

**REVIEW ON *SHRAMAHARA* DRUGS DESCRIBE IN VARIOUS  
*BRIHATRAYI* AND *NIGHANTUS***

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**ABSTRACT**

*Shrama* is *Ayurvedic* technical word that meaning is lethargicness, lack of energy. In modern science *Shrama* is directly correlated with Fatigue. But in our definition of *Shrama* is both *Sharirika* and *Mansika* *Shrama* are included. In *Ayurvedic classical text* there are many references about *Shrama* symptoms. Our *Acharyas* and *Nighnatukara* had mentioned *Shramahara* drugs, *Shramahara Karma*, synonyms of *Shrama*, *lakshana of Shrama* of many diseases. *Acharya Charaka* has collectively mentioned 10 drugs as *Shramahara Mahakashaya* which works effectively in *Shrama*. In this article *Charaka Samhita*, *Susruta Samhita*, *Ashtanga Hridaya* and 10 *Nighantus* are reviewed for *Shrama*. There are many formulation, single drugs are quoted as

having *Shramahara guna*. Mainly *Madhura Rasa*, *Amla Rasa*, *Madhura Vipaka* and *Hridya Aushadha* having *Shramahara* properties. As per modern concept *Shramahara Mahakashaya* are rich in nutrients, vitamins, minerals, antioxidants and also have proven effects on stress, anxiety, and in immuno-modulation.

**KEYWORDS:** *Shrama*, Fatigue, *Shramahara-Mahakashaya*, *Shramagna*, *Shramahara*.

## INTRODUCTION

*Shrama* is a particular disease entity in *Ayurveda* and also a one of symptoms of many diseases. In *Ayurveda* *Shrama* is the main symptoms of *Rasadhatu-kshya lakshana*.<sup>[1]</sup> The *Shrama* resemblance to the clinical picture of fatigue. The word '*Shrama*' means fatigue, tiredness, exhausted either physically or mentally and both. Fatigue described as a feeling of lack of energy, exertion by modern concept. Many medical condition can also cause fatigue like anemia, arthritis, infection like flu and cold, sleep disorder, anorexia, autoimmune disease, cancer, diabetes, obesity etc. *Shrama* is conceptual word that is used in *Samhita* and *Nighantus* by many *Acharyas*. *Shrama* is not a particular disease but it is a symptom of many diseases. In our *Samhitas* and *Nighantus* *Acharyas* had indicated *Shrama* as a *lakshan* of disease, *Shramahara* properties of many medicinal plants. Many synonyms of *Shrama* are mentioned in *Amarakosh* like *Klama*, *Klesha*, *Parishrama*, *Paryasa*, *Ayasa*, *Glani*.<sup>[2]</sup> *Acharya Charaka* had indicated *Glani* means tiredness of *Manasa* without work. *Acharya Indu* who had commentator of *Astanga Hridaya* had quoted *Glani* means condition of depletion of *Harsh*.<sup>[3]</sup> *Shrama* symptoms seen both *Avashtha* in *Swatha avastha* (healthy) and *Atura avastha* (unhealthy). *Shrama* is a *Nidana* of many disease like *Kushtha* and consuming *Gramyahara* causes *Shrama*. *Acharya Charaka* has collectively mentioned 10 drugs as *Shramahara mahakashaya* which works effectively in *Shrama* which are rich in nutrients, antioxidants and also have proven effects on anxiety, and in immuno-modulation. This indicate that *Shrama* is importantly weighted in *Dasemani* as any other disease.

Hence In this article made a review of *Brihatrayi* and various available *Nighantus* (laxicons) to find out the different single drug, *Shramahara* action (*Dincharya*, *Rutucharya*) which are used prevention and treatment. In this article singal drug, compound formulations, action which are indicated as *Shramahara* are being compiled from *Brihatrayi* and *Nighantus* like *Dhanvanati Nighantu*, *Madanapala Nighantu*, *Kaideva Nighantu*, *Madhavadravyaguna*, *Rajanighantu*, *Priya Nighantu*, *Bhavaprakasha Nighantu*, *Rajavallabha Nighantu*, *Hridaya Dipaka Nighantu*.

## METHOD AND MATERIAL

In this article mainly *Shrama* reviewed from *Samhita* and *Nighnatu*s. *Shramahara* drugs, *Shramahara Annapaan*, *Shramahara* action are reviewed in. In *Brihatrayi* total 60 and in *Nighantus* total 178 reference of *Shrama* are indicated.

**Table No. 1: Number of references described in Samhitas and Nighantus.**

No.	Brihatrayi and Nighantus	Number of Reference
1.	Charaka Samhita	30
2.	Sushruta Samhita	27
3.	Astanga Hridaya	11
4.	Dhanvanati Nighantu	9
5.	Madanapala Nighantu	18
6.	Kaideva Nighantu	38
7.	Madhavadravayaguna	19
8.	Rajanighantu	67
9.	Priya Nighantu	4
10.	Bhavaprakasha Nighantu	9
11.	Rajavallabha Nighantu	12
12.	Hridaya Dipaka Nighantu	1

## RESULT AND OBSERVATIONS

In Charaka Samhita Shramahara Mahakashaya is mentioned in Dasemani Gana. Shrama is as a Nidana of Pipasa nigrhana, Vata kopana, Pandu, Kustha, Adhika vyayama<sup>[4]</sup>, Shotha<sup>[5]</sup>, Trishna<sup>[6]</sup>, Palita<sup>[7]</sup>, Gramyaha<sup>[8]</sup> etc. Shrama is Lakshana of Vataja jwara<sup>[9]</sup>, Rasakshaya Asthikshya<sup>[10]</sup> and Sukrakshaya<sup>[11]</sup> and purvarupa of Jwara and Pandu. Shramita person is contraindicated for Dhumapana<sup>[12]</sup>, Langana karma.<sup>[13]</sup> Acharya vagbhatt mentioned Shrama is one type of Vega which should not be urged.<sup>[14]</sup>

### Samhita

**Table No. 2: Reference of Shrama mentioned in Samhitas.**

No.	Kalpna	Indication	Reference
1.	Dugdha	Shramahra	Cha.Su.1/109
2.	Padabhyanga	Shramahra	Cha.Su.5/90
3.	Snana	Shramahra	Cha.Su.5/94
4.	Gulma, hridaroga murchha	Shramajanita roga	Cha.Su.7/24
5.	Sanshodhana yogya	Shramita	Cha.Su.16/14
6.	Sura guna	Shramahara	Cha.Su.25/40
7.	Varahapishita guna	Shramaghna	Cha.Su. 27/78
8.	Khadamansa	Shramaghna	Cha.Su.27/85
9.	Lajapeya	Shramghni	Cha.Su.27/253
10.	Vatajwara lakshana	Shrama	Cha.Ni.1/21
11.	Pittajwara lakshana	Shrama	Cha.Ni.1/22
12.	Jwar purvarupa	Shrama	Cha.Ni.1/33
13.	Pitta prameha nidana	Shrama	Cha.Ni.4/24
14.	Kushtha nidana	Shrama	Cha.Ni.5/6
15.	Adharma uttapatti	-	Cha.Vi.3/24
16.	Amalakayasa brahmarasayana	Shramahara	Cha.Chi.1/3/5
17.	Langhan nishedha	Shramajanita jwara	Cha.Chi.3/272
18.	Kushtha nidana	Shrama	Cha.Chi.7/6

19.	<i>Kushtha purvarupa</i>	<i>Shrama</i>	<i>Cha.Chi.7/11</i>
20.	<i>Dwitiya sarpiguda</i>	<i>Shramahara</i>	<i>Cha.Chi.11/60</i>
21.	<i>Pandu purvarupa</i>	<i>Shrama</i>	<i>Cha.Chi.16/12</i>
22.	<i>Pandu lakshana</i>	<i>Shrama</i>	<i>Cha.Chi.16/13</i>
23.	<i>Madatyaya lakshana</i>	<i>Shrama</i>	<i>Cha.Chi.24/102</i>
24.	<i>Bijopagata klaibya lakshana</i>	<i>Shrama</i>	<i>Cha.Chi.30/161</i>
25.	<i>Shrama</i>	<i>Balavishransa lakshana</i>	<i>Su.Su.15/30</i>
26.	<i>Shrama varjya</i>	<i>Vyadhabandhavidhi</i>	<i>Su.Su.16/18</i>
27.	<i>Antariksha jala</i>	<i>Shramahara</i>	<i>Su.Su.45/3</i>
28.	<i>Dugdha</i>	<i>Shramahara</i>	<i>Su.Su.45/49</i>
29.	<i>Prabhatika</i>	<i>Shramaghna</i>	<i>Su.Su.45/60</i>
30.	<i>Prana badara</i>	<i>Shramaghna</i>	<i>Su.Su.45/146</i>
31.	<i>Peya</i>	<i>Shramahara</i>	<i>Su.Su.45/344</i>
32.	<i>Mamsarasa</i>	<i>Shramahara</i>	<i>Su.Su.46/364</i>
33.	<i>Ragashadava</i>	<i>Shramaghna</i>	<i>Su.Su.46/389</i>
34.	<i>Mrudikapanaka</i>	<i>Shramahara</i>	<i>Su.Su.46/395</i>
35.	<i>Anupana guna</i>	<i>Shramahara</i>	<i>Su.Su.46/442</i>
36.	<i>Seka</i>	<i>Shramaghna</i>	<i>Su.chi.24/31</i>
37.	<i>Vyayama guna</i>	<i>Shrama-asahishnu</i>	<i>Su.chi.24/40</i>
38.	<i>Snana guna</i>	<i>Shramahara</i>	<i>Su.chi.24/57</i>
39.	<i>Padabhyanga guna</i>	<i>Shramahara</i>	<i>Su.chi.24/70</i>
40.	<i>Dandadharana guna</i>	<i>Shramahara</i>	<i>Su.chi.24/77</i>
41.	<i>Vyanjana guna</i>	<i>Shramaghna</i>	<i>Su.chi.24/82</i>
42.	<i>Samvahana guna</i>	<i>Shramaghna</i>	<i>Su.chi.24/83</i>
43.	<i>Pratimarsha nasya</i>	<i>Shramahara</i>	<i>Su.chi.40/52</i>
44.	<i>Mansa-rasa-audana</i>	<i>Shramahara</i>	<i>Su.utt.39/135</i>
45.	<i>Agantuka chi.</i>	<i>Shramahara</i>	<i>Su.utt.39/266</i>
46.	<i>Shrama-shwasa chi.</i>	-	<i>Su.utt.55/35</i>
47.	<i>Abhyanga</i>	<i>Shramahara</i>	<i>A.H.su.2/8</i>
48.	<i>Ativyayama</i>	<i>Shramakara</i>	<i>A.H.su.2/13</i>
49.	<i>Shitala jalapana</i>	<i>Shramahara</i>	<i>A.H.su.4/14</i>
50.	<i>Go dugdha</i>	<i>Shramahara</i>	<i>A.H.su.5/12</i>
51.	<i>Dhanyamla</i>	<i>Shramahara</i>	<i>A.H.su.5/22</i>
52.	<i>Panaka</i>	<i>Shramahara</i>	<i>A.H.su.6/35</i>
53.	<i>Sattu</i>	<i>Shramahara</i>	<i>A.H.su.6/38</i>
54.	<i>Go mamsa,Varaha mamsa</i>	<i>Shramahara</i>	<i>A.H.su.6/65,66</i>
55.	<i>Draksha</i>	<i>Shramahara</i>	<i>A.H.su.6/117</i>
56.	<i>Drakshadi yoga</i>	<i>Shramahara</i>	<i>A.H.chi.1/58</i>

### Nighantus

**Table No.2: Reference of *Shrama* mentioned in *Nighantus*.**

No.	Drug	Indication	Reference
1.	<i>Kashmarya</i>	<i>Shramahara</i>	<i>D.N.Guduchyadi varga/118</i>
2.	<i>Raktapadi</i>	<i>Shramahara</i>	<i>D.N.Karaviradi varga/98</i>
3.	<i>Kasha</i>	<i>Shramahara</i>	<i>D.N.Karaviradi varga/116</i>
4.	<i>Madhujambira</i>	<i>Shramahara</i>	<i>D.N.Amradivarga/14</i>
5.	<i>Mada</i>	<i>Shramahara</i>	<i>D.N.Amradivarga/64</i>

6.	<i>Plaksha</i>	<i>Shramahara</i>	<i>D.N.Amradivarga/75</i>
7.	<i>Jala</i>	<i>Shramahara</i>	<i>D.N.Suvarnadivarga/276</i>
8.	<i>Ksheera</i>	<i>Shramahara</i>	<i>M.Dr.Ksheera varga/22</i>
9.	<i>Toya</i>	<i>Shramahara</i>	<i>M.Dr.Toya varga/1</i>
10.	<i>Purana karkandhu, kola</i>	<i>Shramahara</i>	<i>M.Dr.Phala varga/12</i>
11.	<i>Kharjurika</i>	<i>Shramahara</i>	<i>M.Dr.Phala varga/46</i>
12.	<i>Gholabhakta</i>	<i>Shramahara</i>	<i>M.Dr.Annavarga/11</i>
13.	<i>Sadhya anna</i>	<i>Shramahara</i>	<i>M.Dr.Annavarga/12</i>
14.	<i>Ragashadava</i>	<i>Shramahara</i>	<i>M.Dr.Panabhakshya varga/32</i>
15.	<i>Anupana guna</i>	<i>Shramahara</i>	<i>M.Dr.Anupana vidhi/15</i>
16.	<i>Snana</i>	<i>Shramahara</i>	<i>Su.chi.24/31, M.Dr.Prakirna varga/65</i>
17.	<i>Anulepana</i>	<i>Shramahara</i>	<i>Su.chi.24/63, M.Dr.Prakirna varga/70</i>
18.	<i>Vyajananila</i>	<i>Shramaghna</i>	<i>M.Dr.Prakirna varga/91</i>
19.	<i>Ksheera</i>	<i>Shramahara</i>	<i>M.Dr.Ksheera varga/22</i>
20.	<i>Chaturamla</i>	<i>Shramahara</i>	<i>Hr.d.Mishraka varga/169</i>
21.	<i>Shilemana kharjura</i>	<i>Shramahara</i>	<i>Md.N.Phaladi varga/20</i>
22.	<i>Chincha</i>	<i>Shramahara</i>	<i>Md.N.Phaladi varga/87</i>
23.	<i>Paniya</i>	<i>Shramahara</i>	<i>Md.N.Paniyadai varga/2</i>
24.	<i>Akashajala</i>	<i>Shramahara</i>	<i>Md.N.Paniyadai varga/11</i>
25.	<i>Rogavishesha jala</i>	<i>Ushnambu is contraindicated in Shrama</i>	<i>Md.N.Paniyadai varga/58</i>
26.	<i>Dharoshnadi dugdha</i>	<i>Shramahara</i>	<i>Md.N.Paniyadai varga/80</i>
27.	<i>Bhakta</i>	<i>Shramahara</i>	<i>Md.N.Dhanyakrittanadi varga/6</i>
28.	<i>Mrudgamalaka yusha</i>	<i>Shramahara</i>	<i>Md.N.Dhanyakrittanadi varga/21</i>
29.	<i>Pacchsara panaka</i>	<i>Shramahara</i>	<i>Md.N.Dhanyakrittanadi varga/46</i>
30.	<i>Sadaka</i>	<i>Shramahara</i>	<i>Md.N.Dhanyakrittanadi varga/48</i>
31.	<i>Padabhyanga</i>	<i>Shramahara</i>	<i>Md.N.Mishrakadi varga/19</i>
32.	<i>Mardana</i>	<i>Shramahara</i>	<i>Md.N.Mishrakadi varga/30</i>
33.	<i>Keshadikartana</i>	<i>Shramahara</i>	<i>Md.N.Mishrakadi varga/30</i>
34.	<i>Chandana lepa</i>	<i>Shramahara</i>	<i>Md.N.Mishrakadi varga/41</i>
35.	<i>Atapa guna</i>	<i>Shramahara</i>	<i>Md.N.Mishrakadi varga/48</i>
36.	<i>Langhana</i>	<i>Shramahara</i>	<i>Md.N.Mishrakadi varga/58</i>
37.	<i>Madhavi pushpa</i>	<i>Shramahara</i>	<i>P.N.Sharadi varga/64</i>
38.	<i>Kalinda</i>	<i>Shramahara</i>	<i>P.N.Falavarga/71</i>
39.	<i>Rasala</i>	<i>Shramahara</i>	<i>P.N.Krittannavarga/58</i>
40.	<i>Tavaraja sarkara</i>	<i>Shramahara</i>	<i>K.N.Aushadhi varga/158</i>
41.	<i>Amlika</i>	<i>Shramahara</i>	<i>M.Dr.Phala varga/22, K.N.Aushadhi varga/367</i>
42.	<i>Rajalabu</i>	<i>Shramahara</i>	<i>K.N.Aushadhi varga/539</i>
43.	<i>Kutaja</i>	<i>Shramahara</i>	<i>K.N.Aushadhi varga/897</i>
44.	<i>Raktachandana</i>	<i>Shramahara</i>	<i>K.N.Aushadhi varga/1258</i>
45.	<i>Eshavasa karpooora</i>	<i>Shramahara</i>	<i>K.N.Aushadhi varga/1283</i>
46.	<i>Chaturvidha jala</i>	<i>Shramahara</i>	<i>K.N.Drava varga/11</i>
47.	<i>Nadi jala</i>	<i>Shramahara</i>	<i>K.N.Drava varga/54</i>
48.	<i>Kwathita jala</i>	<i>Shramahara</i>	<i>K.N.Drava varga/110</i>
49.	<i>Godugdha</i>	<i>Shramahara</i>	<i>K.N.Drava varga/126</i>
50.	<i>Dharoshnadi dugdha</i>	<i>Shramahara</i>	<i>K.N.Drava varga/156</i>
51.	<i>Takra sevana</i>	<i>Shramahara</i>	<i>K.N.Drava varga/245</i>



52.	<i>Dhanyamla guna</i>	<i>Shramahara</i>	<i>K.N.Drava varga/416</i>
53.	<i>Sauviraka guna</i>	<i>Shramahara</i>	<i>K.N.Drava varga/421</i>
54.	<i>Samanya manda</i>	<i>Shramahara</i>	<i>K.N.Krittanna varga/49</i>
55.	<i>Raga shadava</i>	<i>Shramahara</i>	<i>K.N.Krittanna varga/102</i>
56.	<i>Panaka</i>	<i>Shramahara</i>	<i>K.N.Krittanna varga/118, 189</i>
57.	<i>Saktu</i>	<i>Shramahara</i>	<i>K.N.Krittanna varga/193</i>
58.	<i>Saurava</i>	<i>Shramahara</i>	<i>K.N.Krittanna varga/222</i>
59.	<i>Sukara</i>	<i>Shramahara</i>	<i>K.N.Mamsa varga/80</i>
60.	<i>Dandadharana</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/125</i>
61.	<i>Dandadharana</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/127</i>
62.	<i>Vyayama</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/146</i>
63.	<i>Vyayama</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/156</i>
64.	<i>Abhyanga</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/169</i>
65.	<i>Abhyanga</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/178</i>
66.	<i>Padabhyanga</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/185</i>
67.	<i>Padabhyanga</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/187</i>
68.	<i>Snana</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/199</i>
69.	<i>Anupana</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/295</i>
70.	<i>Andolika</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/344</i>
71.	<i>Vata, Atapa,</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/405</i>
72.	<i>Klama</i>	<i>Shramahara</i>	<i>K.N.Mishraka varga/292</i>
73.	<i>Chandana</i>	<i>Shramahara</i>	<i>Bh.N.Guduchyadi varga/13</i>
74.	<i>Guggulu</i>	<i>Shramahara</i>	<i>Bh.N.Guduchyadi varga/41</i>
75.	<i>Nimba</i>	<i>Shramahara</i>	<i>Bh.N.Pushpa varga/82</i>
76.	<i>Mamsa rasa</i>	<i>Shramahara</i>	<i>Md.N.Dhanyakrittannadi varga/131, M.Dr.Panabhakshya varga/26, M.Dr.Mamsa varga/11 Bh.N.Vari varga/89</i>
77.	<i>Yava saktu</i>	<i>Shramahara</i>	<i>Bh.N.Vari varga/146</i>
78.	<i>Varinama</i>	<i>Shramahara</i>	<i>Bh.N.Dugdha varga/2</i>
79.	<i>Dharajala</i>	<i>Shramahara</i>	<i>Bh.N.Dugdha varga/7</i>
80.	<i>Dholadi takra</i>	<i>Shramahara</i>	<i>Bh.N.Dugdha varga/7</i>
81.	<i>Mahisha navanita</i>	<i>Shramahara</i>	<i>Bh.N.Grita varga/2</i>
82.	<i>Putrada</i>	<i>Shramahara</i>	<i>R.N.Shatahvadi varga/160</i>
83.	<i>Karpasi</i>	<i>Shramahara</i>	<i>R.N.hatahvadi varga/189</i>
84.	<i>Lajjalu</i>	<i>Shramahara</i>	<i>R.N.Parpatadi varga/106</i>
85.	<i>Amlavetasa</i>	<i>Shramahara</i>	<i>R.N.Pippalyadi varga/128</i>
86.	<i>Nagaramusta</i>	<i>Shramahara</i>	<i>R.N.Pippalyadi varga/143</i>
87.	<i>Shringataka</i>	<i>Shramahara</i>	<i>R.N.Mulakadi varga/46</i>
88.	<i>Hastikanda</i>	<i>Shramahara</i>	<i>R.N.Mulakadi varga/82</i>
89.	<i>Musalikanda</i>	<i>Shramahara</i>	<i>R.N.Mulakadi varga/116</i>
90.	<i>Gaurasuvarna shaka</i>	<i>Shramahara</i>	<i>R.N.Mulakadi varga/155</i>
91.	<i>Ksheeratumbi</i>	<i>Shramahara</i>	<i>R.N.Mulakadi varga/165</i>
92.	<i>Vrittakarkati</i>	<i>Shramahara</i>	<i>R.N.Mulakadi varga/201</i>
93.	<i>Karkati</i>	<i>Shramahara</i>	<i>R.N.Mulakadi varga/204</i>
94.	<i>Durva</i>	<i>Shramahara</i>	<i>R.N.Salmalyadi varga/117</i>
95.	<i>Hintala</i>	<i>Shramahara</i>	<i>R.N.Prabhadradi varga/90</i>
96.	<i>Madavriksha</i>	<i>Shramahara</i>	<i>R.N.Prabhadradi varga/92</i>

97.	<i>Tamala</i>	<i>Shramahara</i>	<i>R.N.Prabhadradi varga/96</i>
98.	<i>Arjuna</i>	<i>Shramahara</i>	<i>D.N.Amradi varga/105, R.N.Prabhadradi varga/118</i>
99.	<i>Agatsya</i>	<i>Shramahara</i>	<i>R.N.Karviradi varga/47</i>
100.	<i>Kashtapatala</i>	<i>Shramahara</i>	<i>R.N.Karviradi varga/52</i>
101.	<i>Vasanti</i>	<i>Shramahara</i>	<i>R.N.Karviradi varga/90</i>
102.	<i>Atimukta</i>	<i>Shramahara</i>	<i>R.N.Karviradi varga/94</i>
103.	<i>Baka</i>	<i>Shramahara</i>	<i>R.N.Karviradi varga/114</i>
104.	<i>Pundarika</i>	<i>Shramahara</i>	<i>R.N.Karviradi varga/177</i>
105.	<i>Utpala</i>	<i>Shramahara</i>	<i>R.N.Karviradi varga/195</i>
106.	<i>Kumuda</i>	<i>Shramahara</i>	<i>D.N.Karaviradi varga/137, R.N.Karviradi varga/197</i>
107.	<i>Utpalini</i>	<i>Shramahara</i>	<i>R.N.Karviradi varga/201</i>
108.	<i>Amra</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/13</i>
109.	<i>Rajamra</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/22</i>
110.	<i>Jambu</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/25</i>
111.	<i>Mahajambu</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/27</i>
112.	<i>Panasa</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/33</i>
113.	<i>Narikela</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/50</i>
114.	<i>Madhunarikela</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/54</i>
115.	<i>Pindakharjurika yugma</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/62</i>
116.	<i>Bhallataka</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/69</i>
117.	<i>Dadima</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/75</i>
118.	<i>Parevata</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/88</i>
119.	<i>Kakalidraksha</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/107</i>
120.	<i>Nadivata</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/120</i>
121.	<i>Udumbara</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/129</i>
122.	<i>Badara</i>	<i>Shramahara</i>	<i>P.N.Falavarga/66, K.N.Aushadhi varga/361 R.N.Amradi varga/138,141</i>
123.	<i>Amalaki</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/159</i>
124.	<i>Naranga</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/172</i>
125.	<i>Madhujambira</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/178</i>
126.	<i>Kapittha</i>	<i>Shramahara</i>	<i>R.N.Amradi varga/183</i>
127.	<i>Shabarachandana</i>	<i>Shramahara</i>	<i>R.N.Chandanadi varga/15</i>
128.	<i>Harichandana</i>	<i>Shramahara</i>	<i>R.N.Chandanadi varga/26</i>
129.	<i>Lamajjaka</i>	<i>Shramahara</i>	<i>R.N.Chandanadi varga/144</i>
130.	<i>Ushira</i>	<i>Shramahara</i>	<i>R.N.Chandanadi varga/154</i>
131.	<i>Valuka</i>	<i>Shramahara</i>	<i>R.N.Suvarnadi varga/136</i>
132.	<i>Divyodaka</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/5</i>
133.	<i>Kaverijala</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/37</i>
134.	<i>Sadharana jala</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/45</i>
135.	<i>Hansodaka</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/54</i>
136.	<i>Pundrekshu</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/86</i>
137.	<i>Ikshumula</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/96</i>
138.	<i>Guda</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/101</i>
139.	<i>Sharkara</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/105</i>
140.	<i>Yavasasharkara</i>	<i>Shramahara</i>	<i>R.N.Paniyadi varga/111</i>
141.	<i>Shritasheeta dugdha</i>	<i>Shramahara</i>	<i>R.N.Kshiradi varga/28</i>

142.	<i>Mahisha dadhi</i>	<i>Shramahara</i>	<i>K.N.Drava varga/207, R.N.Kshiradi varga/41</i>
143.	<i>Go-navanita</i>	<i>Shramahara</i>	<i>R.N.Kshiradi varga/63</i>
144.	<i>Kanjika</i>	<i>Shramahara</i>	<i>R.N.Kshiradi varga/90</i>
145.	<i>Vrihishali</i>	<i>Shramahara</i>	<i>R.N.Shalyadi varga/26</i>
146.	<i>Dhanyamasha</i>	<i>Shramahara</i>	<i>R.N.Shalyadi varga/81</i>
147.	<i>Kshava</i>	<i>Shramahara</i>	<i>R.N.Shalyadi varga/106</i>
148.	<i>Chhaya guna</i>	<i>Shramahara</i>	<i>K.N.Vihara varga/405, Rjv.N.2/5</i>
149.	<i>Vyayama guna</i>	<i>Shramahara</i>	<i>Rjv.N.2/17</i>
150.	<i>Samvahan guna</i>	<i>Shramahara</i>	<i>Rjv.N.2/18</i>
151.	<i>ViShrama guna</i>	<i>Shramahara</i>	<i>Rjv.N.2/25</i>
152.	<i>Vyajananila guna</i>	<i>Shramahara</i>	<i>Rjv.N.2/39</i>
153.	<i>Shitajala guna</i>	<i>Shramahara</i>	<i>Rjv.N.2/111</i>
154.	<i>Snaanaguna</i>	<i>Shramahara</i>	<i>Rjv.N.2/126</i>
155.	<i>Anulepa guna</i>	<i>Shramahara</i>	<i>Su.chi.24/63, M.Dr.Prakirna varga/70, Rjv.N.2/137</i>
156.	<i>Pakva Amlavetasa guna</i>	<i>Shramahara</i>	<i>Rjv.N.3/165</i>
157.	<i>Gomamsa guna</i>	<i>Shramahara</i>	<i>Rjv.N.3/286</i>
158.	<i>Kanjika guna</i>	<i>Shramahara</i>	<i>K.N.Drava varga/423, Rjv.N.3/325</i>
159.	<i>Laja peya guna</i>	<i>Shramahara</i>	<i>Rjv.N.3/484</i>
160.	<i>Mantha guna</i>	<i>Shramahara</i>	<i>Su.Su.46/391, Md.N.Dhanyakrittanadi varga/99, K.N.Krittanna varga/198 Rjv.N.3/486</i>

## DISCUSSION

Many *Karmas* like *Anulepan*, *Samvahana*, *Langhana*, *Seka*, *Anupana* are mentioned in *Nighnatus* because of their *Shramahara* action. *Anulepana* is beneficial in *Vyanga* (Disorder patched over the face), *Vali* (wrinkles), *Mukhadoshika*, Relieving burning sensation, *Raktaprasadana*, good complexion with smoothness because it inhancing the blood circulation of the body. *Sanvahana Karma* is one type of *Abhyanga* that release of endorphin, which is pain reducing neurotransmitters. As per Ayurvedic text *Samvahana Karma* is beneficial for body that enhance in skin, blood and *Dhatu* chronologically.<sup>[15]</sup> *Jala* is consumed as *Anupana* it is best for any diseasea and best *Shramahara dravya*. *Kanjika*, *Mantha*, *Badara*, *Dadhi*, *Mamsa*, *Amlika*, *Kharjura* these dravyas are mentioned repeatedly in *Nighantus* because of their best *Shramahara* action. These dravyas are mainly containing *Madhura*, *Amla Rasa*, *Sheeta Virya* and *Madhura Vipaka*, *Vata-Pitta Shamana*, *Hridhya*, *Vrishya*, and *Santarpanajanya Karma* so their Parmacological action are done by their *Rasapanchaka* on *Shrama*. As per modern, these drugs are Attenuate oxidative stress, Neuroprotective activitie that reduced the fatigue.



## CONCLUSION

There are many reference in *Samhitas* and *Nighantus* regarding *Shrama*. Total 3 *Samhitas* and 10 *Nighantus* were compiled for *Shrama* review. After deleting the repeated formulation and action about *Shrama* 56 reference mentioned in main 3 *Samhita* and 161 reference mentioned various *Nighantus*. The present review can be beneficial to know about the different reference of *Shrama* in *Samhitas* and *Nighantus*.

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