ISSN 2456-3110
Vol 9 · Issue 6
June 2024

JAiMS
INTERNATIONAL

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

Journal of
Ayurveda and Integrated Medical Sciences
ISSN 2456-3110
REVIEW ARTICLE June 2024

Vedanasthapaka Gana - A Critical Review

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ABSTRACT

Pain is an unpleasant sensory and emotional experience that can be associated with actual or potential tissue damage.[1] In *Ayurveda*, Pain is explained with the word *Vedana*. While understanding the concept of *Vedana* and its treatment modality in *Ayurveda*, we come across many formulations which can be used efficiently in its management. One such formulation is found in *Charaka Samhita*, where *Acharya Charaka* mentions *Vedanasthapaka Mahakashaya Gana*, which comprises 10 drugs for direct usage in the management of pain. In this paper, the drugs of *Vedanasthapaka Mahakashaya* have been reviewed in detail through literature and published research work to understand their action and probable mode of action.

Key words: *Pain, Vedana, Vedanasthapaka Mahakashaya Gana, Shalya Tantra*

INTRODUCTION

The drug used to remove the pain (*Vedana*) of a particular part of the body or which restores the normal tactile sensations and functions is known as *Vedanasthapana*. In *Charaka Samhita*, *Acharya Charaka* mentions *Vedanasthapaka Mahakashaya Gana*, which comprises 10 drugs for direct usage in the management of pain.[2]

Constituent Herbs of *Vedanasthapaka Mahakashaya*

शालकफलकदम्बपद्मकतुम्बमोचरसशिरीषवञ्जुलैलवालुका शोका इति दशेमानि वेदनास्थापनानि भवन्ति ||[2]

Shala, *Katphala*, *Kadamba*, *Padmaka*, *Tumba*, *Mocharasa*, *Shirisha*, *Vanjula*, *Elavaluka*, *Ashoka*.

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Submission Date: 15/04/2024 Accepted Date: 27/05/2024

Access this article online

Quick Response Code

Website: www.jaims.in

DOI: 10.21760/jaims.9.6.38

Table 1: Showing the properties of *Vedanasthapaka Gana*

SN	Drugs	Botanical name	Family	Part used	Dose
1.	*Shala*	*Shorea robusta*	Dipterocarpeaceae	*Niryasa* (resin), Bark, sapwood, oil, seeds & seed oil	Decoction of bark 50-100ml, Powder of resin 1-3 grams.
2.	*Katphala*	*Myrica nagi*	Myricaceae	Stem bark, oil, fruit	powder 3-5 grams
3.	*Kadamba*	*Anthocephalus indicus*	Rubiaceae	Stem bark, Fruit.	Decoction 50-100ml, Powder 3-5 grams
4.	*Padmaka*	*Prunus cerasoides*	Rosaceae	Stem bark, seeds	Powder 1-3 grams.

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5.	*Tumba*	*Zanthoxylum aramatum*	Rutaceae	Stem bark, Seeds	Decoction 50-100ml, Seed powder 1-2 grams.
6.	*Mocha Rasa*	*Salmalia malabarica*	Bombacaceae	Gum	1-3 grams
7.	*Shirisha*	*Albizzia lebback*	Leguminoseae	Stem bark, Seeds, flower, leaves	Powder 3-6 grams, Decoction 50-100ml, Fresh juice 10-20ml.
8.	*Vetasa* / *Vanjula*	*Salix tetrasperma*	Salicaceae	*Twak, Pushpa*	*Arka* 5-10 tola, twak - 1-3 grams
9.	*Elavaluka*	*Prunus avium*	Rosaceae	Seed, Fruit	Decoction 50-100ml, Seed powder 1-2 gms.
10.	*Ashoka*	*Sarraca Ashoka*	Leguminoseae	Stem bark, Seeds	Decoction 50-100ml, Seed powder 3-6gms.

Table 2: Showing the properties of *Vedanasthapaka Gana*

SN	Drugs	Synonyms	Vernacular names	*Gana*
1.	*Shala*	*Agni Vallabha, Ashwakarna, Kalyana, Marichapatraka, Yakshadhoopa, Raala, Sarjarasa.*	Kannada: Bili Bhogimara English: Common sal, Indian dammer Hindi: Sakher, Sakhu Telugu: Jalarichettu, Guggilamu Marati: Raala, Sajara	*Charaka Samhita* : *Vedanasthapana, Kashayaskanda* *Sushrutha Samhita* : *Salasaradi Gana, Rodhradi Gana.* *Astanga Sangraha* : *Asanadi, Rodhradi, Vedanasthapana* *Astanga Hridaya* : *Asanadi, Rodhradi.* *Dhanwantari* Nigantu : Chandanadi *Gana/Varga.* *Kaiyadev Nigantu* : Oshadhi Varga *Bhavaprakasha* Nigantu - Vatadi *Varga* *Raja Nigantu - Chandanadi Varga*
2.	*Katphala*	*Kaidarya, Mahaphala, Mahavalkala*	Kannada: Kirishivani English: Box Myrtl Hindi: Kaiphal Telugu: Gummadi Teku, Kaidarya	*Charaka Samhita: Vedanasthapana, Shukra Shodhana, Sandhaneeya* *Sushrutha Samhita: Lodhradi, Surasadi* *Astanga Hridaya: Surasadi*
3.	*Kadamba*	*Hali Priya, Nipa, Vritta Pushpa, Priyaka.*	Hindi: Kadamba Telugu: Kadimi Chettu	*Charaka Samhita : Vedanasthapana, Vamanopaga,*

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				Shukra Shodana *Sushrutha Samhita: Nyagrodhadi, Rodhradi* *Astanga Hridaya : Nyagrodhadi*
4.	*Padmaka*	*Padma Gandhi*	English: Bird Cherry Hindi: Padmakh Telugu: Padma Kastam	*Charaka Samhita: Vedanasthapana, Kashaya Skandha, Varnya.* *Sushrutha Samhita: Sarivadi, Chandanadi, Padmakadi.* *Astanga Hridaya: Sarivadi, Chandanadi.*
5.	*Tumba*	*Tumburu, Vanaja, Sourabha*	Hindi: Tejabala Bengali: Nepali Dhane	*Charaka Samhita: Sirovirechana* *Sushrutha Samhita:* Not Mentioned *Astanga Hridaya:* Not Mentioned
6.	*Mocha Rasa*	*Moca, Kantakandya, Picchila, Raktapushpa*	English: Silk Cotton Tree Hindi: Semal Telugu: Burugu Chettu	*Charaka Samhita: Vedanasthapana, Shonithasthapana, Kashayaskandha, Purisha Virajaniya.* *Sushrutha Samhita: Priyangvadi*
				Astanga Hridaya: Not Mentioned
7.	*Shirisha*	*Kapitanch, Mrudupushpa, Bhandi, Shukataru, Suka Priya, Sukapushpa, Bhandirah.*	Kannada: Bhagemara Hindi: Sirish Telugu: Dirisena Chettu Marathi: Siras	*Charaka Samhita: Vedanasthapana, Visaghna, Sirovirechana, Kashayaskandha* *Sushrutha Samhita: Salasaradi* *Astanga Hridaya: Asanadi*
8.	*Vetasa/ Vanjula*	*Vetasa, Vidula, Vaarnara*	Kannada: Bhedramushka	*Charaka Samhita: Swasahara* *Sushrutha Samhita: Nyagrodhadi* *Astanga Hridaya: Not Mentioned*
9.	*Elavaluka*	*Elalu, Elaiyem, Sugandhi,Harivaluka,Kapittha Twacha, Meerita*	Hindi: Aluvalu, English: Dwarf Cherry. Urdu: Alubalu Punjabi: Gilas	*Charaka Samhita: Not Mentioned* *Sushrutha Samhita: Not Mentioned* *Astanga Hridaya: Not Mentioned*
10.	*Ashoka*	*Kankeli, Madhupushpa,Raktha Pallava, Hema Pushpa, Gatasoka.*	Hindi: Ashoka Telugu: Ashoka Chettu Marathi: Ashoka	*Charaka Samhita: Vedanasthapana, Kashayaskandha* *Sushrutha Samhita: Rodhradi*

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				Astaga Hridaya: Rodhradi

Table 3: Showing the properties of *Vedanasthapaka Gana*

SN	Drugs	*Rasa*	*Guna*	*Virya*	*Vipaka*	*Dosha Karma*
1.	*Shala*	*Kashaya (Twak), Kashaya, Madhura (Rala)*	*Ruksha, Ushna*	*Sheeta*	*Katu*	*Vata-Pitta, Kapha Shamaka*
2.	*Katphala*	*Kashaya, Tikta, Katu*	*Laghu, Tikshna*	*Ushna*	*Katu*	*Kapha Vata Shamaka*
3.	*Kadamba*	*Tikta, Kashaya*	*Ruksha Guru*	*Sheeta*	*Katu*	*Tridosha Shamaka*
4.	*Padmaka*	*Kashaya, Tikta*	*Laghu, Snigdha*	*Sheeta*	*Katu*	*Kapha Pitta Shamaka*
5.	*Tumba*	*Katu, Tikta*	*Laghu, Ruksha, Tikshna*	*Ushna*	*Katu*	*Kapha Vata Shamaka*
6.	*Mocha Rasa*	*Kashaya*	*Laghu Snigdha*	*Sheeta*	*Madhura*	*Pitta Kapha Shamaka*
7.	*Shirisha*	*Kashaya, Tikta, Madhura*	*Laghu, Ruksha, Tikshna*	*Eshad Ushna*	*Katu*	*Tridosha Shamaka*
8.	*Vetasa*	*Kashaya, Tikta, Madhura*	*Laghu*	*Sheeta*	*Katu*	*Kapha Pitta Shamaka*
9.	*Elavaluka*	*Kashaya*	*Katu*	*Sheeta*	*Katu*	*Pitta Kapha Shamaka*
10.	*Ashoka*	*Kashaya, Tikta*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Pitta Shamaka*

Table 4: Showing the chemical constituents and pharmacological study of *Vedanasthapaka Gana.*

SN	Drugs	Chemical Constituents	Pharmacological study
1.	*Shala*	*Sal* bark along with leaves & twigs is a promising tanning material. The spray-dried aqueous extract of bark consists of 39.6% of tannins & oleanolic acid, Benzofuranshoreaphenal. Sal resin on dry distillation yields essentialoil. Epi taraxastanonal, B Sitosterol, hydroxyanone, dammarenediol II, dipterocarpol, dammarenolic acid, asiatic acid & alfa-Amyrin are isolated from resin (Ind.drugs, 1986,26,146) ursolic acid, ursaldehydere from resin(Phytochem.1993). Bergenin & Hemicellulose are isolated from the plant. Fat from nuts contained cis9-10 epoxystearic acid, coralgin, ellagic, chebulic & gallic acids are isolated from seeds. A new phenolic acid-Shorbic acid is found in the seeds (fitpterapia 1979), a new flavones glycoside is reported from the seeds.	The non-phenolic portion of the Chua oil- is reported to have a depressing effect on the CNS while the Phenolic portion is less effective [kar & Menon, east, pharm, 12(13a).p.53,1969] An herbal cream (herbionol) consisting of S. robusta is reported to be bactericidal as well as bacteriostatic (pandey K.K. et al; 1989)
2.	*Katphala*	Myriconol, Proanthocyandin, B-Sitosterol, Myricadiol,	The dried water extract of stem bark in a dose of 250mg/kg i.p showed

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		Myricetin, Myricanone etc.	analgesic action in rats by tail flickering method and was less active than novalgin, the standard drug used (Gupta.et.al.1982) Ethanolic extract (50%) of stem bark showed anti protozoal activity against Ent.hystolytica. The extract had a hypotensive effect in dog\ cat. It showed antispasmodic activity on the isolated guinea pig ileum (Dhar et.el., 1968).
3.	*Kadamba*	Cadambine, pentosan benzoic acid, n-nonacosane chyrin, gossypetin, Umbelliferone adicardin.	Antifungal activity. antifilarial, antimalarial activity, anti bacterial, antidiabetic, anti tumour, analgesic, anti inflammatory, anti diarrheal, hypolpidemic, antihepatotoxic, diuretic and laxative activities
4.	*Padmaka*	Puddumin A, genistein, prunetin, genkwanin, cerasinone, two chalcones-cerasidin & cerasin.	Antimicrobial, diuretic, antioxidant, cytotoxic, and BPH protective properties.
5.	*Tumba*	Berberin, Dictamnine, Xanthoplanine	Antibacterial, antifungal, antiviral, anti-inflammatory, and antioxidant qualities.
6.	*Mocha Rasa*	Bark exudates (Simul gum) contains Gallic & Tannic acids, D-galactopyranose.	Possesses anti-ulcerogenic, antisecretory, and cytoprotective potential and can be used as a supplement for the treatment of gastric ulcers in a dose dependent manner.
7.	*Shirisha*	Major chemical constituents- Albigenin, Albiziagenin, albigenic acid, saponins, lebbekanina. Bark: condensed tannin, D-catechin, lebbcacidin (-), melacacidin, friedelin, B-Sitosterol. Heart wood: Lebbecacidin, leucopelargonidin, melacacidin, melanoxitin, okanin (+)pintol. Seeds: Protiens, aminoacids Flowers: Benzyl alcohol, benzoic acid, p-nitrobenzoate etc. Leaves: Caffeic acid, kaemferol, Myricitrin, Reynoutrin etc.	The Alcoholic extract of the roots was found to possess anti-cancer activity against sarcoma 180 in mice. The stem bark of the plant had hypoglycemic activity in albino rats. The pods possessed anti protozoal activity against Entamoeba hystolytica. It also showed hypoglycemic activity in albino rats and anti- cancer activity in human epidermal carcinoma of the naso pharynx in tissue culture (Dhar et al; 1968) Saponin showed B-haemolysis against buffalo and sheep blood and alfahaemolysis against human blood. Purified saponin showed antifungal activity against Macrophomina phascolina, stemphilum species and Fusarium solani (Pakistan Vet.J.1990) Saponin fraction and seed extact of plant significantly reduced the number of ruptured mast cells, in both mesenteric bots and peritoneal fluid obtained from sensitized rats and this effect was identical in both types of systemic anaphylaxis (active &

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			passive)-Ind. J.Physiol.Pharmacol,1985)
8.	*Vetasa*	Hydrocyanic acid, Volatile oil, Salicylic acid	Analgesic, anti-inflammatory, antioxidant, anticancer, cytotoxic, antidiabetic, antimicrobial, antiobesity, neuroprotective and hepatoprotective activities
9.	*Elavaluka*	Haematoxylin, Tannin	Antidiabetic, anti cancer, antioxident, gastroprotective, anti inflammatory, hepatoprotective, antimicrobial and Diuretic activity
10.	*Ashoka*	Bark: Alkanes (C20-C35), Esters(C34-C60) & Primary alcohols (C22-C30), n-Octacosanol, Tannin, Catachin, (+)Catechol, (-) Epicatechin. Flowers: Fatty acids, gallic acid, Sitosterol, quercetin.	Two crude glycosides isolated from bark exhibited uterine spasmodic activity; both showed significant stimulant action on isolated uteri of rat, guinea pig, rabbit, dog, and human; pure phenolic glycoside p2 was highly potent and showed consistent oxytocic activity (I.J.M.R., 1970) Ashoka stimulates the uterus making the contraction more frequent and prolonged without producing tonic contractions like ergot or pituitary. It should be therefore prove useful in all cases of uterine haemorrhage, where ergot is indicated viz, menorrhagia, metrorrhagia, post partum haemorrhage
			etc. (B.N.Ghosh, PMMT)

Table 5: Previous works done

SN	Author	Title of the study	Journal	Volume	Year of Publication
1.	Karishma Kaushik Champak Medhi Pankaj Kumar Barman	A review article on Vedanasthapan Mahakashaya, a Potent Ayurvedic Analgesic	Journal of Ayurveda and Integrated Medical Sciences (JAIMS)	Vol. 8 No. 8 (2023): August	2023
2.	Shyama K V, Miharjan K, Lekshmi R	Effect of Vedanasthapana Gana Arka and Lepa in Inflammatory Joint Pain - A Case Study	International Journal of Ayush Case Reports (IJA-CARE)	October-December -2021; 5(4)	2021
3.	Prem Kumar, O. P. Dave, Bharat Paliwal	A Randomized Controlled Double Blind clinical trial to evaluate the efficacy of Vedanasthapana Mahakashaya as an anxiolytic and analgesic poly herbal drug in perioperative	Journal of Ayurvedic and Herbal Medicine	2022; 8(3): 178-182	2022

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		anorectal cases			
4.	Dr.Swapnil Vitthal rao More, Prof. Dr. Shubhada R. Lonikar	"To study efficacy of drugs of Vedanasthapana Gana (ghan vati) in post operative pain management"	Ayurlog: National Journal of Research in Ayurved Science	Vol. 3 Special issue - 16th Feb. 2015	2015
5.	Rinky Thakur , Gopal C Nanda , Anuruddh Gupta , B. K. Bharali	Pain Management in Ayurveda with special reference to Angamarda Prashamana and Vedana Sthapana Mahakashaya of Charaka: A Review	www.ijrap.ne	11&(2),& 2020	2020
6.	Dr. Priyanka Suresh Kandikattiwar	Conseptual Study of Vedanasthapan Gana in Pain Mangement	Ayurline: International Journal of Research in Indian Medicine	Vol. 3 No. 04 (2019): Ayurline: IJ-RIM | September- 2019	2019
7.	Dr.Kamayani mishra Dr.Vijeta barange	"A Review article on pain management through Vedanasthapana drugs after ayurvedic surgery"	International Journal of Scientific & Engineering Research	Volume 9, Issue 6, June	2018
8.	Aslam Khan, Mahesh Dixit, Hari Mohan Meena and Namo Narayan Meena	A Review on Vedanasthapan Mahakashaya w.s.r. to Pain Management through Vedana Sthapana Drugs	World Journal of Pharmaceutical Research	Volume 11, Issue 7, 1154-1166	2022
9.	Vyshnavi N. Kini and Swapna Bhat	A Critical Review on Vedana Sthapana Mahakashaya of Charaka	World Journal of Pharmacy and Pharmaceutical Sciences	Volume 13, Issue 1, 870-874	2023
10.	Nabanita Basak, Vishnu Dutt Sharma	A Clinical Study to Evaluate the efficacy of Vedana Sthapana Mahakashaya Ghana Vati and Yashtimadhu Ghrita Varti in Postoperative Pain Management of Arsha	International Ayurvedic Medical Journal	IAMJ January 2024	2024

DISCUSSION

Vedanasthapana Gana helps in removing the pain (*Vedana*) of particular part and restores the normal tactile sensations and functions of the body.

Probable mode of action of *Vedanasthapaka Gana*

Generalized action

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When drugs are taken orally, the action of drugs are based on *Vipaka* of the drugs. *Vedanasthapana Gana* may work on mechanism, such as balancing *Vata Dosha*, reducing inflammation, promoting wound healing and directly relieving pain, to alleviate painful stimuli in the human body effectively. Drugs like *Shala*, *Shirisha* and *Vetasa* have a *Madura Rasa,* which aids in balancing *Vata Dosha*. Drugs like *Katphala, Kadamba, Padmaka, Ashoka* contain chemical compounds such as Tannins, Myrictin, Myricetin, Pentosin - these compounds have demonstrated analgesic and anti-inflammatory effects, contributing to their ability to relieve pain.

Localized action

When drugs are assessed for local action then *Virya* of the drug plays important role as the drug doesn't come into contact with *Agni Samskarana*. In *Vedanasthapaka Gana* group of drugs few are having *Sheeta Virya* which helps in reducing pain which is caused by *Pitta* & *Rakta* and few drugs have *Ushna Virya* helps in relieving pain caused by *Vata*.

Utility of *Vedanasthapaka Gana* in *Shalya Tantra*

Acharya Sushruta considers *Rakta* as 4th *Dosha.*[3] We can understand concept of *Vedana* felt by patient in two ways.

1. In any surgery done there would be blood loss which directly causes *Vata Prakopa* and leads to *Vedana.*
2. Post operatively body responds to injury caused during surgery by increasing blood supply to the surgical site, which in turn increases Pitta.

Thus, drugs having *Vata* and *Pittahara* property are helpful in successful management of pain in *Shalya Tantra* and these qualities are present in *Vedanasthapaka Gana* group of drugs. This can be understood in following manner-

a. Drugs - *Mocharasa*, *Katphala*, *Tumba*, *Shala* and *Kadamba* are having *Vata-Pitta, Vata-Kapha* and *Tridoshahara* Property. All these drugs are capable of *Vatashamana* and acts as *Vedanasthapana*.

b. Drugs like *Katphala* and *Tumba* are having *Ushna Virya* which pacifies *Vata Dosha* and enhance *Vedanasthapana*.

c. *Guna* like *Ushna, Guru* and *Snigdha* of *Shala*, *Kadamba* and *Padmaka* respectively alleviates vitiated *Vata* and helps in *Vedanasthapana*.

d. *Shala, Shirisha* and *Vetasa* are having *Madura Rasa* helps in *Vedanasthapana* which helps in *Vatashamana*.

Conclusion

Vedanasthapana Gana group of drugs not only acts as Analgesics or Anti Inflammatory they are also responsible for establishment of well being feeling in the body. Phyto constituents like Tannin, Alkaloids, Flavonoid, Saponnins, Quercetin are responsible for analgesic and anti- inflammatory effects.

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How to cite this article: Ramya R, Shilpa PN. Vedanasthapaka Gana - A Critical Review. J Ayurveda Integr Med Sci 2024;6:241-249.
http://dx.doi.org/10.21760/jaims.9.6.38

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

ISSN: 2456-3110 **REVIEW ARTICLE** June 2024

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