



## A REVIEW OF HERBS OF DAHAPRASHAMAN MAHAKASHAYA OF CHARAKA SAMHITA & SARIVADI GANA OF SHUSHRUTA SAMHITA FOR THEIR DAHANASHANA PROPERTY

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**ABSTRACT-:** *Ayurveda*, the science of natural healing for around 5000 years of successful medicinal practice with its own philosophy about individual's mind(*mana*), body(*shareera*) and soul(*aatama*). This traditional science is basically based not only on prevention of disease but also deals in the management and treatment of diseases from its root cause. It teaches a range of daily routines for the complete control and balance of doshas to ensure optimum health. *Acharya Charaka* has categorised herbs in fifty *mahakshaya* based on their *karma* (pharmacological action). *Dahaprashaman mahakshaya* (pacifying burning sensation) has been placed in 9<sup>th</sup> *dashemani* group. In this *acharya Charka* has mentioned ten dravyas which helps to pacify *daha* (burning sensation) in body. These 10 dravyas involves *laja*, *Chandana*, *kashmariya phala*, *madhuka*, *sharkara*, *nilotpala*, *ushira*, *sariva*, *guduchi* & *hribera*.

Also, *Acharya Shushruta* classified herbs in 38<sup>th</sup> chapter *Sutra Sthana*. In which, *Sarivadi gana* narrated by him is effective in *daha prashamana* (pacifying burning sensation). *Sarivadi gana* comprises of *sariva*, *madhuka*, *Chandan*, *kuchandana*, *padmaka*, *kashmari phala*, *madhuka-pushpa* and *ushira*. By reviewing these two groups (*gana*) i.e. *Dahaprashaman mahakshaya* (pacifying burning sensation) and *Sarivadi gana*, *Chandan*, *sariva*, *ushira*, *kashmari*, *madhuka* are found similar. These five drugs are analysed for *dahaprashamana* (pacify burning sensation). *Panchamahabhuta* are important factors to the creation of the universe. All the living and non-living things made up of these factors. Herbs has dominancy of *mahabhutas* based on its *ras panchak*.

**Keywords-:** *Ayurveda*, *Mahakshaya*, *dashemani* group, *Dahaprashaman*.

**INTRODUCTION-:** *Ayurveda* is the Indian traditional medicine of India. In this prevention is more important than cure. By maintaining our diet and proper lifestyle, we can prevent ourselves from various diseases. For management of diseases our classical treatises has mentioned numerous herbs. *Acharya Charaka* in *Sutrasthana* 4<sup>th</sup> *adhyaya* (chapter) has classified herbs according to their *karma* (pharmacological action).

S.No.	Dashemani Mahakshaya	No.
1.	<i>jeevniya mahakshaya to deepaneeya mahakshaya</i>	6
2.	<i>balya mahakshaya to hridya mahakshaya</i>	4
3.	<i>triptighna mahakshaya to vishaghna mahakshaya</i>	6
4.	<i>satanyajanan mahakshaya to shukrashodhana mahakshaya</i>	4
5.	<i>snehopaga mahakshaya to shirovirechanopaga mahakshaya</i>	7
6.	<i>chardi nigrehan mahakshaya to hikka nigrehan mahakshaya</i>	3
7.	<i>purish sangrehaniya mahakshaya to mutra virechaniya mahakshaya</i>	5
8.	<i>kasahara mahakshaya to shramahara mahakshaya</i>	5
9.	<i>dahaprashamana mahakshaya to shooplprashaman mahakshaya</i>	5
10.	<i>shonitsathapana mahakshaya to vayasathapana mahakshaya</i>	5
<b>Total</b>		<b>50</b>

*Daha prashamana mahakshaya* (pacifying burning sensation) placed in 9<sup>th</sup> *dashemani* group is used to pacify *daha* (pitta dosha) in the body. *Acharya Shushruta* in *Sutrasthan* 38<sup>th</sup> chapter has explained *Sarivadi gana* in which herbs were mentioned for *dahanashana* property (pacifying burning sensation). By the virtue of *rasa panchaka* of the herbs included in *Dahaprashaman mahakshaya* (pacifying burning sensation) and *Sarivadi gana*, these are found effective in *dahanashana* property (pacifying burning sensation). Burning sensation (*Daha*) is a common feature of some diseases viz. *Prameha*, *Jwara*.

The word *panchmahabhuta* is made up of 3 words *panch*, *maha* and *bhuta*. *Pancha* means five, *maha* means great and *bhuta* means the substance which exists. All universal things made up of *panchamahabhuta*. So, *panchamahabhuta* are the five fundamental elements responsible for this universe creation. Herbs mentioned in classical text books has dominant *mahabhuta* according to five factors.

### AIM & OBJECTIVES:-

1. To enlist herbs of *daha prashamana mahakshaya* (pacifying burning sensation) of *Charaka*.
2. To enlist herbs of *Sarivadi gana* of *Shushruta*.
3. To select similar herbs from the mentioned groups.
4. Literary review of selected herbs.

### MATERIAL & METHOD:-

The conceptual study based on literary review of *daha prashamana mahakshaya* (pacifying burning sensation) and *Sarivadi gana* for *daha-prashamana/daha-nashaka* (pacifying burning sensation) activity.

#### MATERIAL-

- *Charaka Samhita* commentary by *Acharya Chakrapani*.
- Authentic books of *dravyaguna vigyana/literature*
- *Nighantus* (Classical Herbal Pharmacopoeia)
- *Sushruta Samhita* commentary by *Acharya Dalhana*.

#### METHODOLOGY-

Conceptual review of *Charakokta mahakshaya* and *Shushrutokta sarivadi gana* with special reference to *daha nashana* (pacifying burning sensation) activity. Selection of similar herbs mentioned and their detailed study with respect to *rasa*, *guna*, *virya*, *vipaka* and *doshakarma*. Lastly, the obtained data is analysed for evaluation of *daha nashana* (pacifying burning sensation) activity.

**TABLE NO. 1: HERBS OF DAHA PRASHAMANA MAHAKSHAYA OF CHARAKA SAMHITA**

S.No.	Herbs	Botanical Name	Family
1.	<i>laja</i>	<i>Oryza sativa</i>	gramineae
2.	<i>chandana</i>	<i>Santalum album</i>	santalaceae
3.	<i>kashmarya phala</i>	<i>Gmelina arborea</i>	malvaceae
4.	<i>madhuka</i>	<i>Madhuka indica</i>	sapotaceae
5.	<i>sharkara</i>	<i>Saccharum officinarum</i>	poaceae
6.	<i>nilotpala</i>	<i>Nymphaea alba</i>	nymphaeaceae
7.	<i>ushira</i>	<i>Vetiveria zizanioidis</i>	graminae
8.	<i>sariva</i>	<i>Hemidesmus indicus</i>	asclepiadaceae
9.	<i>guduchi</i>	<i>Tinospora cordifolia</i>	menispermaceae
10.	<i>hribera</i>	<i>Pavonia odorata</i>	malvaceae

**TABLE 2: HERBS OF SARIVADI GANA OF SHUSHRUTA SAMHITA**

S.No.	Herbs	Botanical name	Family
1.	<i>sariva</i>	Hemidesmus indicus	Asclepiadaceae
2.	<i>madhuka</i>	Glycyrrhiza glabra	Fabaceae
3.	<i>chandana</i>	Santalum album	Santalaceae
4.	<i>kuchandana</i>	Pterocarpus santalinus	Fabaceae
5.	<i>padmaka</i>	Prunus cerasoides	Rosaceae
6.	<i>kashmari phala</i>	Gmelina arborea	Malvaceae
7.	<i>madhooka</i>	Madhuka indica	Sapotaceae
8.	<i>ushira</i>	Vetiveria zizanioidis	Graminae

**TABLE 3: SELECTION OF SIMILAR HERBS FROM TABLE 1 AND 2**

S.No.	Herb	Botanical Name	Family
1.	<i>chandana</i>	Santalum album	santalaceae
2.	<i>sariva</i>	Hemidesmus indicus	asclepiadaceae
3.	<i>ushira</i>	Vetiveria zizanioidis	graminae
4.	<i>kashmari</i>	Gmelina arborea	malvaceae
5.	<i>madhuka</i>	Madhuka indica	sapotaceae

**TABLE 4: LITERARY REVIEW OF SELECTED HERBS**

S.No.	Herb	Rasa	Guna	Virya	Vipaka	Doshkarma
1.	<i>chandana</i>	tikta, madhura	laghu, ruksha	sheeta	katu	kapha pitta shamaka
2.	<i>sariva</i>	madhura, tikta	guru, snigdha	sheeta	madhura	tridoshashamaka
3.	<i>ushira</i>	tikta, madhura	ruksha, laghu	sheeta	katu	kapha pitta shamaka
4.	<i>kashmari phala (fruit)</i>	tikta, kashaya, madhura	guru	sheeta	katu	tridoshashamaka
5.	<i>madhuka</i>	madhura, kashaya	guru, snigdha	sheeta	madhura	vatapitta shamaka

**TABLE 5: USEFUL PART OF HERBS**

S.no.	Herb	Useful part
1.	<i>chandana</i>	twak (heartwood)
2.	<i>sariva</i>	moola (roots)
3.	<i>ushira</i>	moola (roots)
4.	<i>kashmari phala</i>	phala (fruits)
5.	<i>madhuka</i>	pushpa (flowers)

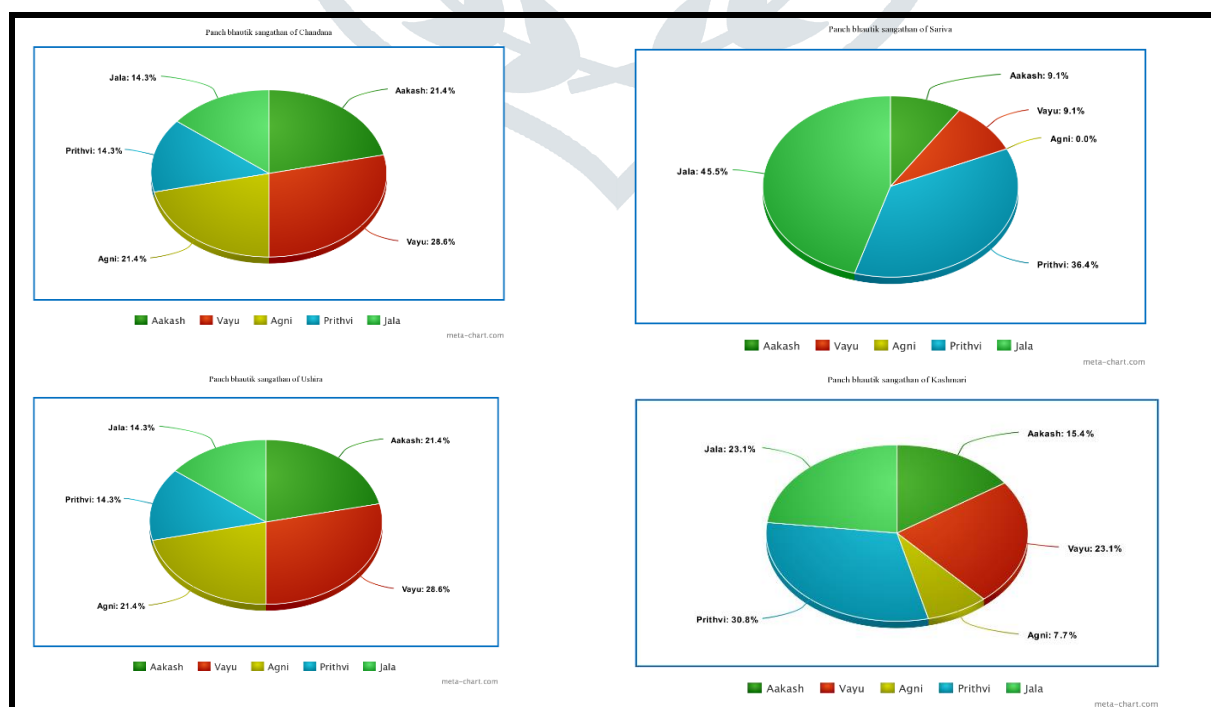
**TABLE 6: PHARMACOLOGICAL PROPERTIES OF SELECTED HERBS**

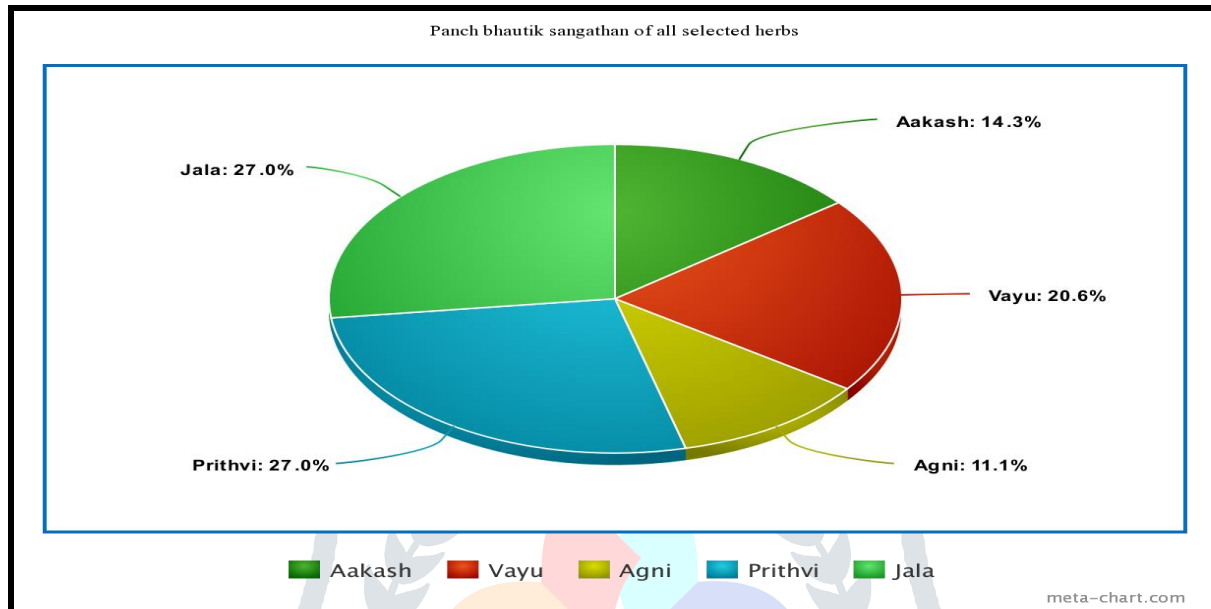
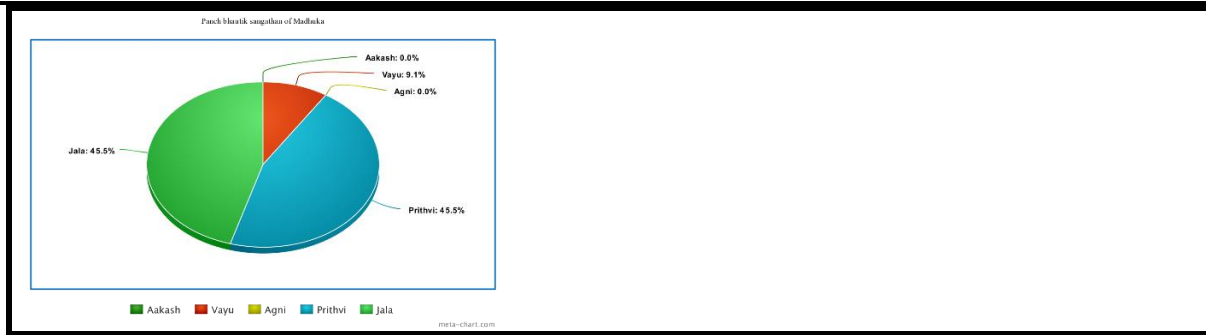
S.no.	Herb	Pharmacological properties
1.	<i>chandana</i>	coolant, blood purifier, urogenital system strengthener, uterine tonic, skin detox
2.	<i>sariva</i>	coolant, skin detoxifier, hair tonic, wound healing, anxiolytic.
3.	<i>ushira</i>	coolant, diuretic, antacid, sedative, anti-inflammatory.
4.	<i>kashmari phala</i>	coolant, anti-inflammatory, analgesic, antispasmodic, wound healing
5.	<i>madhuka</i>	anti-burn, anti-diabetic, antiulcer, hepatoprotective, anti-pyretic, anti-fertility, analgesic, anti-oxidant, swelling, inflammation, piles, emetic, dermatological, laxative, tonic, wound healing, headache

TABLE 7: PANCHBHAUTIKATWA (PROTOELEMENTAL COMPOSITION) OF HERBS

S.no.	Herb	Rasa	Guna	Virya	Vipaka	Panchbhautiktwa
1.	chandana	tikta-vayu, aakash, madhura-prithvi, jala	laghu-vayu, agni, aakash, ruksha-vayu, agni	sheeta-prithvi, jala.	katu-vayu, agni, aakash.	aakash-3 vayu-4 agni-3 prithvi-2 jala- 2
2.	sariva	madhura-prithvi, jala, tikta-vayu, aakash	guru-prithvi, jala., snigdha-jala	sheeta-prithvi, jala.	madhura-prithvi, jala	aakash-1 vayu-1 agni-0 prithvi-4 jala- 5
3.	ushira	tikta-vayu, aakash, madhura-prithvi, jala	ruksha-vayu, agni, laghu-vayu, agni, aakash.	sheeta-prithvi, jala.	katu-vayu, agni, aakash.	aakash-3 vayu-4 agni-3 prithvi-2 jala- 2
4.	kashmari phala	tikta-vayu, aakash, kashaya-prithvi, vayu, madhura-prithvi, jala	guru-prithvi, jala.	sheeta-prithvi, jala. (fruit)	katu-vayu, agni, aakash.	aakash-2 vayu-3 agni-1 prithvi-4 jala-3
5.	madhuka	madhura-prithvi, jala, kashaya-prithvi, vayu	guru-prithvi, jala., snigdha-jala	sheeta-prithvi, jala.	madhura-prithvi, jala	aakash-0 vayu-1 agni-0 prithvi-5 jala-5
<b>total proto-elemental composition</b>						aakash- 9 vayu- 13 agni- 7 prithvi- 17 jala- 17

**OBSERVATION-:**





## Discussion & Conclusion

Besides Acharya Charaka, Acharya Vagbhata has also narrated ten dravya of *daha prashamana* (pacifying burning sensation). But here, author replaced *Guduchi* (*Tinospora cordifolia*) with *Padmaka* (*Prunus cerasoides*). *Padmaka*, botanically known as *Prunus cerasoides*, belongs to family Rosaceae. It possesses *Kashaya*, *tikta rasa*, *Laghu* (light), *snigdha* (unctuous) *guna*, *sheeta virya*, *katu vipaka* and has *kaphapittahara doshkarmata*.

In *Shushruta Samhita*, Acharya Dalhana also explained *Anjanadi gana*, *Nayagrodhadi gana*, *Guduchyadi gana*, *Utpaladi gana* which also attributes to *daha nashana karma* (pacifying burning sensation effect). *Daha* is the peculiar symptom of *pitta dosha* and while reviewing all these herbs, one can analyse the selected herbs possess *sheeta virya* (cold potency) and *pittashamak* in *dosha karma*. In this, majority of herbs possess *Madhura*, *Tikta* and *Kashaya ras*, which mainly consist of *guru* (heavy), *ruksha* (dryness) and *laghu* (light) properties that helps to decrease *pitta dosha* as *guru* (heavy) and *ruksha* (dryness) properties of selected herbs stand opposite to *laghu* (light) and *snigdha* (unctuous) properties of *pitta dosha*.

While reviewing, it is observed that majority of herbs consist of *guru* (heavy) and *ruksha* (dryness) *guna* (property). Also, all herbs possess *sheeta virya* (cold potency), which implies that these herbs pre-dominantly consist of *Prithvi mahabhuta* and *Jala mahabhuta*.

Moreover, according to modern properties, selected herbs act as coolant, anti-burn and anti-pyretic in nature. Lastly, it is concluded that, by virtue of proto-elemental composition (Prithvi +Jala mahabhuta) and their natural pharmacological properties (Coolant, anti-burn), selected herbs act as more potent *dahaprashamana* (pacifying burning sensation) activity as discussed in classical literature like Charaka and Shushruta Samhita.

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