

**CLINICAL AND APPLIED ASPECTS OF VARIOUS HERBS AND FORMULATIONS MENTIONED IN CHARAK SAMHITA****Dr. Shraddha Pahinkar\*<sup>1</sup>, Dr. Pratima Kadam<sup>2</sup>**

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**INTRODUCTION**

Ayurveda means science of life ... it is traditional system of medicine, which promotes physical as well pshycological health.

Charak Samhita is one of the very important text of Ayurveda.

It is the first and foremost authentic treatise of Ayurveda and is of the Greatest trio. (Brihatrayi).

Acharya Charak has been dealt with 8 sections and 120 chapters.

It is said that Charakastu Chikitsate. i.e Acharya Charak is very fabulous in ayurvedic treatise.

**AIMS-** to review thoroughly charak Samhita for herbal medicines.

**OBJECTIVES**

1. To research hrebs in whole Charak Samhita, described for many diseases.
2. To recollect various formulation for disease, panchakarma mentioned in charak samhita.

**MATERIAL AND METHODS**

A critical review from charaka samhita taken for various herbs and combination.

Herbs are base of Ayurveda. various herbs and formulations are mentioned in charaka samhita.

In apamarg tandauliy adhyaya, various yavagu have mentioned which is very effectively used in panchkarma.

Shirovirechak dravye like pippali, kali mirch, vidang, jyotishmati can be used very efficiently in migrain, sinusitis, convulsion.<sup>[1]</sup>

Vamankarak dravye like madanfal. madhuk, kovidar are used in vaman for various disease like bronchial athama, leprocy, urticaria.

In aragvadhiya adhyay, he mentioned external application formulation for skin disease, pleuarcy, headache and gout.<sup>[2]</sup>

50 Mahakashay mentioned by aacharya charak is key of many diseases.

We can very successfully use jeevaniy mahakashay, balya mahakshay for increasing immunity.

Shukrjanan mahakashay in infertility, Stanyajanan mahakashay for increasing breastmilk in feeding mother.<sup>[3]</sup> Vayasthapan mahakshay maintaining young life.

Diseases, which are diificult to treat like skin diseases, azoospermia, pcod, ulcerative cholitis can be treated with mahakashy formulation properly.

Agryasangrah is unique gift for us, where acharya charak mentioned many single drugs for specific disease.

Khadir as kushthaghna. Shirish as vishghna

Kashmarifal –raktasangrahik raktapittaprashamananam

Chaturngul – mruduvirechananam

Haritaki – pathyanam

Erandmul – vrushyavatharanam<sup>[4]</sup>

Acharya Charak also emphasized on particular diet for patient. He gave detailed information About diet. Cereals, pulses, vegetables, oils, honey and milk produts.<sup>[5]</sup>

Its properties, uses, side effects all mentioned.

## DISCUSSION

Acharya Charak described every sthan adhyay very effentially.

In daily routine, herbs used for dantdhavan, nasya, anjan are mentioned.

It helps to maintain oral health, eye health as well prevents tonsillitis, tooth pain, conjunctivitis, sty.

Charkokta mahakashay is incredible value in clinical practice.<sup>[6]</sup>

It increases longevity of life in oral cancer, breast cancer, rectal cancer. It also decreases pain, burning in herpes zoster, diabetic neuropathy.

It helps to weight gain, to look younger.

Yonivyapad chikitsa is very helpful all gynec disorder.

Repeated vaginal infection, UTI, Abortions, menorrhagia can be treated some formulations described by Acharya Charak. (Trifala, vatjata, lodhra, ela)<sup>[7]</sup>

Trimarmiy chikitsa Acharya mentions various formulations for brain disorder, heart disorder, Kidney disorder.

Acharya Charak described formulations in manasik chikitsa.

Kalyanak ghrit is very effective in convulsion, hysteria as well hyperactive child. Dadimadi ghrit is beneficial for pandu (chronic anemia, chronic acidity) Changeri ghrit – rectal prolapse.

Dashmooladi ghrit- hikka.

In kalpasthan, herbs mentioned needed to perform panchakarma.

Speciality of this sthan, every dravya like madanfal, cikshwaqu given various way with different anupan for different disease and patients.

Clinically it is very useful for selecting appropriate drug in panchakarma.

In Siddhi sthan he describes panchakarma vyapad chikitsa with many herbs and formulations.

## CONCLUSION

It is very wide topic, which is shortly reviewed here. We can use Charak samhita as our guide of life. It suggests us what to eat, not eat, how should be eating, sleep.

Raspachak, raktapachak which is mentioned in jwar chikitsa are very useful in various disease like jwar, prameha, kustha, stholya.<sup>[8]</sup>

Shunthi churn, nagarmotha churna, hinguadi churna, lavanbhaskar churna and many more We can use in our daily life.

Abhayamalak rasayan, chyavanprash rasayan increases our immunity against disease.

Ayurveda is incomplete without charak samhita. We cannot become vaidya without studying Charaksamhita. We should be very grateful to Acharya Charak.

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