

Evaluation of Shothahara Mahakashaya of Charak Samhita: A Literary Review

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Abstract

Shothahara mahakashaya denotes group of ten medicines, which act on Shotha roga. Shotha roga can be correlated with the term edema/Swelling of modern medicine. Shothahara Mahakashaya is the 38th gana of the 50 mahakashaya gana described in fourth chapter of Sutra sthan of Charak Samhita and includes patala, agnimantha, bilva, syonaka, kashmariya, kantakari, brihati, shalaparni, prishaniparni, goksura ten ingredients. These 10 plants are work together and give enhanced effect. They are also effective individually. These plants having Katu, Tikta, Kasaya Rasa, Ushna Virya, Katu Vipaka, Ruksha, Laghu Guna and Tridoshaghna (Mainly Vataghana) properties.

Keywords: Shothahara mahakashaya; Swelling; Dashamula; Ayurveda; Anti-edematous; Diuretic

Introduction

Shothahara mahakashaya, group of ten dravyas, which act on Shotha roga. Shotha roga can be correlated with the term Swelling/edema of modern medicine [1-3]. In Ayurveda, various varieties of Shotha are described. These include mainly three types as described by Charakasamhita-Vataj shotha, Pittaj shotha, kaphaj shotha. Two types (Nija & Agantuja or Ekangaja, Sarvaja four Vattik, Pattik, Shlaimika & Agantuja, seven types Vattika, pattika, Shlaimika, Shanipataja, vata-pattika, vattashlaimika, pittashlaimika eight types Vattika, pattika, Shlaimika, Shanipataja, vatapattika, vattashlaimika, pittashlaimika, agantuja [4-6].

Samprapati

Bahya sira prapya yada kaphasrikapitani samdushayati.

Tairbadhamarga sa tada visharpatyutsedhalinga shawathum karoti.

(Charaka Samhita chikshasthan) [7-9].

Mentioned causative factors of shotha roga, kapha, asrik (Blood) and pitta enter the external vessels (Bahaya sira) and afflict vata dosha. As a result, the channel of circulation gets obstructed which spreads to the nearby areas, leading to shotha. Shotha is characterized by swelling (Tables 1-3).

Sign and Symptoms of Shotha Rog

Ushma tatha syadwathuh siranamayam ityev ca poorvrupm.

Sgoravam syadanavsthitatvam sotsedhamoosmaatha siratanutavam.

Slomaharshaangavivarnata ca samanyalingam swathoh pradistam.

(Charaka Samhita chikshasthan 12/10-11)

Ushma-Increased temperature;

Davathu-Burning sensation;

Siranam Ayam-Dilation of the vessels of Locality;

Sa gauravam-Heaviness;

Anvasthitatvam-Instability;

Utseda-elevation;

Loma harsa-Horripilation;

Anga vivarnata-Discoloration of skin over the limbs [10-12].

S. No.	Name	Botanical Name	Family	English Name	Useful Part
1.	Patala	<i>Stereospermum suaveolens</i> DC	Bignoniaceae	Rose flower fragrant	Root bark, flower, seed, leaf, <i>kshara</i>
2	Agnimantha	<i>Clerodendrum phlomidis</i> Linn.	Verbenaceae	Glory Bower	Root bark, bark, <i>panchang</i> , leaves
3	Shyonaka	<i>Oroxylum indicum</i> Vent.	Bignoniaceae	Midnight horror, oroxylum, Indian trumpet flower	Root bark
4	Bilva	<i>Aegle marmelos</i> Corr.	Rutaceae	Bael tree	Fruit, leaves, root
5	Gambhari	<i>Gmelina arborea</i> Linn.	Verbenaceae	Kumil, White teak, Gamar	Root, fruit, flower, leaves
6	Kantkari	<i>Solanum surattense</i> Burm./ <i>S. xanthocarpum</i> Schrad and Wendl	Solanaceae	Yellow berried night shade	Whole plant, root,
7	Brihati	<i>Solanum indicum</i> Linn.	Solanaceae	Poison berry, Indian night shade,, African Eggplant, Bush Tomato	Root, fruit
8	Shalaparni	<i>Desmodium gangeticum</i> DC	Leguminosae	Sal leaved desmodium	Whole plant, root
9	Prisnaparni	<i>Ureria picta</i> Desv.	Leguminosae	Indian uraria	Root
10	Gokshura	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae	Land caltrops/Puncture vine/cow hage	Root, fruit

Table 1: Shothahara Mahakashaya Dravyas [2-7].

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S. No.	Sanskrit Name	Guna	Rasa	Virya	Vipaka	Dosha Karma	Main karma
1	Patla	Laghu, Rooksha	Tikta, kashaya	Ushna	Katu	Tridoshahara	Shothahara, mutral,
2	Agnimanth	Laghu, Rooksha	Tikta, Katu, Kashay, Madhur	Ushna	Katu	Kaphavatahar	Shothahara, vednasthapak
3	Syonaka	Laghu, Rooksha	Madhur, tikta, kashaya	Ushna	Katu	Kaphavatahar	Upashosan, mutral, shothahara
4	Bilv	Laghu, Rooksha	Kasaya, Tikta	Ushna	Katu	Kaphavatahar	Shothahara, Dipan, pachan
5	Gambhari	Guru	Tikta, Kasaya, Madhur	Ushna	Katu	Tridoshahara	Shothahara, mutral
6	Kantkari	Laghu, Rooksha, Tikshna	Katu, Tikta	Ushna	Katu	Kaphavatahar	Kashahar, mutral,
7	Brihati	Laghu, Rooksha, Tikshna	Katu, Tikta	Ushna	Katu	Kaphavatahar	Kashahar, mutral, hridroghara
8	Shalaparni	guru, snigdha	madhur, Tikta	Ushna	madhur	Tridoshahara	Angamardprashaman, Shothahara, deepan
9	Prisnaparni	laghu, snigdha	madhur, Tikta	Ushna	madhur	Tridoshahara	Angamardprashaman, deepan
10	Gokshur	Guru, Snigdha	Madhur	Sheeta		Vatapittahara	Mutravirechaniya

These 10 dravyas are considered as Dashamoola. Shothahara mahakashaya having Katu, Tikta, Kasaya Rasa, Ushna Virya, Katu Vipaka, Ruksha, Laghu Guna and Tridoshagan (Mainly Vataghana) properties and with Ushna Virya and Katu Vipaka change sentence

Table 2: Properties and action.

S. No.	Dravya Name	Chemical constituents	Extract/Active chemicals	Mode of Action
1	Patla	Flavonoids, terpenoids, saponin, sterolensin, Iridoid glycoside, beta-sitosterol etc	Ethanol extract of bark	Its inhibition on histamine and 5-HT release at the site of inflammation or by blocking their action responsible for prostaglandin synthesis or by inhibiting prostaglandin synthesis through COX-2 inhibition mechanism
2	Agnimanth	Beta-sitosterol, luteolin, alphelandrine, premnine, betulin, ganiarine etc.	Chloroform extract of aerial part, aqueous extract of root bark	Inhibition of the synthesis of prostaglandins & other inflammatory mediators
3	Syonaka	Baicalin, tetulin, oroxindin, aloe-emodin, chrysin, oroxylium A, p-coumaric acid, scutellarein-7-rutinosides, prunetin, beta-sitosterol etc.	Ethanol Extract of Stem Bark	Suppressed the activation of pro-inflammatory cytokines including NF-κB, TNFα, IL-1β, and IFNγ and the activity of cyclooxygenase enzymes
4	Bilv	Root-Xanthotoxin, umbelliferone, marmesin, marmin, skimmim, etc.	Root-three active compounds aegeline, skimmianine, and marmin	Potently inhibited the histamine release from rat mast cells
5	Gambhari	Beta-sitosterol, ceryl alcohol, gmelinol, butyric acid, tartaric acid, apigenin, arborone, ardorel, isoarborel, cutylyl ferulate, epieudesmin, gmelanore, etc.	Aqueous and Methanolic extract of bark	Inhibition of prostaglandin and other autocooids
6	Kantkari	Beta-carotene, diosgenin, carpesterol, solasodine, solamargine, beta-solamargine, solasonine, solasodino-L-rhamnosyl-B-D-glucoside, solanocarpine, tomatidienol etc.	Methanolic Extract of Leaf	Inhibitory effect on the release of active pain substance such as histamine, serotonin, polypeptides or prostaglandins
7	Brihati	Carotene, solasonine, carpesterol, solanocarpone, diosgenin, beta-sitosterol, lanosterol, solanine, solamargine, solasodine, vit-C etc.	Methanolic extract of fruit	Inhibition of pain substance like histamine, serotonin & inhibit the synthesis of prostaglandins, inhibit of the cyclooxygenase pathway
8	Shalaparni	Flavonoids, N,N-dimethyltryptamine, hypaphorine, hordenine, caudicine, gangetin-3H, gangetinin, desmodin etc.	Ethanol extract of leaves	Flavonoids-anti-inflammatory effects through its inhibition of the cyclooxygenase pathway
9	Prisnaparni	Flavonoids, steroids, triterpinoids, tannins, carbohydrate, Amino-acids,	Methanolic Extract of aerial part	Histamine, prostaglandins, kinin and pro-inflammatory cytokinins
10	Gokshur	Root-campesterol, beta sitosterol, stigmaterol, neotigogenin	Ethanol extract of fruit	Inhibited the expression of cyclooxygenase-2 (COX-2), suppressed the expression of pro-inflammatory cytokines

Table 3: Shows chemical constitute pharmacological properties.

Shothahara Mahakashaya Dravyas

Patlaagnimanthsyonakabilvakashmriyakantkarikabrihatishalparniprishamanigokshuraiti dashemani swayathuharani bhawanti. (Charaka Samhita Sutrasthan 4)

Discussion

Dashmool reduces vitiated Tridosha; when there is a high Vata & it can be used as a tonic to strengthen the system, exhibits anti-oxidant, anti-cancer activity, strengthens the body and enhances the production of tissue. Dashmoola is used in Ayurveda texts for the

following disorders- use ayurveda terms (Pyrexia (different types of fevers)), (acute and chronic asthma), (chronic cough), (hiccups), (cough), all types of vata disorders, pain disorders, epilepsy, heart diseases, renal disorders, all types of paralysis, ascites and all types of post-delivery complaints, tetanus aphrodisiac, infertility and in panchkarma treatments mainly Basti, ShiroDhara, Swedan Karma [13-19].

Conclusion

All the drugs are having Alkaloids, Lignan, Flavanoid etc which, Help the reduce the edema. All the 10 drugs are having the qual-

ity to treat the shotha roga. Shothahara mahakashya helps re-establish normal physiological function in the affected tissues and organs.

Dosha karma (Effect on humors) specifies mainly vata dosha, normalizes kapha dosha.

Dhatu (Tissue effect)-Rasa, Mamsa, Asthi.

Organs effect-Nerves, Muscles, Bones, Joints.

Main Indication-Vata disorders.

Physician can select the best drug among these with the help of Yukti Pramana.

Shothahara mahakasaya every dravya though an ingredient of Dashmool, an anti-inflammatory formulation from Ayurveda, is not indicated in Ayurveda as a single drug formulation for internal use in treatment of inflammatory disorders.

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