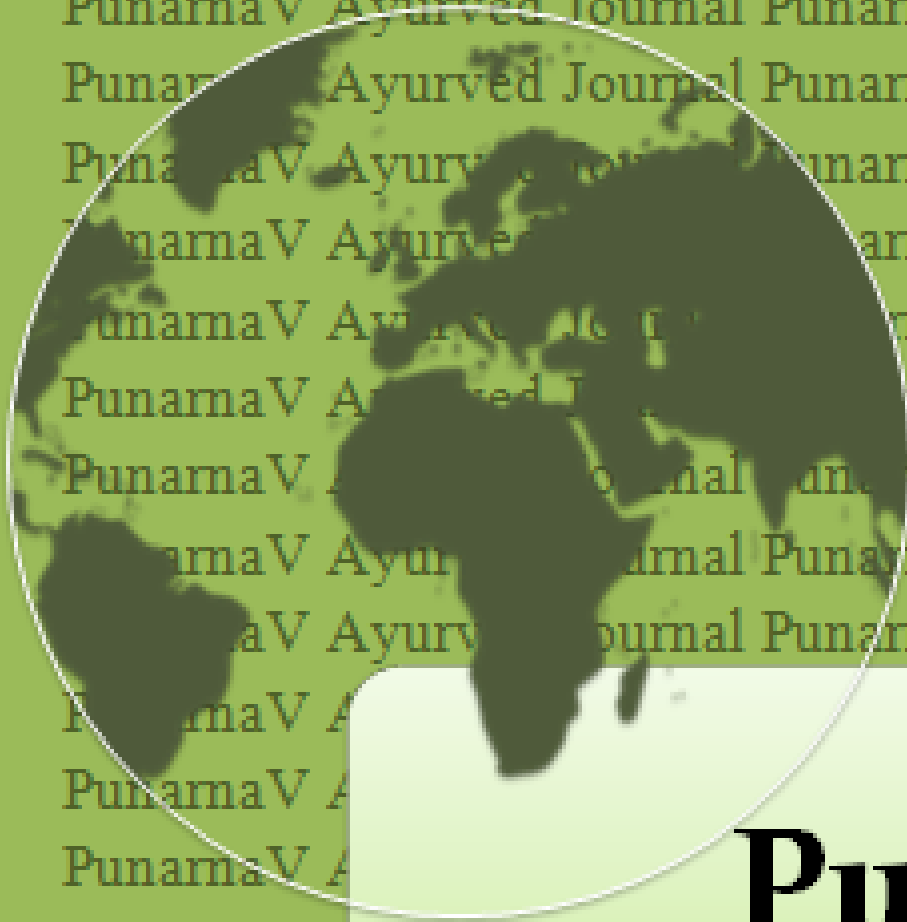


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TITLE

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VRISHYA IN CHARAK SAMHITA**

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REVIEW OF PHARMACOLOGICAL ACTION OF MAHAKASHAYA MENTIONED AS VRISHYA IN CHARAK SAMHITA

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ABSTRACT:

Vajikaran is a very integral branch of Ayurveda also referred as Vrisha. Those drugs which increase power, vigor and sperm quantity are known as Vajikaran. Main aim to use these drugs is to produce susanskrit putra or putri. But during past few centuries Vajikaran was not practiced as a scientific therapy and has now become quack's system of medicine. This has led to degrading of this science with illogical practices and ethics. Overall present scenario is very much pessimistic and it needs urgent attention. Once again Vajikaran's concept be understood, drugs botanically identified and formulations be prepared according to classics. Then only we can develop this branch which is today considered as Taboo. This paper will present a very small portion of vast Vrishya karma and highlight the need and way to understand concepts of Ayurvedic action of few Vrishya dravya. Mahakashaya mentioned in Charak Samhita were botanically identified where ever possible and their probable mode of action is discussed in relevance with Vajikaran. All five of these Mahakashaya are different with each other and have different implications in Vrishya karma so they are not to be mixed or used one after other. These and some other findings will be presented in this paper.

Keywords: Ayurveda, Mahakashaya, Vajikaran, Vrishya

INTRODUCTION

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INTRODUCTION

Vajikaran is one of the most important branch of *Ayurveda* as said in *Charak Samhita Chikitsa sthan 2/3* as *Dharma, Artha, Preeti* and *Yash* are inherited by child and a healthy child can only be produced by *Vajikaran*.¹ This proves logical importance of *Vajikaran* therapy. But this branch of *Ayurveda* now stands neglected due to wrong interpretation of classical data and also by greedy folks and quacks. They have turned rays of hope into rays of fantasy changing *Vajikaran* from science to illogical traditional medicine. *Vajikaran* which if practiced in the way written in our classics could have been a boon for infertile couples but utter negligence of *Vaidyas* and Ayurvedic practitioners has made it an instrument of sexual pleasure. *Vajikaran* lost all its values and goals. Once used only by *Aatmavan* as written in *Charak Samhita* is now presented to *Anaatmavan*. *Vajikaran* is now practiced as *Vatsaayan Kaam sutra*.

This is the need of hour to return lost glory to *Vajikaran* therapy as scientific and rational branch of *Ayurveda*. Now we have to return to our roots and practice *Vajikaran* for its real goal. Goal to gift a

child to infertile. This paper will address the unscientific approach towards *Vajikaran* by throwing light on explaining Ayurvedic pharmacological action of drugs termed as *Vrishya*. Also it clears the path for further practical research from data inferred from this paper. This paper will strongly advocate a more rational and standardized method for good clinical practice and good manufacturing practice. This paper will present critical review of drugs mentioned as *Vrishya Mahakashayas* in *Charak Samhita Chikitsa sthan 2/6-7*. Their identification, Ayurvedic actions and all relevant data will be collected, discussed and result concluded in such a manner that this paper will be a foundation for further research work.

MATERIAL AND METHOD

Charak Samhita will be reviewed as base text. All relevant data will be collected and analysed unbiased.

Bhav Prakash Nighantu will be used as reference book to collect data on Ayurvedic actions of relevant drugs.

All data will be presented in tables and discussed to reach a practical useful conclusion.

RESULT

A *shloka* mentions 5 *vargas* or group of drugs which works on the maintenance of *Shukra dhatu*. These groups are none other than *Shukra Janan Mahakashaya, Jeevaniya Mahakashaya, Brihan Mahakashaya, Balya Mahakashaya* and *Stanyajanan Mahakashaya* written in *Charak Samhita sutrasthan* chapter 2-3/6, 7.²

Based on above *shloka* pharmacological action of all drugs of individual *Mahakashaya* were collected from *Bhav Prakash Nighantu* and data recorded is presented in tables below:-

Jeevak, Rishbhak, Kakoli, KsheerKakoli, Mudgaparni, Mashparni, Meda, Vridhruha, Jatilaa and Kulinga (C.Ch. 4/19)³

Jeevak & Rishbhak (B.Ni) *Malaxis muscifera & Malaxis acuminata* Fam: *Liliaceae*

Shukra Janan Mahakashaya

Table 1 Pharmacological Properties of *Jeevak & Rishbhak*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|---------------|--------------|-----------------------|------------------------|--------------------|
| <i>Madhur</i> | <i>Sheet</i> | <i>Kapha kar</i> | <i>Shukral</i> | <i>Karshya har</i> |
| | | <i>Vata Pitta Har</i> | <i>Rakta Dosha Har</i> | <i>Kshat Har</i> |
| | | | <i>Balya</i> | |

Meda (B.Ni) *Poligonatum Sp.*

Table 2 Pharmacological Property of *Meda*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|---------------|--------------|-----------------------|------------------------|--------------------|
| <i>Madhur</i> | <i>Sheet</i> | <i>Kapha Kar</i> | <i>Vrishya</i> | <i>Jwar Har</i> |
| | <i>Guru</i> | <i>Vata Pitta Har</i> | <i>Rakta Dosha har</i> | |
| | | | <i>Brihan, Stanya</i> | |

Kakoli & KsheerKakoli (B.Ni) *Roscea procera, Fritelleria royeli*

Table 3 Pharmacological Properties of *Kakoli & Ksheerkakoli*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha action</i> | <i>Karma</i> | <i>Roga Action</i> |
|---------------|--------------|-----------------------|-------------------------|--------------------|
| <i>Madhur</i> | <i>Sheet</i> | <i>Vata Pitta Har</i> | <i>Shukral</i> | <i>Jwar har</i> |
| | <i>Guru</i> | | <i>Rakta dosha har</i> | <i>Shosha</i> |
| | | | <i>Brihan, Daah Har</i> | |

Mudgaparni (B.Ni) *Phaseolus trilobus* Fam: *Leguminosae*

Table 4 Pharmacological Property of Mudgaparni

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|----------------------|---------------|---------------------|-----------------|---------------------------|
| <i>Tikta, Madhur</i> | <i>Sheet</i> | <i>Tridosha har</i> | <i>Shukral</i> | <i>Kshat Shotha har</i> |
| | <i>Ruksha</i> | | <i>Daah har</i> | <i>Jwar har, Grahani,</i> |
| | <i>Laghu</i> | | <i>Graahi</i> | <i>Arsha, Atisaar har</i> |

Mashparni (B.Ni.) *Teramnus labialis* Fam: *Leguminosae*

Table 5 Pharmacological Property of Mashparni

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|---------------|---------------|-----------------------|------------------------|--------------------|
| <i>Tikta</i> | <i>Sheet</i> | <i>Kapha kar</i> | <i>Shukral</i> | <i>Jwar Har</i> |
| <i>Madhur</i> | <i>Ruksha</i> | <i>Vata Pitta har</i> | <i>Rakta dosha Har</i> | <i>Shotha Har</i> |
| | | | <i>Graahi</i> | |

Vridhruha (B.Ni) *Argyria speciosa* **Vridhdaru** are taken as **Vridhruha**.
Fam: *Convolvulaceae* It is a controversial drug. **Vrikshruha** (*Bandaak*) and Looking at their action **Vridhdaru** can be taken for **Vrishya** karma in the name of **Vridhruha**.

Table 6 Pharmacological property of Vridhruha

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|--------------------|--------------|-----------------------|-------------------------|-------------------------|
| <i>Kashaya</i> | <i>Ushna</i> | <i>Vata Kapha har</i> | <i>Vrishya</i> | <i>Prameha</i> |
| <i>Katu, Tikta</i> | <i>Sara</i> | | <i>Balya, Kaantakar</i> | <i>Aam Vata, Shotha</i> |
| | | | <i>Rasayan, Swarya</i> | <i>Arsha</i> |

Jatilaa (B.Ni) *Jatamansi* can be taken *Nardostachys jatamansi* Fam: *Valerianaceae*

Table 7 Pharmacological property of *Jatilaa*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|-----------------------|---------------|---------------------|-------------------------|--------------------|
| <i>Tikta, Kashaya</i> | <i>Sheeta</i> | <i>Tridosha har</i> | <i>Balya</i> | NA |
| <i>Madhur</i> | | | <i>Medhya, Daah Har</i> | |
| | | | <i>Kaantikar</i> | |

Kulinga (B.Ni) It is also a doubted drug. But *Kulinga* is a synonym of *Chatak*

(Home sparrow). Looking at its properties it can be taken as a *Vrishya dravya*.

Table 8 Pharmacological property of *Kulinga*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|---------------|----------------|---------------------|---------------------|--------------------|
| <i>Madhur</i> | <i>Sheet</i> | <i>Tridoshara</i> | <i>Ati Shukrala</i> | NA |
| | <i>Snigdha</i> | | | |

Jeevaniya Mahakashaya

Jeevak, Rishbhak, Meda, Mahameda, Kakoli, KsheerKakoli, Mudgaparni, Mashaparni, Jeevanti and *Madhuk* (C.Ch. 4/1) ⁴

been presented earlier. Action of *Mahameda* is same as that of *Meda*. So Ayurvedic actions of *Jeevanti* & *Madhuk* will be presented now.

Jeevak, Rishbhak, Meda, Kakoli, Ksheerkakoli, Mudgaparni, Mashparni has

Jeevanti (B.Ni) *Leptadenia reticulata* Fam: *Asclepiadaceae*

Table 9 Pharmacological property of *Jeevanti*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|---------------|----------------|---------------------|----------------------|--------------------|
| <i>Madhur</i> | <i>Sheet</i> | <i>Tridosha har</i> | <i>Rasayan</i> | NA |
| | <i>Snigdha</i> | | <i>Balya, Graahi</i> | |
| | <i>Laghu</i> | | <i>Chakshushya</i> | |

Madhuk (B.Ni) *Glycyrrhiza glabra* Fam: *Leguminosae*

Table 10 Pharmacological property of Madhuk

| Rasa | Guna | Dosha Action | Karma | Roga action |
|--------|---------|----------------------|---------------------------------------|---------------------------------|
| Madhur | Sheeta | Vata Pitta har | Shukral, Balya, Rakta Dosha har | Kshaya har, Shotha Har |
| | Guru | | Varnya, Keshya | Visha, Chardi Har |
| | Snigdha | | Chakshushya | |

Brihan Mahakashaya

*Kshirini, Rajkshavak, Ashvagandha, Kakoli, Ksheerkakoli, Vatyani, Bhadraoudani, Bharadwaji, Payasya, Rishyagandha (C.Ch 4/2)*⁵

Kakoli and Ksheerkakoli have already been tabulated.

Kshirini It is still a controversial drug. Yet not decided. This paper will not suggest any drug in the name of *kshirini* as *vrishya*.

Rajkshavak (B.Ni) *Euphorbia hirta* Fam: *Euphorbiaceae* *Dugdika* can be taken, as suggested by *Chakradutt*.

Table 11 Pharmacological property of Rajkshavak

| Rasa | Guna | Dosha Action | Karma | Roga Action |
|----------------|----------------|--------------|-----------------------|----------------|
| Madhur | Ushna, Guru | Vata kar | Vrishya, Garbhakar | Kushtha Har |
| Katu, Tikta | Ruksha | Kapha har | Vishtambhi | Krimi Har |

Ashvagandha (B.Ni) *Withania somnifera* Fam: *Solanaceae*

Table 12 Pharmacological property of Ashvagandha

| Rasa | Guna | Dosha Action | Karma | Roga Action |
|-------------------|-------|----------------------|-----------------------|-------------------------|
| Tikta, Kashaya | Ushna | Vata Kapha Har | Ati shukral, Balya | Kshaya Har |
| | | | Rasayan | Shotha har |
| | | | | Shwet Kushtha har |

Vaatyani (B.Ni) *Bala* is taken. *Sida cordifolia* Fam: *Malvaceae*

Table 13 Pharmacological property of Vaatyani

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga action</i> |
|---------------|----------------|-------------------------------|--------------------------------|----------------------|
| <i>Madhur</i> | <i>Sheet</i> | <i>Vata Pitta Har</i> | <i>Balya</i> | <i>Kshat Har</i> |
| | <i>Snigdha</i> | | <i>Rakta Dosha Har</i> | |
| | | | <i>Kaantikar</i> | |

Bhadraoudani *Abutilon indicum* or *Sida rhombifolia* Fam: *Malvaceae*

It is also a doubtful plant. But it may be *Atibala* or *Mahabala*. As *vrishya Dravya*

they may be considered. Actions are same as *Bala*.

Bharadwaji(B.Ni) *Thespesia lampas* Fam: *Malvaceae* *Van Karpaas* be taken as *Vrishya Dravya*. Its seed should be used for *vrishya karma* as shown below

Table 14 Pharmacological property of Bharadwaji

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|-------------|----------------|---------------------|----------------|--------------------|
| NA | <i>Guru</i> | <i>Kaphakar</i> | <i>Vrishya</i> | NA |
| | <i>Snigdha</i> | | <i>Stanya</i> | |

Payasya It is again a controversial drug. *Arkapushpi* or *Vidarikand* can be taken on the name of *payasya*. But for use as *vrishya dravya* *Vidarikand* is more appropriate. *Vidarikand* properties are given below:- *Pueraria tuberosa* Fam: *Leguminosae*

Table 15 Pharmacological property of Payasya

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|----------------|----------------|-------------------------------|---|--------------------|
| <i>Madhura</i> | <i>Sheeta</i> | <i>Vata Pitta har</i> | <i>Shukral, Stanya, , Brihan, Balya</i> | NA |
| | <i>Snigdha</i> | | <i>Jeevaniya, Rasayan</i> | |
| | <i>Guru</i> | | <i>Mutral, Swarya</i> | |

Rishyagandha It is also a controversial drug. Nothing has been decided. But

according to *Nighantu shesha*, *Vridhdaru* can be *rishyagandha*. For *vrishya* effect

vridhdaru can be used as already stated in this paper. *Argyreia speciosa* Fam: *Convolvulaceae*

Balya Mahakashaya(C.Ch 4/7) ⁶

Aindri, *Rishbhak*, *Atirasa*, *Rishyaprokta*, *Paysya*, *Ashvgandha*, *Sthira*, *Rohini*, *Bala*, *Atibala*

Rishabhak, *Paysya*, *Ashvgandha*, *Bala*, *Atibala* has already presented.

Aindri It is a very controversial plant. Some take *Brahmi* and some *Indravaruni*. For *Vrishya karma* *Brahmi* can be preferred. *Bacopa monnieri* Fam: *Scrophulariaceae*

Atirasa (B.Ni) *Shatavari* *Asparagus racemosus* Fam: *Liliaceae*

Table 16 Pharmacological property of Atirasa

| Rasa | Guna | Dosha action | Karma | Roga Action |
|-------------------------------|--------------------------------|---|--|--|
| <i>Tikta</i> <i>Madhur</i> | <i>Sheeta</i> , <i>Guru</i> | <i>Vata</i> <i>Pitta</i> <i>har</i> | <i>Shukral</i> , <i>Agni</i> <i>Kar</i> <i>Stanya</i> , <i>Balya</i> | <i>Gulma</i> , <i>Atisar</i> , <i>Shotha</i> <i>Har</i> |
| | <i>Snigdha</i> | | <i>Rakta dosha</i> <i>har</i> | |
| | | | <i>Rasayan</i> , <i>Medhya</i> | |

Rishyaprokta (B.Ni) *Maha Shatavari* *Asparagus sarmentosus* Fam: *Liliaceae*

Table 17 Pharmacological property of Rishyaprokta

| Rasa | Guna | Dosha Action | Karma | Roga Action |
|------|--------------|--------------|--|------------------------------|
| NA | <i>Sheet</i> | NA | <i>Vrishya</i> | <i>Arsha</i> <i>Har</i> |
| | | | <i>Medhya</i> , <i>Hridya</i> , <i>Rasayan</i> | <i>Grahani</i> <i>Har</i> |

Sthira (B.Ni) *Shaalparni* *Desmodium gangeticum* Fam: *Leguminosae*

Table 18 Pharmacological property of Sthira

| Rasa | Guna | Dosha Action | Karma | Roga Action |
|---------------|-------------|------------------------------|----------------|--|
| <i>Tikta</i> | <i>Guru</i> | <i>Tridosh</i> <i>har</i> | <i>Brihan</i> | <i>Jwar</i> <i>har</i> , <i>Shosha</i> <i>har</i> |
| <i>Madhur</i> | | | <i>Rasayan</i> | <i>Atisar</i> , <i>Kshat</i> <i>har</i> |
| | | | | <i>Visha</i> , <i>Kaas</i> <i>har</i> |

Rohini (B.Ni) It is controversial drug but *dravya* on the name of *Rohini*. *Soymida*
Maansrohini can be taken as *Vrishya* *febrifuga* Fam: *Meliaceae*

Table 19 Pharmacological property of Rohini

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha</i> Action | <i>Karma</i> | <i>Roga</i> Action |
|-------------|-------------|------------------------------|----------------|-----------------------|
| NA | <i>Sara</i> | <i>Tridosh</i> <i>har</i> | <i>Vrishya</i> | NA |

Stanya Janan Mahakashaya(C.Ch 4/17) ⁷ *Veeran*, *Shali*, *Shastik*, *Ikshubalika*,
Darbha, *Kusha*, *Kasha*, *Gundra*, *Itkat* and
Ktrina Mula

Veeran (B.Ni) *Vetiveria zizanioides* Fam: *Gramineae*

Table 20 Pharmacological property of Veeran

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha</i> Action | <i>Karma</i> | <i>Roga</i> Action |
|---------------|--------------|--|---------------------------|---|
| <i>Tikta</i> | <i>Sheet</i> | <i>Kapha</i> <i>Pitta</i> <i>Har</i> | <i>Stambhan</i> | <i>Trishna</i> , <i>Vish har</i> |
| <i>Madhur</i> | <i>Laghu</i> | | <i>Daha</i> <i>Har</i> | <i>Visarp</i> , <i>Vrana</i> <i>har</i> |
| | | | <i>Paachan</i> | <i>Hridya</i> |

Shaali (B.Ni)

Table 21 Pharmacological property of Shaali

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha</i> Action | <i>Karma</i> | <i>Roga</i> Action |
|----------------|----------------|------------------------|----------------------------------|-----------------------|
| <i>Madhur</i> | <i>Sheet</i> | <i>Pitta har</i> | <i>Vrishya</i> | NA |
| <i>Kashaya</i> | <i>Laghu</i> | | <i>Balya</i> , <i>Brihan</i> | |
| | <i>Snigdha</i> | | <i>Swarya</i> , <i>Mutral</i> | |

Shashtika (B.Ni)

Table 22 Pharmacological property of *Shashtika*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|---------------|--------------|-------------------------------|---------------------------|--------------------|
| <i>Madhur</i> | <i>Sheet</i> | <i>Vata Pitta Har</i> | <i>Vrishya</i> | NA |
| | <i>Laghu</i> | | <i>Balya, Brihan</i> | |
| | | | <i>Swarya, Mutral</i> | |

Ikshubalika (B.Ni) *Kokilaksha Astercantha longifolia* Fam: *Acanthaceae*

Table 23 Pharmacological property of *Ikshubalika*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|--------------|-----------------|---------------------|--------------------------------|------------------------|
| <i>Amla</i> | <i>Sheet</i> | <i>Vata Har</i> | <i>Vrishya</i> | <i>Shoth</i> |
| <i>Tikta</i> | <i>Picchhil</i> | | <i>Rakta dosha har</i> | <i>Trishna</i> |
| | | | <i>Aam har</i> | <i>Ashmari har</i> |

Darbha (B.Ni) *Desmostachya bipinnata* Fam: *Gramineae*

Table 24 Pharmacological property of *Darbha*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha Action</i> | <i>Karma</i> | <i>Roga Action</i> |
|----------------|---------------|-------------------------|--------------------------------|----------------------------|
| <i>Madhur</i> | <i>Sheeta</i> | <i>Tridosha har</i> | <i>Rakta Dosha Har</i> | <i>Mutrakriccha</i> |
| <i>Kashaya</i> | | | | <i>Ashmari</i> |
| | | | | <i>Trishna, Pradar</i> |

Kusha (B.Ni)

Ayurvedic actions are same as *Darbha*.

Kasha (B.Ni) *Saccharum spontaneum* Fam: *Gramineae*

Table 25 Pharmacological property of *Kasha*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha</i> Action | <i>Karma</i> | <i>Roga</i> Action |
|---------------|--------------|------------------------|--|---|
| <i>Madhur</i> | <i>Sheet</i> | <i>Pitta har</i> | <i>Rakta</i> <i>Dosha</i> <i>har</i> | <i>Mutra</i> <i>kricch</i> <i>har</i> |
| <i>Tikta</i> | <i>Sara</i> | | <i>Daah</i> <i>Har</i> | <i>Kshaya</i> <i>har</i> |
| | | | | <i>Ashmari</i> <i>har</i> |

Gundra (B.Ni) *Typha elephantina* Fam: *Typhaceae*

Table 26 Pharmacological property of *Gundra*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha</i> Action | <i>Karma</i> | <i>Roga</i> Action |
|----------------|--------------|----------------------------|---|-----------------------------------|
| <i>Kashaya</i> | <i>Sheet</i> | <i>Pitta</i> <i>har</i> | <i>Shukral</i> | <i>Mutrakriccha</i> <i>Har</i> |
| <i>Madhur</i> | | | <i>Stanya,</i> <i>Raj</i> <i>Kaarak</i> | <i>Mutra</i> <i>Shodhan</i> |
| | | | <i>Rakta</i> <i>Dosha</i> <i>har</i> | |

Ktrina (B.Ni) *Cymbopogon schoenanthus* Fam: *Gramineae*

Table 27 Pharmacological property of *Ktrina*

| <i>Rasa</i> | <i>Guna</i> | <i>Dosha</i> Action | <i>Karma</i> | <i>Roga</i> Action |
|----------------|-------------|----------------------------|--|------------------------------|
| <i>Kashaya</i> | NA | <i>Pitta</i> <i>har</i> | <i>Kanthya</i> | <i>Shool</i> |
| <i>Tikta</i> | | | <i>Hridya</i> | <i>Kaas</i> |
| | | | <i>Rakta</i> <i>Dosha</i> <i>har</i> | <i>Kaphaj</i> <i>Jwar</i> |

Itkat It is a controversial drug. It can be a variety of *Ikshu* or it can be *Van Jayanti*.

Ikshu can be preferred as *vrishya* on the name of *Itkat*. *Saccharam* Sp.

DISCUSSION

Shukra properties are mentioned in *Charak Samhita*.⁸ *Dravyas* which has similar properties to *Shukra* are considered as *vrishya*. As from the data gathered about action of drugs of these five *Mahakashayas* authors bring to light, some neglected facts regarding use of these *Mahakashayas* as *Vrishya dravya*. These *Mahakashayas* are neither to be used together nor they should be used one after other. These *vargas* are made up of different drugs having different pharmacological actions as presented earlier. Every plant drug in each *Mahakashaya* has its own action directly or indirectly on *Shukra dhatu*. As presented in this paper that each and every drug has a specific mode of action. Some increase *Shukra dhatu* directly by virtue of their *rasa*, *guna* and *karma* like *Jeevak*, *Rishbhak*, *Meda*, *Mahameda* and so on. Some stops discharge of *Shukra dhatu* by their *graahi guna* eg. *Mudga parni*, *Maashparni* etc. Some plants clear *Shukra dushti* by their *Katu Tikta rasa* and *Rasayan guna* like *Vridha daru*, *Jatilaa*. Some decreases the viscosity of *Shukra* by increasing *sara guna* like *Kusha*, *Kaash*. Thus these findings suggest that all these five *vargas* are *Vrishya* having different mode of action. *Dalhan* mentioned three types of *Vrishya dravyas* as *Rechak*, *Stambhak*, *Shukra Janan*. All the drugs of these *vargas* can be divided into these three categories. Now individual *Mahakashaya* are being discussed.

Shukral or Shukra Janan Mahakashay

As data tabulated earlier its clear that most drugs in this *varga* are *Madhur*, *Sheet* and *Vrishya*. Also they are *Vata Pitta har*. This means they are similar to the properties of

shukra. Thus they directly increase *shukra dhatu*. Some drugs are *Tikta* thus they pacify *pitta* which has opposite properties to *shukra*.

As shown this *Mahakashaya* is equivalent to *guna* of *Shukra* so this group should be used in persons with *kshina shukra* i.e in azoospermia and oligospermia. These drugs shows promise for these types of patients.

Jeevaniya Mahakashay

All the drugs are *Madhur*, *Sheeta* and are *shukral*. Also a speciality in this case is that all drugs are *Kshat har*, *Jwar har* and *atisar Har*. This means this group can be used in those persons who are ailing from *Kshat*, *Jwar*, *Atisaar* etc. *Jeevaniya mahakashay* not only increases quantity of *shukra* but also increases body's vitality. Thus this *mahakashaya* should be used in condition where spermatogenesis is hampered due to some underlying diseases such as Tuberculosis etc.

Brihan Mahakashay

As most of these drugs have milky exudates so they exerts property similar to *Dugdha*. *Dugdha* is *Jeevaniya*, *Balya* and have *Brihan* *guna*. Also there are few drugs here with *Ushna guna* by which they increases the power of *Jatharagni* and hence digestion improves. So by improving digestion, *dhatu*s are properly formed which increase *Maans* and *shukra dhatu*. Thus this *mahakashay* should be preferred in patients with *agni dushti*, *alpa shukra* and suffering from *Karshya*.

Balya Mahakashay

Most of the drugs in this *Mahakashaya* are *guru*, *vrishya* and *sheet*. These drugs have the property to increase power, vigor and *Shukra*. Also they have *rasayan guna*. Thus this *Mahakashaya* increase *sharirik bala* and also *roga pratirodhak kshamta*(Immunity). This *varga* can act as *Vrishya* in patients who have suffered from some diseases and now gaining health.

Stanya Janan Mahakashay

This *varga* contain drugs which are diuretic and have effect on kidney. These drugs increases the flow of *Aapya dhatu*

and hence increases urine quantity. These drugs also increases water content in *Stanya* and *Shukra*. Thus this *Mahakashaya* increases semen quantity as whole and has less effect on sperm quantity. It can be used in those patients who have less semen quantity and have very viscous semen (*Granthi Shukra*)

CONCLUSION

1. *Mahakashaya* viz. *Shukrajanan*, *Jeevaniya*, *Brihan*, *Balya* and *Stanyajanana Mahakashaya* are used as *Vrishya dravya*.
2. All *Mahakashaya* have different mode of action and they have their own implication. As *Shukral varga* should be used in persons with *kshina shukra*. *Jeevaniya Mahakashaya* should be used in condition where spermatogenesis is hampered due to some underlying diseases. *Brihan Mahakashay* should be preferred in patients with *agni dushti*, *alpa Shukra* and suffering from *Karshya*. *Balya varga* can act as *Vrishya* in patients who have suffered from some diseases and now gaining health. *Stanya janana Mahakashaya* can be used in those patients who have less semen quantity and have very viscous semen (*Granthi Shukra*).
3. These *Mahakashaya* are also *Jwaraghna*, *Atisar har*, *Shotha har*, *Stanya* and *Chakshushya*. This proves that *Vrishya dravya* can act on diseases related with gastro
- intestinal tract, blood circulation, Immunity and Eyes. More research should be carried on this basis.
4. This Paper suggests that *Vrishya dravya* not only increase *Shukra dhatu* but also during the formation of *Shukra* they maintain all previous *dhatu* thus *Vrishya dravyas* can be used as nutritional supplement.
5. This paper also suggests that any classical formulation ought to be made after thorough study and analysis of classical text and proper interpretation should be made. Then drugs written should be botanically identified and formulation prepared in accordance with method written in classics.

ABBREVIATIONS

- B.Ni Bhav Prakash Nighantu
C.Su. Charak Samhita Sutra stan
C.Ch. Charak Samhita Chikitsa sthan

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