

## THEROTICAL REVIEW ON CHARKOKTA ANUVASNOPAGA GANA

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## ABSTRACT

Anuvasana Basti is one of the important Panchakarma procedures used in the treatment of various disorders. Basti in which sneha is used for administration is known as Anuvasana Basti. In Charak Samhita Adhyay four, Shatvirechaniyashat Ashraya, Acharya Charak mentioned "Anuvasnopaga Mahakashaya," meaning a group of dravyas which are helpful in boosting the effect that results from Anuvasana Basti. These can be given with siddha or asiddha medicated sneha. These are the group of adjuvant dravyas which enhance the effect of Anuvasana Basti by properly balance doshas and removing mala. The Anuvasnopaga Mahakashaya dravyas contain drugs that are mostly predominant in Madhura and Tikta rasa, laghu and ruksha guna, and ushna virya. By reviewing its rasapanchaka, doshaghata, and botanical identity, we can conclude that the drugs of Anuvasnopaga Mahakashaya are very helpful in treatment. Some Anuvasana Basti formulations explained in Charak Samhita were analyzed, and after reviewing all the data, some conclusions were drawn and put forth in the present paper.

**KEYWORDS:** Anuvasana, Anuvasnopaga Gana, Mahakashaya, Acharya Charak.

## INTRODUCTION

Basti is an important procedure among Panchakarma. It is the pradhantama chikitsa because it has many functions like samshodhana, sanshamana, shariroupachaya, and vridhhi of varna, bala, arogya, and ayushya. Acharya Charak said Basti is the ardha chikitsa.

Basti karma is classified into different types based on sankhya, dravya, route of administration, matra, and karmukatva. Basti, based on dravya bheda, is of two types: Asthapana Basti and Anuvasana Basti. In Asthapana Basti, kwath is used as the main constituent, while in Anuvasana Basti, sneha is the main constituent.

Acharya Charak states that Anuvasana Basti is used for bruhana karma.<sup>[1]</sup> It is especially regarded as the most effective treatment for vata dosha.

Acharya Charak has mentioned Anuvasnopaga Gana, which enhances the efficacy of Anuvasana Basti. These are specialized groupings of dravyas mentioned in Charak Sutrasthana Adhyay Four "Shatvirechaniyashat Ashreya." These dravyas are particularly significant for their role in the preparation and administration of Anuvasana Basti. These dravyas primarily aim at balancing vata dosha. The importance of Anuvasnopaga Gana lies in its ability to enhance the effectiveness of Anuvasana Basti by supporting snehana, bruhana, and vatahara karma. These drugs are mentioned below.

## Anuvasnopaga Gana

The word "Upaga" refers to being beneficial, going near, or joining with. Thus, the drugs mentioned under the group of Upaga Mahakashaya enhance the action of the procedures either by preventing atiyoga or promoting proper evacuation in the case of ayoga. These Anuvasnopaga Mahakashayas refer to groups of 10 drugs intended for similar action to enhance the effect in the presence of the primary drug.

## They are mentioned as follows

*Rasna, Surdaru, Bilva, Madanphala, Satpushpa, Vraschira, Punarnava, Shwadanshra, Agnimantha, Shyonaka.*<sup>[2]</sup> Acharya Charak also mentioned the Panchakashaya Yoni and Panchakashaya Kalpana before stating the Anuvasnopaga Gana. Panchakashaya Yoni means the five basic tastes associated with medicinal preparations: sweet, sour, pungent, bitter, and astringent. Panchakashaya Kalpana refers to the five forms of medicinal preparations: swaras (juices), kalka (pastes), kwath (decoctions), shrutashrita (cold infusions), and phanta (hot infusions). We can use these Panchakashaya Kalpana for Anuvasnopaga Gana dravyas in the preparation and administration of Anuvasana Basti.<sup>[3]</sup>

Thus, in the 4th chapter of Charak Sutrasthana, Acharya Charak mentioned fifty classes of medicines called Mahakashaya. Each group consists of ten herbs (also called Gana), and each of these groups is classified based on their therapeutic properties and specific action on the

body.

These groupings provide a systematic understanding of how different dravyas (medicinal plants) can be used for specific conditions. The herbs are grouped based on their efficacy in treating particular disorders or imbalances.

Each of these groups has a therapeutic focus, providing practitioners with a framework for selecting herbs to address specific health concerns. Acharya Charak mentioned that the best physician is the one who knows the application of Mahakashaya for both external and internal use.<sup>[4]</sup>

Here is the theoretical review of Anuvasnopaga Gana, where each drug is separately explored for its place in different gana, rasapanchak, and karmuktva, and analyzed through some examples of Anuvasana Basti given in Charak Samhita.

## MATERIALS AND METHOD

As Acharya Charaka proposed the use of Anuvasnopaga Mahakashaya for the first time, to reveal the actual policy or logic behind using these dravyas, some Anuvasana Bastis explained by Charaka and the some examples were tracked and analyzed. Observations were then noted.

**Table 1<sup>[5]</sup>: List of Anuvasnopaga Dravyas with their mention in other Mahakashayas.**

Sr.no	Dravya	Botanical Name	Mahakashayas under which it is mentioned
1.	Rasna	Pluchea lanceolata	Vishaghna (Su.4/16), Anuvasanopaga (Su.4/26) Vayasthapana (Su.4/50)
2.	Surdaru	Cedrus deodara	Anuvasanopaga (Su.4/26)
3.	Bilva	Aegle marmelos	Arshoghna (Su.4/12), Anuvasanopaga (Su.4/26), Shvyathuhara (Su.4/38),
4.	Madan	Caturnaregum spinosa	Asthapanopaga (Su.4/25), Anuvasanopaga (Su.4/26)
5.	Shatpushpa	Anethum sowa	Asthapanopaga (Su.4/25), Anuvasanopaga (Su.4/26)
6.	Vraschira	Boerhavia verticillata	Anuvasanopaga (Su.4/26), Svedopaga (Su.4/22), Kasahara (Su.4/36)
7.	Punarnava	Boerhavia diffusa	Svedopaga (Su.4/22), Anuvasanopaga (Su.4/26), Kasahara (Su.4/36)
8.	Shwadrinshta	Tribulus terrestris	Krimighna (Su.4/15), Anuvasanopaga (Su.4/26), Mutravirechaniya (Su.4/35), Shvyathuhara (Su.4/38)
9.	Agnimantha	Premna integrifolia	Anuvasanopaga (Su.4/26) Shvyathuhara (Su.4/38), Sheetaprashmana (Su.4/42)
10.	Shyonaka	Oroxylum indicum	Anuvasanopaga (Su.4/26) Shvyathuhara (Su.4/38), Sheetaprashmana (Su.4/42)

**Table 2.<sup>[6]</sup> The Raspanchaka of the drugs of Anuvasanopaga Mahakashaya.**

Dravya	Rasa	Guna	Virya	Vipaka	Doshghnata
Rasna	Tikta	Guru	Ushna	Katu	Vata kapha hara
Surdaru	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha vata hara
Bilva	Kashaya, Tikta	Laghu, Ruksha	Ushna	Katu	Vata kaphahar
Madan	Kashaya, Madhura, Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kapha vathar
Shatpushpa	Katu, Tikta	Laghu, Ruksha Tikshna	Ushna	Katu	kaphahara
Vraschira	Madhura, tikta Kashaya	Laghu, Ruksha	Ushna	Madhura	kaphahara
Punarnava	Madhura-tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Vat kaphahar
Shvadanstra	Madhura	Guru, Snigdha	sheeta	Madhura	vatahar
Agnimantha	Tikta, Katu, Kashaya Madhura	Laghu, Ruksha	Ushna	Katu	kaphavathar
Shyonaka	Madhura, tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	kaphavathar

**Table 3:<sup>[5]</sup> observation table.**

Use of Anuvasnopaga dravyas in various Basti.

Sr No	Reference (Charaka samhita)	Name of Basti	Kwatha	Kalka	Phalashruti
1	Ch.chi.3/25	Jeevantyadi anuvasan basti	Madan, rasna	shatpushpa	jwarahara
2	Ch.chi.3/252	Patoladi anuvasan basti	madanphala		jwarahara
3	Ch.chi. 19/119	Bilva taila anuvasan basti	bilva	madanphala	Bahukapha atisara awastha
4	Ch.chi.28/148-156	Bala taila	Rasna, madanphala		Sarva vatvikarnut
5	Ch.chi.28/157-164	Amrutadi taila	Rasna		Vatvyadhiharam shreshtam
6	Ch.chi.28/165	Rasna taila	rasna	rasna	vathara
7	Ch.chi.29/91-95	Madhuparnyadi Taila	Shatpushpa		Vataraktahara, jwarghna, bala varna kruta
8	Ch.chi.29/103-109	Amrutadi taila	Punarnava, Rasna, Bilva		Sarvanga ekanga roghar, yonidosha, khanja, pangu
9	Ch. Si. 4/4-7	Dashamula Baladi Taila	Shonyak, bilva, agnimantha, punarnava		Useful in Vatavikara
10	Ch. Si. 4/8	Shatahvadi Taila	bilva		Useful in Vatavikara
11	Ch. Si. 4/9- 11	Jeevantyadi Yamaka Sneha		Madanphala, shatpushpa	Brihaniya, VataPittaharaBala-Shukra-Agni Vardhana Useful in Mutravikara, Shukravikara Rajovikara
12	Ch. Si. 4/13- 16	Saindhavadi Taila		Devdara, madan bilva rasna shatpushpa	Useful in Kaphavikara, Bradhna, Udavarta, Gulma, Arsha, Pleea, Meha, Aadhyavata, Aanaha, Ashmari
13	Ch. Si. 4/17	Madanaphala Siddha Taila		madan	Useful in Kaphavikara
14	Ch. Si. 4/17	Bilvadi taila	Bilva shonyak agnimantha		Useful in Kaphavikara
15	Ch. Si. 4/18- 22	Vidangadi Taila	Bilva shonyak agnimantha	Madan, devdara, Bilva	Kshinshukra, sneha basti balprada, pada uru jangha prushta sthirata
16	Ch. Si. 12	Baladi Anuvasana Basti	Gokshura Rasna		Vrishya, Balya, Brihana, Aayushya Useful in Vali-Palita, Kshatakshina Nashtashukra Vishamajvara Yonivyapada

**DISCUSSION**

The Anuvasanopaga Mahakashaya refers to those drugs which are helpful in boosting of the effects that are resulted due to Anuvasana basti which is given with siddha or asiddha oils. Yet beneficial effects of Anuvasana basti are mentioned in Samhitas but some adjuvants enhance the pharmacological action of anuvasana basti by v, snehana, vatanuloman, vathara, vednashaman. Hence, these drugs are useful in boosting the action of anuvasana basti. These drugs also enhance the duration of retention of anuvasana basti and hence facilitate better absorption of medicated drugs and their action.

Anuvasana basti is used mostly for bhruhana purpose.

The drugs are having the property to nourishes doshas from pakwashaya region. Anuvasana Basti dose snehana, vatshaman, vatanuloman. Anuvasnopaga drugs must be having the property to act upon the pakwashaya (colon) region and must be acting in the following two possible pathways.

Some of the drugs must be helping in snehana due to their Madhura rasa(sweet) Vatshaman and pachan of doshas due to tikta rasa and ushna guna.

Grahi due to katu Vipaka means helps to retained the anuvasan basti for longer time the anuvasan basti procedure is the one that promotes bhruhana, snehana, vatshaman and increases vitality but when the oil which

is used is processed with the anuvasnopaga gana then it also has the potency to provide extra benefits accordingly.

In charak samhita most of the anuvasan bastis are consist the anuvasnopaga gana Dravya in kalka kwath prakshepa forms which enhance the effect of anuvasan basti.

## CONCLUSION

Acharyas Charaka has beautifully explained the Anuvasanopaga mahakashaya. Anuvasanopaga mahakashaya consists of 10 important dravyas. Most of the dravyas are well known and having vatashamaka properties. Anuvasanopaga mahakashaya contains dravyas which are mostly predominant in Madhura and tikta rasa, laghu and ruksha guna, ushna virya. For the treatment of dhatukshaya janya vatprakopa madhur rasa is required which has bringhana, balya and Marutaghna properties. Avaranjanya (amajanya) vataprakopa is treated by tikta rasa which performs deepana pachana action. Laghu guna is shrotoshodhaka and agnideepana.

Among the 10 dravyas 9 dravyas are ushna in guna which is opposite of vatas sheeta guna and all the Dravyas are either vathara or vatakapahara. 6 dravyas have katu Vipaka katu ras is mainly dose grahi karma so these Dravyas help to increase the retention time of anuvasan basti and those who have Madhura rasa vipak dose snehana and vatshaman.

So, we conclude that drugs of Anuvasanopaga mahakashaya are very helpful in treatment of Vatavikara and can use them accordingly with anuvasan basti.

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