



CRITICAL ANALYSIS OF SHRAMAHARA MAHAKASHAYA: A CONCEPTUAL REVIEW.

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Abstract:

Dhatu-samyak Kriya is the *Prayojana* of Charaka Samhita and to achieve this, various measures/components/factors have been explained. *Aushadha Dravya* is one such factor which has occupied major place of *Chikithsa* as well as preventive aspects. Classification of *Aushadha Dravya* is unique in Charaka Samhita. In *Shadvirechana Shatashritiya Adhyaya* of *Suthrasthana*, 10 drugs of similar Karma have been grouped under specific name like *Jeevaniya Mahakashaya*, *Brumhaniya Mahakashaya* and so on. *Shramahara Mahakashaya* is one among them. As such there is no references for *Shrama* as a *Vyadhi*. Hence the understanding of mode of action of *Shramahara Dravya* is necessary in order to incorporate them in clinical practices. Therefore in the present article, an attempt has been made to critically analyse the *Dravya* of *Shramahara Mahakashaya*.

Key words: *Shrama*, *Shramahara Mahakashaya*, *Charakokta Gana*, Anti-fatigue action, anti-oxidation.

Introduction:

“Charakastu Chikithsite” ie for the aspects of *Chikithsa*, Charaka Samhita is the ultimate text to be learned. ‘*Aushadha Dravya*’, the integral part of *Chikithsa* occupies special place even in *Chikithsa Chatuspada*. Classification of these *Aushadha Dravya* is very unique in Charaka Samhita where a group of 10 drugs made into a *Gana* and named them as *Mahakashaya*. *Mahata Kashaya* has been framed by clubbing *Kashaya (Dravya)* of similar action, ie the karma. Here Karma of particular *dravya* is considered as *Lakshana* and *dravya* as *Udaharana*¹. One such *Gana* is *Shramahara Mahakashaya*² which consist of *Draksha*, *Kharjura*, *Priyala*, *Badara*, *Dadima*, *Phalgu*, *Parushaka*, *Ikshu*, *Yava* and *Shashtika*.

As such there is no separate entity of disease component as ‘*Shrama*’ but it has been mentioned that, if any symptom exists as *Swatantra* it can be considered as *Vyadhi* and as *Paratantra*, it can be considered as

Lakshana. Shrama has been mentioned as *Nidana, Purvarupa, Rupa* of many of the *Vyadhi* which gives the hint that, *Shrama* can exist as *Swatantra Vyadhi* also.

Objectives:

- To analyse *Shramahara Mahakashaya* critically.
- To understand the *Shramahara* or anti-fatigue action of *Shramahara Mahakashaya* through their *Guna Vijnana* and *Karma Vijnana*.

Materials and method:

Materials: *Bruhathrayee, Laghuthrayee, Nighantu*, related Ayurveda as well as modern textbooks, dissertation works and published journals.

Method: Conceptual review.

Review of literature:

Each drug has been reviewed through these components: A. *Nama Vijnana: Nirukti*, Botanical name, Family, Synonyms. B. *Guna Vijnana: Rasa, Guna, Veerya, Vipaka* and *Doshaghnata. Karma Vijnana: Karmukatha, Rogaghnata* and Pharmacological action.

Nama Vijnana:

Identification of the Drug and its basic information like Botanical Name, Family and synonyms is the primary requisite in order to analyse critically. Therefore, in Table No. 1 basic information of *Shramahara Mahakashaya* has been mentioned.

Table No. 1 –*Nama Vijnana* of *Shramahara Mahakashaya Drvaya*:

| Dravya | Nirukti | Botanical name | Family name | Synonyms |
|-----------------------|---|--------------------------------|---------------|--|
| Draksha ³ | द्राति रसत्वात् द्राक्षा। | Vitis vinifera L | Vitaceae | Mrudvika, Gosthani, Brumhani, Rasala, Guda, Vrushya |
| Kharjura ⁴ | खर्जति व्यथयति क्षयवांति वातादीन् । | Phoenix sylvestrees Roxb | Aracaceae | Skandaphala, Pindi, Madhuragraja, Madhusrava, Swaduphala, Duraroha |
| Priyala ⁵ | पीयति तर्पयति हुदयं हुद्यत्वात् । | Buchanania lanzan Spreug | Anacardiaceae | Chara, Kharaskanda, Dhanushpata, Bahula Valkala, Sannakadru |

| | | | | |
|-------------------------|--|-----------------------------------|------------|---|
| Badara ⁶ | बद स्थैर्य | <i>Zizyphus jujube</i> Lam | Rhamnaceae | Ajapriya, Karkandhu, Kola, Souvira, Kuvala, Phenila |
| Dadima ⁷ | दल्यते दाडयते वा इति दाडिमः । | <i>Punica granatum</i> Linn | Punicaceae | Karaka, Phalashadava, Phalamla, Raktabija, Shukavallabha, Raktapushpa |
| Phalgu ⁸ | फलति इति फल्गु | <i>Ficus carica</i> Linn | Moraceae | Jantuphala, Apushpa, Sadaphala, Jaghanephala, Mashaki |
| Parushaka ⁹ | पिपतिं पालयति पित्तदाहादिभ्य । | <i>Grewia asiatica</i> Linn | Tiliaceae | Alpasthi, Paraparam |
| Ikshu ¹⁰ | ईष्यते सर्वैरपि माधुर्यादिगुणयुक्तत्वात् इति । | <i>Saccharum officinarum</i> Linn | Graminae | Kandekshu, Tapasekshu, Shataparvi, Kantarekshu, Vamshakekshu |
| Yava ¹¹ | योति शितं शूकं, यूयते वा शितेन शूकेन इति । | <i>Hordeum vulgare</i> Linn | Graminae | Barley, Yava |
| Shashtika ¹² | - | <i>Oryza sativa</i> Linn | Graminae | Shali, Tandula |

Guna Vijnana:

After the identification of Drug, its properties should be known which directly contributes for the understanding of *Karmukatha*. There is predominance of *Madhura rasa*, *snigdha-Guru Guna*, *Madhura Vipaka* and *Vatapittashamana* among Present *Mahakashaya*. Detail description of the same is tabulated in Table No. 2.

Table No. 2 – Guna Vijnana of Shramahara Mahakashaya:

| Dravya | Rasa | Guna | Virya | Vipaka | Doshagnatha |
|----------|---------|----------------------|---------|---------|--------------------|
| Draksha | Madhura | Snigdha, Guru, Mrudu | Sheetha | Madhura | Vata-Pitta Shamana |
| Kharjura | Madhura | Snigdha, Guru | Sheetha | Madhura | Vata-Pitta Shamana |
| Priyala | Madhura | Snigdha, Guru, Sara | Sheetha | Madhura | Vata-Pitta Shamana |

| | | | | | |
|-----------|------------------------------|-------------------------------|---------|---------|------------------------|
| Badara | Madhura, Kashaya, Amla | Snigdha, Guru, Picchila | Sheetha | Madhura | Vata-Pitta Shamana |
| Dadima | Madhura, Kashaya, Amla | Snigdha, Laghu | Anushna | Madhura | Tridoshaghna |
| Phalgu | Madhura | Snigdha, Guru | Sheetha | Madhura | Kapha-Pitta Shamana |
| Parushaka | Madhura, Kashaya, Amla | Laghu | Sheetha | Madhura | Vata-Pitta Shamana |
| Ikshu | Madhura | Snigdha, Guru | Sheetha | Madhura | Vata-Pitta Shamana |
| Yava | Kashaya, Madhura | Rooksha, Laghu | Sheetha | Madhura | Kapha-Pitta Shamana |
| Shashtika | Madhura | Laghu, Snigdha | Sheetha | Madhura | Tridoshaghna |

Karma Vijnana:

Karmukatha of the Aushadha Dravya mentioned by Acharya are the time tested proofs that they have administered and observed the action of every Dravya they have mentioned. Hence it is important to know the Karma, Roga in which the drugs are indicated and the pharmacological action which the drugs are exhibiting based on their chemical constituents. Most of the Dravya in Shramahara Mahakashaya have mentioned to be having Brumhana, Balya, Vrushya etc Karma. This is been tabulated in table No. 3

Table No. 3 – Karma Vijnana of Shramahara Mahakashaya:

| <i>Dravya</i> | <i>Karmukatha</i> | <i>Rogagnatha</i> | Pharmacological activities |
|-----------------|---|--|---|
| <i>Draksha</i> | <i>Brumhana, Vrushya, Chakshushya, Swarya, Ruchiprada</i> | <i>Jwara, Trushna, Shwasa, Vataroga, Vatarakta, Kamala, Raktapitta, Moha, Kshatashaya, Swarabheda, Udavarta, Tiktasyata, Asyashosha, Kasa, Daha, Shosha, Madatyaya</i> | anti-oxidant, antibacterial, anticancer, anti- inflammatory, antidiabetic and cardioprotective activities |
| <i>Kharjura</i> | <i>Brumhana, Vrushya, Ruchikara,</i> | <i>Kshaya, Abhighata, Daha, Vata-Pittaja Roga, Kshata, Kshaya, Raktapitta,</i> | antioxidant, anti- inflammatory, gastroprotective, |

| | | | |
|------------------|---|--|--|
| | <i>Hrudya, Tarpana, Pushtikara, Shukrada, Balya</i> | <i>Koshtagata Vata, Chardi, Jwara, Atisara, Kshuth, Trushna, Shwasa, Kasa, Mada, Murcha</i> | hepatoprotective, nephroprotective, anticancer, immunostimulant activities |
| <i>Priyala</i> | <i>Vrushya, Hrudya, Brumhana</i> | <i>Daha, Jwara, Trushna, Raktapitta</i> | antioxidant, antifungal, antimicrobial, anti-ulcer, hepatoprotective |
| <i>Badara</i> | <i>Hrudya, Swedya, Rechana, Bhedana, Shukrala, Brumhana, Sthauryakara</i> | <i>Daha, Raktavikara, Kshaya, Trushna, Chardi, Hikka, Udarda, Masurika</i> | anxiolytic, antioxidant, anticancer, antimicrobial, anti-inflammatory, anti-allergy, cognitive, wound healing |
| <i>Dadima</i> | <i>Hrudya, Tarpana, Shukrala, Grahi, Medhya, Balya, Dipana, Ruchya</i> | <i>Trushna, Daha, Jwara, Hrudroga, Kantaroga, Mukha gandha, Chardi, Ajirna, Mukhavairasya, Atisara</i> | Antioxidant, anti-inflammatory, anticarcinogenic, antiatherogenic, antiglycemic, anticancer |
| <i>Phalgu</i> | <i>Tarpana, Brumhana</i> | <i>Trushna, Vrana, Shwitra, Kushta, Pandu, Arsha, Kamala, Raktapitta, Asrugdara, Yoniroga</i> | antioxidant, hepatoprotective, anticancer, anti-inflammatory, hypolipidemic, hypoglycemic activity |
| <i>Parushaka</i> | <i>Brumhana, Hrudya</i> | <i>Daha, Raktavikara, Jwara, Kshaya, Pipasa, Rohini (for Kavala)</i> | Antioxidant, analgesic, anti-inflammatory activity, Immuno-modulatory effect, prevent body weight loss, Radical scavenging activity, antihyperglycemic |
| <i>Ikshu</i> | <i>Balya, Vrushya, Mutrala, Shukrashodhana</i> | <i>Raktapitta, Gulma, Udara, Chardi, Netrabhishyanda, Sangrahani, Pandu, Urakshata, Kshataja Kasa, Visarpa (for Sechana)</i> | antioxidant activity, cholesterol-lowering properties, diuretic, analgesic |
| <i>Yava</i> | <i>Lekhana, Medhya, Agnidipana, Swarya,</i> | <i>Kanta-Tvak Roga, Medaroga, Peenasa, Shwasa, Kasa, Urusthambha, Raktavikara,</i> | antihyperglycemic, vascular protective, reduces cholesterol |

| | | | |
|------------------|---|--|---|
| | <i>Balya, Varnya, Sthairykarana</i> | <i>Trushna, Pandu, Timira, Shula (Pittabhava), Chardi, Jwara, Vidaha, Prameha,</i> | |
| <i>Shashtika</i> | <i>Grahi, Balya, Ruchya, Swarya, Vrushya, Varnya, Brumhana, Mutrala, Shukrala, Chakshushya, Vahnipushti</i> | <i>Trushna, Jwara, Visha, Vrana, Shwasa, Kasa</i> | Antioxidant, anti-inflammatory, anti-microbial, hepatoprotective, anti-hyperlipidemia |

Discussion:

The mode of action of *Dravya* mentioned under *Shramahara Mahakashaya* can be understood by analysing their *Guna Vijnana*. Therefore discussion on *thatose aspects* has been done as follows:

Rasa:

5 Drugs have *Madhura Rasa*, 3 drugs have *Madhura-Kashaya-Amla Rasa* and each one drug have *Madhura-Amla* and *Madhura-Kashaya Rasa*. Thus *Madhura* is the *Pradhana Rasa* in *Shramahara Mahakashaya*. In Charaka Samhitha Suthrasthana Adhyaya 26, Karma of Shradrasa has been explained. On observing Rasakarma, it was found that, all most all Karma corresponding to the Rasa contributes for Shramaharana i.e. the Karma like Dhatuwardhana, Indriya Prasadana, Tarpana etc. this has been tabulated in the Table No. 4

Table No. 4 - The *Karma* of these *Rasa* in supportive with *Shramahara* action are as follows¹³:

| | |
|----------------|--|
| <i>Madhura</i> | <i>Rasa-Rudhira-Mamsa-Meda-Asthi-Majja-Shukra-Ojas Abhivardhana. Shadindriya Prasadana, Balakara, Pitta-Marutaghna, Balya, Preenana, Jeevana, Tarpana, Brumhana, Sthairyakara, Snigdha-Sheetha-Guru.</i> |
| <i>Amla</i> | <i>Agnideepana, Brumhana, Urja, Manabodhana, Indriya Drudheekarana, Balavard-hana, Vatanulomana, Hridaya Tarpana, Aharajarana, Preenana, Ushna-Snigdha.</i> |
| <i>Kashaya</i> | <i>Kleda-Medavishoshana.</i> |

Guna:

6 drugs have *Snigdha-Guru Guna*, 2 have *Shigdha-Laghu Guna*, each one have *Guru* and *Laghu-Ruksha Guna*. Based on *Viparyaya Tantrayukti* it is analyzed that, as *Snigdha* and *Guru Guna* are the *Pradhana Guna* present in *Mahakshaya* and are responsible for *VatapraShamana* as they are opposite to *Vataguna* and also *Snigdha Guna* is said to be *Vatashamaka*, *Vrushya* and *Balya*. *Guru Guna* will does *Vata Shamana* because as it is having *Laghu Guna* and *Guru Guna* is also said to be *Pushtikara*. *Laghu Guna* was present along with *Snigdha Guna* and is helpful in *Kaphashamana* or *Srotorodha nashana* which may be there in some conditions like *Medavruddhi* or *Avarana*.

Veerya:

Except *Dadima*, all 9 drugs have *Sheetaveerya*. It is known thing that, *Sheetha Veerya* is responsible for *PittaShamana* but it is also said that, action of *Dravya* does not depend only upon single factor rather it is combined action of *Rasa*, *Guna*, *Veerya* and *Vipaka* and sometimes its *Dravya Prabhava* which is responsible for the action. Hence, in present *Mahakashaya*, maximum *Dravya* are having *Madhura Rasa*, *Snigdha Guna* and *Madhura Vipaka* which trespass the effect of *Sheethaveerya* and does *Vatashamana*.

Vipaka:

All the 10 drugs are having *Madhura Vipaka*. *Madhura Vipaka* will does *Vata Shamana*, *Kapha* and *Shukravardhana*. These actions help to pacify *Prakupita Vata* and *Sharira balavardhana*.

Prabhava:

Yava is having *Ruksha Laghu Guna* and *Vatacara* property but it is *Balya* due to *Prabhava*. This *Prabhava* is because of its *Srotoshodhaka Karma* ie on clearance of obstruction, there will be proper transportation of *Poshakadhatu* to nourish *Poshyadhatu*. This *Karma* is helpful in the conditions like *Medavruddhi* or *Bahudosha* where there is need of *Srotoshodhana*.

Doshagnata:

Maximum drugs ie 6 are *Vata-Pitta Shamaka*. 2 are *Tridoshashamaka* which may act in the conditions involving *Tridosha* and each one are *Pitta* and *Kapha-Pitta Shamaka* which act in conditions like *Avarana*, *Medavruddhi* so on. Achieving the *Prakruthavastha* of *Dosha* will help to normalizing the *Agni* if it is hampered.

Karmukata:

Most of the *Dravya* possess *Brumhana & Tarpana Karma* which are essential for *Santarpana*. *Indriya Prasadana* (*Chakshushya, Swaryadi*) is also important as *Indriya Akshamathva* is one of the feature of *Shrama*. Maximum ie 7 *Dravya* are *Balya*, Each 4 *Dravya* are having *Vrushya-Shukrala Karma*. *Vrushya* is *Ashubalavardhana, Brumhana* and *Manoharshana* and *Shukrala* indicates *Poshana* of either *Saptadhatu* (as per *Ksheeradadhi Nyaya*) or *Shukradhatu* alone (as per *Khale Kapota Nyaya*). Hence these *Karma* are important as *Balakshaya* is also a major factor in the manifestation of *Shrama*. 3 *Dravya* are having *Agnideepana* among which *Shashtika* is specifically mentioned as '*Vahnipushtida*'. This *Karma* facilitates *Amapachana* and also helpful in normal digestion of ingested food. 5 *Dravya* possess *Hrudya Karma*. *Ojas* is also involved in the etiology of *Shrama* and to protect *Ojas, Hrudaya* should be protected. The *Sthana* of *Vyana Vata, Rasavaha Srotomula* is also *Hrudaya*. Hence to enhance the properties of *Oja, Rasa* and *Vata, Hrudya Karma* will help.

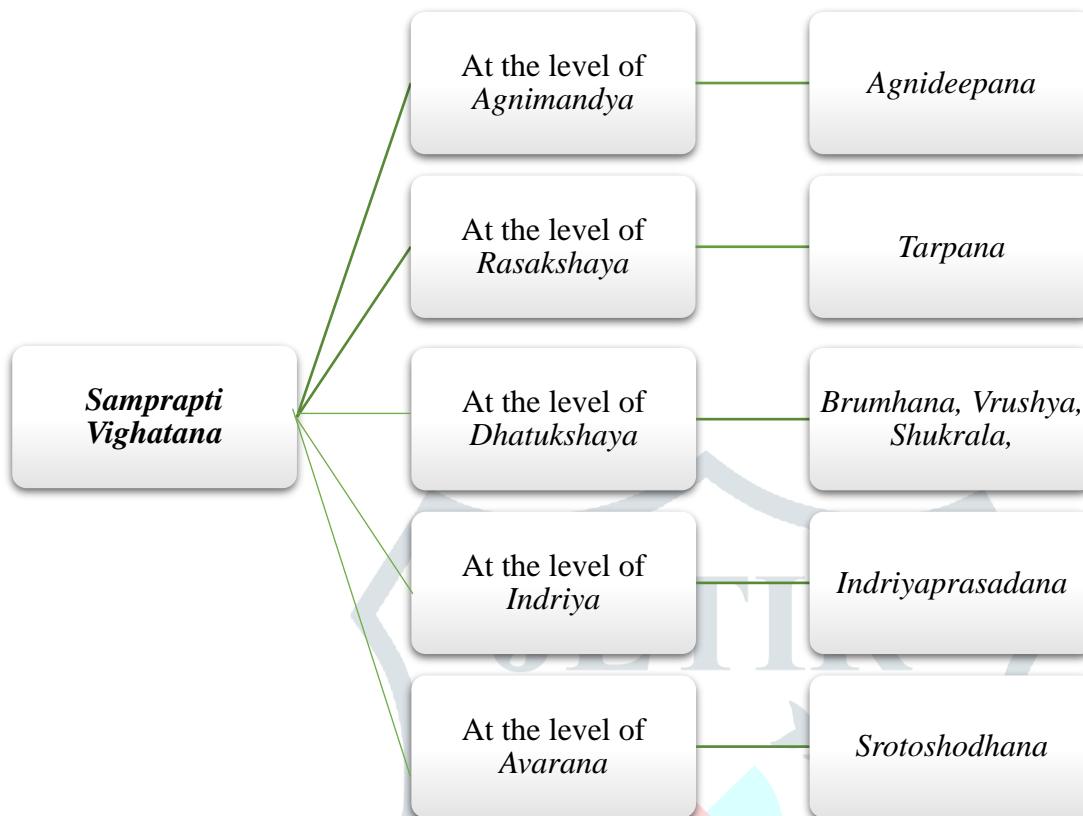
Karma with specific aspects of Chikithsa:

Apart from *Shodhana* and *Shamana, Daiva-Yukti Vyapashraya* and *Sathvavajaya* types, *Chikithsa* is classified as *Hetuprathyanika, Doshaprathyanika, Samprapti Vighatana* and *Lakshanika Chikithsa*. Based on *Vidhana Tantrayukti, Karma* of *Shramahara Mahakashaya Dravya* with respect to these types can be interpreted as follows-

**Illustration No. - 1, Shramahara Karma with specific aspects of Chikithsa –
Dosha-Hetu Prathyanika and Lakshanika**



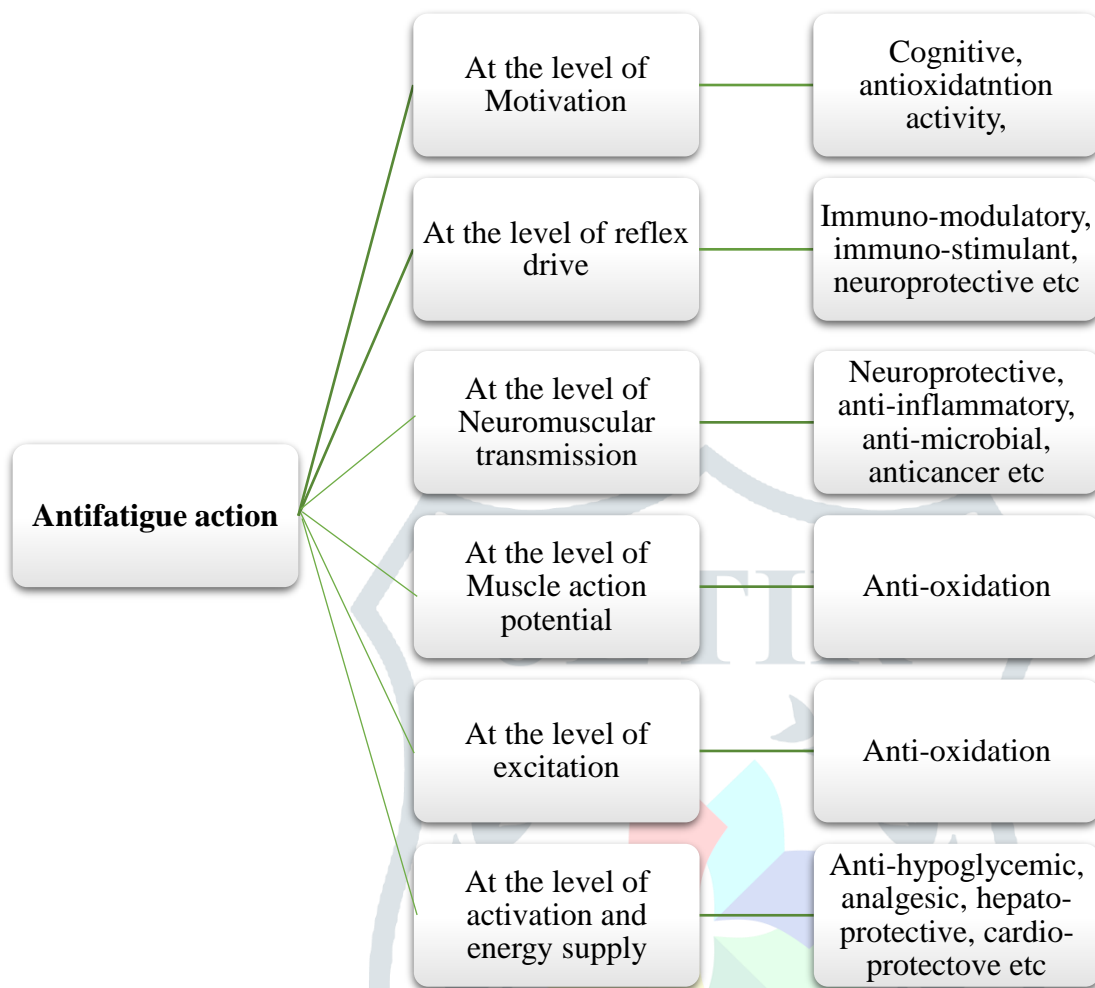
Illustration No. - 2, Shramahara Karma with specific aspects of Chikithsa – Samprapti Vighatana



A. ANTI-FATIGUE ACTION OF SHRAMAHARA MAHAKASHAYA :

The drugs of *Shramahara Mahakashaya* are having various pharmacological activity which have been proved through drug, animal studies and clinical trials. Anti-oxidation, radical scavenging, anti-inflammatory, anti-cancer, anti-anxiolytic, cardio-protective activity so on are beneficial in the management of Fatigue.

Chain of command for voluntary contractions¹⁴ and major causes of fatigue is considered for the understanding of the phenomena of Fatigue. The pharmacological actions which act at various levels of impairment are as follows:

Illustration No. - 3, Anti-Fatigue action of Shramahara MK**Conclusion:**

Panchashan Mahakashaya is the unique contribution of Charaka Samhita. Which includes group of drugs those act upon various conditions. *Jivaniya, Balya, Brumhana* etc signifies their application in both *Swastha* as well as *Atura* whereas *Kushtaghna, Shothahara, Jwaraghna* etc indicates their application only in *Atura*. They action also against both *Vyadhi* and *Lakshana* like *Arshoghna* and *Kandughna* respectively. One such *Mahakashaya* is *Shramahara Mahakashaya*. *Shrama*, though not mentioned as separate condition, it is significantly seen on other diseases. In order to combat *Shrama*, the drugs of *Shramahara Mahakashaya* helps by all means. They are having *Brumhana, Balya, Tarpana, Indriya Prasadana, Vrushya Karma* and so on. This enhances the strength of an individual and thus helps in pacifying the *Shrama*. *Shrama* is compared with the Fatigue of contemporary medicine and to alleviate it, there is need of Anti-fatigue drugs. *Dravya Shramahara Mahakashaya* exhibits all the properties and thus act as anti-fatigue drugs.

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