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>Amlavetas</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 Vyakhyaa (Hindi)
   Writer – Dr. Brahmanand Tripathi
   Foreword – Dr. Gangasahay Pandey
   Published by – Chaukhambha Subharati 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 pratibandhakatwa and ahar and aushadha in vyadhi chikitsa is defined.

OBSERVATIONS – References of all 10 dravya have been compiled from BRIHATTRAYI 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>Amratak</td>
<td>Madhur, Amla</td>
<td>Amla</td>
<td>Amla</td>
<td>Guru, Snigdha</td>
<td>Bruhan, Balya, Vrushya</td>
</tr>
<tr>
<td>Lakucha</td>
<td>Amla, Ushna</td>
<td>Amla</td>
<td>Amla</td>
<td>Guru, Sara</td>
<td>Hrudya</td>
</tr>
<tr>
<td>Karamarda</td>
<td>Amla, Ushna</td>
<td>Amla</td>
<td>Amla</td>
<td>Guru, Sara, Snigdha</td>
<td>Trushnashaman, Dipan, Shramaghna</td>
</tr>
<tr>
<td>Vrukshamala</td>
<td>Amla, Ushna</td>
<td>Amla</td>
<td>Amla / Madhur</td>
<td>Laghu, Ruksa</td>
<td>Dipan, Rochan</td>
</tr>
<tr>
<td>Amlavetas</td>
<td>Amla, Ushna</td>
<td>Amla</td>
<td>Amla</td>
<td>Ruksa</td>
<td>Bhedan, Dipan Anuloman</td>
</tr>
<tr>
<td>Kovala</td>
<td>Amla, Madhur, Kashay</td>
<td>Shita</td>
<td>Madhur</td>
<td>Guru, Snigdha, Dipan, Rochan</td>
<td></td>
</tr>
<tr>
<td>Badara</td>
<td>Amla, Madhur</td>
<td>Amla / Shita</td>
<td>Amla / Madhur</td>
<td>Guru, Sara, Snigdha</td>
<td>Trushnashaman, Dipan, Shramaghna</td>
</tr>
<tr>
<td>Dadim</td>
<td>Amla, Kashay, Madhur</td>
<td>Amla / Mansa – Shita</td>
<td>Amla / Madhur</td>
<td>Guru / Laghu, Snigdha / Ruksa</td>
<td>Hrudya, Rochan, Dipan</td>
</tr>
<tr>
<td>Matulunga</td>
<td>Amla, Madhur</td>
<td>Amla / Mansa – Shita</td>
<td>Amla / Madhur</td>
<td>Guru / Laghu, Snigdha</td>
<td>Krimihara, Dipan, Vibandhahara, Shulahara, Ajirnarahara, Bruhan, Kasahara, Shwasahara</td>
</tr>
</tbody>
</table>

DOSHA DATU 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, Vatahara</td>
<td>Mansa Shukra Vardhak, Rakta Vardhak</td>
<td>Mutrasangrahanyamya</td>
</tr>
<tr>
<td>Amratak</td>
<td>Kaphakara, Vataqinha, Pittaprasadan</td>
<td>Rakta Prasad, Shukrakara</td>
<td>Visdhambhi</td>
</tr>
<tr>
<td>Lakucha</td>
<td>Kapha Pitta Kara</td>
<td>Shukra Nashan</td>
<td></td>
</tr>
<tr>
<td>Karamarda</td>
<td>Vataqinha, Pitta, Kaphotkleshakara</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vrukshamala</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>Kovala</td>
<td>Vata Pitta Sharmak</td>
<td>Vrechanaopaga</td>
<td></td>
</tr>
<tr>
<td>Badara</td>
<td>Kaphapitta Prakopak</td>
<td>Vrechanaopaga</td>
<td></td>
</tr>
<tr>
<td>Dadim</td>
<td>Madhur – Pittananashan</td>
<td>Amla – Pitta Vata Kara, Kashay Madhur – Kapha Pitta Virodhi</td>
<td>Grahi, Malavibandhahara,</td>
</tr>
<tr>
<td>Matulunga</td>
<td>Vataqinha, Pittal, Kaphotkleshakara</td>
<td>Sangrahi</td>
<td></td>
</tr>
</tbody>
</table>

AHARIYA AND CHIKITSATMAK PRAYOG – CHIKITSATMAK PRAYOG –

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

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, pletteha, Grahanihara yavagu paan (Grahanihosha chikitsa chi.15/113) ASHTANGA SANGRAHA - In Shrama, trushna, klama, badara saktu. [43]  
CHIKITSATMAK PRAYOG –  
SUSHRUT - Nyagrodhadi gana – RAKTAPITTA, daha. [51] Asthapan basti in JIVAADAAN as virechan atiyog lakshan to stop bleeding. [52]  

VAGBHAT - Bruhatyadi basti in JIVADAN. [53]  

Dadim  
AHARIYA PRAYOG –  
SUSHRUT - Mudga yusha mixed with dadim, mruvdika is known as ragashadav is rochan, laghupaki, doesn’t aggravate dosha. [56] Mudga / masur / godhum / kulatthu yush mixed with mruvdika, dadim, lavana is rochan, dipan, hrudyā, 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]  

CHIKITSATMAK PRAYOG -  
rasa, in ajirna with koshna jala, in bhagandar, pandu, shwasa, kasa, galagrah,
**HRUDROGA**, kushtha, mandagni, jwara, danshtra mula gara krutri 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, agnidanurbalya, shosha, garavishva, udara, kasa, shotha, gulma, raktapradara, vrana. [71] 

**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 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 vidi su.39/16) to stop **BLEEDING** due to excess application of kshar. [74] Yavanyadi churna sevan (Rajayakshma chikitsa chi.7/79) in vatak sevan in pandu, kushtha, jwara, pleeha, shwasa, gulma, udara, shwayathu, krumi, kushtha, granthi, arbud. [77] Dadhik ghruta paan (Gulma chikitsa chi.16/6) in shula, vibandha, hidhma, pandu, adhman, pleeha, **HRUDROGA**, krami, kushtha, granthi, arbud. [78] Guggulu asava paan (Arsha chikitsa chi.10/22) in arsha, grahani, pandu, **HRUDROGA**, kamala, yakshma, vishamajwara, pleeha, gulma, udara, shwayathu, krami, kushtha, granthi, arbud. [79] Dadhik ghruta paan (Gulma chikitsa chi.16/6) in shula, vibandha, hidhma, pandu, adhman, pleeha, **HRUDROGA**, krami, kushtha, granthi, arbud. [78] Dadimadya ghruta paan (Pandu chikitsa chi.18/2) in pandu, pleeha, **HRUDROGA**, shwasa, kasa, vatavikar. [79] Vajra vatak sevan with Anupan – dadimrasya, kshir, jala, sara, asava (Panduroga chikitsa chi.18/9) in **HRUDROGA**, galaroga, garavishva, 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, prasutiorga. [80] Ghruta has dipan action. Phalatrikadi ghruta abhyanga (Vatavyadhi chikistsa 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.2/8). [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, uroviropadda, hikka, shwasa, kasa, galagrah, vatakaphaja gulma. [84] Shatyadi gutika sevan (Gulma chikitsa chi.5/88) in gulma, pleehavruddhi, anaha, shwasa, kasa, arochak, hikka, **HRUDGRAHA**, arsha, shiroroga, pandu, pravahika, kaphotklesha, **PARSHWA HRUD BASTI SHULA**. [85] Pushkarimaladi kwath paanarthra (Trimarmiya chikitsa chi.26/85) in **VATAJA HRUDROGA**. [86] Sahapaan swaras for snuh kalpa in virechan (Sudhakalpa ka.10/12). [87] Sahapaan swaras for Sevanarthya 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 rasabahavit abhayadi churna sevan (Gulma chikitsa chi.16/11) in **HRUDAY** guda kati pleeha yaktar guhya gata **SHULA**, durnam, krucchra, udara, adhman, hidhma, vibandha, vardhma, aruchi, shwasa, kasa. [89]


<table>
<thead>
<tr>
<th>Dravya</th>
<th>Chemical constituents</th>
<th>Pharmacological actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artocarpus lakoocha</td>
<td>chromototropic acid, quercetin, gallic acid, vanillic acid, cinnamic acid, ferulic acid, kaempferol</td>
<td>Antioxidant action, [86] Anthelmintic action, [87] Antibacterial action, [88] Insecticidal action [89]</td>
</tr>
<tr>
<td>Garcinia indica</td>
<td>Anthocyanins</td>
<td>Antihyperlipidaemia, [103] Antioxidant action, [104]</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 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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