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 Brihattrayi 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 longivity is not followed today due to todays 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 longivity. 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>
<thead>
<tr>
<th>Dravya</th>
<th>Botanical Name</th>
<th>Family</th>
<th>Useful Part</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amra</td>
<td>Mangifera indica</td>
<td>Anacardiaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Amratak</td>
<td>Spondias pinnata</td>
<td>Anacardiaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Lakucha</td>
<td>Artocarpus lakoocha</td>
<td>Moraceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Karamarda</td>
<td>Carissa carandas</td>
<td>Apocynaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Vrukshamla</td>
<td>Garcinia indica</td>
<td>Guttiferae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Amalavetas</td>
<td>Garcinia pedunculata</td>
<td>Guttiferae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Kuvala</td>
<td>Ziziphus sativa</td>
<td>Rhamnaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Badara</td>
<td>Ziziphus jujuba</td>
<td>Rhamnaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Dadim</td>
<td>Punica granatum</td>
<td>Punicaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>Matulunga</td>
<td>Citrus medica</td>
<td>Rutaceae</td>
<td>Fruit</td>
</tr>
</tbody>
</table>

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

MATERIALS

1. Charak Samhita - Charak Chandrika Vyakhyā (Hindi)
   Writer – Dr. Brahmanand Tripathi
   Foreword – Dr. Gangasahay Pandey
   Published by – Chaukhambha Surbharati Prakashan, Varanasi
METHODOLOGY

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

OBSERVATIONS – References of all 10 dravya have been compiled from BRIHATATRAYI 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.

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Rasa</th>
<th>Virya</th>
<th>Vipak</th>
<th>Guna</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amra</td>
<td>Amla, kashay, madhur</td>
<td>Amla – Ushna</td>
<td>Amla – Amla</td>
<td>Guru, snigdha / Ruksha</td>
<td>Hrudya, balya, bruhan, rochan</td>
</tr>
<tr>
<td>Annetak</td>
<td>Madhur, amla</td>
<td>Ushna</td>
<td>Amla</td>
<td>Guru, snigdha</td>
<td>Bruhan, balya, vrushya</td>
</tr>
<tr>
<td>Lakucha</td>
<td>Ushna</td>
<td>Amla</td>
<td>Guru, sara</td>
<td>Hrudya</td>
<td></td>
</tr>
<tr>
<td>Karamarda</td>
<td>Amla</td>
<td>Ushan</td>
<td>Amla</td>
<td>Guru, sara</td>
<td>Rochan, trushnahara</td>
</tr>
<tr>
<td>Vruksamila</td>
<td>Amla</td>
<td>Ushna</td>
<td>Amla</td>
<td>/ madhur</td>
<td>Laghu, ruksha</td>
</tr>
<tr>
<td>Amlavetas</td>
<td>Amla</td>
<td>Ushna</td>
<td>Amla</td>
<td>Ruksa</td>
<td>Dipay, rochan</td>
</tr>
<tr>
<td>Kuvala</td>
<td>Amla, madhur, kashay</td>
<td>Shita</td>
<td>Madhur</td>
<td>Guru, Snigdha</td>
<td>Dipay, rochan</td>
</tr>
<tr>
<td>Badara</td>
<td>Amla, madhur</td>
<td>Ushna / shita</td>
<td>Amla / madhur</td>
<td>Guru, sara, snigdha</td>
<td>Trushnahaman, dipan, shramaghna</td>
</tr>
<tr>
<td>Dadim</td>
<td>Amla, kashay, madhur</td>
<td>Amla / Madhur</td>
<td>Amla / madhur</td>
<td>Guru / laghu, snigdha / rukha</td>
<td>Hrudya, rochan, dipan</td>
</tr>
<tr>
<td>Matulunga</td>
<td>Amla, madhur</td>
<td>Usna / mansa / shita</td>
<td>Amla / madhur</td>
<td>Guru / laghu, snigdha</td>
<td>Krimihara, dipan, vibandhahara, shulahara, ajirnaha, bruhan, kasahara, shwasahara</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Doshakarma</th>
<th>Dhatukarma</th>
<th>Malakarma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amra</td>
<td>Pittakara, vatadhara</td>
<td>Mansa shukra vardhak, rakta vardhak</td>
<td>Mutrasangrahaniya</td>
</tr>
<tr>
<td>Annetak</td>
<td>Kaphakara, vataghna, pittaprasadan</td>
<td>Rakta prasadan, shukrakara</td>
<td>Visrthambhi</td>
</tr>
<tr>
<td>Lakucha</td>
<td>Kapha pitta kara</td>
<td>Shukra nashan</td>
<td></td>
</tr>
<tr>
<td>Karamarda</td>
<td>Vataghna, pittal, kaphotkleshakara</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vruksamila</td>
<td>Vata kapha hara</td>
<td>Grahi</td>
<td></td>
</tr>
<tr>
<td>Amlavetas</td>
<td>Vata kapha hara</td>
<td>Bhedan, anuloman</td>
<td></td>
</tr>
<tr>
<td>Kuvala</td>
<td>Vata pitta shamak</td>
<td>Virechanopaga</td>
<td></td>
</tr>
<tr>
<td>Badara</td>
<td>Kaphapitta prakopak</td>
<td>Grahi, malavibadhahara,</td>
<td></td>
</tr>
<tr>
<td>Dadim</td>
<td>Madhur –Pittanashan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Matulunga</td>
<td>Vataghna, pittal, kaphotkleshakara</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

AHARIYA AND CHIKITSATMAK PRAYOG OF HRUDYA GANA DRAVYA IN BRIHATATRAYI - 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

Amratak


Lakuch -

AHARIYA PRAYOG - NILL

CHIKITSATMAK PRAYOG - CHARAK - Basti in vatavikar. [17]

Karamarda

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

Vrukshamla

AHARIYA PRAYOG –

CHARAK – Pravahika, shotha, raktatisara – laja peya. [20]

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


Amlavetas

AHARIYA PRAYOG –


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


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

VAGBHAT - Pippalimuladi churna sevan in aam upadharma, duhshtu aamaja vyadhii, shula, udara, HRUDROGA, gulma. [34] Kantakaryadi ghuruta sevan (Kasachikitsa ch.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 guhma, shula, vibandha, hidhna, pleeha, HRUDROGA, grahni, jwara, arochak. [38] Abhayadi churna sevan with anupan anushashita jala taken in morning or in ahar kaal in HRUDAY, guda, kati yakrut pleeha guhyashrit SHULA, guhma, vishtambha, durnam, kruccha, udara, adhman, hidhna, vibandha hara. [39] Dadimadya ghuta paan in sarvadoashtra shotha, shopha, arsha, guhma, 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 Grahan, guhma, arsha, pleeha, Grahanidhra yavagu paan (Grahanidosa chikitsa chi.15/113)

ASHTAANGA SANGRAHA - In Shrana, trushna, klama, badara saktu. [43]

CHIKITSATMAK PRAYOG –

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 –

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


CHIKITSATMAK PRAYOG -
rasa, in ajirna with koshna jala, in bhagandar, pandu, shwasa, kasa, galagraha, HRUDROGA, kushtha, mandagni, jwara, danshtra mula gara krutrim visha. \[69\] Dadim phalawak 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, kasa, urochak,

HRUDROGA, shuktha, manda gni, jwara, danshtra mula gara krutrim visha. \[69\] Dadim ghruta paan (Shwayathu chikitsa chi.19/5) in HRUDROGA, pandu, gula, preeha, arsha, shwasa, kasa, mudhavata, vataroga, vandhyatva, prasutiroga. \[80\] Ghruta has dipan action. Phalatrik 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).

Matulunga

CHIKITSATMAK PRAYOG - CHARAK - Hingvadi gutika sevan (Gulma chikitsa chi.5/98) in vata, kasa, shwasa, gula, 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 to stop BLEEDING due to excess application of kshar. \[74\] Yavanyadi churna sevan (Rajayakshma chikitsa ch.7/79) in vata, kasa, shwasa, gulma, udara, arochak, HRUDROGA, adhman, parshwa udara basti shula, mutrakrucchra, pleeha, arsha, pratuni. \[73\]

SUSHRUT - Virechan yoga (Virechan dravyavikalp su.44/21) in sukumar person, vruddha kaphadosha. \[72\] Hingvadi churna sevan at morning (Mahavatavyadhi chikitsit chi.5/28) in vata, 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 ch.7/79) in vata, kasa, shwasa, gulma, udara, arochak, HRUDROGA, adhman, parshwa udara basti shula, mutrakrucchra, pleeha, arsha, pratuni. \[73\]

SUSHRUT - Virechan yoga (Virechan dravyavikalp su.44/21) in sukumar person, vruddha kaphadosha. \[72\] Hingvadi churna sevan at morning (Mahavatavyadhi chikitsit chi.5/28) in vata, kasa, shwasa, gulma, udara, arochak, HRUDROGA, adhman, parshwa udara basti shula, mutrakrucchra, pleeha, arsha, pratuni. \[73\]
**Chemical Constituents and Pharmacological Actions**

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Chemical constituents</th>
<th>Pharmacological actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mangifera indica</td>
<td>Phytosterol, tannin, phenolic acids</td>
<td>Antiarthrotoxic, antihyperglycemic and antihyperlipidaemic action, Antimicrobial action, Cognition improvement, Anticancer action, Nephroprotective action</td>
</tr>
<tr>
<td>Spondias pinnata</td>
<td>Lignin, starch, flavonoids, phenolics, tannins</td>
<td>Acute toxicity, Hypoglycemic action, Analgesic action, Antioxidant action, Thrombolytic action, Antimicrobial action</td>
</tr>
<tr>
<td>Artocarpus lakoocha</td>
<td>Chromatotropic acid, quercetin, gallic acid, vanillic acid, cinnamic acid, ferulic acid, kaempferol</td>
<td>Antioxidant action, Anthelmintic action, Antibacterial action, Insecticidal action</td>
</tr>
<tr>
<td>Carrissa carandas</td>
<td>Flavonoid, phenolics</td>
<td>Antioxidant action, Aantibacterial action, Antiinflammatory action</td>
</tr>
<tr>
<td>Garcinia indica</td>
<td>Anthocyanins</td>
<td>Antihyperlipidaemic action, Antioxidant action</td>
</tr>
<tr>
<td>Garcinia pedunculata Roxb.</td>
<td>Polyphenols, flavonoids</td>
<td>Antibacterial action, Cardioprotective action, Hepatoprotective action, Antinflammatory action, Antioxidant action, Neuroprotective action, Nephroprotective action</td>
</tr>
<tr>
<td>Ziziphus sativa</td>
<td>Vitamin C, potassium</td>
<td>Antioxidant action, antidepressant, sedative, cardiotoxic, blood purifier, digestive, mild laxative, hypotensive, hepatoprotective, diuretic, spleen tonic, expectorant</td>
</tr>
<tr>
<td>Ziziphus jujube</td>
<td>Flavonoids, phenolic compounds</td>
<td>Antioxidant action, Hepatoprotective action, Antibacterial action</td>
</tr>
<tr>
<td>Punica granatum</td>
<td>Flavonoids, triterpenic acid, polyholoside</td>
<td>Anticancer action, Antiarthritic action, Anti fungal action, Anti-atherosclerotic action, Effect on hypertension, Effect on myocardial perfusion, Effect in neonatal hypoxic ischaemic brain injury, Antioxidant action, Anthelmintic action</td>
</tr>
<tr>
<td>Citrus medica linn</td>
<td>Flavonoids</td>
<td>Anticholinesterase action, Anticancer action, Analgesic action, Antidiabetic action, Hypocholesterolemnic action, Antimicrobial action, Antiulcer action</td>
</tr>
</tbody>
</table>

**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 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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