

Role of *Shothhar Mahakashay* in *Shoth Vyadhi* as per *Charaksamhita*

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Abstract

Ayurveda is traditional & time-tested Indian system of medicine. It has comprehensive approach in dealing with life through all physiological & pathological approach. It has encompassed all aspect of life.

*ShothaharaMahakashaya*¹ represents group of ten medicines which acts on *Shotharoga*². 12th Adhyay of *charaksamhita shvayathu chikitsa* deals with symptoms & treatment of different type of inflammation. Other name of *Shotha* is *Shopha* or *Svayathu* in *Ayurveda*. It is a wide term covering local swelling to inflammation of internal organ pancreatitis, Bronchitis.

Acharya Charak has described *Shothahara Mahakashaya* in *charakSutrasthanain* 4th adhyay as 38th Gana of the 50 *Mahakashaya Gana*.

Patala, Agnimantha, Bilva, Shyonaka, Kashmariya, Kantakari, Brihati, Shalaparni,

Prishaniparni, Goksura are included as ten drugs under this *mahakashay*. These 10 medicine which are effective individually, work together and results into enhanced output. These plants having *Katu, Tikta, Kashaya Rasa, Ushna Virya, KatuVipaka, Ruksha, LaghuGuna* and *Tridoshaghna* properties. Due to these qualities, they overcome *lakshna* of *Shotha*. This article is an attempt to describe

Keywords:

Shothahara mahakashaya; Swelling; Dashamula; Ayurveda; Anti-edematous; Diuretic.

Introduction:

Chapter 18th of *Sutra Sthana* deals with diagnostic aspects of swelling under the name of *trishothiya*.

In *SutraSthana*³ charak classified *shotha* in many ways but in this chapter which is mainly on the treatment, only those

classifications are given which are important from treatment point of view, such as three types according to *doshaviz*, *vata*, *pitta* and *kapha*; two types viz. *Nija* (endogenous) and *agantuja* (exogenous) as well as *ekanga* (local) and *sarvanga* (generalized) types.

Samprampti-

The vitiated *vataDosh* displaces vitiated *rakta pitta*, *kapha* and pushes them into the channels of circulation. The *vayu* is further obstructed by these morbid elements and causes accumulation *pitta*, *kapha*, *rakta* in between *Twak* and *mansa* then occurs swelling at the region of accumulation.

Latin name & useful Parts⁴

Sign & Symptoms *Shotha*-

- **Ushma**- Increased Temperature
- **Davathu**- Burning sensation
- **Siranamayam**- Dilation of vessels of locality
- **Sagauram** – Heaviness
- **Anvasthanatvam**- Instability
- **Utseda**- Elevation
- **Lomharsha**- Horripilation
- **Angavivarnata**- Discolouration of skin over the limbs

Sr. no	Name	Botanical name	Family	English Name	Useful parts
1	<i>Patala</i>	<i>Stereospermum suaveolens</i> DC	<i>Bignoniaceae</i>	Rose flower fragrant	flower, seed, leaf, <i>kshara</i>
2	<i>Agnimantha</i>	<i>Clerodendrum phlomidis</i> Linn.	<i>Verbenaceae</i>	Glory Bower	<i>Panchang</i> , leaves Root bark
3	<i>Shyonaka</i>	<i>Oroxylum indicum</i> Vent.	<i>Bignoniaceae</i>	Midnight horror, Indian trumpet flower	Root bark
4	<i>Bilva</i>	<i>Aegle marmelos</i> Corr.	<i>Rutaceae</i>	Bael tree	Leaves, root, Fruit
5	<i>Gambhari</i>	<i>Gmelina arborea</i> Linn.	<i>Verbenaceae</i>	White teak, <i>Gamar</i>	Flower, leaves, Root, fruit,
6	<i>Kantkari</i>	<i>Solanum surattense</i> Burm./S.	<i>Solanaceae</i>	Yellow berried night shade	Root, fruit
7	<i>Brihati</i>	<i>Solanum indicum</i> Linn	<i>Solanaceae</i>	African Eggplant,	Root, fruit

				Bush Tomato	
8	<i>Shalaparni</i>	<i>Desmodium gangeticum</i> DC	<i>Leguminosae</i>	Sal leaved <i>desmodium</i>	Root,
	<i>Prisnaparni</i>	<i>Ureriapicta</i> Desv.	<i>Leguminosae</i>	Indian <i>uraria</i>	Root
10	<i>Gokshura</i>	<i>Tribulusterrestris</i> Linn.	<i>Zygophyllaceae</i>	Land caltrops	Fruit, root

Chemical constituents And Action –

Sr no	Dravya name	Chemical constituents	Active chemical	Action
1	<i>Patala</i>	<i>Iridoidglycoside, beta-sitosterol, terpenoids, Flavonoids, saponin</i>	<i>Ethanol extract of bark</i>	<i>Hepatoprotective, Anti-inflammatory</i>
2	<i>Agnimanth</i>	<i>Luteolin, Beta-sitosterol, alphelandrine, betulin, premnine</i>	<i>aqueous extract of root bark</i>	<i>Hypoglycemic, antihelminthic, Anti-inflammatory, Anti-microbial</i>
3	<i>Syonakao</i>	<i>Tetulin, oroxyliumA, l-coumaric acid</i>	<i>Ethanol Extract of Stem Bark</i>	<i>anti-inflammatory and analgesic, Anti-bacterial, Anti-arthritis</i>
4	<i>Bilva</i>	<i>Umbelliferone, marmesin, marmin</i>	Root	<i>Antidiarrhoeal, antimicrobial, antiviral, radioprotective, anticancer, chemopreventive</i>
5	<i>Gambhari</i>	<i>cerylalcohol, Beta-sitosterol, butyric acid, tartaric acid, gmelinol</i>	<i>Aqueous and Methanolc extract of bark</i>	<i>Antidiuretic, antidiarrhoeal, antipyretic, antianalgesic, antioxidant, antidiabetic, anti-inflammatory</i>
6	<i>Kantkari</i>	<i>Carpesterol, solasodine, beta-solamargine, Beta-carotene</i>	<i>Methanolc Extract of ty Leaf</i>	<i>Anti-asthmatic, hypoglycaemic,</i>

				anti-inflammatory, antitumor, anti-tussive, antipyretic, antispasmodic, anti-histaminic,
7	<i>Brihati</i>	<i>Solasonine, carpesterol, Carotene, diosgenin, beta-sitosterol, vit-C</i>	<i>Methanolc</i> extract of fruit	Anticancer, antimicrobial, antioxidant, antidiarrheal, analgesic and wound healing activity
8	<i>Shalaparni</i>	<i>Caudicine, gangetin-3H, desmodin, Flavonoids, N, N-dimethyltryptamine</i>	<i>Ethanolic</i> extract of leaves	Anti-oxidant, cardio-protective, anti-inflammatory, anti-ulcer, antidiabetic
9	<i>Prisnaparni</i>	Flavonoids, triterpinoids, Amino-acids	<i>Methanolc</i> Extract of aerial part	Antiseptic, anti-inflammatory, antimicrobial, anti-emetic, aphrodisiac, analgesic, cardiovascular,
10	<i>Gokshur</i>	Root-campesterol, betasitosterol, stigmasterol,	<i>Ethanolic</i> extract of fruit	<i>Antiuro lithic</i> , immunomodulatory, antidiabetic, absorption enhancing, <i>hypolipidemic</i> , <i>cardiotonic</i> , central nervous system, <i>hepatoprotective</i> , anti-inflammatory, analgesic,

Properties and action

Sr.no	Name	Rasa	Guna	Vipak	Virya	Doshghnta	Pradhankarma
1	Patala	Tikta, kashay	Laghu, Ruksha	Katu	Ushna	Tridosahara	Shothhar, Mutral
2	Agnimanth	Tikta, Katu, Kasha, Madhur	Laghu, Ruksha	Katu	Ushna	Kaphavatahar	Shothhar, vednasthapan
3	Shyonaka	Madhur, tikta, kashaya	Laghu, Ruksha	Katu	Ushna	Kaphavathar	Mutral, shothahara, Upashosan
4	Bilva	Kasay, Tikta	Laghu, Ruksha	Katu	Ushna	Kaphavatahar	Shothhar, Deepan, pachan
5	Gambhari	Tikta, Kasaya, Madhur	Guru	Katu	Ushna	Tridosahara	Mutral, Shothhar
6	Kantkari	Tikta, katu	Laghu, tikshna RukSha	Katu	Ushna	Kaphavatahar	Kashahar, Mutral
7	Brihati	Katu, Tikta	Ruksha, Tikshna, Laghu	Katu	Ushna	Kaphavatahar	Hridroghara, Kashahar, mutral
8	Shalaparni	Madhur, Tikta	Guru, Snigdha, Madhur	Madhur	Ushna	Tridosahara	Shothahara, Angamardprashaman, deepan
9	Prisnaparni	Laghu, Snigha	Madhur, Tikta	Madhur	Ushna	Tridosahara	Deepan, Angamardprashaman
10	Gokshur	Guru, Snigha	Madhur, sheeta	Madhur	Sheeta	Vatapittahara	Mutravirechaniya

Discussion

According to Ayurveda we treat *shotha Rog*. Treatment of *shothrog* told by *Acharyacharakin* his *Grantha Charak samhita sutrastan*. In treatment of *ShothaRog* Drugs in *shothhargan* Can be used.

Shothhargan contains 10 Drugs which is *Dashamula*. At basic level we have seen how *shothaRog* is formed, After *Doshdusy Samurchna* goes to *Agnimandya* takes place and form *Aam* and *Aam* goes to *strotorodh* and it forms *Shotha*.

According to *Charak Acharya* in *Shothhar Gan Medicine's* are *Ushnavirya Tridoshghn* who we get *Aampachan* And *agnipradipan* so *Strotorodh* can be released, it's work as *Deepanpachan* and also *Dashamula* used in *Pyrexia*, *Acute chronic Asthma*, *chronic cough*, All type of *vata* disorders, *Heart disease*, *Paralysis*, *Infertility*, *Basti* in *panchkarma*.

Conclusions

- Drugs in *Shothhar Gan* Contains *Alkaloids*, *Lignan*, *Flavonoids* etc. which help to reduce *Odema*. All 10

Drugs are equally treat the *ShothaRog*

- *Vaidya* can use these drug according to his idea in other *shothharvyadhi*. *Dosha karma* specifies mainly *vatadosha*, normalizes *kapha dosha*.
- *Shothaharamahakashya* helps re-establish normal physiological function in the affected *Oragan* and tissue.
- *Dhatu-Rasa, Mamsa, Asthi*
- Organs effect-Nerves, Muscles, Bones, Joints.
- Main Indication-*Vatadisorder*.
- *Vaidya* can select the drug of choice among these with the help of *YuktiPramana*.

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