

IMPORTANCE OF DEEPANIYA MAHAKASHAYA IN TODAY'S CLINICAL PRACTICE

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ABSTRACT

The concept of Maha Kashayas is a remarkable pharmacological classification elucidated by Acharya Charaka in Sutra Sthana, Chapter 4 of the Charaka Samhita, titled Shad Virechana Shatashritiya Adhyaya. In this chapter, Charaka systematically groups five hundred medicinal herbs into fifty distinct categories, each comprising ten herbs sharing similar therapeutic actions. These fifty groups, collectively known as Maha Kashayas, serve as a foundational framework in Ayurvedic pharmaceuticals and therapeutics. Each group is named based on its primary pharmacological effect — such as Jeevaniya (life-promoting), Bruhmaniya (tissue-nourishing), Lekhaniya (anti-obesity), Deepaniya (digestive fire-enhancing), Balya (strength-promoting), and Jwarahara (antipyretic), among others. This classification encompasses a wide spectrum of therapeutic activities including digestive regulation, wound healing, immunomodulation, reproductive health, and management of systemic disorders like fever, edema, dyspnoea,

and colic. Additionally, some groups serve as Upaga dravyas (adjuvants) in specific Panchakarma therapies such as Vamana, Virechana, and Basti. The Maha Kashaya system reflects the comprehensive and holistic vision of Ayurveda towards individualized treatment and disease management, offering a structured approach to selecting appropriate medicinal plants based on their pharmacodynamic properties. It continues to hold significant clinical and academic relevance in modern Ayurvedic practice and research.

KEYWORDS: Maha Kashaya, Charaka Samhita, Shad Virechana Shatashritiya Adhyaya, Ayurvedic pharmacology, Herbal classification, Therapeutic groups, Panchakarma adjuvants, Jeevaniya, Bruhmaniya, Lekhaniya, Balya, Jwarahara, Ayurvedic therapeutics, Phytomedicine, Ayurvedic pharmaceuticals.

INTRODUCTION

Ayurveda comprising Indian most seasoned framework of medication called as “Science of life” hasholistic approach towards health management to both sound people as well as diseased ones. Assurance of wellbeing and remedy of infection is the most two objectives of Ayurveda. The overseeing or the treatment protocols of Ayurveda are considered as safe since drugs used in this framework of pharmaceutical are characteristic in root and are obtained from plants, animals and minerals and the applied procedures are carried on the premise of Prakriti, Bala and several others particular parameters. Charak Samhita is one of the Classical Content of Ayurveda composed by Maharsi Agniveshin 1000 BC and reedited by Acharya Charak and Drinabala. It has been depicted in add up to eight sthana having a add up to of 120 chapters. Among them Sutra Sthanhas 30 chapters, its Chapter 4 has classics of the dravyas as per pharmacological actions and are gathered into 50 indicated groups called as Mahakashaya.^[1]

The Maha Kashayas are one of the wonderful concepts clarified by ace Charaka in Sutra Sthana chapter 4, named as Shad Virechana Shatashritiya Adhyaya. This chapter clarifies five hundred herbs by utilizing which the decoctions can be arranged and grouped into 50 groups of 10 herbs each. These 50 groups are called Maha Kashayas.

There are add up to 50 groups of dravyas are nominated here.^[3] Each group contains ten dravyas for a particular activity. These groups are named as Jeevaniya (beneficial for life), Bruhamaniya (nourishes the tissue of the body), Lekhaniya (scraping the tissues of body and decreasing bodyweight), Bhedaniya (solid laxative) Sandhaniya (helpful in wound and bone mending), Deepaniya (igniting digestive fires), Balya (strength promoting), Varnya (beneficial for skin complexion), Kanthya (getting way better quality of voice), Hrudya (giving quality to heart), Truptighna (the drug offer calm in felling of completion), Arshoghna (the medicate curing piles), Kushtaghna (offer relieve in skin infections) Kandughna (relieving sensation of tingling), Krimighna (curing worm infestation), Visaghna (offer remember in poisonous condition and allergy, Stanyajanana (supportive in breast drain formation), Stanyashodhana (detoxify and progressing the quality of breast milk),

Sukrajanana(improving beginning of sperm) Sukrashodhana (detoxify and making strides the quality of semen), Snehopaga (adjuvant in oleation medicines), Svedopaga (adjuvant in fomentation treatment) Vamanopaga (adjuvant in vomiting treatment), Virechanopaga (adjuvant in purgation therapy), Asthapanopaga (adjuvant in kasayabasti-decoction enema.) Anuvasnopaga (adjuvant to snehabasti-oil enema), Shirovirechanopaga (adjuvant in nasal application) Chardinigrahana (antiemetic drugs), Trushnanigrahana (offerrelives in thirst), Hikkanigrahana (hepful in hiccups), Pureeshasangraheeya (offer remember in free motion), Pureeshvirajaneeya (detoxifying stool and reestablish natural colour of stools), Mutrasangraheeya (offer remember in excess urination) Mutravirajneeya(restore its characteristic colour), Mutravirechniya (supportive in urination), Kasahara (offer relive in hack), Swasahara (offer remember in dyspnoea), Shothahara (helpful in irritation, Jwarhara (diminishing fever), Shramahara (offer remember in tiredness), Dahaprasamana (relieving burning sensation), Sheetaprashmana (calming cold sensation), Udaraprasamana (offer remember in unfavorably susceptible skin rashes), Angamardprasamana (remember in dhatukshayajanya pain, Shula prasamana (the drugs soothing stomach colic), Shonitasthapana (control dying and reestablish amount of blood), Vedanasthapana (reestablish satisfying sensation, Sanjnasthapana (the drugs reestablishing consciousness), Prajasthapana (supportive in improvement of baby) and Vayahasthapana (reviving and anti-aging drugs).^[2,5]

Table No. 1

Mahakashaya gana	Action
Jivaniya	Nutrients, providing nutrition
Brimhaniya	Weight promoting
Lekhaniya	Weight reducing herbs
Bhedaniya	Purgatives
Sandhaniya	Union promoters
Dipaniya	Stomachics / Digestives
Balya	Strength promoters / tonics
Varnya	Complexion promoters
Kanthy	Voice promoters
Hrudya	Cardiac tonics
Truptighna	Appetizers
Arshoghna	Anti-hemorrhoidals
Kushtaghna	Skin disease remedies
Kandughna	Anti-pruritics
Krimighna	Antihelminthics / vermicides
Vishaghna	Antidotes / anti-toxic herbs
Stanya Janana	Galactogogues

Stanya Shodhana	Galacto purifiers
Shukra Janana	Spermopoietic
Shukra Shodhana	Sperm purifiers
Snehopaga	Adjuvant in oleation therapy
Swedopaga	Adjuvants in sudation therapy
Vamanopaga	Adjuvants in emetic therapy
Virechanopaga	Adjuvants in purgative therapy
Asthapanopaga	Adjuvants in non-oily enemas
Anuvasanopaga	Adjuvants in oily enemas
Shirovirechanopaga	Adjuvants in errhine therapies
Chardi Nigrahana	Anti-emetic
Trishna Nigrahana	Anti-thirst herbs
Hikka Nigrahana	Anti-hiccough herbs
Purisha sangrahaniya	Intestinal astringents
Purisha Virajaniya	Correctives of fecal pigments / fecal coloring
Mutra sangrahaniya	Urinary astringents
Mutra virajaniya	Correctives of urine pigments/urine coloring
Mutravirechaniya	Diuretics
Kasahara	Bronchial sedatives / antitussives
Shwsahara	Bronchial antispasmodics
Shothahara	anti-swelling herbs
Jwarahara	Antipyretics
Shramahara	Anti-fatigue herbs
Daha prashamana	burning syndrome herbs / medicines controlling burning sensation
Shita prashamana	anti-cold herbs
Udarda prashamana	Anti-urticaria herbs
Angamarda prashamana	Restoratives
Shula Prashamana	Analgesics
Shonita sthapana	Hemostatic
Vedanasthapana	Pain relieving
Sangnya sthapana	Resuscitative
Praja sthapana	Procreant
Vaya sthapana	Rejuvenators

Deepaneeya Gana

Deepaniya Gan Pippali, pippalimul, chitrak, chavya, Shrungaber, Amlavetas, Maricha, Ajmoda, Hinguniryas, Bhallatakasthi.^[6] Laghu, ushna, Tikshna, Rukshain nature.

1. Pippali – Long pepper fruit – Piper longum-Fruit Carminative, stomach related, liver stimulant, appetizer, anti-spasmodic etc.
2. Pippalimoola – Long pepper – Piper longum-Root Anti-convulsive, pain relieving, stimulant, carminative, appetizer etc.
3. Chavya (Piper chaba Hunter.)-Stem Stimulant, carminative, stomach related, appetizer, liver stimulant, anti-spasmodic, scratching, diaphoretic, anti-pyretic etc.
4. Chitraka – Leadword – Plumbago zeylanica-Root Appetizer, stimulant, carminative, anti-

histaminic, abortifacient, stimulant of the uterus etc.

5. Shringavera – Ginger – *Zingiber officinale*–Rhizome Carminative, digestive, expectorant, stimulant, bronchodilator etc.
6. Amlavetasa – *Garcinia pedunculata* Roxb. / *Rheum emodi* Wall. -Fruit Cardiac tonic, appetizer, anti-spasmodic, stimulant etc.

It is a great cardiac stimulant, stomach related and purgative. Utilized in Ayurved since the time of Charaka, it is additionally valuable in cough, bloating, splenomegaly etc.

7. Maricha – Black pepper fruit – *Piper nigrum*-Seeds Broncho- dilator, adaptogenic, stimulant, appetizer, stomach related, carminative, anti-fungal, immune-modulator, against histaminic etc.

It removes toxins conditions, recuperates, fortifies organs. It is additionally utilized as cure in insect bites. It is one among the three ingredients of very vital Ayurvedic pharmaceutical – Trikatu.

8. Ajamoda– Celery fruit – *Trachyspermum roxburghianum*-Seeds Antispasmodic, appetizer, carminative, hostile to flatulent, stomach related etc.
9. Bhallataka (*Semecarpus anacardium* Linn.)-Seeds Stimulant, immune modulator, cytotoxic, carminative, digestive, anti-bacterial, anti-fungal, bone tissue strengthener etc.
10. Hingu Niryasa – *Asa foetida* nathex–Resin Analgesic, neuro- stimulant, digestive, carminative, anti-spasmodic etc.

Therapeutic uses of Deepaneeya gana drugs

These drugs independently or in numerous combinations act as lipolytic (helps to bring down the lipid level), scraping (take away the excess fat), pain relieving, anti-spasmodic, liver stimulant etc. In women it acts as stimulant of the uterus in littler dose and as abortifacient in larger dose.

Due to the over said properties it is useful in gaseous tumors (gulma), abdominal colic (shoola), indigestion (agnimandya), distension of the abdomen (adhmana), gurgling (atopa), dysmenorrhea (kricchrartava), Kamala (obstructive jaundice) etc.

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