

A LITERARY REVIEW ON IMPORTANCE OF HARIT SAMHITA DRAVYA'S / YOGAS W.S.R. TO CHARAKOKTA DEEPANIYA MAHAKASHAYA

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ABSTRACT

Dharmarth kam mokshanamaarogyam moolam uttamam. Dharma, Artha, kaam and Moksha are Mool or fundamental pillar of Health. Arogya that is health. For health agni should be proper. According to Acharya Charaka If any Vikriti or deviation occur in Kaayagni or Jatharagni, which lead many problems such as health issues, Ageing, Dullness of skin, low energy level and some mental problems etc. Establishment of proper agni is achieved by Deepaniya Mahakashay dravyas. During the treatment of any physical or mental disease, we do first Deepan -Pachan – Anuloman. In Deepan-Pachan -Anuloman first term is Deepan. Deepan is a procedure or karma or dravya by giving which we increase the digestive fire or jatharagni. Any Agni work is to fire likewise jatharagni digest the food in body if properly acts otherwise it can burn the food or indigested Aahar Ras i.e. Aam is generated. Acharya charak has dicribed particular 10 Dravyas known

as Deepaniya Mahakashay and these Dravyas are used in majority places in acharya Harit yoga. They are Pippli, Pipplimool, Chavya, Chitrak, Nagar, Ajmoda, Marich, Amlavetas, Bhallatak and Hingu. The medicine or yoga which contain Deepan dravys are best during any

treatment. So acharya Harit have used these Deepaniya dravyas in his majority yoga. By this Deepan and Vyadhi Haran both function can be performed by minimum medications.

KEYWORDS: Deepaniya Mahakashay, Deepan, Aam, Harit Samhita Aushadhiya Yog.

INTRODUCTION

Deepaniya Mahakashay term is given by Acharya Charak in Charak Samhita sutra sthan 4th Chapter Shadvirechanashatashritiya Adhyay. Acharya Charak have given 50 Mahakashay in this chapter. Each Mahakashay contain 10 dravya or herbs in it, so also known as Charak Dashemani. In these 50 Mahakashay one is Deepaniya Mahakashay.

Deepan: The Word Deepana literally means kindling, inflaming, setting a fire, In human biology, it means stimulating digestion. Deepan is a pacification treatment for kaph dosa. It is an essential prerequisite before therapeutic emesis (vaman) and therapeutic purgation (virechan). The word Deepana is derived from the word deepa which means building the fire with nich or lyu suffix.

Deepaniya Mahakashay have following 10 herbs in it. They are Pippli, Pipplimool, Chavya, Chitrak, Shringaver (Shunthi), Amlavetas, Marich, Ajamoda, Bhallatakasthi, Hinguniryas.

Sr. No.	Dravya	Botanical Name	Gun	Ras	Veerya	Vipak	Karm
1	Pippli	Piper longum	Laghu, Snigdh, Teekshn	Katu	Anushna-sheet	Madhur	Kafavaatshamak
2	Pipplimool	Piper longum	Laghu, Ruksh	Katu	Usna	Katu	Kafavaatshamak
3	Chavya	Piper retrofractum	Laghu, Ruksh	Katu	Usna	Katu	Kafavaatshamak
4	Chitrak	Plumbago zeylanica	Laghu, Ruksh, Teekshn	Katu	Usna	Katu	Kafavaatshamak
5	Shringaver	Zingiber officinale	Laghu, Snigdh	Katu	Usna	Madhur	Kafavaatshamak
6	Amlavetas	Garcinia pedunculata	Laghu, Ruksh	Amla	Usna	Amla	Kafavaatshamak
7	Marich	Piper nigrum	Laghu, Teekshn	Katu	Usna	Katu	Kafavaatshamak
8	Ajamoda	Carum roxburghienum	Laghu, Ruksh Teekshn	Katu, Tikta	Usna	Katu	Kafavaatshamak
9	Bhallatak	Semicarpus anacardium	Laghu, Snigdh, Teekshn	Katu, Tikta, Kashay	Usna	Madhur	Kafavaatshamak
10	Hingu	Ferula nortex Bairs	Laghu, Snigdh, Teekshn	Katu	Usna	Katu	Kafavaatshamak

Aam: Aam is a key concept in the ayurvedic understanding of physiology, pathology and therapeutics. Rather than being a single entity or substance, Aama denotes the abnormal or impaired process of digestion and metabolism that leads to builds up of toxic by-products, which can't be neutralised or eliminated by the body.

Definition and Synonym of Deepan: The diet or medicine or process which stimulates digestion is called Deepana. Sha. Sa. Pu. Kh. 4/1. Deepan process stimulates digestion at a primary level.

By virtue of their Ras, Gun, Veerya and Vipaka they do mainly Deepan work that is they increase the Jatharaagni (digestive Fire) so digestion of food becomes proper and no Aam or raw Ahar Ras is created.

Majority of diseases causes due to Jatharagnimand (low digestive fire). By Jatharagnimand no food is digested properly and Aam is generated. Aam is the root cause of disease in our body. So, our primary duty is to increase our digestive fire by taking the Deepaniya Mahakashay.

Harit Samhita is divided into 6th Sthaans.

1st Sthaan 23 Adhyay	2nd Sthaan 9 Adhyay	3rd Sthaan 58 Adhyay	4th Sthaan 6 Adhyay	5th Sthaan 5 Adhyay	6th Sthaan 1 Adhyay
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Sr. No.	Yog	Dravya (Herbs)	Shlok No.	Page No.
1	Yavagu	Pippli, Pipplimool, Chavya, Chitrak, Shunthi	Ha.S. Prathama Sthan 23/6	126
2	Panchkol siddh yavagu-Santarpaniya Yavagu	Pippli, Pipplimool, Chavya, Chitrak, Nagar	Ha.S. Tiritiya Sthan 1/70	190
3	Vataj Jwar Pachak	Shunthi	Ha.S. Tiritiya Sthan 2/47	199
4	Pittaj Jwar Pachak	Shunthi	Ha.S. Tiritiya Sthan 2/48	199
5	Kaphaj Jwar Pachak	Shunthi	Ha.S. Tiritiya Sthan 2/49	199
6	Tridoshaj Jwar	Shunthi	Ha.S. Tiritiya Sthan 2/50	199

	Pachak			
7	Shunthyadi Pachan	Shunthi	Ha.S. T리티या Sthan 2/54	200
8	Vataj Jwar Quath	Pippli	Ha.S. T리티या Sthan 2/62	201
9	Pittaj Jwar Quath	Shunthi	Ha.S. T리티या Sthan 2/69	202
10	Shunthyadi Quath 1&2	Shunthi	Ha.S. T리티या Sthan 2/70, 91	203, 206
11	Pipplyadi Kalk	Pippli	Ha.S. T리티या Sthan 2/79	204
12	Aamalakyadi Quath	Shunthi, Marich, Pippli	Ha.S. T리티या Sthan 2/82	205
13	Pippalyadi Quath	Pippli, Shunthi	Ha.S. T리티या Sthan 2/83	205
14	Pippli Churna	Pippli	Ha.S. T리티या Sthan 2/84	205
15	Shaliparnyadi Quath	Shunthi	Ha.S. T리티या Sthan 2/87	206
16	Kiratadi Quath	Shunthi, Marich	Ha.S. T리티या Sthan 2/88	206
17	Panch Bhadra Quath	Shunthi	Ha.S. T리티या Sthan 2/89	206
18	Guduchyadi Quath -1	Shunthi	Ha.S. T리티या Sthan 2/94	207
19	Guduchyadi Quath -2	Pippli	Ha.S. T리티या Sthan 2/96	207
20	Aaragvadha Panchak Quath	Pipplimool	Ha.S. T리티या Sthan 2/101	208
21	Parpatadi Quath	Shunthi, hing	Ha.S. T리티या Sthan 2/103	208
22	Dashamool Quath	Pippali	Ha.S. T리티या Sthan 2/104	208
23	Dashang Quath	Pippli	Ha.S. T리티या Sthan 2/116	210
24	Bhunimbadi Quath	Shunthi, Pippli	Ha.S. T리티या Sthan 2/118	210
25	Shunthayadi Quath	Shunthi, Chavya	Ha.S. T리티या Sthan 2/119	211
26	Mustadi Quath	Shunthi, Pipplimool, Pippli	Ha.S. T리티या Sthan 2/120	211
27	Shatyadi Pachan	Shunthi, Chavya	Ha.S. T리티या Sthan 2/123	211
28	Bhunimbadi Quath	Shunthi, Chavya	Ha.S. T리티या Sthan 2/125	212
29	Brihad Rasnadi Quath	Shunthi, Chavya	Ha.S. T리티या Sthan 2/126	212
30	Sannipat Swed Har Quath -1	Shunthi	Ha.S. T리티या Sthan 2/130	213
31	Sannipat Swed Har Quath -2	Pippli, Shunthi	Ha.S. T리티या Sthan 2/131	213
32	Nasya Vidhan	Shunthi, Marich	Ha.S. T리티या Sthan 2/132	213
33	Pradhaman Vidhi	Shunthi, Pippli	Ha.S. T리티या Sthan 2/134	213
34	Anjan Vidhi -1	Marich, Pippli	Ha.S. T리티या Sthan 2/135	213
35	Anjan Vidhi -2	Shunthi, Marich, Pippli	Ha.S. T리티या Sthan 2/136	213
36	Nisthivan Vidhi -1	Shunthi, Mirch, Pippli	Ha.S. T리티या Sthan 2/137	214
37	Nisthivan Vidhi -2	Shunthi, Mirch, Pippli, Chavya	Ha.S. T리티या Sthan 2/140	214
38	Karn Mool Shoth Lep	Shunthi	Ha.S. T리티या Sthan 2/158	216
39	Shetal Ang Ushna Karana	Pippli	Ha.S. T리티या Sthan 2/179	219
40	Nidigdhikadi Quath	Shunthi, Pippli	Ha.S. T리티या Sthan 2/199	221
41	Gud Pippli	Pippli	Ha.S. T리티या Sthan 2/200	222
42	Laghu Panchmool Quath Yog	Pippli	Ha.S. T리티या Sthan 2/201	222
43	Patoladi Quath	Shunthi	Ha.S. T리티या Sthan 2/202	222

44	Visham Jwar Quath	Shunthi	Ha.S. Tritiya Sthan 2/204	222
45	Chaturthik Jwar Quath	Shunthi	Ha.S. Tritiya Sthan 2/205	222
46	Vela Jwar Nashak Yog	Shunthi, Pippli	Ha.S. Tritiya Sthan 2/210	223
47	Vardhaman Pippli Rasayan	Pippli, Shunthi	Ha.S. Tritiya Sthan 2/214	223
48	Aamatisar Nashak Yog	Shunthi, Hing	Ha. S. Tritya Sthan 3/9, 10	230
49	Uatapal Shatak	Shunthi	Ha.S. Tritiya Sthan 3/11	230
50	Shunthayadi Quath-1&2	Shunthi	Ha.S. Tritiya Sthan 3/13, 15	231
51	Vatsakadi Quath	Pippli, Chavya	Ha.S. Tritiya Sthan 3/16	231
52	Panch Mooli Quath	Shunthi	Ha.S. Tritiya Sthan 3/17	231
53	Shaliparnyadi Panak	Shunthi	Ha.S. Tritiya Sthan 3/35	234
54	Tryushanadi Pachan	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 3/50, 51	236
55	Kalingadi Kalk	Shunthi, Marich	Ha.S. Tritiya Sthan 3/52	236
56	Dhanyadi Quath	Shunthi	Ha.S. Tritiya Sthan 3/55	237
57	Vatsakavaleh	Shunthi	Ha.S. Tritiya Sthan 3/58	237
58	Kutajadi Churna	Shunthi	Ha.S. Tritiya Sthan 3/59	237
59	Amrit Vatak	Shunthi, Pippli	Ha.S. Tritiya Sthan 3/66	238
60	Sannipataj Grahani Pachan	Shunthi, Pippli	Ha.S. Tritiya Sthan 3/92	242
61	Kafaj Grahani Pachan	Chavya, Shunthi, Chitrak	Ha.S. Tritiya Sthan 3/94	242
62	Shunthyadyamrit Prashan	Shunthi, Marich, Pippli, Chitrak	Ha.S. Tritiya Sthan 3/95	242
63	Abhayadyavaleh	Shunthi, Chitrak, Pippli, Marich, Chavya	Ha.S. Tritiya Sthan 3/99, 101	243
64	Shunthyadi Churna	Shunthi, Marich, Pippli, Hing	Ha.S. Tritiya Sthan 4/14	246
65	Yakrit Rog Pachan	Shunthi, Pippli	Ha.S. Tritiya Sthan 4/22	248
66	Gulm Pachan Yog	Pippli, Shunthi	Ha.S. Tritiya Sthan 4/23	248
67	Saurastrikadi Quath	Shunthi	Ha.S. Tritiya Sthan 4/26	248
68	Kadali Jal Panak	Hing	Ha.S. Tritiya Sthan 4/28	249
69	Bijauradi Paan	Hing	Ha.S. Tritiya Sthan 4/30	249
70	Haritakyadi Anjan	Shunthi, Marich, Pippli,	Ha.S. Tritiya Sthan 4/35	250
71	Rasnadi Bhakshan	Shunthi, Chitrak	Ha.S. Tritiya Sthan 4/36	250
72	Gandhakadi Bhakshan	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 4/38	250
73	Krimi Patan Aushadh	Ajamoda, Hing, Shunthi	Ha.S. Tritiya Sthan 5/27	254
74	Krimi Nashak Yog -1	Pippli	Ha.S. Tritiya Sthan 5/28	254
75	Krimi Nashak Yog - 2	Pipplimool, Marich	Ha.S. Tritiya Sthan 5/29	254
76	Krimi Nashak Yog - 3	Pippli	Ha.S. Tritiya Sthan 5/30	254
77	Krimi Nashak Yog - 4	Pippli	Ha.S. Tritiya Sthan 5/31	255

78	Krimi Nashak Yog - 5	Ajamoda	Ha.S. Tritiya Sthan 5/32	255
79	Vishamagni Chikitsa	Hingu, Shunthi, Pippli	Ha.S. Tritiya Sthan 6/17	258
80	Tikshnagni Chikitsa	Pippli	Ha.S. Tritiya Sthan 6/19	258
81	Haritakyadi Vati	Pippli, Chavya, Chitrak, Hingu	Ha.S. Tritiya Sthan 6/26	259
82	Yavani Khandav Churna	Chitrak, Amlavetas, Pippli, Marich	Ha.S. Tritiya Sthan 6/27,28	259
83	Arochak Chikitsa - 1	Shunthi, Marich, Pippli, Pipplimool, Chavya, Chitrak	Ha.S. Tritiya Sthan 6/32	260
84	Arochak Chikitsa -2	Shunthi, Marich, Pippli, Hingu	Ha.S. Tritiya Sthan 6/33	260
85	Arochak Nashak Avaleh	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 6/34	260
86	Hingwadi Quath-1	Hingu, Shunthi	Ha.S. Tritiya Sthan 7/26	264
87	Hingwadi Quath -2	Hingu	Ha.S. Tritiya Sthan 7/27	265
88	Saindhawadi Churna	Hingu	Ha.S. Tritiya Sthan 7/28	265
89	Hingwadi Churna	Pippli, Marich, Nagar, Hingu	Ha.S. Tritiya Sthan 7/29	265
90	Lavanastak Churna	Hingu, Pippli, Marich, Shunthi	Ha.S. Tritiya Sthan 7/31	265
91	Aerandadi Quath	Shunthi, Hingu	Ha.S. Tritiya Sthan 7/32	265
92	Brihad Hingu Churna	Hingu, Shunthi, Chavya, Amlavetas	Ha.S. Tritiya Sthan 7/33, 35	266
93	Pittaj Shool Nashak Yog	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 7/40	266
94	Bilavadi Quath	Chitrak, Hingu, Shunthi	Ha.S. Tritiya Sthan 7/47	267
95	Matulungadi Ras	Marich	Ha.S. Tritiya Sthan 7/48	268
96	Tuvaradi Churna	Shunthi, Marich, Pippli, Ajamoda, Pipplimool	Ha.S. Tritiya Sthan 7/50	268
97	Arandadi Quath	Shunthi, Marich, Pippli, Hingu	Ha.S. Tritiya Sthan 7/51	268
98	Duralabhadi Kalk	Shunthi	Ha.S. Tritiya Sthan 7/54	268
99	Sauvarchaladi Churna	Shunthi	Ha.S. Tritiya Sthan 7/55	269
100	Darvadi Quath	Shunthi, Hingu	Ha.S. Tritiya Sthan 7/56	269
101	Palasadi Ghrit	Hingu, Shunthi	Ha.S. Tritiya Sthan 7/57	269
102	Kuberakshadi Yog	Hingu	Ha.S. Tritiya Sthan 7/59	269
103	Shankh Kshaar	Hingu, Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 7/60	269
104	Chitrakadi Modak	Chitrak, Pippli, Marich, Shunthi	Ha.S. Tritiya Sthan 7/62	270
105	Yavanyadi Churna	Hingu	Ha.S. Tritiya Sthan 7/64	270
106	Hingvadi Gutika	Hingu, Shunthi, Marich, Pippli, Ajamoda, Pipplimool,	Ha.S. Tritiya Sthan 7/65	270

		Chavya, Chitrak		
107	Shool Pathya	Hingu, Shunthi	Ha.S. Tiritiya Sthan 7/71	271
108	Shunthiyadi Mishrit Lauh Churna	Marich, Pippli, Chitrak, Shunthi	Ha.S. Tiritiya Sthan 8/16	274
109	Mandook Vati	Shunthi, Marich, Pippli, Chavya, Pipplimool, Chitrak	Ha.S. Tiritiya Sthan 8/19	275
110	Vajra Manddok Vatak -1	Shunthi, Marich, Pippli, Chavya	Ha.S. Tiritiya Sthan 8/22	275
111	Vajra Mandook Vatak -2	Shunthi, Marich, Chitrak, Pippli, Pipplimool, Chavya	Ha.S. Tiritiya Sthan 8/25	275
112	Amrit Vatak	Shunthi, Marich, Pippli, Ajamoda	Ha.S. Tiritiya Sthan 8/30, 31	276
113	Ras-Rakt Vriddhi Karak Aushadh	Shunthi	Ha.S. Tiritiya Sthan 9/27	282
114	Ras Vriddhi Karak Yog	Marich	Ha.S. Tiritiya Sthan 9/28	282
115	Rakt Vriddhi Karak Aushadh	Pippli, Marich	Ha.S. Tiritiya Sthan 9/30	282
116	Medo Vriddhi Karak Yog	Pippli	Ha.S. Tiritiya Sthan 9/33	283
117	Chyavanaprashavaleh	Pippli	Ha.S. Tiritiya Sthan 9/54	285
118	Agasti Haritaki Paak	Pipplimool, Pippli, Chavya, Chitrak	Ha.S. Tiritiya Sthan 9/63	286
119	Bala Quath	Pippli	Ha.S. Tiritiya Sthan 9/67	287
120	Pippli Vardhamanam	Pippli	Ha.S. Tiritiya Sthan 9/68	287
121	Shilajatu Churna	Marich, Pippli	Ha.S. Tiritiya Sthan 9/74	288
122	Jivantyadi Ghrit	Pippli	Ha.S. Tiritiya Sthan 9/78	289
123	Pipplyadi Ghrit	Pippli	Ha.S. Tiritiya Sthan 9/83	289
124	Panchakoladi Ghrit	Pippli, Pipplimool, Chavya, Chitrak, Nagar	Ha.S. Tiritiya Sthan 9/84	290
125	Amritaprash Ghrit	Chitrak	Ha.S. Tiritiya Sthan 9/121	294
126	Guduchyadi Churna	Marich	Ha.S. Tiritiya Sthan 9/130	295
127	Rakt -Pitta Nashak Yog	Pippli	Ha.S. Tiritiya Sthan 10/32, 33	301
128	Kushmandavaleh -1	Shunthi, Marich, Pippli	Ha.S. Tiritiya Sthan 10/58	305
129	Kushmandavaleh -2	Shunthi	Ha.S. Tiritiya Sthan 10/60	306
130	Khandakadya Rasayan	Shunthi, Pippli, Marich	Ha.S. Tiritiya Sthan 10/72	307
131	Arsh Kalk Yog	Pippli, Bhallatak, Shunthi	Ha.S. Tiritiya Sthan 11/30, 31	313
132	Patrakadi Quath	Shunthi	Ha.S. Tiritiya Sthan 11/32	313
133	Pipplyadi Churna Yog	Pippli	Ha.S. Tiritiya Sthan 11/33	314
134	Bhallataka Chatustaya	Bhallataka	Ha.S. Tiritiya Sthan 11/35	314
135	Kalyan Namak Lavan	Chitrak	Ha.S. Tiritiya Sthan 11/38	314
136	Bhallataka Vataka	Chitrak, Shunthi,	Ha.S. Tiritiya Sthan 11/42	315

		Pippli, Chavya, Bhallatak, Pipplimool, Marich		
137	Kankayan Gutika	Pipplimool, Pippli, Chitrak, Shunthi, Bhallataka	Ha.S. Tritiya Sthan 11/50	316
138	Lavanottamadi	Chitrak	Ha.S. Tritiya Sthan 11/53	316
139	Eladi Gutika	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 11/54	317
140	Arsha Nashak Chatusmay Modak	Shunthi	Ha.S. Tritiya Sthan 11/55	317
141	Trikatukadya Modak	Shunthi, Marich, Pippli, Chitrak	Ha.S. Tritiya Sthan 11/56	317
142	Marichadya Modak	Marich, Shunthi, Chitrak	Ha.S. Tritiya Sthan 11/57	317
143	Suran Pind	Chitrak, Shunthi, Marich	Ha.S. Tritiya Sthan 11/59	317
144	Bheem Vatak	Chitrak, Marich, Shunthi, Pippli, Piolimool	Ha.S. Tritiya Sthan 11/61	318
145	Chavyadi Ghrit	Chavya, Shunthi, Marich, Pippli, Pipplimool	Ha.S. Tritiya Sthan 11/65	318
146	Pippalyadya Tel	Pippli, Chitrak	Ha.S. Tritiya Sthan 11/66	318
147	Mustadya Vatak	Chavya, Chitrak, Shunthi,	Ha.S. Tritiya Sthan 11/68, 69	319
148	Bhallataka Gud -1	Shunthi, Marich, Pippli, Bhallataka	Ha.S. Tritiya Sthan 11/71, 72	320
149	Bhallataka Gud - 2	Chitrak, Bhallataka	Ha.S. Tritiya Sthan 11/75	320
150	Bhallataka Avaleh	Chitrak, Chavya, Bhallataka, Marich, Pippli, Shunthi, Pipplimool	Ha.S. Tritiya Sthan 11/80, 83	321
151	Raktaj Arsha Nashak Yog	Shunthi	Ha.S. Tritiya Sthan 11/90	322
152	Devadarvadi Lep	Pippli, Marich, Chitrak, Shunthi	Ha.S. Tritiya Sthan 11/98	323
153	Arsha Nashak Dhoop	Shunthi	Ha.S. Tritiya Sthan 11/104	324
154	Vataj Kas Chikitsa	Pippli, Shunthi	Ha.S. Tritiya Sthan 12/25, 26, 27	329
155	Katfaladi Aushadhi	Shunthi	Ha.S. Tritiya Sthan 12/28	329
156	Drakshadi Aushadh	Chavya	Ha.S. Tritiya Sthan 12/31	330
157	Musta Churna	Shunthi, Pippli	Ha.S. Tritiya Sthan 12/34	330
158	Pittaj Kas Yog	Pippli	Ha.S. Tritiya Sthan 12/35	330
159	Kafaj Kas Yog	Marich, Chavya, Shunthi	Ha.S. Tritiya Sthan 12/36, 37	330
160	Kafaj Kas	Adarak Ras	Ha.S. Tritiya Sthan 12/38	331
161	Vataj Kas	Shunthi	Ha.S. Tritiya Sthan 12/39	331
162	Laghu Talisadi	Shunthi, Marich,	Ha.S. Tritiya Sthan 12/41	331

	Aushadh	Pippli		
163	Brihat Talisadya Aushadh	Pipplimool, Shunthi, Pippli, Chavya, Chitrak	Ha.S. Tritiya Sthan 12/43	331
164	Vataj Chhardi Nashak Yog	Pippli	Ha.S. Tritiya Sthan 12/50	332
165	Tridoshaj Chhardi Nashak Yog	Shunthi, Pippli	Ha.S. Tritiya Sthan 12/53	333
166	Chhardi Nashak Yog - 1	Shunthi	Ha.S. Tritiya Sthan 12/56	333
167	Chhardi Nashak Yog - 2	Pippli, Shunthi, Marich	Ha.S. Tritiya Sthan 12/58	333
168	Chhardi Nashak Yog - 3	Shunthi	Ha.S. Tritiya Sthan 12/59	333
169	Kafaj Chhardi Chikitsa	Shunthi, Pippli	Ha.S. Tritiya Sthan 12/66	334
170	Eladi Churna	Chavya, Pippli, Chitrak	Ha.S. Tritiya Sthan 12/67,68	334
171	Vataj Trisha Nashak Yog	Shunthi	Ha.S. Tritiya Sthan 13/14	337
172	Kafaj Trisha Nashak Yog	Marich	Ha.S. Tritiya Sthan 13/23	338
173	Tridoshaj Trisha Nashak Yog	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 13/24	339
174	Dadim Kol	Amlavetas	Ha.S. Tritiya Sthan 13/29	339
175	Talu Shosh Nashak Yog	Shunthi	Ha.S. Tritiya Sthan 13/33	340
176	Raktaj Murchha Yog	Pippli	Ha.S. Tritiya Sthan 14/20	343
177	Tandra, Nidra, Nashak Yog	Marich	Ha.S. Tritiya Sthan 14/27	344
178	Mad, Murchha Janya Unmad	Shunthi	Ha.S. Tritiya Sthan 14/28	344
179	Apasmar Chikitsa	Marich	Ha.S. Tritiya Sthan 18/7	352
180	Apasmar Nashak Yog	Pipplimool, Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 18/9	353
181	Deep Ghrit	Pipplimool	Ha.S. Tritiya Sthan 18/13	353
182	Tryushanadi Gutika	Shunthi, Marich, Pippli, Hingu	Ha.S. Tritiya Sthan 18/19	354
183	Chandanadi Churna	Chitrak	Ha.S. Tritiya Sthan 18/25	354
184	Drakshavaleh	Pippli	Ha.S. Tritiya Sthan 18/34	356
185	Vaat Vyadhi -Paan	Shunthi	Ha.S. Tritiya Sthan 20/55	365
186	Sarvang Vaat Kashay	Shunthi	Ha.S. Tritiya Sthan 20/59	366
187	Pachan Quath	Shunthi	Ha.S. Tritiya Sthan 20/61	366
188	Rasonak Yog	Hingu, Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 20/63, 66	366
189	Vaat Shamak Quath	Shunthi, Pippli, Ajamoda	Ha.S. Tritiya Sthan 20/70	367
190	Vaat Shamak Kalk	Shunthi	Ha.S. Tritiya Sthan 20/73	368

191	Aamavat Mahabaladi Tel	Chavya	Ha.S. Tritiya Sthan 20/86	369
192	Baladi Tel	Pippli	Ha.S. Tritiya Sthan 20/93	370
193	Aamavaat Pachan Quath -1	Pippli, Shunthi	Ha.S. Tritiya Sthan 21/24,25	376, 377
194	Aamavaat Pachan Quath - 2	Pippli	Ha.S. Tritiya Sthan 21/26	377
195	Aamavaat Pachan Quath -3	Pippli, Chavya	Ha.S. Tritiya Sthan 21/28	377
196	Virechan Yog -1	Shunthi	Ha.S. Tritiya Sthan 21/32	377
197	Virechan Yog -2	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 21/34	377
198	Quath-1	Shunthi, Hingu	Ha. S. Tritiya Stha 21/39	378
199	Quath -2	Ajamoda, Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 21/40	378
200	Quath -3	Hingu	Ha.S. Tritiya Sthan 21/43	378
201	Gridhasi Vat Chikitsa	Pippli	Ha.S. Tritiya Sthan 22/7	380
202	Aamavat	Ajamoda	Ha.S. Tritiya Sthan 22/8	381
203	Vaat Rakt Chikitsa	Shunthi	Ha.S. Tritiya Sthan 23/6	382
204	Vaat Rakt Chikitsa Lep	Shunthi	Ha.S. Tritiya Sthan 23/9	383
205	Amlapitta	Shunthi	Ha.S. Tritiya Sthan 24/5,6,7	384
206	Punarnavadi Quath	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 25/13	386
207	Shofa Chikitsa	Pippli	Ha.S. Tritiya Sthan 25/15	387
208	Shunthayadi Quath	Shunthi	Ha.S. Tritiya Sthan 26/12	389
209	Shunthayadi Panak	Shunthi, Hing	Ha.S. Tritiya Sthan 26/15	390
210	Kosthagat Rog Nashak Yog	Chitrak, Shunthi, Hingu, Ajamoda	Ha.S. Tritiya Sthan 26/18,19	390
211	Vaat Gulm Pachan - 1	Shunthi	Ha.S. Tritiya Sthan 26/21	390
212	Vaat Gulm Pachan - 2	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 26/22	390
213	Vaat Gulm Pachan - 3	Shunthi	Ha.S. Tritiya Sthan 26/24	391
214	Kafaj Gulm Pachan	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 26/26	391
215	Vaataj Gulm Virechak Yog	Shunthi	Ha.S. Tritiya Sthan 26/27, 28	391
216	Kafaj Gulm Virechan Yog	Shunthi	Ha.S. Tritiya Sthan 26/35	392
217	Sarv Gulm Virechak Yog	Shunthi	Ha.S. Tritiya Sthan 26/37	392
218	Kshar Paan	Chitrak, Hingu, Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 26/39	392
219	Ajamodadi Aushadh	Ajamoda, Chitrak, Shunthi, Amlavetas, Hingu	Ha.S. Tritiya Sthan 26/40,41,42	393
220	Hingwadi Churna	Hingu, Chitrak, Shunthi	Ha.S. Tritiya Sthan 26/43,45	393

221	Pittaj Gulmodar Chikitsa	Shunthi, Marich, Pippli, Chitrak	Ha.S. Tritiya Sthan 26/46	393
222	Kafaj Gulm Yog	Chitrak, Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 26/48	394
223	Kafaj Gulm Chikitsa	Shunthi, Hingu, Chitrak, Marich	Ha.S. Tritiya Sthan 26/50, 51	394
224	Vaat Kafa Gulm Chikitsa	Hingu, Shunthi	Ha.S. Tritiya Sthan 26/53	394
225	Brihad Hingwadi Churnakam	Hingu	Ha.S. Tritiya Sthan 26/57	395
226	Shoth Atisar Nashak Yog	Ajamoda	Ha.S. Tritiya Sthan 26/58	395
227	Shoth Chikitsa	Shunthi	Ha.S. Tritiya Sthan 26/64	395
228	Rakt Gulm Chikitsa	Hingu, Pippli, Amlavetas	Ha.S. Tritiya Sthan 26/71,72	396, 397
229	Jalodar Lep	Shunthi	Ha.S. Tritiya Sthan 27/7	398
230	Kafaj Prameh	Chitrak, Pippli, Marich, Shunthi, Bhallataka	Ha.S. Tritiya Sthan 28/20	402
231	Haridradi Quath	Shunthi	Ha.S. Tritiya Sthan 28/40	404
232	Prameh Rog Nashak	Pippli	Ha.S. Tritiya Sthan 29/1	406
233	Mutra Krichchh Rog Nashak -1	Pippli	Ha.S. Tritiya Sthan 29/2	407
234	Mutra Krichchh Rog Nashak -2	Hingu	Ha.S. Tritiya Sthan 29/5	407
235	Ashmari	Shunthi	Ha.S. Tritiya Sthan 31/8	412
236	Aupasargik Jwar	Shunthi	Ha.S. Tritiya Sthan 34/19	420
237	Vaataj Vrana Dhavan	Shunthi	Ha.S. Tritiya Sthan 35/12	422
238	Vaataj Vran Lep	Shunthi	Ha.S. Tritiya Sthan 35/16	422
239	Shunthayadi Quath	Shunthi, Pippli	Ha.S. Tritiya Sthan 39/26	433
240	Vaataj Kustha	Shunthi	Ha.S. Tritiya Sthan 39/27	434
241	Bhallataka Tel	Bhallataka, Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 39/43	436
242	Til Tel Yog	Chitrak, Pippli	Ha.S. Tritiya Sthan 39/44	436
243	Haridradi Tel	Chitrak, Pippli	Ha.S. Tritiya Sthan 39/46	436
244	Mandal Kustha	Pippli	Ha.S. Tritiya Sthan 39/54	437
245	Chitra Kustha Nashak Yog	Pippli, Chitrak	Ha.S. Tritiya Sthan 39/56, 57	437
246	Swet Kustha	Chitrak	Ha.S. Tritiya Sthan 39/57	437
247	Visarp Rog Lep	Chitrak	Ha.S. Tritiya Sthan 39/58	438
248	Kafaj Shiro Rog Nasya	Marich	Ha.S. Tritiya Sthan 40/22	441
249	Shad Bindu Tel	Shunthi	Ha.S. Tritiya Sthan 40/26	442
250	Bhroo Dosh Chikitsa - 1	Pippli (Nasya)	Ha.S. Tritiya Sthan 41/5	444
251	Bhroo Dosh Chikitsa - 2	Chavya (Nasya)	Ha.S. Tritiya Sthan 41/5	444
252	Bhroo Dosh Chikitsa -	Shunthi (Nasya)	Ha.S. Tritiya Sthan 41/6	444

	3			
253	Bhroo Dosh Chikitsa - 4	Hingu	Ha.S. Tritiya Sthan 41/9	445
254	Nasa Rog Chikitsa -1	Shunthi (Vaataja) (Nasya)	Ha.S. Tritiya Sthan 42/3	446
255	Nasa Rog Chikitsa -2	Hingu (Krimij Nasapak)	Ha.S. Tritiya Sthan 42/4	446
256	Nasa Rog Chikitsa -3	Pippli	Ha.S. Tritiya Sthan 42/4	446
257	Indralupta -1	Shunthi (Vaataja - Lep)	Ha.S. Tritiya Sthan 43/3	447
258	Indralupta -2	Shunthi (Pittaj - Lep)	Ha.S. Tritiya Sthan 43/6	447
259	Indralupta -3	Pippli (Pittaj -Lep)	Ha.S. Tritiya Sthan 43/10	448
260	Karna Rog	Shunthi (Swaras) (Karna Puran)	Ha.S. Tritiya Sthan 44/9	450
261	Netra Rog Chikitsa -1	Shunthi (Dhawan Quath) (Pittaj)	Ha.S. Tritiya Sthan 45/6	451
262	Netra Rog Chikitsa -2	Shunthi (Dhawan Quath) (Sannipataj)	Ha.S. Tritiya Sthan 45/7	451
263	Netra Rog Chikitsa -3	Shunthi (Anjan)	Ha.S. Tritiya Sthan 45/9	452
264	Netra Rog Chikitsa -4	Shunthi, Pippli (Anjan)	Ha.S. Tritiya Sthan 45/12	452
265	Netra Rog Chikitsa -5	Pippli, Marich (Anjan)	Ha.S. Tritiya Sthan 45/18	453
266	Netra Rog Chikitsa -6	Shunthi (Anjan)	Ha.S. Tritiya Sthan 45/25	453
267	Mukh Rog Chikitsa -1	Chitrak (Lep)	Ha.S. Tritiya Sthan 46/9	456
268	Mukh Rog Chikitsa -2	Shunthi (Gharshan)	Ha.S. Tritiya Sthan 46/10	456
269	Krimij Dant Rog Chikitsa	Hingu (Gharshan)	Ha.S. Tritiya Sthan 46/16	456
270	Jihwa Rog Chikitsa	Shunthi, Pippli (Lep)	Ha.S. Tritiya Sthan 46/19	457
271	Jihwa Sfota Chikitsa	Pippli (Lep)	Ha.S. Tritiya Sthan 46/20	457
272	Raktja Jihwa Rog Chikitsa	Shunthi, Pippli (Lep)	Ha.S. Tritiya Sthan 46/24	457
273	Kafaj Jihwa Rog Chikitsa	Marich (Gharshan)	Ha.S. Tritiya Sthan 46/25	457
274	Gala Ganda Rog -1	Marich, Pippli (Avachurnan)	Ha.S. Tritiya Sthan 46/29	458
275	Gala Ganda Rog -2	Shunthi (Swedan)	Ha.S. Tritiya Sthan 46/30	458
276	Gala Shundika Rog	Pippli, Marich (Swedan)	Ha.S. Tritiya Sthan 46/36	459
277	Shukra Vriddhi Yog	Pippli	Ha.S. Tritiya Sthan 47/8,9,11	461
278	Shukra Utapatti Yog	Marich	Ha.S. Tritiya Sthan 47/12	461
279	Vidaryadi Aushadh	Pippli	Ha.S. Tritiya Sthan 47/16	461
280	Bandhya Rog -Vaataj Rakt Srav	Shunthi, Pippli	Ha.S. Tritiya Sthan 48/14	464
281	Chalit Garbh Chikitsa	Pippli	Ha.S. Tritiya Sthan 50/5	469
282	Garbhopadrav -1	Pippli	Ha.S. Tritiya Sthan 51/2	471

283	Garbhopadrav -2	Pippli, Shunthi	Ha.S. Tritiya Sthan 51/4	471
284	Garbhavastha Aruchi	Shunthi, Marich	Ha.S. Tritiya Sthan 51/7	471
285	Garbhini Malavarodh	Shunthi	Ha.S. Tritiya Sthan 51/10	472
286	Garbhini Muthravivandh	Pippli	Ha.S. Tritiya Sthan 51/11	472
287	Vaatik Mudh Garbha Chikitsa	Pippli, Pipplimool, Chavya, Chitrak, Shunthi	Ha.S. Tritiya Sthan 52/11	474
288	Kafaj Mudha Garbha Chikitsa	Pippli, Shunthi, Marich	Ha.S. Tritiya Sthan 52/13	474
289	Sutika Rog -1	Shunthi (1st Day)	Ha.S. Tritiya Sthan 53/1	478
290	Sutika Rog -2	Shunthi, Pippli, Pipplimool, Chavya, Chitrak (3rd Day)	Ha.S. Tritiya Sthan 53/1	478
291	Stanya Shodhan	Pippli, Pipplimmol	Ha.S. Tritiya Sthan 53/2	478
292	Stanya Vardhak Yog - 1	Marich, Pipplimool	Ha.S. Tritiya Sthan 53/3	478
293	Stanya Vardhak Yog - 2	Pippli	Ha.S. Tritiya Sthan 53/4	479
294	Baal Jwar	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 54/12	481
295	Baal Kaas	Shunthi	Ha.S. Tritiya Sthan 54 /16	481
296	Baal Mutravarodh	Pippli	Ha.S. Tritiya Sthan 54/17	481
297	Baal Buddhi Vardhak Yog	Shunthi	Ha.S. Tritiya Sthan 54/23	482
298	Baal Vaak Patuta	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 54/25	482
299	Baal Apasmar Nasya Yog	Shunthi, Pippli, Marich	Ha.S. Tritiya Sthan 54/28	483
300	Graha Dosh Unmulan	Shunthi, Hingu, Chavya	Ha.S. Tritiya Sthan 55/23	489
301	Visha Nashak Lep	Pippli, Shunthi, Marich	Ha.S. Tritiya Sthan 56/26	494
302	Sarpa Dast Vran Lep	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 56/27	494
303	Dast Vran Lep	Shunthi, Marich, Pippli	Ha.S. Tritiya Sthan 56/30	494
304	Trifala Quath -1	Shunthi (Sheet Ritu)	Ha.S. Pancham Sthan 2/15	521
305	Trifala Quath -2	Shunthi (Varsha Ritu)	Ha.S. Pancham Sthan 2/16	521
306	Haritaki -1	Shunthi (Aamashayasth Dosh)	Ha.S. Pancham Stahn 3/9	523
307	Haritaki -2	Shunthi (Sheet Ritu)	Ha.S. Pancham Sthan 3/10	523
308	Haritaki -3	Pippli (Shishir Ritu)	Ha.S. Pancham Sthan 3/10	523

309	Haritaki -4	Shunthi, Marich, Pippli (Vasant Ritu)	Ha.S. Pancham Sthan 3/10	523
310	Haritaki -5	Shunthi (Grishma Ritu)	Ha.S. Pancham Sthan 3/11	523
311	Haritaki -6	Shunthi, Pippli (kshuda Vardhan)	Ha.S. Pancham Sthan 3/16	524
312	Rason Kalp	Hingu, Ajamoda, Shunthi, Marich, Pippli	Ha.S. Pancham Sthan 4/18	527
313	Guggulu Kalp	Shunthi, Marich, Pippli	Ha.S. Pancham Sthan 5/14	530

CONCLUSION

No separate discription of Deepaniya mahakashay is in Harit Samhita, but these Dravyas are found in Yogas of acharya Harit which act similarly to Deepaniya Mahakashay. These Yoga or Dravyas are following-

Sr. No.	Dravya	Number of Times Used
1	Pippli	161
2	Shunthi	206
3	Marich	86
4	Chitrak	50
5	Hingu	37
6	Pipplimool	22
7	Chavya	33
8	Bhallatak	9
9	Amlavetas	5
10	Ajamoda	12

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