

Charakokta Hrudya Mahakashay - A Review

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ABSTRACT

Mahakashay of Charak Samhita is the important classification where ten dravya are included doing particular action. These ten dravya are to be understood to apply clinically in various conditions of hrudaya. Hrudya mahakashay deals with maintaining health of hruday i.e. heart. Thus the review has been taken from Brihatrayi to get valuable information about properties and therapeutic uses of these ten dravya. Review also has been taken from modern research available on internet on websites, e-journals, libraries, etc. to obtain data. This review has been highlighted in this article.

Keywords: Hrudya mahakashay, Charak Samhita, Sushrut Samhita, Ashtanga Sangraha

INTRODUCTION

In today's era, lifestyle has changed drastically. Lifestyle designed by Ayurved for longevity is not followed today due to today's stress, tensions. These stress tensions became the most hazardous cause of diseases like cardiovascular diseases. Ayurved gives solutions to solve all types of obstacles coming in the way of longevity. Ayurved deals with balance of dosha, dhatu, mala and thus has deep rooted thought of maintaining balance of these pillars of health. Thus, different dravya have been used in various formulations as per their actions on dosha, dhatu, mala, strotas, avayav, etc. Charakokta Mahakashay is the classic example of this deep thought of Ayurved. In this article, Literary Review of Charakokta Hrudya Mahakashay has been taken. [1] This review will be useful to explain the role of each hrudya dravya on various bases of guna- karma and therapeutics.

Following table gives dravya of Charakokta Hrudya Mahakashay dravya with their

Prayojyanga, Botanical name and Family. Fruit is the useful part of these 10 dravya.

Table 1: Showing Hrudya Mahakashay Dravya

Dravya	Botanical Name	Family	Useful Part
Amra	Mangifera indica	Anacardiaceae	Fruit
Amratak	Spondias pinnata	Anacardiaceae	Fruit
Lakucha	Artocarpus lakoocha	Moraceae	Fruit
Karamarda	Carissa carandas	Apocynaceae	Fruit
Vrukshamla	Garcinia indica	Guttiferae	Fruit
Amlavetas	Garcinia pedunculata	Guttiferae	Fruit
Kuvala	Ziziphus sativa	Rhamnaceae	Fruit
Badara	Ziziphus jujuba	Rhamnaceae	Fruit
Dadim	Punica granatum	Punicaceae	Fruit
Matulunga	Citrus medica	Rutaceae	Fruit

These above mentioned 10 dravya have been studied from Brihatrayi regarding their gunakarma, dietary uses and therapeutic uses.

MATERIALS

1. Charak Samhita - Charak Chandrika Vyakhya (Hindi)

Writer – Dr. Brahmanand Tripathi

Foreword – Dr. Gangasahay Pandey

Published by – Chaukhambha Surbharati Prakashan, Varanasi

- Edition - 2010
2. Sushrut Samhita – Ayurved Tattva Sandipika Vyakhya
Writer – Dr. Ambika Datta Shastri
Foreword – Dr. P. M. Mehata
Published by – Chaukhambha Sanskrit Sansthan, Varanasi
Edition – 2012
3. Ashtanga Sangraha – with Indu Teeka
Editor – Vd. Anant Damodar Athavale
Published by – Shrimad Atreya Prakashan
Edition – 1980

1. All the references of Hrudya mahakashay are taken from Brihatrayi.
2. Guna karmatmak study is done with the help of available references.
3. Role as Ahar in swasthya rakshan, vyadhi pratibandhakatwa and ahar and aushadha in vyadhi chikitsa is defined.

OBSERVATIONS – References of all 10 dravya have been compiled from BRIHATRAYI and classified under various heads as given further.

RASAPANCHAK – Rasapanchak of any dravya gives idea of actions of any dravya. Thus rasa panchak of hrudya gana dravya given in following table.

METHODOLOGY

Dravya	Rasa	Virya	Vipak	Guna	Karma
Amra	Amla, kashay, madhur	Amla – Ushna	Amla – Amla	Guru, snigdha / Ruksha	Hrudya, balya, bruhan, rochan
Amratak	Madhur, amla	Ushna	Amla	Guru, snigdha	Bruhan, balya, vrushya
Lakucha	Amla	Ushan	Amla	Guru, sara	Hrudya
Karamarda	Amla	Ushan	Amla	Guru, sara	Rochan, trushnahara
Vrukshamla	Amla	Ushna	Amla / madhur	Laghu, ruksha	Dipan, rochan
Amlavetas	Amla	Ushna	Amla	Ruksha	Bhedan dipan anuloman
Kuvala	Amla, madhur, kashay	Shita	Madhur	Guru, Snigdha	Dipan, rochan
Badara	Amla, madhur	Ushna / shita	Amla / madhur	Guru, sara, snigdha	Trushnashaman, dipan, shramaghna
Dadim	Amla, kashay, madhur	Amla / Madhur	Amla / madhur	Guru /laghu, snigdha / ruksha	Hrudya, rochan, dipan
Matulunga	Amla, madhur	Ushna / mansa – shita	Amla / madhur	Guru/laghu, snigdha	Krimihara, dipan, vibandhahara, shulahara, ajirnahara, bruhan, kasahara, shwasahara

DOSHA DHATU MALA KARMA – As per rasapanchak of dravya, actions on dosha, dhatu and mala have been given in the table given below.

Dravya	Doshakarma	Dhatukarma	Malakarma
Amra	Pittakara, vatahara	Mansa shukra vardhak, rakta vardhak	Mutrasangrahaniya
Amratak	Kaphakara, vataghna, pittaprasadan	Rakta prasadan, shukrakara	Vishthambhi
Lakucha	Kapha pitta kara	Shukra nashan	
Karamarda	Vataghna, pittal, kaphotkleshakara		
Vrukshamla	Vata kapha hara		Grahi
Amlavetas	Vata kapha hara		Bhedan, anuloman
Kuvala	Vata pitta shamak		Virechanopaga
Badara	Kaphapitta prakopak		Virechanopaga
Dadim	Madhur –Pittanashan Amla – pitta vata kara, kashay madhur – kapha pitta virodhi		Grahi, malavibandhahara,
Matulunga	Vataghna, pittal, kaphotkleshakara		Sangrahi

AHARIYA AND CHIKITSATMAK PRAYOG OF HRUDYA GANA DRAVYA IN BRIHATRAYI - Amra

CHIKITSATMAK PRAYOG – CHARAK - Churna yoga.sevan with Anupan – peya / manda in Atisar in Rajayakshma. [2] Vachadi churna.sevan with Anupan guda mixed with shitajala in

kamala, jwara, pandu, prameha, aruchi, atisar. [3] Pushyanuga churna sevan in arsha, raktiatar, yonidosha, rajodosha, shweta nila pita shyava aruna srava from yoni. [4] Virechan yoga in kaphaprakruti person. [5]

SUSHRUT - Ksharagad sevan in sharkara, ashmari, vatagulma, kasa, shula, udara, ajirna, grahani, aruchi, shophya, sarvasara shophya. [6]

VAGBHAT - Amra, dadim, amratak, amalak, karamarda, matulunga rasa are heated and given for eating in BLEEDING due to ksharatiyoga. [7] Amrasthi rasa nasya in nasagata RAKTAPITTA. [8] Amra phala rasa used in preparing virechan kalpa. [9] Pushyanuga churna sevan with kshaudra, tandulodak in raktatar, raktarsha, jantujanya dosha. [10]

Amratak

CHIKITSATMAK PRAYOG - CHARAK - Basti (Rogabhishakjitiya vi.8/140) in vatavikar. [11] Virechak yoga in KAPHAVATAJA HRUDROGA, gulma. [12]

SUSHRUT - Phala sneha paan in pittasansrushta vatavikar. [13]

VAGBHAT - Dadimadi agnipachita phalarasa sevan in ksharatiyoga janya lakshana like daha, murchha, moha, jwara, atisar, trushna, HRUTVEDANA shaman. [14]

Virechanartha amratakadi yukta madya paan. [15] Ksharagad paan, lepa, darshan, shravan, sparshan in visha, shula, gulma, udara, ajirna, shwasa, kasa, ashmari, sharkara, shophya, arsha, grahanidosha, aruchi. [16]

Lakuch -

AHARIYA PRAYOG - NILL

CHIKITSATMAK PRAYOG -

CHARAK - Basti in vatavikar. [17]

Karamarda

CHIKITSATMAK PRAYOG -

VAGBHAT - Agnipachit dadimadi phala rasa sevan in ksharatiyoga janya RAKTASRAVA. [18] Trivrutadi virechan yoga for virechan. [19]

Vrukshamla

AHARIYA PRAYOG -

CHARAK - Pravahika, shotha, raktatar - laja peya. [20]

ASHTANGA SANGRAHA - Jwara, asweda, nidra, trushna - peya (chi.1/37).

Yakshma, RAKTAPITTA, kshata - shadav. [21] RAKTARSHA - vrukshamla, dadim siddha peya. [22] Shotha - shathyadi siddha peya. [23]

Amlavetas

AHARIYA PRAYOG -

CHARAK - Hikka Shwasa - pathya annapaan. [24]

SUSHRUT - Kushtha, meha, kapharoga, sarvanga shophya, medaswi - Mantha paan. [25]

ASHTANGA SANGRAHA - Shwasa hidhma - diet mixed with matulunga, amlavetas given for mala, vata anuloman. Kasa, HRUDGRAHA, parshwashula, hidhma, shwasa - diet mixed with kshar, hingu, ghruta, bida, dadim is given. [26]

CHIKITSATMAK PRAYOG -

CHARAK - Hingvadi churna / gutika sevan in PARSHWA HRUT BASTI SHULA, vatakaphaja gulma, anaha, mutrakrucchra, pandu, pleehavikar, aruchi, urovibandha, hikka, kasa, shwasa, galagraha, grahani, arsha, gudayonishula. [27] Shathyadi churna sevan (Gulmachikitsa chi.5/86) - in gulma, pleeha, anaha, shwasa, kasa, arochak, hikka, HRUDROGA, arsha, shiroroga, pandu, kaphotklesh, pravahika, PARSHWA HRUT BASTI SHULA. [28] Yavanishadav churna sevan in HRUTPARSHWASHULA, vibandha, anaha, kasa, shwasa, grahani, arsha. It is said to be hrudya, rochan, jihvavishodhan. [29] Chitrakadi ghruta sevan in arsha, gulma, shwayathu, mutrakrucchra. [30] Kantakari ghruta sevan in all types of kasa, hikka, shwasa, kaphaja vikar. [31]

Hingvadi churna sevan in HRUDROGA, apatantrak. [32]

SUSHRUT - Hingvadi churna sevan in vatavikar, kasa, shwasa, gulma, udara, arochak, HRUDROGA, adhman, parshwashula, udarashula, bastishula, anaha, mutrakrucchra, pleeha, arsha, tuni, pratuni. [33]

VAGBHAT - Pippalimuladi churna sevan in aam upadrava, dushta aamaja vyadhi, shula, udara, HRUDROGA, gulma. [34] Kantakaryadi ghruta sevan (Kasachikitsa chi.4/74) in all types of kasa, shwasa,

hidhma. [35] Jivantyadi churna sevan in hidhma, shwasa, vibandha, arsha, kasa, parshwashula, *HRUTSHULA*. [36] Siddha ghruta paan in apatantrak, *HRUDROGA*, shwas. [37] Lashunadya ghruta paan in vatottar gulma, shula, vibandha, hidhma, pleeha, *HRUDROGA*, grahani, jwara, arochak. [38] Abhayadi churna sevan with anupan anushnashita jala taken in morning or in ahar kaal in *HRUDAY*, guda, kati yakrut pleeha guhyashrit *SHULA*, gulma, vishthambha, durnam, krucchra, udara, adhman, hidhma, vibandha hara. [39] Dadimadya ghruta paan in sarvadoshaja shotha, shopha, arsha, gulma, meha, agnisada. [40]

Badara

AHARIYA PRAYOG –

CHARAK – In Raktarsha, Upodika shaka is mixed with Amla Badara and given. [41] In Arsha, atisar, vatagulma, shotha, *HRUDROGA*, Jivantyadi yavagu paan. [42] In Grahani, gulma, arsha, pleeha, Grahanihara yavagu paan (Grahanidosha chikitsa chi.15/113)

ASHTANGA SANGRAHA - In Shrama, trushna, klama, badara saktu. [43]

CHIKITSATMAK PRAYOG –

CHARAK - Shushka badara in pitta vikar. [44] Sahapaan kwath in virechan. [45]

Yavanishadav churna sevan in *HRUTSHULA*, pleehashula, parshwashula, vibandha, kasa, shwasa, grahani, arsha, vibandha, anaha. [46] Amrutprasha ghruta in Kshatakshina, Durbal, Vyadhikarshit, Striprasakta, Krusha, Varnaswarahina, Hikka, Kasa, Jwara, Shwasa, Daha, Trushna, Asrapitta, Vami, Murchha, *HRUDROGA*, Yoniroga, Mutraroga. [47]

Siddha ghruta/taila paan, abhyanga in vatavyadhi. [48] Basti in vaman virechan vyapat *JIVAADAAN*. [49] Kushadi niruha basti when atitikshna basti goes to hruday and causes *HRUDGHATTAN*. [50] This basti is given to relieve *HRUTPIDA*.

SUSHRUT - Nyagrodhadi gana – *RAKTAPITTA*, daha. [51] Asthapan basti in *JIVADAAN* as virechan atiyog lakshan to stop bleeding. [52]

VAGBHAT - Bruhatyadi basti in *JIVADAN*. [53]

Dadim

AHARIYA PRAYOG –

CHARAK - Raktasrava in raktarsha – baladi kwath peya [54] Raktasrava in raktarsha – hriveradi peya. [55]

SUSHRUT - Mudga yusha mixed with dadim, mrudvika is known as ragashadav is rochan, laghupaki, doesn't aggravate dosha. [56] Mudga / masur / godhum / kulattha yush mixed with mrudvika, dadim, lavana is rochan, dipan, hrudya, laghupaki. [57] Dadim amalak yusha is *HRUDYA*, laghu, sanshodhan, medoghna, prana agni janana, laghu, murchha hara, alleviates pitta and vata. [58] Dadim yukta yusha is kapha vata hara, balya, agnidipan. [59] Kaphavikar, Pittavikar – mantha. [60]

ASHTANGA SANGRAHA -

RAKTAPITTA – mantha. [61] Yakshma, raktapitta – shadav. [62]

CHIKITSATMAK PRAYOG -

CHARAK - Shatavaryadi ghruta paan in kasa, jwara, anaha, vibandha, shula, *RAKTAPITTA*. [63] Hapushadi ghruta sevan in vataja gulma, shula, anaha, yoniroga, arsha, grahani, shwasa, kasa, aruchi, jwara, basti *HRUT PARSHWASHULA*. [64]

Hingvadi churna / gutika sevan anupan madya, ushnodak in *HRUT PARSHWA GUDA YONI BASTI SHULA*, arsha, pleeha, grahani, pandu, mutrakrucchra, hikka, shwasa, kasa, galagraha, urograha. [65]

Shatyadi churna / gutika in gulma, pleehavruddhi, anaha, shwasa, kasa, arochak, hikka, *HRUDROGA*, arsha, shirorog, pandu, kaphotklesh, pravahika, parshwa *HRUT BASTI SHULA*. [66]

Yavanishadav churna sevan in *HRUT PLEEHA PARSHWASHULA*, vibandha, anaha, kasa, shwasa, grahani, arsha. [67]

Dwitiya lashunadi ghruta sevan in gulma, arsha, udara, pandu, pleeha, jwara, krimi, vatakaphaja vyadhi, yonidosha. [68] Narayan churna sevan with different anupan for virechan in arsha with takra, in gulma with badara kwath, in baddhakoshta with madira, in vataroga with prasanna, in arsha with dadim rasa, in parikartika with vrukshamla

rasa, in ajirna with kosha jala, in bhagandar, pandu, shwasa, kasa, galagraha, *HRUDROGA*, kushtha, mandagni, jwara, danshtra mula gara krutrim visha. [69] Dadim phalatwak shunthi chandan kwath mixed with ghruta given to drink in *BLEEDING* in arsha. [70] Anupan Dadim rasa for Shilajatu vatak sevan in pandu, kushtha, jwara, pleeha, shwasa, arsha, bhagandar, *HRUDROGA*, shukra, mutra vikar, agnidaurbalya, shosha, garavisha, udara, kasa, shotha, gulma, raktapradara, vrana. [71] **SUSHRUT** - Virechan yoga (Virechan dravyavikalp su.44/21) in sukumar person, vrudha kaphadosha. [72] Hingvadi churna sevan at morning (Mahavatavyadhi chikitsit chi.5/28) in vatavikar, kasa, shwasa, gulma, udara, arochak, *HRUDROGA*, adhman, parshwa udara basti shula, mutrakrucchra, pleeha, arsha, pratuni. [73] **VAGBHAT** - Dadim, amratak, kapittha, karamarda, amra, amalak, matulunga rasa is heated and given to drink (Ksharpaak vidhi su.39/16) to stop *BLEEDING* due to excess application of kshar. [74] Yavanyadi churna sevan (Rajayakshma chikitsa chi.7/79) in vibandha, kasa, *HRUDROGA*, parshwaroga, pleeha roga, arsha, grahani. [75] Dadim, krushna lavana, hingu, shunthi, amlavetas churna taken internally (Chhardi hrudroga chikitsa chi.8/36) in apatantrak, *HRUDROGA*, shwasa. [76] Guggulu asava paan (Arsha chikitsa chi.10/22) in arsha, grahani, pandu, *HRUDROGA*, kamala, yakshma, vishamajwara, pleeha, gulma, udara, shwayathu, krumi, kushtha, granthi, arbud. [77] Dadhik ghruta paan (Gulma chikitsa chi.16/6) in shula, vibandha, hidhma, pandu, adhman, pleeha, *HRUDROGA*, grahani, krumi, vardhma, kshaya, shwasa, kasa, yoniroga, udara, jwara, arochak. [78] Dadimadya ghruta paan (Pandu chikitsa chi.18/2) in pandu, pleeha, *HRUDROGA*, shwasa, kasa, vatavikar. [79] Vajra vatak sevan with Anupan – dadimrasa, kshir, jala, sura, asava (Panduroga chikitsa chi.18/9) in

HRUDROGA, galaroga, garavisha, udara, vatarakta, bhagandar, gulma, vardhma, shukradosha, mutradosha. Dadimadya ghruta paan (Shwayathu chikitsa chi.19/5) in *HRUDROGA*, pandu, gulma, pleeha, arsha, shwasa, kasa, mudhavata, vataroga, vandhyatva, prasutiroga. [80] Ghruta has dipan action. Phalatrikadi ghruta abhyanga (Vatavyadhi chikitsa chi.23/82) in shuddha vata vikar, *SIRAGATA VATA*, parvagata vata, asthi gata vata, vepana, shula, akshepa, sarvanga ekanga roga. [81] Dadim used in virechan kalpa (Virechan kalpa ka.2/6). [82] Anupan dadim rasa for virechan kalpa (Virechan kalpa ka.2/82). [83]

Matulunga

CHIKITSATMAK PRAYOG -

CHARAK - Hingvadi gutika sevan (Gulma chikitsa chi.5/84) – (bhavana dravya swaras) in parshwashula, *HRUD BASTI SHULA*, anaha, mutrakrucchra, dudayonishula, grahani, arsha, pandu, urovibandha, hikka, shwasa, kasa, galagraha, vatakaphaja gulma. [84] Shatyadi gutika sevan (Gulma chikitsa chi.5/88) in gulma, pleehavrudhi, anaha, shwasa, kasa, arochak, hikka, *HRUDGRAHA*, arsha, shiroroga, pandu, pravahika, kaphotklesha, *PARSHWA HRUD BASTI SHULA*. [85] Pushkarmuladi kwath paanartha (Trimarmiya chikitsa chi.26/85) in *VATAJA HRUDROGA*. [86] Sahapaan swaras for snuhi kalpa in virechan (Sudhakalpa ka.10/12). [87] Sahapaan swaras for Sevanartha yoga (Trimarmiya siddhi si.9/8) in *VATADOSHA DUSHIT HRUDAYMARMA*. [88]

SUSHRUT – Matulunga has been used in vataja shopha, shula, aruchi, chhardi, vata kapha roga.

VAGBHAT - Matulunga rasabhavit abhayadi churna sevan (Gulma chikitsa chi.16/11) in *HRUDAY* guda kati pleeha yakrut guhya gata *SHULA*, durnam, krucchra, udara, adhman, hidhma, vibandha, vardhma, aruchi, shwasa, kasa. [89]

CHEMICAL CONSTITUENTS AND PHARMACOLOGICAL ACTIONS -

Dravya	Chemical constituents	Pharmacological actions
Mangifera indica	Phytosterol, tannin, phenolic acids	Antidiarrhoeal action, ^[90] Antihyperglycaemic and antihyperlipidaemic action, ^[91] Antimicrobial action, ^[92] Cognition improvement, ^[93] Anticancer action, ^[94] Nephroprotective action, ^[95]
Spondias pinnata	Lignin, starch, flavonoids, phenolics, tannins	Acute toxicity, ^[96] Hypoglycaemic action, ^[96] Analgesic action, ^[97] Antioxidant action, ^[98] Thrombolytic action, ^[98] Antimicrobial action, ^[98]
Artocarpus lakoocha	chromatotropic acid, quercetin, gallic acid, vanillic acid, cinnamic acid, ferulic acid, kaempferol	Antioxidant action, ^[98] Anthelmintic action, ^[99] Antibacterial action, ^[99] Insecticidal action ^[99]
Carrisa carandas	flavonoid, phenolics	Antioxidant action, ^[100] Antibacterial action, ^[100] Antiinflammatory action, ^[101]
Garcinia indica	Anthocyanins	Antihyperlipidaemic action, ^[102] Antioxidant action, ^[103]
Garcinia pedunculata Roxb.	Polyphenols, flavonoids	Antibacterial action, ^[104] Cardioprotective action, ^[105] Hepatoprotective action, ^[106] Antiinflammatory action, ^[107] Antioxidant action, Neuroprotective action, ^[108] Nephroprotective action, ^[109]
Ziziphus sativa	Vitamin C, potassium	Antioxidant action, antidepressant, sedative, cardiotonic, blood purifier, digestive, mild laxative, hypotensive, hepatoprotective, diuretic, spleen tonic, expectorant.
Ziziphus jujube	Flavonoids, phenolic compounds	Antioxidant action, ^[110] Hepatoprotective action, ^[110] Antibacterial action, ^[111]
Punica granatum	Flavonoids, triterpenic acid, polyholoside	Anticancer action, Antiarthritic action, Antifungal action, Anti- atherosclerotic action, Effect on hypertension, ^[112] Effect on myocardial perfusion, ^[113] Effect in neonatal hypoxic ischaemic brain injury, ^[114] Antibacterial action, Anthelmintic action, ^[115]
Citrus medica linn	Flavonoids	Anticholinesterase action, ^[116] Anticancer action, ^[117] Analgesic action, ^[118] Antidiabetic action, ^[119] Hypocholesterolemic action, ^[119] Antimicrobial action, ^[120] Antiulcer action, ^[121]

DISCUSSION

Health of heart depends on proper diet, exercise and other factors like proper digestion, formation of good dhatu, dosha, mala, etc. Nutrition plays important role in maintaining health of body. Dietary use of fruits is the way to give essential nutrition to body. Hrudroga is a very broad aspect in Ayurved and Modern science. But proper diet can be selected for each person with the help of knowledge of dravya given in Ayurved. Thus, the review has been taken of above mentioned fruits and it shows specific features of hrudya dravya and these dravya can be used wisely in diet and therapeutics.

CONCLUSION

Hrudya Mahakashay dravya are important dravya for dietary and therapeutic use not only in hrudroga but in other disease conditions also.

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