

## BRIHANIYA MAHAKASHAYA - A CRITICAL REVIEW

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### ABSTRACT

*Drug is an important part of chikitsa chatushpada, which has been mentioned next to the physician in Charak Samhita. The comprehensive knowledge of the drug is very important to physician because without knowledge of the drug, the patient can't be treated properly. 50 Mahakashya is mentioned in Charaka samhita, sutra sthana, chapter 4. This classification of different dravyas is based upon their karma so it can be named as 'Karmatmaka vargikarana'. Each mahakashya contains 10 dravyas but this number can be increased as per need with addition of other dravya having similar guna and karma. . Ten important drugs are enumerated under this mahakashaya i.e. Kshirni, Rajakshavaka, Ashvagandha, Kakoli, Kshirakakoli, Vatyayani, Bhadraudani, Bhardvaji, Payasya and Rshyagandha. Brihana is restorative of body elements. The treatment that increases the dhatu is called Brihana chikitsa. It is prescribed in cases of weakness and diseases causing debility. Mahakashaya is the term for a group of drugs which are used for similar purpose.*

**Key-words:** Charaka, Brihana, Mahakashaya.

### INTRODUCTION

Charaka Samhita and Sushruta Samhita are the original scriptures of Ayurveda. Both the samhitas are contemporary created during 1000 B.C. Charaka samhita is well known for medical treatment of disorders whereas Sushruta is for surgical as well as medical. In both the samhita two main objects is well defined i.e to promote the health of healthy person and to cure the disease. In these Samhitas we found some important groups of drugs. Drugs have been grouped according to pharmacological action by Caraka.(C.Su 4) and according to effect on dosha and disease by Sushruta (S.Su. 38). In Caraka Samhita, fifty Mahakashaya, having ten drugs in each Mahakasaya. On critical observations, it was found that there is use of specific suffix in a group of Mahakashaya, which enriches the properties of that particular Mahakashaya.

### MATERIAL AND METHODS

Comprehensive review of drugs under Brihaniya Mahakashaya of Charaka Samhita C.Su.4 was done. Each drug mentioned under Brihaniya Mahakashayawas reviewed from Charak Samhita, Sushruta Samhita, Bhavaprakash nighantus, P.V.Sharma dravyaguna vigyana. Further, scientific

research work regarding drug has been collected. All information was then analyzed, discussed and concluded.

## OBSERVATIONS

**Table 1-Drugs of Brihaniya Mahakashaya in Charaka, Sushruta and Vagabhatta**

Plant	Charaka Samhita	Sushruta Samhita	Aṅga Hridaya
Kshirini	Brihaniya Mahakashaya (C.Su 4/2), Mulini (C.Su 1/78), saptala Shankhini kalpa (C.K 11/14)	Lepartha in Shwitra (S.Ci9/27)	Madhura Gaa (A. H Su 10/24)
Rajakshavaka	Brihaniya Mahakashaya (C.Su 4/2, Madhurskandha (C.Vi 8/10)	-	-
Ashwagandha	Brihaniya Mahakashaya, Balya Mahakashaya (C.Su 4), Madhurskandha(C.Vi 8/10)	-	-
K akoli	Jivaniya and Brihaniya Mahakashaya (C.Su 4)	-	-
Kshirakakoli	Brihaniya Mahakashaya Jivaniya and (C.Su 4)		
Vatyayani	Brihaniya, Balya, Prajasthapana Mahakashaya, Madhurskandha (C.Vi 8/10)	Vata Sanshamana (Su. Su 39/7)	
Bhadraudani	Brihaniya Mahakashaya, Balya Mahakashaya,, Madhurskandha (C.Vi 8/10)	Vata Sanshamana (Su.Su.39/7)	
Bharadvaji	Brihaniya Mahakashaya (C.Su 4)	Vata Sanshamana (S.Su 39/7)	
Payasya	Brihaniya Mahakashaya, Balya, Varnya Mahakashaya (C.Su 4)		
Rshyagandha	Brihaniya Mahakashaya (C.Su 4), Madhurskandha (C. Vi 8)		

**Table 2-Properties of drugs in Brihaniya mahakashaya :**

Plant	Guna	Rasa	Virya	Vipaka	Dosha karma
Kshirini	Snigdha, Guru (B.P Ni)	Madhura (B.P Ni)	Shita (B.P Ni)	Madhur (B.P Ni)	VPK ↓ (B.P Ni)
Rajakshavaka	Guru, Ruksha, TikṢṇa (B.P Ni)	Madhura (B.P Ni)	Shita (B.P Ni)	Madhur (B.P Ni)	VPK ↓ (B.P Ni)
Ashwagandha	Laghu, Snigdha (B.P Ni)	Tikṭa, KaṢṭu, Madhur (B.P Ni)	Ushna (B.P Ni)	Madhur (B.P Ni)	K-V ↓ (B.P Ni)
Kakoli	Guru, Snigdha (B.P Ni)	Madhura (B.P Ni)	Shita (B.P Ni)	Madhur (B.P Ni)	V-P ↓ (B.P Ni)
Kshirakakoli	Guru, Snigdha (B.P Ni)	Madhura (B.P Ni)	Shita (B.P Ni)	Madhur (B.P Ni)	V-P ↓ (B.P Ni)
Vatyayani	Laghu, snigdha, Pichila (B.P Ni)	Madhura (B.P Ni)	Shita (B.P Ni)	Madhur (B.P Ni)	V-P ↓ (B.P Ni)
Bhadraudani	Laghu, snigdha, Pichila (B.P Ni)	Madhura (B.P Ni)	Shita (B.P Ni)	Madhur (B.P Ni)	V-P ↓ (B.P Ni)
Bharadvaji	Snigdha (B.P Ni)	Madhura (B.P Ni)	Shita (B.P Ni)	Madhur (B.P Ni)	P-K ↓ (B.P Ni)
Payasya	Guru, Snigdha (B.P Ni)	Madhura (B.P Ni)	Shita (B.P Ni)	Madhur (B.P Ni)	V-P ↓ (B.P Ni)

**Table 3- Phytochemical Constituents and Pharmacology activity of drugs of Brihaniya Mahakashaya-**

Plant Name	Botanical Name	Family	Part Used	Phytochemical constituents	Pharmacological activity	References
Kshrini	Mimusops hexendra Roxb.	Sapotaceae	Fruit, seed, bark	Sterols, tannin, gallic acid	Antiulcer effect	Modi et al.(2012), Shah et al.,(2004)
Rajakshavaka	Euphorbia thymifolia	Euphorbiaceae	Whole plant	Apigenin, quercetin, kaempferol	Antioxidant and antiviral activities of	Lin CC et al, J Biomed Sci. 2002 Nov-Dec;9(6 Pt 2):656-64
Ashvagandha	Withania somnifera Dunal	Solanaceae	Root	Cuseohygrine, anahygrine, tropine, and anaferine, glycosides, withenolide	1.Potent anti arthritic and anti inflammatory 2.Alzheimer's disease	The Wealthof India Vol X) Bector et al, 1968 Sehgal et al, 2012)
Kakoli	Roscoea procera Wall. Syn- Roscoea purpurea; or Fritillaria roylei Hook.f	Zingiberaceae	Kanda			
Kshirakakoli	Lilium polphyllum D.Don	Aliaceae	Kanda			
Vatyayani	Sida cordifolia Linn.	Malvaceae	Root, leaves, seed	Ephedrine	Free radical scavenging capacity, anticandidal effect of bioactive compounds	(Khatoon, Srivastava, Rawat and Mehrotra 2005).
Bhadraudani	Abutilon indicum (Linn ).Sw	Malvaceae	Root, leaves, seed	Terpenes, Fatty acids,Ketone,VitaminE	Immunomodulatory activity, Wound healing activity	Jain PK, Sharma TC, Bokadia MM, Chemical Investigation of Essential oil of Abutilon indicum, Acta Ciencia Indica, 8c (3), 1982, 136-139.)
Bharadvaji	Thespasia	Malvaceae	Root,	Tannin, saponins,	Antioxidant and	M.V.

	lampas Dalz & Gibs.		seed	tetradecanoic acid	Anti-Lipoxygenase Activity, Hepatoprotective	Kumaraswamy and S. Satish Advances in Biological Research 2 (3-4): 56-59, 2008 ) S. Stephen Ambrose et al, J Pharmacol Pharmacother. 2 012 Oct-Dec; 3(4): 326–328.)
Payasya	Peuraria tuberosa DC.	Fabaceae	kanda	Peurarin, tuberosin, $\beta$ -sitosterol, sucrose, glucose and fructose	effective for menopausal syndrome and infertility	Shukla S et al, 1986; Fertility regulations through indigenous plants and their mode of action, Planta medica , No. 6, pp 552)
Rshyagandha	Withania coagulens Dunal.	Solanaceae	Doda paneer	Withanolide	Wound healing effect, Cardiovascular effects	Prasad SK et al. Pharm Biol.2010, BudhirajaRD et al., IJP Pharmacol 1983

## DISCUSSION

Kshirika name came in Vajikarana yoaga in C.Ci 2/3/8. In Astanga Hrdaya {kshirnidvya}; it came in Madhura gana. Likewise Rajakshavaka is also described in Madhura gana of Caraka, so while assessing property of these two drug we can base upon Madhura gana because dravya of madhura gana is having madhura rasa and madhura vipaka. In case of Payasya ,this name is also came for kshirakakoli but kshirakakoli is already mention in the same mahakashaya so it is somewhat different drug i.e vidari (Peuraria tuberosa). Rshyagandha is another controversial drug because there is a confusion for reaching upto a conclusion that whether it is Withania coagulens or Argeria speciosa.

The drugs which increases body weight are known as Brihaniya. These drugs are mainly useful in krisha and kshina sharira so they provide strength and immunity in emaciated and weak person. These all drugs are basically having madhura rasa so there is predominance of Jala and Prthvi mahabhuta and because of these two drugs of this gana gives compactness and energy to the body.

## CONCLUSION

Drugs of Brihaniya Mahakashaya are beneficial for all dhatus by improving strength of all dhatus including mamsa and its upadhatu. Acarya Chakrapani had mentioned that number 10 in each group is not restrictive but suggestive and as such other drugs having similar properties and actions may also be included wherever necessary. In ancient tradition, the number ten is called 'dik'(direction) which thus indicates guidance. Aim of Acarya Charaka, by creating the concept of mahakshaya is how to formulate different formulations with collection of different dravyas of same property because these 50 are only for those who have less I.Q. and the people who are not capable of preparing other formulation on their own. The drugs of Brihaniya mahakashaya is prescribed in cases of weakness and diseases causing debility, and increases vitality and strength of body. Because of this beneficial effect these drugs can be used to promote health i.e. 'Swasthasya swasthya Raksnama'', which is the foremost aim of Ayurveda. Thus, proper use of drugs of would help to live long healthy life and to combat the challenges to fight frightening diseases of day and future. To enhance the effect of these drugs, they can be used along with kshira and ghrta. These drugs can be used all together or individually or in permutation combinations of each other on the patient's condition.

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