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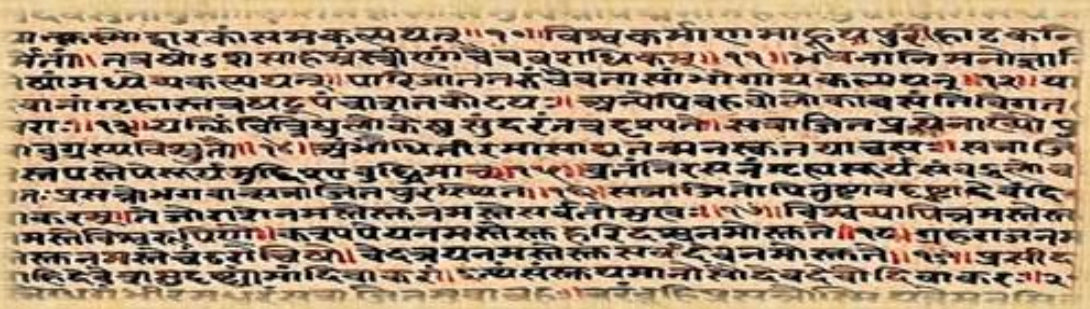

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Review Article

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A Critical Study of Oudbhida Dravya Mentioned in Charak Samhita Sutrasthana

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ABSTRACT:

This study critically review the Oudbhida Dravya (plant-based substances) mentioned in the Sutrasthana of the Charaka Samhita which are non-controversial, one of the foundational texts of Ayurveda. The research aims to identify, categorize, and analyze the plant drugs described within this section, focusing on their classification, properties (Rasa, Guna, Virya, Vipaka), and therapeutic indications as presented in the Sutrasthana. Furthermore, this study seeks to explore the underlying principles guiding the selection and application of these Oudbhida Dravya in maintaining health and treating diseases according to the core tenets established in the initial chapters of the Charaka Samhita. By systematically analyzing the textual references, this research intends to provide a comprehensive understanding of the significance and utilization of plant-based medicine as foundational knowledge within the Charaka Samhita's Sutrasthana.

Key words : Oudbhida Dravya, Charak Samhita, Oudbhida Dravya,

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Introduction

Ayurveda, the ancient Indian system of medicine, emphasizes the use of natural substances, particularly those derived from plants, for the maintenance of health and treatment of diseases. The Charak Samhita, a foundational text of Ayurveda, extensively details the therapeutic applications of these plant-based drugs, referred to as "Oudbhida Dravya." This article aims to provide a critical study of the Oudbhida Dravya mentioned in the Charak Samhita, examining their classification, identification, and significance in Ayurvedic medicine.[1]

The Charak Samhita is an extensive compilation of knowledge on healthcare, encompassing a wide range of topics from basic principles to detailed treatment modalities. Within this text, plants hold a position of paramount importance, featuring in various formulations and therapeutic applications. The understanding and utilization of these plant species reflect a deep-rooted tradition that has evolved over centuries.

India has a rich heritage of plant diversity, with a significant portion of its flora having medicinal value. According to the World Health Organization (WHO), a substantial number of plant species are used globally for medicinal purposes, and India contributes a notable share to this global pharmacopeia.

While the Charak Samhita mentions a vast array of plant species, only a fraction is commonly utilized in contemporary Ayurvedic practice and the pharmaceutical industry. This discrepancy highlights the necessity for a focused study to:

- Identify the exact number of herbs mentioned in the Charak Samhita.
- Determine the most valuable drugs based on their frequency of mention and therapeutic versatility.

Such a study would serve to enhance the knowledge base of practitioners, researchers, and pharmaceutical manufacturers, promoting a more comprehensive and effective application of Ayurvedic medicine.

The Charak Samhita itself provides a framework for studying its contents, emphasizing the importance of understanding the therapeutic potential of various substances. It posits that there is nothing in the world that does not possess medicinal value, although not everything can be used to treat every condition.

Previous research in this area may be limited, further underscoring the need for the present study to contribute to the existing body of knowledge.

Objectives

This study has the following objectives:

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1. To identify the precise number of herbs mentioned in the Charak Samhita Sutrasthana, excluding synonyms and repetitions.
2. To determine the most valuable drugs based on their recurrence and utility in various disease conditions.

Materials and Methods

The study involves a comprehensive review of the Charak Samhita and relevant Ayurvedic literature. The primary source of data is the Charak Samhita itself, along with commentaries and translations. Additional references include:

- Ayurvedic texts and Nighantus (lexicons of medicinal plants).
- Modern botanical references and databases.

The methodology involves:

- Thoroughly reviewing the Charak Samhita sutrasthana to identify all mentioned herbs.
- Compiling a list of herbs, ensuring that synonyms and repetitions are excluded.

Oudbhida Dravya in Charak Samhita: Sutra Sthana[2]

The Sutra Sthana of Charak Samhita is particularly important as it lays the foundation for the entire text. It includes the Bheshaja Chatushka, which is a section dedicated to the classification and properties of drugs. Within the Bheshaja Chatushka, drugs are categorized based on various factors such as their origin, pharmacological action, and therapeutic use. This classification provides a structured framework for understanding and applying herbal medicines in clinical practice.

Table 1: Herbs Mentioned in Charak Samhita Sutra Sthana[3,4]

No	Drug Name (Sanskrit)	Charaka Commentary (Ck)	Yogindranath Sen (Ys)	Gangadhar Roy (Gr)	Botanical Source	Family
1	Abhaya/ Shiva	Ushira	Haritaki	Haritaki	*Terminalia chebula*, *Vetiveria zizanioides*	Combretaceae, Poaceae
2	Abhayam, Amrunala, Lamajjaka Veerana	-	Ushira	Ushira	-	Poaceae
3	Adhoguda	Pradhadaraka	Vridhhadaruka	Vridhhadaruka	*Argyreia speciosa* Sweet	Convolvulaceae
4	Agnimantha	-	Ganikarika	-	*Premna integrifolia* Linn	Verbenaceae

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5	Agnimukhi	Langali	Langali	Bhallataka	*Gloriosa superba* Linn	Liliaceae
6	Aindri	Goraksha-karkati	Gorakshakarkati	Gorakshakarkati	*Podophyllum hexandrum*	Berberidaceae
7	Ajagandha	Phokandi	Bastigandha	Ajamoda	*Gynandropsis gynandra*	Capparidaceae
8	Ajaji	-	Krishnajecraka	-	*Cuminum cyminum*	Apiaceae
9	Ajamoda	-	Vanayavani	Yavani	*Trachyspermum ammi*	Apiaceae
10	Akhuparni	Mushikaparni	Mushikaparni	Mushikaparni	*Ipomoea reniformis*	Convolvulaceae
11	Amalaki	-	-	-	*Emblica officinalis*	Euphorbiaceae
12	Ambashthaki	Akarnavidhha	Patha	Patha	*Cissampelos pareira*	Menispermaceae
13	Amogha	Patala/Amalaki	Patala	Patala	*Stereospermum personatum*	Bignoniaceae
14	Anna	-	-	-	*Mangifera indica*	Anacardiaceae
15	Amrataka	Amrataka	Neelabudhna	Neelanama	*Ipomoea hederacea*	Convolvulaceae
16	Arishta	Katurohini	Katurohini	Katurohini	*Picrorhiza kurroa*	Scrophulariaceae
17	Arjuna	-	Kakubha	-	*Terminalia arjuna*	Combretaceae
18	Arushkara	Bhallataka	Bhallataka	Bhallataka	*Semecarpus anacardium*	Anacardiaceae
19	Asana	-	Beejaka	Peetashala	*Pterocarpus marsupium*	Fabaceae
20	Ashmantaka	Maluyasa-drushya	Pashanabheda	-	*Bauhinia racemosa*	Caesalpiniaceae
21	Ashoka	-	-	-	*Saraca asoca*	Caesalpiniaceae
22	Ashwagandha	-	-	-	*Withania somnifera*	Solanaceae
23	Ashwakarna	-	Sarjakabheda	Shala	*Dipterocarpus alatus*	Dipterocarpaceae
24	Ashwattha	-	-	-	*Ficus religiosa*	Moraceae
25	Atasi	-	-	-	*Linum usitatissimum*	Linaceae
26	Atibala	Peetabala	-	Shwetabala	*Abutilon indicum*	Malvaceae
27	Atirasa	Shatavari	Shatavari	Shatavari	*Asparagus racemosus*	Liliaceae
28	Ativisha	-	-	-	*Aconitum heterophyllum*	Ranunculaceae

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29	Avyatha	Guduchi, Haritaki, Kadali	Amalaki	Amalaki, Lakshmana	*Emblica officinalis*	Menispermaceae
30	Badara	Brihat badara	-	-	*Ziziphus jujuba*	Rhamnaceae
31	Kuwala	Madhyabadara	Brihat badara	-	*Zizyphus sativus*	Rhamnaceae
32	Bala	-	Peetabala	-	*Sida cordifolia*	Malvaceae
33	Bhoorjapatra	Bhaurja grathi	Bhaurja grathi	Bhaurja grathi	*Betula utilis*	Betulaceae
34	Bhootika	Yavanika	Yavanika	Yavanika	*Trachyspermum ammi*	Apiaceae
35	Bibhitaka	-	-	-	*Terminalia bellirica*	Combretaceae
36	Bilva	-	-	-	*Aegle marmelos*	Rutaceae
37	Bimbi	Oshtopama phala	Raktaphala	Oshtopama phala	*Coccinia indica*	Cucurbitaceae
38	Brihati	-	-	-	*Solanum indicum*	Solanaceae
39	Chanda	Chorakapushpi	Chorakapushpi	Shankhapushpi	*Angelica archangelica*	Apiaceae
40	Chandana	-	-	-	*Santalum album*	Santalaceae
41	Changeri	-	-	-	*Oxalis corniculata*	Oxalidaceae
42	Chandana	-	-	-	*Santalum album*	Santalaceae
43	Chavya	-	Chavika	-	*Piper chaba* Hunter	Piperaceae
44	Chirabliva	Karanja	Karanja	Naktamala	*Pongamia pinnata*	Papilionaceae
45	Chitraka	-	-	-	*Plumbago zeylanica*	Plumbaginaceae
46	Dadhittha	Kapittha	Kapittha	-	*Feronia limonia*	Rutaceae
47	Dadima	-	-	-	*Punica granatum*	Punicaceae
48	Darbha	Uluyatruna	Uluyatruna	Uluyatruna	*Imperata cylindrica*	Poaceae
49	Dhamargava	Peetaghoshaka	Peetaghoshaka	-	*Luffa cylindrica*	Cucurbitaceae
50	Dhanvayasa	Duralabha	Duralabha	Duralabha	*Alhagi pseudalhagi*	Papilionaceae
51	Dhanyaka	-	-	-	*Coriandrum sativum*	Apiaceae
52	Dhataki	-	-	-	*Woodfordia fruticosa*	Lythraceae
53	Dhava	-	-	-	*Anogeissus latifolia*	Combretaceae
54	Dravanti	Danti	-	Dantibheda	*Croton tiglium*	Euphorbiaceae

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55	Ela/ Prithvika	-	Sthulaila	Sthula	*Amomum subulatum*	Zingiberaceae
56	Ela	-	-	Sukshmaila	*Elettaria cardamomum*	Zingiberaceae
57	Gambhari	-	-	-	*Gmelina arborea*	Verbenaceae
58	Gavakshi	Indravaruni	Shwetapushpa	Godumba	*Citrullus colocynthis*	Cucurbitaceae
59	Golomi	Bhutakeshi	Bhutakeshi	Bhutakeshi	*Corydalis govaniana*	Papaveraceae
60	Gundra	Hoggala	Hoggala	Trinavishesha	*Typha elephantina* Roxb	Typhaceae
61	Haremu	-	-	-	*Vitex agnus-castus*	Verbenaceae
62	Hardra	-	-	-	*Curcuma longa*	Zingiberaceae
63	Hema	Nagakeshara	Nagakeshara	Nagakeshara	*Mesua ferrea*	Guttiferae
64	Hemavati	Shwetavacha	Shwetavacha	Shwetavacha	*Iris germanica*	Iridaceae
65	Hinguniyasa	Hingu	Hingu	-	*Ferula foetida*	Apiaceae
66	Ikshu/Sitopala Sita	Sitasharkara	Sitasharkara	Sitasharkara	*Saccharum officinarum*	Poaceae
67	Kshuraka	Kokilaksha	Khagadika	Kokilaksha	*Asteracantha longifolia*	Acanthaceae
68	Ikshvaku	Tiktalabu	Katukalabu	Tiktalabu	*Lagenaria siceraria*	Cucurbitaceae
69	Irimeda	Khadirabheda	Vitkhadira	Vitkhadira	*Acacia leucophloea*	Mimosaceae
70	Itkata	-	Kharacchada	-	*Sesbania bispinosa*	Papilionaceae
71	Jala/Hribera	Valaka	Valaka	Valaka	*Pavonia odorata*	Malvaceae
72	Jambu	-	-	-	*Syzygium cumini*	Myrtaceae
73	Jimutaka	Ghoshakabheda	Devatadaka	Ghoshakabheda	*Luffa echinata*	Cucurbitaceae
74	Jyotishmati	-	Katabhi	Lataputaki	*Celastrus paniculatus*	Celastraceae
75	Kachhura, Rishabhi	Kapikachhu, Shukashimba	Shukashimba	Shukashimba	*Mucuna prurita*	Fabaceae
76	Kadara	Vit-khadira	Sita khadira	-	*Acacia suma*	Mimosaceae
77	Kaidarya	Parvatanimba	Katphala	-	*Ailanthus excelsa*	Simaroubaceae
78	Kakamachi	-	-	-	*Solanum nigrum*	Solanaceae
79	Kaleyaka	Kaliyakashtha	Krishnakashtha	-	*Coscinium fenestratum*	Menispermaceae
80	Kamala	Pundarika	Shwetapadma	Padmakinjala	*Nelumbo nucifera*	Nymphaeaceae

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81	Kampillaka	Gundarochanika	Rochanaka	Gundarochanika	*Mallotus philippinensis*	Euphorbiaceae
82	Kantakateri	Daruharidra	Daruharidra	Daruharidra	*Berberis aristata*	Berberidaceae
83	Karamarda	-	Karamla	-	*Carissa carandas*	Apocynaceae
84	Karavira	-	-	-	*Nerium indicum*	Apocynaceae
85	Karbudara	Shweta Kanchanara	Shweta Kanchanara	Shweta Kanchanara	*Bauhinia variegata*	Caesalpiniaceae
86	Karkandhu	-	Kshudrabadara	Shrigalakola	*Ziziphus nummularia*	Rhamnaceae
87	Kasha	-	-	-	*Saccharum spontaneum*	Poaceae
88	Kusheruka	-	-	-	*Scirpus kysoor*	Cyperaceae
89	Kataka	-	Ambuprasadana	-	*Strychnos potatorum*	Loganiaceae
90	Katruna	Gandhatruna	Gandhatruna	-	*Cymbopogon citratus*	Poaceae
91	Katvanga	-	Shyonaka	Shyonaka	*Oroxylum indicum*	Bignoniaceae
92	Kebuka	-	Puga	-	*Costus speciosus*	Zingiberaceae
93	Kharjura	-	-	-	*Phoenix dactylifera*	Palmae/Arecaceae
94	Kinihi/Aparajita/Shweta	Shwetanama aparajita	Shwetanama Aparajita Katabhi	Shwetanama Aparajita	*Clitoria ternatea*	Papilionaceae
95	Kiratatika	-	Bhunimba	-	*Swertia chirayita*	Gentianaceae
96	Kovidara	-	Rakta Kanchanara	Rakta Kanchanara	*Bauhinia purpurea*	Caesalpiniaceae
97	Krishnagandha	Shobhanjana	Shobhanjana	Shobhanjana	*Moringa pterygosperma*	Moringaceae
98	Kritavedhana	Jyotsnika	Ghosha Koshataki	Jyotsnika lataputaki	*Luffa acutangula*	Cucurbitaceae
99	Krutamala	Suvarnahali/Aragvadha	Shonalu Chaturangula	Shonalu	*Cassia fistula*	Fabaceae
100	Kshavaka	Chhikkakaraka	Chhikkakaraka	-	*Centipeda orbicularis*	Asteraceae
101	Kullrashringi	-	Karkatashringi	Karkatashringi	*Pistacia integerrima*	Anacardiaceae
102	Kusha	-	-	-	*Desmostachya bipinnata*	Poaceae
103	Kushtha	-	-	-	*Saussurea lappa*	Asteraceae
104	Kutaja	-	-	-	*Holarrhena antidysenterica*	Apocynaceae

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105	Kutheraka	Parnasa	Parnasabheda	Parnasabheda	*Ocimum basilicum*	Labiatae
106	Lakucha	-	Dahu	-	*Artocarpus lacucha*	Moraceae
107	Lashuna	-	-	-	*Allium sativum*	Liliaceae
108	Lata	Manjishtha	Manjishtha	Manjishtha	*Rubia cordifolia*	Rubiaceae
109	Lodhra/Tilvaka	Lodhra	Lodhrataru	Lodhrataru	*Symplocos racemosa*	Symplocaceae
110	Loham	-	Agaru	Agaru	*Aquilaria agallocha*	Thymelaeaceae
111	Madana	-	-	Madanaphala	*Catunaregam spinosa*	Rubiaceae
112	Madhooka	-	Gudapushpa	-	*Madhuca indica*	Sapotaceae
113	Madhuka	Yashtimadhu	Yashtimadhu	Yashtimadhu	*Glycyrrhiza glabra*	Fabaceae
114	Madhuparni	-	Guduchi	Guduchi	*Tinospora cordifolia*	Menispermaceae
115	Mahashweta	Shweta bheda	Shweta bheda	Shweta bheda	*Glycyrrhiza glabra*	Fabaceae
116	Mandookaparni	-	-	-	*Centella asiatica*	Apiaceae
117	Maricha	-	-	-	*Piper nigrum*	Piperaceae
118	Masha	-	-	-	*Phaseolus mungo*	Papilionaceae
119	Matulunga	-	-	-	*Citrus medica*	Rutaceae
120	Mishreya	-	-	-	*Foeniculum vulgare*	Apiaceae
121	Mocharasa, Shalmali	-	Shalmali	Shalmali	*Salmalia malabarica*	Bombacaceae
122	Mridvika	-	Draksha	-	*Vitis vinifera*	Vitaceae
123	Mudgaparni	-	-	-	*Phaseolus trilobus*	Papilionaceae
124	Nalada	Mansi	Mansi	Jatamansi	*Nardostachys jatamansi*	Valerianaceae
125	Nata	Tagarapadika	Tagara	Tagara	*Valeriana wallichii*	Valerianaceae
126	Neepa	Kadamba	Kadamba	Kadamba	*Anthocephalus cadamba*	Rubiaceae
127	Nichula/Vidula	Hijjala	Vetasa	Hijjala/Ambuvetasa	*Barringtonia acutangula*	Lecythidaceae
128	Nidigdhika	-	Kantakari	-	*Solanum xanthocarpum*	Solanaceae
129	Nilini/Nilika	Neelabunha	Neelapushpa	Nili	*Indigofera tinctoria*	Fabaceae

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130	Nimbu	-	-	-	*Azadirachta indica*	Meliaceae
131	Padma	-	Shweta utpala	Shweta utpala	*Nymphaea alba*	Nymphaeaceae
132	Padmaka	-	Padmakashtha	Padmakashtha	*Prunus cerasoides*	Rosaceae
133	Palankasha	Guggulu	Guggulu	Guggulu	*Butea monosperma*	Fabaceae
134	Palindi	Shyamalata	Shyamalata	Shyamalata	*Ichnocarpus frutescens*	Apocynaceae
135	Parooshaka	-	Mruduphala	-	*Grewia asiatica*	Tiliaceae
136	Patola	-	-	-	*Trichosanthes dioica*	Cucurbitaceae
137	Patra	Tamala	Tejaptra	Tejaptra	*Cinnamomum tamala*	Lauraceae
138	Payasya	Vidarikanda	Vidarikanda	Bhumikushmanda	*Pueraria tuberosa*	Fabaceae
139	Peelu	Auttarapathika	Auttarapathika	Kokanadeshe	*Salvadora persica*	Salvadoraceae
140	Phalgui	Kashtodumbara	-	Kashtodumbara	*Ficus hispida*	Moraceae
141	Phanijiaka	Parnasabheda	Parnasabheda	Parnasabheda	*Ocimum basilicum*	Labiatae
142	Pippali	-	-	-	*Piper longum*	Piperaceae
143	Plaksha	-	-	-	*Ficus lacor* Buch	Moraceae
144	Prakeerya-Udakeerya	Karanja-dwaya	Karanja-dwaya	Karanja-dwaya	*Pongamia pinnata*	Caesalpiniaceae
145	Prapumada	Engaja	Chakramarda	-	*Cassia tora*	Fabaceae
146	Pratyakpushpa	Apamarga	Apamarga	Apamarga	*Achyranthes aspera*	Amaranthaceae
147	Pratyakshreni	Danti	Danti	Mushikaparni	*Baliosperm um montanum*	Euphorbiaceae
148	Prishniparni	Vartulapatra	-	-	*Uraria picta*	Fabaceae
149	Priyala	-	-	-	*Buchanania lanzan*	Anacardiaceae
150	Punarnava	-	Raktapunarnava	-	*Boerhavia diffusa*	Nyctaginaceae
151	Pushkaramoola	-	Kashmirakanda	-	*Inula racemosa*	Asteraceae
152	Rajakshavaka	Dugdhika	Dugdhika	-	*Euphorbia hirta*	Euphorbiaceae
153	Rishyaprokta	Mashaparni	Mashaparni	Mashaparni	*Teramnus labialis*	Papilionaceae
154	Rudhira	Kumkuma	Kumkuma	Kumkuma	*Crocus sativus*	Iridaceae
155	Sadapushpi	Arka	Arka	Arka	*Calotropis procera*	Asclepiadaceae
156	Sahasraveerya	-	Doorva	Doorva	*Cynodon dactylon*	Poaceae

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157	Samanga	Varahakranta	Varahakranta	Varahakranta	*Mimosa pudica*	Mimosaceae
158	Saptala	Charmakasha	Charmakasha	Charmakasha	*Acacia concinna*	Mimosaceae
159	Saptaparna	-	Saptachada	Saptachada	*Alstonia scholaris*	Apocynaceae
160	Sariva	Anantamoola	Anantamoola	Anantamoola	*Hemidesmus indicus*	Asclepiadaceae
161	Sarja	-	Sarjarasa diuina	Diunaka	*Vateria indica*	Dipterocarpaceae
162	Sarshapa	-	-	-	*Brassica campestris*	Cruciferae
163	Shalieya	-	Shilapushpa	-	*Parmelia perlata*	Parmeliaceae
164	Shaivala	-	-	-	*Ceratophyllum demersum*	Ceratophyllaceae
165	Shala	-	-	-	*Shorea robusta*	Dipterocarpaceae
166	Shallaki	-	-	Shiihaka twak	*Boswellia serrata*	Burseraceae
167	Shanapushpi	Ghantarava	Ghantarava	Ghantarava	*Crotalaria juncea*	Papilionaceae
168	Shankhini	Shwetabunha	Yavatika	Chorapushpi	*Ctenolepis cerasiformis*	Cucurbitaceae
169	Shatapatra	-	Raktapadma	-	*Rosa centifolia*	Rosaceae
170	Shataveerya	Shyama doorva	Doorvabheda	Doorvabheda	*Cynodon dactylon*	Poaceae
171	Shatavha	Shatapushpa	Shatapushpa	Mauri shalupha	*Anethum sowa*	Apiaceae
172	Shati	-	-	-	*Hedychium spicatum*	Zingiberaceae
173	Shirisha	-	-	-	*Albizia lebbeck*	Mimosaceae
174	Shleshmantaka	Bahuvara	Bahuvara	Bahuvara	*Cordia myxa*	Boraginaceae
175	Shringabera	Shunthi	Shunthi	Shunthi	*Zingiber officinale*	Zingiberaceae
176	Shriveshtaka	Gandhaviroja	Navaneetakhoti	Navaneetakhoti	*Pinus roxburghii*	Pinaceae
177	Shvadranshta	-	Gokshura	-	*Tribulus terrestris*	Zygophyllaceae
178	Shyama	Shyamamula	Shyamamula	Shyamamula	*Ipomoea petaloidea*	Convolvulaceae
179	Sindhuvara	Nirgundi	Nirgundi	Nirgundi	*Vitex negundo*	Verbenaceae
180	Sunhi	-	-	-	*Euphorbia nerifolia*	Euphorbiaceae
181	Somaraji	Avalbuja	Avalbuja	Avalbuja	*Centratherum anthelminticum*	Asteraceae

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182	Somavalka	-	Khadira	Khadira	*Acacia catechu*	Mimosaceae
183	Sumana	Jati	Jati	Jati	*Jasminum grandiflorum*	Oleaceae
184	Suradaru	-	Devadaru	-	*Cedrus deodara*	Pinaceae
185	Surasa	-	Parnasa	Parnasabheda	*Ocimum sanctum*	Labiatae
186	Suvahatrivrut	Trivrit	Arunamula trivit	trivit	*Operculina turpethum*	Convolvulaceae
187	Swarnakshiri	Angushthaprabha	Swarnakshira	Swarnakshira	*Euphorbia thomsoniana*	Euphorbiaceae
188	Tamalaki	Bhumyamalaki	Bhumyamalaki	Bhumyamalaki	*Phyllanthus nituri*	Euphorbiaceae
189	Teelakama Pinyaka	Teelakalka	Teelakalka	Teelakalka	*Sesamum indicum*	Pedaliaceae
190	Tinduka	Kendu	Kalaskandha	Vendu	*Diospyros ebenum*	Ebenaceae
191	Trapusha	-	-	Mayambu phala	*Cucumis sativus* Linn	Cucurbitaceae
192	Tumbaru	-	-	-	*Zanthoxylum alatum*	Rutaceae
193	Tunga	Punnaga	Punnaga	Punnaga	*Calophyllum inophyllum*	Guttiferae
194	Twak	-	Gudatwak	Gudatwak	*Cinnamomum zeylanicum*	Lauraceae
195	Udumbara	-	-	-	*Ficus racemosa*	Moraceae
196	Upodika	-	-	-	*Basella alba*	Basellaceae
197	Urubuka	-	Eranda	Eranda	*Ricinus communis*	Euphorbiaceae
198	Utpala	-	Nilotpala	-	*Nymphaea stellata*	Nymphaeaceae
199	Vacha	-	-	-	*Acorus calamus*	Araceae
200	Vanjula	Vetasa	Vetasa	Vetasa	*Salix caprea*	Salicaceae
201	Vanya	Kaivartamusta	Kaivartamusta	Kaivartamusta	*Cyperus platystilis*	Cyperaceae
202	Vasa	-	-	-	*Adhatoda vasica*	Acanthaceae
203	Vata	-	-	-	*Ficus benghalensis*	Moraceae
204	Vatyapushpi	Peetabala	Bala	Peetabala	*Sida cordifolia*	Malvaceae
205	Vatyayani	Shwetabala	Shwetabala	Shwetabala	*Sida spinosa*	Malvaceae
206	Vayastha	Brahmi	Brahmi	Brahmi	*Bacopa monnieri*	Scrophulariaceae
207	Vidanga	-	-	-	*Embelia ribes*	Myrsinaceae

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208	Vishanika	Avartani	Meshashringi	Meshashringi	*Helicteres isora*	Sterculiaceae
209	Virkshamla	Brihatamla	Brihatamla	-	*Garcinia indica*	Guttiferae
210	Vrischira	Shwetapunarnava	Shwetapunarnava	Shwetapunarnava	*Trianthema portulacastrum*	Aizoaceae

Discussion

The Charak Samhita is a treasure trove of knowledge on Oudbhida Dravya, providing a detailed account of their properties and therapeutic applications. This study highlights the importance of these plant-based drugs in Ayurvedic medicine and the need for continued research to fully understand their potential. The present study systematically analyzed the botanical identification of medicinal plants mentioned in the first four chapters of *Charak Samhita's Sutrasthana*,[5] referencing classical Ayurvedic commentaries (*Ayurveda Deepika*, *Charakopaskara*, *Jalpakalpataru*) and renowned *Nighantus* (Dhanvantari Nighantu, Raj Nighantu, Bhavaprakasha Nighantu). The research highlights the importance of accurate botanical identification in Ayurvedic pharmacology, as many plant names in ancient texts have multiple interpretations due to regional variations and synonym usage, some findings are.[6]

1. **Synonym Variations:** Several drugs, such as *Abhaya* (Terminalia chebula) and *Shiva* (Vetiveria zizanioides), were found to have multiple interpretations across different commentaries, indicating regional or textual variations in nomenclature.[7]
2. **Modern vs. Traditional Classification:** Some plants, like *Agnimantha* (Premna integrifolia), have undergone taxonomic revisions, yet their therapeutic applications remain consistent in Ayurveda.
3. **Controversial Identifications:** Certain drugs, such as *Avyatha* (Guduchi, Haritaki, or Kadali), were interpreted differently by commentators, suggesting the need for further pharmacological validation.[8]
4. **Consistency in Major Drugs:** Well-known plants like *Ashwagandha* (Withania somnifera), *Amalaki* (Emblica officinalis), and *Haridra* (Curcuma longa) showed uniform identification across sources, reinforcing their established therapeutic roles.

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5. **Endangered and Rare Species:** Some species, such as *Kutaja* (Holarrhena antidysenterica) and *Ativisha* (Aconitum heterophyllum), are now endangered, emphasizing the need for conservation and sustainable cultivation.

Challenges in Identification:[9]

- **Linguistic Variations:** Sanskrit synonyms and regional names complicate precise botanical matching.
- **Taxonomic Revisions:** Some plants have been reclassified under different genera or families over time.
- **Lost Knowledge:** A few herbs (e.g., *Somaraji*) lack clear modern equivalents, indicating gaps in ethnobotanical documentation.

Conclusion

A systematic approach to studying Oudbhida Dravya, as outlined in the Charak Samhita, is essential for their effective utilization. This research underscores the critical role of interdisciplinary collaboration between Ayurveda scholars, botanists, and pharmacologists in validating medicinal plants from classical texts. Accurate botanical identification is essential for:

1. **Standardization of Ayurvedic Formulations** – Ensuring consistency in drug efficacy and safety.
2. **Conservation Efforts** – Protecting endangered species crucial to traditional medicine.
3. **Scientific Validation** – Bridging Ayurvedic knowledge with modern pharmacological research.

By integrating traditional wisdom with modern science, this work contributes to the global recognition of Ayurveda as an evidence-based medical system while ensuring the preservation of its rich botanical heritage. This study serves as a foundational reference for researchers, practitioners, and policymakers in Ayurveda, pharmacognosy, and biodiversity conservation. Further research should expand to other sections of *Charak Samhita* and additional classical texts to create a comprehensive database of Ayurvedic medicinal plants.

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