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Review Article

Contradicted Natural Drugs in Some Specific Conditions: An Ayurveda Review

Dr. Dhananjay S. Khot

MD (Ayu), Dept. *Kayachikitsa*, Rural Institute of Ayurved Research Center & Hospital Vidyagiri, Vita Road, Mayani, Tal. - Khatav, Dist.- Satara, Maharashtra, India.

ABSTRACT

The safety of drugs is considered as one of the prime aspects of medical practice and use of safe is very important to avoid any chances of undesirable side effects. Ayurveda the alternative science of health management described use of various natural drugs for the treatment of different diseases. The safety of ayurveda medicine is also very important therefore it is very important to understand the concept of “drugs interactions” and “contradiction” with respect to natural medicine. The drug interaction can produces harmful effect while use of inappropriate medicine in specific conditions can causes undesired effects. Thus it is very important to acquire knowledge about the possible adverse effect of natural drugs due to the “drugs interactions” and “contradiction”. Considering these all facts present article explored concepts of “drugs interactions” and “contradiction” associated with Ayurveda drugs.

Keywords: *Ayurveda, Drug Interactions, Contradiction, Viruddha, Ahita and Prakritiviruddha*

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*Address for Correspondence:

Dr. Dhananjay S. Khot, MD (Ayu), Dept. *Kayachikitsa*, Rural Institute of Ayurved Research Center & Hospital Vidyagiri, Vita Road, Mayani, Tal.- Khatav, Dist.- Satara, Maharashtra, India.

Introduction

The Indian holistic system of medicine Ayurveda described various concepts and theories related to the diseases and their prevention. The safety of drugs is also considered as an important aspect in Ayurveda science and in this regards Ayurveda elaborated causes and consequences related to the adverse effects of herbal drugs. The term “drug interaction” means unwanted interaction of prescribed drug with substances and term “contradiction” use of wrong drug in specific conditions. Ayurveda mentioned various terms such as; ‘*Viruddha*’, ‘*Vyapad*’, ‘*Ahita*’ and ‘*Prakritiviruddha*’ etc. which are used to elaborate consequences associated with contradictory effects of natural drugs [1-8].

The *Viruddhadravayaprayoga* (drug interaction), *Avastanusaradravayaprayoga* (inappropriate selection of drug as per pathological condition), *Ahitatamadravyas* (administration of unwholesome drugs), *Vaidhyakruti* (iatrogenic) and *Atimatradravayaprayoga* (over dosing) can cause adverse effects associated with drug consequences [7-10].

Figure 1 depicted factor which needs to be considering while administering drug for special purposes. Avoidance of these factors can also leads undesirable effects of medicine.

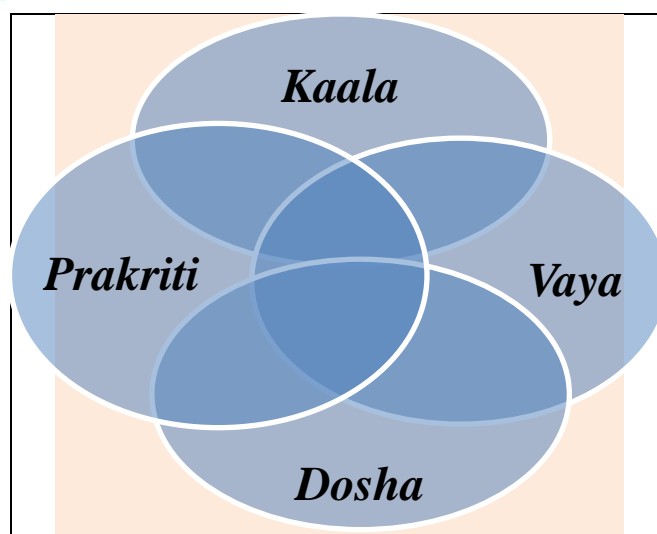


Figure 1: Factors affecting effects of drugs

The drug contradiction can be classified into different category as mentioned in **Table 1**.

Table 1: Types of drug contradictions as per ayurveda

S. No.	Types of drug contradictions	Examples of contradictions
1	<i>Roga/avastaviruddadvayaprayoga</i> (Contradicted drugs on disease)	<i>Kashaya rasa</i> drugs are contraindicated in <i>Tarunajwara</i> Poultice are contradicted in breast abscess <i>Datura</i> metal not advisable in <i>Vata</i> diseases. <i>Haritaki</i> in pregnancy <i>Rasayana</i> in <i>Anatmavan</i>
2	<i>Kaalaviruddadvayaprayoga</i> (Contradicted drugs on season and time)	Fresh ginger in summer and autumn Collyrium after meals
3	<i>Prakritiviruddadvayaprayoga</i> (Contradicted drugs on individual constitution)	Cold dugs for <i>Kapha</i> predominance person Heavy <i>Rasayana</i> to <i>Vata</i> & <i>Pitta</i> <i>Prakriti</i> person
4	Drug-drug Contradiction	Piper betel is contraindicated with <i>Garcinia Morella</i> <i>Basella alba</i> with <i>Sesamum indicum</i>
5	Herb Food contradiction	Combination of <i>Payasa</i> and <i>Mantha</i>

Drugs and their contradicted conditions [8-12]:

- **Chamomile** used as sedative can cause allergic reactions thus contradicted to the persons sensitive to allergic reactions. The person of heart problem require careful monitoring while treated with anticoagulants drugs along with Chamomile.
- **Echinacea** can cause liver problem thus prohibited to the person having liver cirrhosis, jaundice and hepatitis problems.
- **St. John's Wort** can cause skin burning thus allergic or fair-skinned persons need careful monitoring while treated with St. John's Wort.
- **Ginkgo Biloba** should not be used to the person having stomach problems and migraine. It is not recommended with other medicine like; aspirin, nonsteroidal anti-inflammatory drugs, anticoagulants drugs and antiepileptic medicines.
- **Ginseng** should not be recommended in patient of high blood pressure, not recommended in pregnancy and should be avoided in persons with psychosis and manic disorder.
- **Aloe vera** should be avoided in cardio vascular problem since it may cause arrhythmia.
- **Licorice** can increases blood pressure thus not recommended to the person with high blood pressure and also contradicted in diabetic patient.
- **Ephedra** can increases heart rate thus contradicted to the patient with palpitation and tachycardia.

Conditions in which specific drugs contradicted

1. Herbs need to be avoid in pregnancy

- ❖ *Ephedra*
- ❖ *Yohimbe*
- ❖ *Blue Cohosh*
- ❖ *Chamomile*
- ❖ *Pennyroyal*

2. Drugs need to be avoid in cardiovascular diseases

- ❖ *Ginseng*
- ❖ *Ginkgo biloba*
- ❖ *Garlic*

❖ *Echinacea*

❖ *Aconite*

❖ *Yohimbine*

❖ *Licorice*

3. Herbs to be avoided in mental problems

- ❖ *Ginkgo biloba* may interact with antiseizure drugs thus it should be avoided in epilepsy.
- ❖ *Kava* and *valerian* may cause sedation thus should not be used in case of hypnosis.
- ❖ *Garlic* can alter effects of other drugs used for mental problems.
- ❖ *Ephedra* or *caffeine* not recommended in seizures.

4. Herbs to be avoided in kidney problems

- ❖ *Artemisia absinthium*
- ❖ *Alfalfa buckthorn*
- ❖ *Cascara*
- ❖ *Licorice*
- ❖ *Rhubarb*
- ❖ *Senna*

5. Ayurvedic medicines need to avoid for children:

- ❖ *Danti* (*Baliospermum montanum*)
- ❖ *Hyoscyamus niger*
- ❖ *Papaver somniferum* (*Opium*)
- ❖ *Bhanga* (*Cannabis sativa*)
- ❖ *Arka* (*Calotropis gigantean*)
- ❖ *Dhattura* (*Datura metal*)
- ❖ *Vatsanabha* (*Aconitum chasmanthum*)

Conclusion

Drug safety is an important aspect related to the patient care and management of disease, Ayurveda also emphasizes various concepts related to the safe use of drugs obtained from natural origin. The ayurveda physician must be full of knowledge about the safety matters of herbal medicines. The term "drug interaction" and "contradiction" also described in Ayurveda with different names and in this regards Ayurveda

elaborated concept of 'Viruddha', 'Vyapad', 'Ahita' and 'Prakritiviruddha' etc.

Ayurveda suggested that consideration of concept of *Viruddadravyaprayoga* helps to avoid any adverse interactions amongst the compound drugs. Similarly knowledge about *Avastanusaradravyaprayoga* prevents inappropriate selection of drug in specific pathological condition. The concept of *Ahitatamadavyas* provides information about administration of unwholesome drugs while consideration of concept of *Atimatradravyaprayoga* helps to prevent over dosing of any medications. The contradicted drugs in certain conditions can cause serious harmful effects therefore extensive research is needed to explore knowledge about the safety of herbal drugs.

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