



ISSN 2456-3110

Vol 7 · Issue 3

April 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

A critical review on *Swasahra Mahakashaya* based on their *Rasapanchaka* in relation to *Nighantus*

Akshata¹, Harini A²

¹Post Graduate Scholar, Department of Dravyaguna, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

²Associate Professor, Department of Dravyaguna, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

ABSTRACT

Respiratory disorders are one of the leading causes of morbidity worldwide. A detailed literature survey of the *Bhava Prakasha Nighantu*, *Dhanvantari Nighantu*, and *Kaiyadeva Nighantu* has been conducted to explore the probable mode of action based on *Rasa Panchaka* i.e., *Rasa, Guna, Virya, Vipaka* and *Karma* of drugs of *Swasahara Mahakashaya*. Most of the drugs in the *Swasahara Mahakashaya* are *Kashaya Tikta Rasa, Ushna, Laghu Guna* and has *Kapa-Vata Hara* property and *Swasa- Kashara Karma* also which will hamper the pathology of *Swasaroga*. Along with this, functions of the drugs mentioned in these classics in the light of modern perspectives are also discussed critically.

Key words: *Swasahara Karma, Rasapanchaka, Bhavpraksha Nighantu, Dhanvantari Nighantu, Kaiyadeva Nighantu, Respiratory Disorders.*

INTRODUCTION

Respiratory diseases are leading causes of death and disability in the world. Although respiratory impairment causes disability and death in all regions of the world and in all social classes, poverty, crowding, environmental exposures and generally poor living conditions increase vulnerability to this large group of disorders.^[1] Once disease occurs, the goal is to lessen its effects and cure it if possible. Reducing its effects is best accomplished by detection, prompt diagnosis and early effective treatment.

Address for correspondence:

Dr. Akshata

Post Graduate Scholar, Department of Dravyaguna, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

E-mail: drakshatanaveen2330@gmail.com

Submission Date: 25/02/2022 Accepted Date: 29/03/2022

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license
CC-by-NC-SA

According to Ayurveda, *Swasa* is a disorder primarily affecting *Pranavaha Srotas* while other *Srotases* are also vitiated. In this condition *Vayu* gets vitiated from its normalcy due to obstruction made by *Kapha*. This vitiation leads to severe episodes of breathlessness.

MATERIALS AND METHODS

This study endeavors critical review on *Swasahara Mahakashaya* as mentioned in *Charaka Samhita* in relation to *Bhavaprakash Nighantu, Dhanvantari Nighantu, and Kaiyadeva Nighantu* based on their *Rasapanchaka* i.e. *Rasa, Guna, Virya, Vipaka, Karma*; along with their phytochemical composition and pharmacological properties. Properties of *Swasahara mahakashaya dravya* has been discussed and analyzed from Ayurvedic and modern pharmacological perspectives using Ayurvedic treatises as well as various journals and monographs. Books and other online materials were also considered.

METHODOLOGY

The study was done by in depth literature survey through various *Nighantus* like *Bhavaprakash Nighantu, Dhavantari Nighantu, Kaiyadev Nighantu*

and various journals, articles. Review mainly focused on the pharmacological properties of each drug in Ayurveda and modern as well.

REVIEW OF LITERATURE

List of Swasahara Mahakashaya^[3]

SN	Name	Botanical Name	English Name
1.	<i>Shati</i>	<i>Hedychium spicatum</i>	Spiked ginger lily
2.	<i>Pushkaramula</i>	<i>Inula racemosa</i>	Elicampane
3.	<i>Amlavetasa</i>	<i>Garcinia pedunculata</i>	Common sorel
4.	<i>Ela</i>	<i>Elettaria cardamomum</i>	Cardamom
5.	<i>Hingu</i>	<i>Ferula narthex</i>	Asafoetida, Devil's dung
6.	<i>Agaru</i>	<i>Aquillaria agallocha</i>	Eagle wood
7.	<i>Surasa</i>	<i>Ocimum sanctum</i>	Holy basil
8.	<i>Tamalaki</i>	<i>Phyllanthus amarus</i>	Stone breaker
9.	<i>Jivanti</i>	<i>Leptadenia reticulata</i>	Leptadenia
10.	<i>Canda</i>	<i>Angelica glauca</i>	Angelica

Properties of Swasahara Mahakashaya as per Bhavaprakasha Nighantu

SN	Name	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Shati</i> ^[4]	<i>Karpuradi</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Anushna</i>	<i>Katu</i>	<i>Grahi, Kasahara, Swasahara</i>
2.	<i>Pushkaramula</i>		<i>Katu, Tikta</i>		<i>Ushna</i>	<i>Katu</i>	<i>Vata Kaphahara, Swasahara, Kasaharashotha Hara, Parsvashula Hara</i>
3.	<i>Amlavetasa</i>	<i>Amradi Phala Varga</i>	<i>Amla</i>	<i>Guru, Ushna, Ruksha</i>	-	-	<i>Vatahara, Kapha Pittakara, Agni Deepaka</i>
4.	<i>Ela</i>	<i>Karpuradi</i>	<i>Katu</i>	<i>Laghu, Shita</i>	-	-	<i>Vatahara, Kasahara, Swasahara, Mutrakruchrhara</i>

5.	Hingu	Haritakyadi		Ushna	-	-	Vatahara, Pittakara, Shulahara, Krumigna
6.	Agaru	Karpuradi	Katu, Tikta, Laghu	Ushna	-	-	Vatahara, Kaphahara, Pittakara
7.	Surasa	Pushpa Varga	Katu, Tikta	Ushna	-	-	Vatahara, Kaphahara, Pittakara, Agni Deepena
8.	Tamalaki	Guduchyadi Varga	Tikta, Kashaya, Madhura	-	Shita	-	Kasahara, Swasahara, Mutarjanana, Kandughna, Sramsana, Dahaprashamana, Shothahara, Vranaropana
9.	Jivanti	Guduchyadi	Madhura	Laghu, Shita, Snigdha	Shita		Tridoshashamaka, Rasayana
10.	Canda	Karpuradi	Tikta, Katu, Madhura	Laghu, Tikshna	Shita	Katu	Vatahara, Kaphahara

Properties of Swasahara Mahakashaya as per Dhanwantari Nighantu

SN	Name	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	Shati ^[5]	Guduchyadi	Tikta	Tikshna, Ushna	Ushna	-	Kasahara, Kaphahara, Vaktrashodhana, Sannipatajajwara
2.	Pushkaramula	Guduchyadi	Tikta, Katu	Ushna	Ushna	-	Kaphavatahara, Swasa, Kasahara, Hikka Shopha, Adhmana
3.	Amlavetasa ^[7]	Satapuspadi	Kashaya, Katu	Ruksha, Ushna	Ushna	Katu	Kaphavatahara, Arshas, Gulma
4.	Ela	Satapuspadi	Madhura	-	Shita	-	Swasahara, Kasahara, Hrudyta, Rochana
5.	Hingu	Satpushpadi	Katu	Ushna	-	-	Vatakapahahara, Krimihara, Gulmahara, Shulahara, Bandhahara
6.	Agaru ^[8]	Candanadi	Katu, Tikta	-	Ushna	-	Vatakaphahara
7.	Surasa ^[9]	Karaviradi	Tikta, Katu	Laghu, Ushna, Ruksha	-	-	Kaphahara

8.	<i>Tamalaki</i>	<i>Chandanadi</i>	<i>Madhura, Tikta</i>	-	<i>Shita</i>	-	<i>Pithahara, Kaphahara, Dahahara</i>
9.	<i>Jivanti</i>	<i>Guduchyadi</i>	<i>Madhura, Shita</i>	-	<i>Shita</i>	-	<i>Tridosahara</i>
10.	<i>Canda</i>	<i>Candanadi</i>	<i>Tikta</i>	-	<i>Ati Shita</i>	-	<i>Kushtahara, Kanduhara, Vranaropana, Kshatahara</i>

Properties of Swasahara Mahakashaya as per Kaiyadeva Nighantu

SN	Name	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Shatj^[10]</i>	<i>Oshadhi</i>	<i>Tikta, Katu, Kashaya</i>	<i>Tikshna, Eshat Ushna</i>	-	-	<i>Tridosahara, Kasahara, Swasahara Shulahara, Jwarahara, Hidhmahara</i>
2.	<i>Pushkaramula</i>	<i>Oshadhi</i>	<i>Katu, Tikta</i>	-	<i>Ushna</i>	-	<i>Kaphavatashamaka, Kasahara, Swahahara, Hikkahar, Aruchihara, Jwarahara, Parshwapidahara</i>
3.	<i>Amlavetasa</i>	<i>Oshadi</i>	<i>Amla, Lavana</i>	<i>Tikshna, Snigdha</i>	<i>Ushna</i>	-	<i>Vatakaphahara, Agnideepaka, Shulahara, Vishtambahara, Shulahara, Anahahara</i>
4.	<i>Ela</i>	<i>Oshadi</i>	<i>Madhura</i>	<i>Guru</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatashamaka,</i>
5.	<i>Hingu</i>	<i>Oshasi</i>	<i>Katu, Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katuvipaka</i>	<i>Vatakaphara, Kasahara, Swasahara, Dipana, Pachana, Anahahara, Shulahara, Agnimadhyahra, Hrudrogahara, Krimihara, Gulmahara</i>
6.	<i>Agaru</i>	<i>Oshdhi</i>	<i>Katu, Tikta</i>	<i>Tikshna</i>	<i>Ushna</i>	-	<i>Vatakaphahara, Pittavardhaka</i>
7.	<i>Surasa</i>	<i>Oshadhi</i>	<i>Katu, Kashya, Tikta</i>	<i>Tikshna, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kasahar, Swasahara, Vatakaphahara, Krimihara, Daurgandhyahara, Parshvapidahara, Kushtahara, Vishhara,</i>

							Mutrakruchhara, Ashmarihra
8.	Tamalaki	Oshadhi	Tikta, Kashaya, Madhura	Laghu	Shita	-	Kasahara, Swsahara, Dahahar, Kushtahara, Vishahara, Pittahara, Raktavikarahara, Khatahar, Kshayahara
9.	Jivanti	Oshadhi	Madhura	Susnigha, Laghu	Shita	-	Tridosahara, Balakaraak, Grahiayurvedhaka, Rasayana
10.	Canda	Oshadhi	Madhura, Tikta, Katu	Laghu, Tikshna	Shita	Katu	Kushtahara, Kanduhara, Hrudyā

Phytochemical composition and Pharmacological properties of Swasahra Mahakashaya

SN	Name	Phytochemical Composition	Pharmacological Properties
1.	Shati	Volatile oil, starch	Anti-inflammatory, vasodilatory, anti-bacterial, anti-fungal, antimicrobial.
2.	Pushkaramula ^[11]	D-mannitol, alpha-ionine, beta-ionine, Inulin and telekin	Antihistaminic, Antiasthmatic, Antiinflammatory, Antiviral, Antibacterial, Antiasthmatic, Antifungal.
3.	Amlavetasa	Garcinol, cambogin, Peduncalol, Citric acid, Mallic acid and Xanthones.	
4.	Ela	Volatile oil contains cineole, Terpinyl acetate, Terpeneol, Borneol, Terpinene, camphene, P-cymene, Geraneol. Seeds contain fixed oil, starch and proteins.	Antioxidant activity, enhances fibrinolysis (blood pressure lowering, fibrinolysis enhancing and antioxidant activities of Cardamom) Stimulant, Diuretic
5.	Hingu ^[12]	Resin, gum and volatile oil. Resin contains asaresinotanol. Oil contains butyl propanyl disulphide, disulphides, trisulphides, pipene and terpenes.	Anti-inflammatory, Antispasmodic, Antibacterial.
6.	Agaru ^[13]	Heart wood contains Liriodenine, Agarol, Agarospirol, Alpha and Beta agarofuran, Agarospirol	Antimicrobial, Anti-oxidant Anticancerous
7.	Surasa	Leaves contain Cardinene, Camphere, Carvacrol, Caryophyllene, Cineole, Decylaldehyde, Eugenaol, humelene, Limonene, methychavicol, Alpha and Beta – Carotene, Apigenin, Oreantin and Ursolic acid.	Antiasthmatic, Anti-inflammatory, immunostimulant, antioxidant, Antibacterial, Antiviral, antipyretic, Antifungal.

8.	<i>Tamalaki</i> ^[14]	Phyllanthin, hypophyllanthin, niphyllin, phyllinirium, phyllantheol and phylleteralin	Antiviral, Antifungal, Anticancer, hepatoprotective.
9.	<i>Jivanti</i>	Hentriacontanol, Alpha- amyryn, Stigmasterol, Beta- Siterol, Flavanoid, Diosmetin and Luteolin.	Vasodilator, antimicrobial, antibacterial, respiratory stimulant and depressant.
10.	<i>Canda</i>	Volatile oil, valeric acid, angelic acid, lactones, sesquiterpenes, cadinene, umbelliprenin. Terpene alcohol and angelisine resin.	Antimicrobial

DISCUSSION

According to Ayurveda, *Swasa Roga* is primarily affecting the *Pranavahasrotas*. *Kapha* and *Vata* are mainly vitiated. In the management of *Swasa*, *Acharya* mentioned that the main aim is to remove the obstruction made by *Kapha* and normalize the function of *Vayu*. Most of the drugs in *Swasahara Mahakashaya* are having dominance of *Katu*, *Tikta* and *Kashaya Rasa*, *Laghu*, *Ruksha* and *Tikshna Guna*, *Ushna Virya*, *Katu Vipaka* and *Kapha-Vatahara* properties. *Katu Rasa*, *Laghu*, *Ruksha Guna*, *Ushna Virya*, *Katu Vipaka* properties of these drugs will remove the obstruction in *Pranavaha Srotas* made by vitiated *Kapha*, leading to *Samprapti Vighatana*. Owing to *Swasa-Kashaya* actions of the drugs will effectively works on the *Swasa Samprapthi Vighatana*.

CONCLUSION

After analyzing the properties of each *Dravya* of *Swasahara Mahakashaya*, it can be concluded that the most of the *Swasahara Mahakashaya Dravyas* are having *Tikta Katu Rasa*, *Tikshna Ushna Guna*, *Ushna Virya* and all them are indicated in *Swasa- Kasa*. Hence *Swasahara Mahakashaya Dravyas* help in *Samprapti Vighatan* in *Swasa Roga*.

REFERENCES

1. Forum of International Respiratory Societies. The global Impact of Respiratory Disease- Second Edition. Sheffiels, European Respiratory Society, 2017.
2. Chuneekar K.C., *Bhava praksha Nighantu* (10th ed., vol.1). (1995) Chaukambha Bharati Academy, pp 217
3. Shastry kashinath, Pandey Gangasahaya. Charak Samhita, Vol I, (Sutra SthanaCh4/15). Varanasi: Chaukamba Sanskrit Sansthan; 2004.p.62
4. Chuneekar K.C., *Bhava praksha Nighantu* (10th ed., vol.1). (1995) Chaukambha Bharati Academy, pp.257, pp.84 pp.599,
5. Chuneekar K.C., *Bhava praksha Nighantu* (10th ed., vol.1). (1995) Chaukambha Bharati Academy, pp.257,222, pp.40, pp.506, pp.254
6. Sharma PV, Dhanwantari Nighantu (Guduchyadi Varga). Varanasi Chaukamba Orientalia;2002. p.23
7. Sharma PV, Dhanwantari Nighantu (Shatpushpadi varga). Varanasi, Chaukamba Orientalia;2002. p.76
8. Sharma PV, Dhanwantari Nighantu (Chandanadi varga). Varanasi, Chaukamba Orientalia;2002. p.112
9. Sharma PV, Dhanwantari Nighantu (Karaviradi varga). Varanasi, Chaukamba Orientalia;2002. p.142
10. Sharma PV, Sharma GP, Kaiyadeva Nighantu (Oshadi varga). Varanasi; Chaukamba Orientalia; pp.258, pp.244, pp.61, pp.91, pp.224, pp.235, pp.633, pp.49, pp.22, pp.257
11. Gupta A K, Sharma M. Reviews on Indian medicinal plants.1st edition. New Delhi: Indian Council of Medical Research; 2008: p. 682
12. Gupta A K, Sharma M. Reviews on Indian medicinal plants.1st edition. New Delhi: Indian Council of Medical Research; 2008: p.1, p827
13. Gupta A K, Sharma M. Reviews on Indian medicinal plants.1st edition. New Delhi: Indian Council of Medical Research; 2008, p.93, p.281

How to cite this article: Akshata, Harini A. A critical review on Swasahra Mahakashaya based on their Rasapanchaka in relation to Nighantus. J Ayurveda Integr Med Sci 2022;3:68-74.

Source of Support: Nil, **Conflict of Interest:** None declared.

Copyright © 2022 The Author(s); Published by Maharshi Charaka Ayurveda Organization, Vijayapur (Regd). This is an open-access article distributed under the terms of the Creative Commons Attribution License (<https://creativecommons.org/licenses/by-nc-sa/4.0>), which permits unrestricted use, distribution, and perform the work and make derivative works based on it only for non-commercial purposes, provided the original work is properly cited.