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A LITERARY REVIEW OF CHARAKOKTA SHVASAHAR MAHAKASHAYA

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ABSTRACT

Ayurveda considers respiratory disorders to be among the most severe diseases and stated that none other disease kills as instantaneously as Shvasa. The Mahakashaya is an important medicinal group in Ayurveda that helps in improving respiratory diseases. The objective of the study is to analyze the potential effects of Dashemani based on the distribution of active ingredients as described in classical texts. The analysis was conducted based on the distribution of Rasa, Guna, Veerya, and Vipaka. Most of the medicines in Mahakashaya have Katu, Tikta Rasa, Laghu Guna, Ushna Veerya, Katu Vipaka, and possess properties that alleviate Kapha and Vata, thus interrupting the pathophysiology of respiratory diseases.

KEYWORDS: Shvasahar Mahakashaya, Dashemani, Rasapanchaka, Vata-Kaphahar.

INTRODUCTION

In Indian context asthma is now a serious public health problem and it is seen as one of the leading cause of morbidity and mortality in India. Chronic respiratory diseases contributed 4.5% of total diseases in India in 1990, increasing to 6.4% in 2016. The number of COPD cases in India raised from 28.1 million in 1990 to 55.3 million in 2016. Among these cases 53.7% were attributed to air pollution, 25.4% to tobacco use and 16.5% to occupational hazards, making these the leading[1] risk factors for COPD. Out of this genetic susceptibility, environmental factors, drugs, infection, smoking, anxiety & psychological factors are major cause of concern. Respiratory issues are considered among the most serious diseases in Ayurveda, with the belief that no other disease claims lives as rapidly as respiratory disorders. Acharya Charaka has described 500 Kashayas in 50 Mahakashayas, which are detailed with their qualities. Each Mahakashaya comprises individual medicines that create a distinct Kashaya. These 500 Kashayas have been grouped into sets of ten. Most groups are classified based on their functions, such as those beneficial for Panchakarma, including Snehopaga, Swedopaga, and Vamanopaga. The Mahakashaya is a group of ten Kashayas: Shati, Pushkaramoola, Amalvetasa, Ela, Hingu, Agaru, Surasa, Tamalaki, Jivanti, and Chanda.[2] This group is used to treat distortions in the Pranavaha Srotas such as Tamaka Shvasa (asthma).

MATERIAL AND METHODS

The properties of Mahakashaya drugs have been discussed and analyzed from both Ayurvedic and modern pharmacological perspectives described in Charaka Samhita, with references to Bhavaprakasha Nighantu, Dhanvantari Nighantu, and Kaiyadeva Nighantu. Additionally they have been analyzed based on some online publications such as articles, journals, and research review papers. These drugs have been examined in terms of their Rasapanchaka, along with their phytochemical composition and pharmacological properties. Shvasahar Dashemani has 10 drugs, out of them some have proven effects on scientific grounds with respect to respiratory disorder management. Shati is useful in dyspnoea and has spasmolytic and antiemetic[3], anti inflamatory properties.[4] Pushakarmoola has anti-allergic action[5], Anti-pyretic and antiseptic properties.[6] Amalvetas is a good antioxidant.[7] Ela has anti-inflammatory, analgesic and antispasmodic activities.[8] Ocimum sanctum (Tulasi) offered protection against inflammatory reactions.[9] Tamalki has significant effect in Tamaka Shvasa.[10]

Review of Literature

List of Shwashahar mahakashaya

SN	Name	Botanical Name
1.	Shati	Hedychium spicatum
2.	Pushkaramula	Inula racemosa
3.	Amlavetasa	Garcinia pedunculata
4.	Ela	Elettaria cardamomum
5.	Hingu	Ferula narthex
6.	Agaru	Aquillaria agallocha
7.	Surasa	Ocimum sanctum
8.	Tamalaki	Phyllanthus amarus
9.	Jivanti	Leptadenia reticulata
10.	Chanda	Angelica glauca

Properties of Shvasahara Mahakashaya as per Bhavaprakasha Nighantu

SN	Name	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	Shati[11]	Karpuradi	Kashaya, Tikta	Laghu, Tikshna	Anushna	Katu	Grahi, Kasahara, Swsahara
2.	Pushkaramula		Katu, Tikta	Ushna	Katu	Vata Kaphahara, Shvasahara, Kasaharashotha Hara, Parsvashula Hara	Katu, Tikta
3.	Amlavetasa	Amradi Phala Varga	Amla	Guru, Ushna, Ruksha	-	-	Vatahara, Kapha Pittakara, Agni Deepaka
4.	Ela	Karpuradi	Katu	Laghu, Shita	-	-	Vatahara, Kasahara, Shvasahara, Mutrakruchrahara
5.	Hingu	Haritakyadi	Ushna	-	-	Vatahara, Pittakara, Shulahara, Krumigna	Hingu
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, Shvasahara, Mutarjanana, Kandughna, Sramsana, Dahaprashamana, Shothahara, Vranaropana
9.	Jivanti	Guduchyadi	Madhura	Laghu, Shita, Snigdha	Shita	Tridoshashamaka, Rasayana	Guduchyadi
10.	Chanda	Karpuradi	Tikta, Katu, Madhura	Laghu, Tikshna	Shita	Katu	Vatahara, Kaphahara

Properties of Mahakashaya as per Dhanwantari Nighantu

SN	Name	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	Shati[12]	Guduchyadi	Tikta	Tikshna, Ushna	Ushna	-	Kasahara, Kaphahara, Vaktrashodhana, Sannipatajajwara
2.	Pushkaramula	Guduchyadi	Tikta, Katu	Ushna	Ushna	-	Kaphavatahara, Swasa, Kasahara, Hikka Shopha, Adhmana
3.	Amlavetasa[13]	Satapuspadi	Kashaya, Katu	Ruksha, Ushna	Ushna	Katu	Kaphavatahara, Arshas, Gulma
4.	Ela	Satapuspadi	Madhura	-	Shita	-	Shvasahara, Kasahara, Hrudya, Rochana
5.	Hingu	Satpushpadi	Katu	Ushna	-	-	Vatakapahahara, Krimihara, Gulmahara, Shulahara, Bandhahara
6.	Agaru[14]	Chandanadi	Katu, Tikta	-	Ushna	-	Vatakaphahara
7.	Surasa[15]	Karaviradi	Tikta, Katu	Laghu, Ushna, Ruksha	-	-	Kaphahara
8.	Tamalaki	Chandanadi	Madhura, Tikta	-	Shita	-	Pithahara, Kaphahara, Dahahara
9.	Jivanti	Guduchyadi	Madhura, Shita	-	Shita	-	Tridoshahara
10.	Chanda	Chandanadi	Tikta	-	Ati Shita	-	Kushtahara, Kanduhara, Vranaropana, Kshatahara

Properties of Shvasahara Mahakashaya as per Kaiyadeva Nighantu

SN	Name	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	Shati[16]	Oshadhi	Tikta, Katu, Kashaya	Tikshna, Eshat Ushna	-	-	Tridoshahara, Kasahara, Shvasahara Shulahara, Jwarahara, Hidhmahara
2.	Pushkaramula	Oshadhi	Katu, Tikta	-	Ushna	-	Kaphavatashamaka, Kasahara, Swahahara, Hikkahar, Aruchihara, Jwarahara, Parshwapidahara
3.	Amlavetasa	Oshadi	Amla, Lavana	Tikshna, Snigdha	Ushna	-	Vatakaphahara, Agnideepaka, Shulahara, Vishtambahara, Shulahara, Anahahara
4.	Ela	Oshadi	Madhura	Guru	Ushna	Madhura	Vatashamaka
5.	Hingu	Oshasi	Katu, Tikta	Laghu	Ushna	Katuvipaka	Vatakaphara, Kasahara, Shvasahara, Dipana,Pachana, Anahahara, Shulahara, Agnimadhyahra, Hrudrogahara, Krimihara, Gulmahara
6.	Agaru	Oshdhi	Katu, Tikta	Tikshna	Ushna	-	Vatakaphahara, Pittavardhaka

7.	Surasa	Oshadhi	Katu, Kashya, Tikta	Tikshna, Ruksha	Ushna	Katu	Kasahar, Shvasahara, Vatakaphahara, Krimihara, Daurgandhyahara, Parshvapidahara, Kushtahara, Vishhara Mutrakruchrahara, 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	-	Tridoshahara, Balakaraak, Grahiayurvardhaka, Rasayana
10.	Chanda	Oshadhi	Madhura, Tikta, Katu	Laghu, Tikshna	Shita	Katu	Kushtahara, Kanduhara, Hrudya

Phytochemical composition and Pharmacological properties of Shvasahara Mahakashaya

SN	Name	Varga	Rasa
1.	Shati	Volatile oil, starch	Anti-inflammatory, vasodilatory, anti-bacterial, anti-fungal, antimicrobial.
2.	Pushkaramula[17]	D-mannitol, alpha-ionine, beta-ionine, Inulin and telekin	Antihistaminic, Antiasthamatic, Antiinflammatory, Antiviral, Antibacterial, Antiasthmatic, Antifungal
3.	Amlavetasa	Garcinol, cambogin, Peduncalol, Citric acid, Mallic acid and Xanthones.	
4.	Ela	Volatile oil contains cineole, Terpinyl acetae, Terpineol, Borneoal, Terpinene, camphene, P-cymene, Geraneol. Seeds contain fixed oil, starch and proteins.	Antioxidant activity, enhaces fibrinolysis (blood presuure lowering, fibrinolysis enhancing and antioxidant activities of Cardamom) Stimulant, Diuretic
5.	Hingu[18]	Resin, gum and volatile oil. Resin contains asaresinotanol. Oil contains butyl propanyl disulphide, disulphides, trisulphides, pipene and terpenes.	Anti-inflammatory, Antispasmodic, Antibacterial
6.	Agaru[19]	Heart wood contains Liriodenine, Agarol, Agarospirol, Alpha and Beta agarofuran, Agarospirol	Antimicrobial, Anti- oxidant Anticancerous
7.	Surasa	Leaves contain Cardinene, Camphere, Carvacrol, Caryophyllene, Cineole, Decyladehyde, Eugenaol, humelene, Limonene, methychavicol, Alpha and Beta – Carotene, Apigenin, Oreantin and Ursolic acid.	Antiasthamatic, Anti- inflammatory, immunostimulant, antioxidant, Antibacterial, Antiviral, antipyretic, Antifungal
8.	Tamalaki	Phyllanthin, hypophyllanthin, niphyllin, phyllinirium, phyllantheol and phylleteralin	Antiviral, Antifungal, Anticancer, hepatoprotective.
9.	Jivanti	Hentriacontanol, Alpha- amyrin, Stigmasterol, Beta- Sisterol, Flavanoid, Diosmetin and Luteolin.	Vasodilator, antimicrobial, antibacterial, respiratory stimulant and depressant.
10.	Chanda	Volatile oil, valeric acid, angelic acid, lactones, sesquiterpenes, cadinene, umbelliprenin. Terpene alcohol and angelisine resin.	Antimicrobial

DISCUSSION

According to Ayurveda vitiated Kapha and Vata Dosha primarily affecting the Pranavahasrotas resulting into Shvasa Roga. In the management of Swasa Roga, 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 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.

Out of which dominant Rasa in all herbs are Tikta, Katu and Madhur. Acharya Charak clearly given direction about those things which has to be taken by the patient orally, "yat kinchit kaph-vataghnam ushnam vataanulomyam|| Bheshajam panam annam vatat hitam swashhikkiney||18" (Ch.Chi. 17/147)

Acharya Charak said that the patient of Hikka and Shvasa has to take those medicines, food and liquids which are Kapha-Vata Hara and Ushna viz-a-viz maintain the synchronised movement of Vata.

Hingu because of its Ushna Veerya and Amlavetasa because of its Amla Rasa regularize the direction of Vata and keep it in Anuloma Gati. Tikta Rasa.[20] "Deepan and Pachan" through this Ama will be digested which is the main reason for Pranvaha Srotodushti. Lekhan: important property of Tikta Rasa, obstruction caused by Kapha will be scraped out from the Srotas which will allow Vatanuloman freely. That will reduce the amount of exacerbation in respiratory diseases. Katu Rasa.[21] "Sneha Sweda Kleda Malanu Uphanti": Reduces the amount of mucous and every undesired excreted material. "Margaan Vivranoti": in chronic respiratory disorders constriction of channels due to exposure with allergens causes exacerbations. Katu Rasa has property to widen the channels and reduces the frequency of exacerbation by allowing air to flow freely. "Sleshmanam Shamyati": Kapha is any kind of heavy body fluid which is responsible to reduce the space in channels, reduction in excess amount of Kapha will provide good space for air to flow in Anulom direction. Madhura Rasa.[22] "Sharir Satmayad Rasa Rudira Mansa Meda Asthi Majja Ouja Shukra Abhi Vardhanam, Bala Varna Kara, Marutsghnam": In chronic respiratory disorders Bala of Purush is reduced and Madhur Rasa has property to increase the amount of every Dhatu to maintain the homeostasis. It is the best source to alleviate the Vata Dosha. "Dahamurcha Prashmanam": It's good to balance the excessive effect of Pitta. so to maintain the homeostasis we need to balance the over effect of Katu and Tikta Rasa, Acharya used some of the drugs which has Madhura Rasa as main active ingredient.

CONCLUSION

After analyzing the properties of each Dravya of Shvasahara Mahakashaya, it has been concluded that the dominant distribution percentages of the key attributes are Tikta Rasa (36.36%), Laghu Guna (43.48%), Ushna Virya (60.00%), and Katu Vipaka (60.00%). To maintain the homeostasis of the body Acharya Charaka used those 10 important herbs in Shawashar Dashemani which will do Lekhan, and Shoshan of Dushta Kapha in Pranvaha Srotas along with that maintain the Prakrit Kapha. Katu Rasa is Vatakar and Kaphahar in nature. Laghu Guna is Vatakar and Kaphahar in nature. Ushna Virya is Vatahar and Kaphahar in nature. Katu Vipaka is Vatakar and Kaphahar in nature. Hence Shvasahara Mahakashaya Dravyas help in Samprapti Vighatan in Swasa Roga.

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