugs are important in various ways.

CONCLUSION

From above discussion it is conclude that the ayurvedic drugs are equal important as compared to modern drugs. In some modern medicine there are some ayurvedic drugs constituents are used for better result.

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