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Review Article

Concept of *Pratinidhi Dravyas* and their Role in Ayurveda Practice

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Abstract

The concept of *Pratinidhi dravyas* resembles drug substitutes which are used in absence of original drug (*Abhav dravya*), in this regards *Bhavprakash* enlist *Pratinidhi dravya* as *Mishra varga prakaran* and *Yog ratnakar abhav varga* mentioned these substances separately. The substitution of drugs with another substances or utilization of *Pratinidhi dravyas* is possible when both the drugs (*Abhav* and *Pratinidhi*) offer similar *Guna* and therapeutic activities. The *Pratinidhi dravya* mainly uses when some drugs are unavailable due to the loss on habitat, over exploitation of plants and extinction of rare plants. The precious gems and stone which are too expensive like diamond and gold, etc. can also be substituted with cheaper substances of similar therapeutic properties. The *Pratinidhi dravyas* selected and utilizes deliberately after consideration of rationale reasoning to achieve the desired effect. Present article explored Ayurveda concept of *Pratinidhi dravyas* and their clinical utilization.

Keywords: Ayurveda, *Pratinidhi dravyas*, *Abhav*, *Guna*

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1. Introduction

Ayurveda explored therapeutic utilization of natural substances obtained from plant; animal and mineral, etc. sources. The excessive uses and lack of plantation leads unavailability of important medicinal plants, these plants requires substitution with plants of similar property, moreover the rare plant also needed substitution due to their unavailability. The Ayurveda concept of *Pratinidhi dravyas* helps to overcome problem of unavailability of important herbal medicines. *Pratinidhi dravyas* used in place of therapeutic substances which having similar pharmacological properties. (1-4)

The concept of drug substitution (*Pratinidhi dravyas*) already well defined in Ayurveda classics viz. *Bhavprakash*, *Bhaishajya ratanavali* and *Yoga ratanakara*, etc. However selection of substitute drugs depends upon their properties including *Rasa*, *Guna Virya* and *Vipaka*. The therapeutic action (*Karma*) mainly considered as prime factor while selecting drug substitutes. In general practice the drugs which are less available in local area replaced by other substitute drugs (*Pratinidhi Dravyas*). (4-7) The list of some important *Pratinidhi Dravyas* mentioned in **Table 1**.

Desirable Properties of *Pratinidhi Dravyas*:

- *Pratinidhi Dravyas* should possess similar pharmacological actions of that main drug.
- *Pratinidhi Dravyas* should be easily available.
- *Pratinidhi Dravyas* should be cheap and easy to use in required formulation.
- *Pratinidhi Dravyas* should not cause harmful effects.

2. Clinical Significance

Pratinidhi dravya possess similar indications and their therapeutic activities. The *Abhava dravya* can be replaced if it is supportive drug in the formulation not the main drug, so in this way formulation can be prepared if one supportive is not available. *Balachaturbadra Choorna* is used for the treatment of fever, diarrhoea, asthma and vomiting, etc. The *Musta* and *Ativisha* present in the formulation as supportive drug, here *Musta* can be substituted double the quantity.

The substitute not exhibit harmful effect but retain therapeutic property. The substitution of *Musta* as *Pratinidhi dravya* instead of *Ativisha* as *Abhava dravya* merely depends upon concept of *Dravyaguna*. Similarly *Dashamoola* is an Ayurveda formulation used as *Shothaghna* drug for various disorders. The availability of authentic *Dashamoola* in the market is difficult so the parts of these plants may be used instead of whole

plant. Substituting of parts of same plant with each other also recommended when desired part not

available. Flowers of *Bilva* can be replaced with unripe fruits of plant. (7-9)

Table 1. List of common *Abhava dravya* and their respective *Pratinidhi dravya*

S. No.	<i>Abhava dravya</i>	<i>Pratinidhi dravya</i>
1	<i>Dhanvyasa</i>	<i>Duralabha</i>
2	<i>Murva</i>	<i>Jingini twaka</i>
3	<i>Bakula</i>	<i>Kalhara</i>
4	<i>Neel-utpala</i>	<i>Kumuda</i>
5	<i>Arka kshira</i>	<i>Arka swarasa</i>
6	<i>Langali</i>	<i>Kushtha</i>
7	<i>Somrajya</i>	<i>Chakramarda</i>
8	<i>Rasanjana</i>	<i>Darvi kwatha</i>
9	<i>Saurashtra mitti</i>	<i>Sphatika</i>
10	<i>Bharangi</i>	<i>Talisha</i>
11	<i>Draksha</i>	<i>Kashmari phala</i>
12	<i>Nakha</i>	<i>Lavanga</i>
13	<i>Kankola</i>	<i>Jatipushpa</i>
14	<i>Karpura</i>	<i>Granthi parna</i>
15	<i>Ativisha</i>	<i>Mustaka</i>
16	<i>Nagakesar</i>	<i>Padmakesar</i>
17	<i>Varahikanda</i>	<i>Charamkaralu</i>
18	<i>Suvarna</i>	<i>Suvarna</i>
19	<i>Jatipushpa</i>	<i>Lavanga</i>
20	<i>Daru haridra</i>	<i>Haridra</i>

3. Factors associated with selection of *Pratinidhi Dravya*:

- Non-availability of the drug
- Regional substitutes
- Shelf life of the drug
- Seasonal availability of the part
- Preparation form of the drug
- Cost of the drug
- Ambiguity due to synonym and homonyms
- Conclusive aspects for regional substitution
- Geographical distribution of the drug
- Indications and contra indications of the drug
- Usage of other parts of the same drug.
- On the basis of morphological resemblance

Regional substitutes

Various drugs used in various regions since there are changes in their vernaculars. Moreover adulteration and traditions practices of ancient *Vaidya* causes introduction of regional substitute.

Rasna can be substituted with *Pluchea lanceolata* Oliver and *Clitoria ternatea* Linn. used as substitute of *Shankhapushpi* in Kerala.

Non-availability of the drug

Leaf of the *Taxus baccata* Linn. can be used in case of the non-availability of *Talisa patra*.

Seasonal availability of the part

Some parts of few drugs only available in specific season, in such cases other drugs having the same action can be used rationally; *Rakta Punarnava* can be substituted for *Shweta Punarnava*

Shelf life of the drug

Ativisha (*Aconitum heterophyllum* Wall) sometimes may get infected by cankers and lost therapeutic potency, in such cases *Musta* (*Cyperus rotundus*) can be used in place of former one.

Cost of the drug

Rasna moola is very costly therefore leaf of *Rasna* can be used instead of *Moola*. Similarly *Kumkuma* is very costly herb thus can be substituted by *Kusumbha*.

Substitution of drug formulations

Guduchi Swarasa can be used in case of unavailability of *Guduchi Sattva*.

Substitution on the basis of properties

Dhamasa and *Yavasa* are two different herbs and belonging to different families, but offers similar properties thus can be used as substitute.

Substitution on the basis of indications and contra indications

Some drugs are contradicted in specific cases for example use of *Vasa* is limited in pregnant women due to its abortifacient activity drug like *Ashoka* can be used as substitute. Similarly *Godambi* can be used instead of *Bhallatka* in *Narsimha Churna* for *Pitta Prakruti* person.

Synthetic substitute

The procurement of some natural drugs is very difficult in such case the synthetic forms of such drugs can be used; Camphor and *Vamsarochana* are also available in synthetic forms.

Substitution with other parts of the same drug

Instead of some specific part of plant or in place of whole plant the easily available parts of same plants may be used, leaves can be used in place of fruits and vice-versa.

4. Pratinidhi dravya for Minerals & Metals

- *Vaikrant* in place of *Vajra*
- *Suvarna bhasma* in place of *Suvarnamakshik satva*
- *Mukta shukti* in place of *Moti*
- *Tikshna louha* in place of *Kanta louha*
- *Rasa sindur* in place of *Parad bhasma*
- *Kanta louha* in place of *Abhrak satva*
- *Abhrak bhasma* in place of *Pukhraj bhasma*
- *Praval bhasma* in place of *Panna bhasma*

5. Abhav Dravya for Aahariya Dravya

- *Madhu* for *Puran guda*
- *Mishri* for *Shweta khanda*
- *Mudga yusha / masura yusha* for *Dugdha*

The formulations mainly contains one drug as chief ingredients along with others supportive drugs. The main drug or chief ingredients can't be replaced but supportive drugs can be replaced when they are *Abhav dravya*. For example *Draksharishta* is an Ayurveda formulation in which *Draksha* is main ingredients and can't be replaced but supportive drugs (*Lavang*, *Supari* and *Kushta Nagkeshar*) can be replaced with other drug in case of unavailability. (8-12)

6. Conclusion

The *Pratinidhi Dravyas* are herbal substitutes which having similar activities as like of original *Dravya*. The *Pratinidhi dravyas* selected on the basis of their *Rasa*, *Guna*, *Virya* and *Vipaka*, however *Karma* (action) considered as prime factor while selecting *Pratinidhi Dravyas* as substitute of unavailability. Non-availability of the drug, regional substitutes, shelf life of the drug, seasonal availability of the part, cost of the drug, geographical distribution of the drug, contra indications of the drug and availability of synthetic forms, etc. are factors contributed towards the utilization of *Pratinidhi dravyas*.

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Conflict of Interest

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