

**BRUMHANIYA DRAVYAS (WEIGHT PROMOTING DRUGS) - A
LITERARY REVIEW*****Umakant N. Rabb**

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ABSTRACT

The word Brimhana means to nourishment, nutrition and promoting corpulence. The Dravyas which increases muscle bulk called as Brimhaniya Dravyas. The drugs mentioned in this group are as; Ksheerini (Ksheera Vidari-Ipomea digitata Linn), Dugdhika (Euphorbia prostrata W. Ait), Ashwagandha (Withania somnifera Dunal), Kakoli (Nomocharis oxypetala Royle), Ksheerakakoli (Lilium polyphyllum D. Don), Bala (Sida cordifolia Linn), Atibala (Abutilon indicum Linn), Vanakarpasa (Thespesia lampas (Cav), Dalz & Gibs), Payasya (Vidarikanda- Pueraria tuberosa DC), Vidhaara (Vridhdharu-Argyria nervosa (Burm. f) Boj). These drugs are used in Ksheena, Kshata, Krisha, Vridhdha, Durbala, person who walks excess, indulging in sexual activity, and intake of excess alcohol. The qualities of these drugs are Guru, Sheeta, Snigdha, Bahala, Sthula Picchila, Manda, Sthira, Shlakshna. Here an attempt is made to rule out the controversial aspects of some drugs with help of other classical

Granthas. Further scope of study is find the exact botanical source and make available these drugs in the form of medicinal as well as nutritional supplements for those who are under malnutrition.

KEYWORDS: Ayurveda, Charaka Samhita, Brimhaniya Dravyas, Nighantu, Malnutrition, Weight promoting drugs etc.

INTRODUCTION

The word Brimhana is weight promoting. The drugs which increase weight called as Brimhaniya Mahakshaya Dravyas. These drugs are predominant by Prithwi and Jala Mahabhuta. Acharya Charaka^[1] enumerated Brimhana as the one which increases the muscle bulk and Sharira called as Brimhana. Mamsa is considered as best Brimhana Dravya as per Charaka. The properties of these drugs are; Guru, Sheeta, Mridu, Snigdha, Bahala, Sthoola, Picchila, Manda, Sthira, Shlakshna. These drugs are indicated in the person suffering from Ksheena, Kshata, Krisha, Vriddha, Durbala, person who walks excess, indulging in sexual activity, and intake of excess alcohol.

DISCUSSION

Acharya Charaka^[2] mentioned the weight promoting drugs which are used in treating various health ailments as well as nutrition supplements. These drugs are also used as tissue vitalizers. The drugs are; Ksheerini (Ksheeravidari), Rajakshavaka (Dugdhika), Bala, Kakoli, Ksheera Kakoli, Vatyayani (Shweta Bala), Bhadraudini (Peeta Bala), Bharadwaji (Vana Karpasa), Payasya (Vidarikanda), Rishyagandha (Vidhara). Here the Ksheerini is the synonym of three drugs viz; Dugdhini, Shikhini and Sariva. Among these three Sariva possess more potent weight promoting than other two. The Kshirini acts as Brimhaniya i.e Sthaulyakara (Weight Promoting). As per Vriddha Vagbhata the Bhadraudini and Rishyagandha considered as Ikshu and Ashwagandha respectively. Therefore here it is highlighted and to rule out the controversy of the expected drugs which promotes the body weight are enumerated along with their pharmacological actions. Viz; Ksheerini (Ksheera Vidari- *Ipomea digitata* Linn), Dugdhika (*Euphorbia thymifolia* Linn), Ashwgandha (*Withania somnifera* Dunal), Kakoli (*Nomocharis oxypetala* Royle), Ksheerakakoli (*Lilium polyphyllum* D. Don), Bala (*Sida cordifolia* Linn), Atibala (*Abutilon indicum* Linn), Vanakarpasa (*Thespesia lampas* (Cav), Dalz & Gibs) Payasya (Vidarikanda- *Pueraria tuberosa* DC), Vidhaara (Vriddhadaru-*Argyria nervosa* (Burm.f) Boj).

1. Ksheerini (Ksheera Vidari)- (*Ipomea digitata* Linn, *Convolvulaceae*)^[3],4,5,6,7]

It is Balya (Tonic), Brimhani (Promotes weight), Vrishya (Aphrodisiac), Susnigdha (Demulcent), Varna (Improves complexion), Guru (Heavy), Vata-Pittashamaka (Subsides Vata and Pitta Doshas), Madhura (Sweet in taste), Amla (Sour), Kashaya (Astringent), Tikta (Bitter in taste), Dhaturvardhaka (Increases body tissues), Rasayana (Vitalizer), Shukrajanana (Increases semen), Sheeta (Cold in potency), Atimutrala (Increases urine output), Jwara

(Fever), Kshaya (Cures emaciation), Prameha (Urinary diseases including diabetes), Stanyadoshanivaraka (Cleanses the breast milk), Subsides Pittaja Shoola (Gastric ulcers).

2. Dugdhika (*Euphorbia thymifolia* Linn, Euphorbiaceae)^[8,9,10]

Dugdhika is Madhura (Sweet), Tikta (Bitter), Katu (Pungent), Lavana (Salt) in tastes. Guru (Heavy), Kshariya (Alkali), Ushna (Hot in potency), Grahi (Absorbent), Ruksha (Dry), Vatakaraka (Increases Vata Dosha), Hridya (Cardio tonic), Shukrajanana (Increases semen), Sristavitmutra (Helps to evacuate the urine and stool), Visthambhakaraka (Causes flatulence), Garbhakara (Promotes conception), alleviates Krimi (Worms), Kustha (Skin diseases), Shwasa (Dyspnoea), Amataisara (Diarrhea with undigested food materials), Kapha Dosha.

3. Ashwagandha (*Withania somnifera* Dunal, Solanaceae)^[11,12,13,14,15,16,17]

Ashwagandha subsides aggravated Vata-Kapha, Cures Switra (Vitiligo), Shotha (Edema), Kshaya (Emaciation), Balya (Promotes strength), Rasayani (Vitalises tissues), Tikta (Bitter), Kashaya (Astringent) in taste, Ushna (Hot in potency), Shukrala (Increases semen), Cures Shwasa (Dyspnoea), Kasa (Cough), Vrina (Ulcers), Kandu (Itching), Visha (Poison), Krimi (Worms), Kshata (Injury), Shukra Janana (Promotes semen), Kantidayaka (Improves complexion).

4. Kakoli (*Nomocharis oxypetala* Royle),^[18,19,20,21,22,23]

Madhura Rasa (Sweet in taste), and Madhura Vipaka (Sweet at post digestive effect), Sheeta Virya (Cold in potency), Guru (Heavy). Shukrala (Increases semen), Brimhana (Nourishing), Bhagna Sandhanakara (Heals fractures), Balya (Tonic), Vajikara (Aphrodisiac), Kaphakara (Increases Kapha Dosha), Vata-Pittashamaka (Subsides Vata and Pitta Doshas), Rakta-Pittahara (Subsides Haemorrhage), Trishnashamana (Alleviates thirst), Dahashamana (Subsides burning sensation), Jwaragna (Fever), Pramehagna (Cures urinary diseases including diabetes), Kshayahara (Cures emaciation).

5. Kshirakakoli (*Lilium polyphyllum* D. Don)^[18,19,20,21,22,23]

Madhura Rasa (Sweet in taste), and Madhura Vipaka (Sweet at post digestive effect), Sheeta Virya (Cold in potency), Guru (Heavy). Shukrala (Increases semen), Brimhana (Nourishing), Bhagna Sandhanakara (Heals fractures), Balya (Tonic), Vajikara (Aphrodisiac), Kaphakara (Increases Kapha Dosha), Vata-Pittashamaka (Subsides Vata and Pitta Doshas), Rakta-Pittahara (Subsides Haemorrhage), Trishnashamana (Alleviates thirst), Dahashamana

(Subsides burning sensation), Jwaragna (Fever), Pramehagna (Cures urinary diseases including diabetes), Kshayahara (Cures emaciation).

6. Bala (*Sida cordifolia* Linn, Malvaceae)^[24,25,26,27,28,29,30]

Bala is Sheeta Veerya (Cold in potency), Madhura Rasa (Sweet), Balya (Tonic), Shukra Vardhaka (Increases semen), Varnakara (Improves complexion), Snigdha (Demulcent), Grahi (Absorbant), Subsides Vata and Rakta, Pittasru Nashana (Controls bleeding disorders), Vrini Ropana (Heal wounds). The root bark of Bala is taken with milk and sugar helps to cure Meha (Polyurea).

7. Atibala-(*Abutilon indicum* Linn, Malvaceae)^[31,32,33,34,35,36,37]

Atibala is Madhura (Sweet), Sheeta (Cold in potency), Balya (Tonic), Vrishya (Aphrodisiac). It pacifies Vata-Pitta diseases, Kshaya (Emaciation or Tuberculosis). Sangrahi, Shukra Vardhaka (Increases semen).

8. Vanakarpasa (*Thespesia lampas* (Cav), Dalz & Gibs, Malvaceae)^[38]

It is Sheetala (Cold in potency), Ruchikaraka (Palatable), Heals injuries ans Vrini (Wounds/Ulcers).

9. Payasya (*Vidarikanda- Pueraria tuberosa* DC, Fabaceae)^[39,40,41,42,43,44]

Vidari Kanda is Madhura (Sweet) taste, Snigdha (Demulcent), Brimhani (Nourishing), Sthany, Shukraprada (Promotes breast milk and semen), Sheeta Veerya (Cold in potency), Swarya (Improves voice), Mutrala (Diuretic action), Jivani (Protects life), Bala-Varnakara (Tonic and enhances complexion). It is Guru (Heavy), Rasayana (Tissue vitalizer), Veerya Vardhaka (Increases semen), Rasayana (Tissue vitaliser), subsides aggravated Vata, Pitta, Rakta and Daha (Burning sensation).

10. Vidhara (*Vridhdharu- Argyreria nervosa* (Burm.f) Boj, Convolvulaceae)^[45,46,47,48,49,50]

Vridhdharu is Vrishya (Aphrodisiac), Rasayana (Vitaliser), Subsides three Doshas (Vata-Pitta-Kapha). It is Katu (Pungent), Tikta (Bitter), Kashaya (Astringent), in taste, Ushna Virya (Hot in potency), Sara (Laxative), Alleviates Shopha (Edema), Kapha, Meha (Urinary diseases including diabetes), Vatahara (Subsides Vata Dosha), Rakta-Vata, Udara Roga (Abdiominal diseases), Krimi (Worms), Amadosha Nashaka. Ayushya (Life promoting),

Agnidipaka (Appetizer), Medhya (Brain tonic), Swara-Kanti Vardhaka (Improves voice and complexion).

CONCLUSION

By the above discussion these drugs can be used in persons suffering from Ksheena (Emaciation), Kshata (Injury), Krisha (Lean), Vriddha (Aged), Durbala (Weak), person who walks excess, indulging in sexual activity, and who consumes excess alcohol. The qualities of these drugs are Guru (Heavy), Sheeta (Cold in potency), Snigdha (Demulcent), Bahala (Supporting, nourishing, maintaining), Sthula (Gross) Picchila (Sticky), Manda (Takes long time to digest), Sthira (Stabilize the tissues), Shlakshna (Smoothness). These properties help to support the Oja (Essence of all the Saptadhatu (Rasa-Rakta-Mamsa-Meda-Asthi-Majja-Shukra). These drugs possess nutritional values which helps to regain the lost energy and also acts as immune boosters. Here an attempt is made to clear the controversial aspects of some drugs with help of other classical Granthas. Further scope of study is find the exact botanical source and make available these drugs in the form of medicinal as well as nutritional supplements.

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