

**PRAJASTHAPANA MAHAKASHAYA: DRUGS REVIEW AS PER
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Accepted on 01 October 2025<https://doi.org/10.5281/zenodo.17278257>***Corresponding Author****Dr. Neha Yadav**M.D Scholar, Dept of
Dravyaguna, Government
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Ujjain, MP.**ABSTRACT**

Ayurveda an ancient science that deals with curing diseased as well as upkeeping of health. Acharya Charak has mentioned fifty *mahakashaya* for elevation of human wellbeing. *Prajasthapana Mahakashaya* is one of them, it consists of ten drugs that mainly focus on process of conception and sustenance of pregnancy. These drugs work through their *Rasa*, *Veerya*, *Vipaka* and *Prabhav*, by eliminating *doshas* those are hinderance to fertility. *Prajasthapan Mahakashaya*¹ includes 10 herbs as- *Brahmi*, *Aindri*, *Shatavari*, *Doorva*, *Patala*, *Guduchi*, *Haritaki*, *Kutaki*, *Bala*, and *Priyangu*. This study will further describe drugs, as mentioned in different Nighantus and Samhita.

KEYWORDS: *Prajasthapan Mahakashaya*, *Charak Mahakashay*, Female infertility, Reproduction.**INTRODUCTION**

In today's world sedentary lifestyle and many other external factors are affecting individuals. Their day to day life has become more hectic resulting in early age impotence, diabetes and many other hormonal disorders. Infertility is a major issue faced by many, according to NLM data prevalence of infertility among reproductive age group women was about 8.9% (51/570). WHO also states that one in every four couples in developing countries affected by infertility. Ayurveda provides holistic approach towards its treatment, by *shodana* procedure. Acharya charak has mentioned *prajasthapana mahakashaya* which predominately works on infertility.

In Ayurveda various *nighantus* has mentioned all ten drugs in different *vargas* according to their specific properties. There *rasa panchak* is described as follows-

Prajasthapana Mahakashay and their properties^[2]

(table-1)

Sr. No.	Dravya	Latin name	Ras	Vipaka	Veerya	Doshaghata
1	Brahmi	<i>Bacopa monnieri</i>	Katu, Tikta, Kashaya	Katu	Sheet	Vatakapashamak
2	Aindri	<i>Centella asiatica</i>	Kashaya, Tikta	Katu	Sheet	Kaphapittashamak
3	Shatavari	<i>Asparagus racemosus</i>	Madhura, Tikta, Kashaya	Madhura	sheet	Vatapittashamaka
4	Doorva	<i>Cynodon dactylon</i>	Kashaya, Madhura	Katu	Sheet	Kaphapittashamak
5	Patala	<i>Stereospermum suaveolens</i>	Tikta, Katu Flower-Kashay, Madhura	Katu	Anusna	Tridoshaghna
6	Guduchi	<i>Tinospora cordifolia</i>	Tikta, Katu, Kashaya	Madhura	Ushna	Tridoshaghna
7	Haritaki	<i>Terminalis chebula</i>	Lavanvarjit Panchras	Madhura	Ushna	Tridoshaghna
8	Kutaki	<i>Picrorhiza kurroa</i>	Tikta	Katu	Sheet	Kaphapittaghna
9	Bala	<i>Sida cordifolia</i>	Madhura	Madhura	Sheet	Tridoshaghna
10	Priyangu	<i>Callicarpa macrophylla</i>	Tikta, Kashaya, Madhura	Katu	Sheet	Vatapittaghna

Description in Nighantus

(table-2)

Sr.no.	Dravya	Bhavprakash ^[3]	Dhanwantri ^[4]	Shodhala ^[5]	Raj ^[6]	Kaiydev ^[7]	Madanpal ^[8]
1	Brahmi	Guduchyadi	Karaviradi	Guduchyadi	Parpatadi	Aushadi	Abhayadi
2	Aindri	-	Karaviradi	-	Moolakadi	Aushadhi	-
3	Shatavari	Guduchyadi	Guduchyadi	Guduchyadi	Shatavhadi	Aushadhi	Abhayadi
4	Doorva	Guduchyadi	Karaviradi	Karaviradi	Shalmalyadi	Aushadi	Abhayadi
5	Patala	Guduchyadi	Guduchyadi	Misharka	Guduchyadi	Aushadi	Abhayadi
6	Guduchi	Guduchyadi	Guduchyadi	Guduchyadi	Guduchyadi	Aushadi	Abhayadi
7	Haritaki	Haritkyadi	Guduchyadi	Haritkyadi	Amradi	Aushadi	Abhayadi
8	Kutaki	Guduchyadi	Karaviradi	Kusthadi	Pippaladi	Aushadi	Abhayadi
9	Bala	Guduchyadi	Guduchyadi	Aushadi	-	Aushadi	Abhayadi
10	Priyangu	Karpuradi	Chandanadi	Chandanadi	Dhanya	Dhanya	Karpuradi

Description in classics

Important *yogas* described in *samhitas* which were specifically used in infertility and maintenance of pregnancy.

1. Brahmi

(table-3)

Sr.no.	Dravya	Bhavprakash ^[3]	Dhanwantri ^[4]	Shodhala ^[5]	Raj ^[6]	Kaiydev ^[7]	Madanpal ^[8]
1	Brahmi	Guduchyadi	Karaviradi	Guduchyadi	Parpatadi	Aushadi	Abhayadi
2	Aindri	-	Karaviradi	-	Moolakadi	Ausadhi	-
3	Shatavari	Guduchyadi	Guduchyadi	Guduchyadi	Shatavhadi	Aushadhi	Abhayadi
4	Doorva	Guduchyadi	Karaviradi	Karaviradi	Shalmalyadi	Aushadi	Abhayadi
5	Patala	Guduchyadi	Guduchyadi	Misharka	Guduchyadi	Aushadi	Abhayadi
6	Guduchi	Guduchyadi	Guduchyadi	Guduchyadi	Guduchyadi	Aushadi	Abhayadi
7	Haritaki	Haritkyadi	Guduchyadi	Haritkyadi	Amradi	Aushadi	Abhayadi
8	Kutaki	Guduchyadi	Karaviradi	Kusthadi	Pippaladi	Aushadi	Abhayadi
9	Bala	Guduchyadi	Guduchyadi	Aushadi	-	Aushadi	Abhayadi
10	Priyangu	Karpuradi	Chandanadi	Chandanadi	Dhanya	Dhanya	Karpuradi

2. Aindri

(Table-4)

Sr. no.	Charak Samhita	Sushruta Samhita
1	Balya mahakashay (sutra sthan 4/9)	Shatavari with Dugdha Masanumasik Dwitiya masa (Su. Sa. 10/63)
2	Garbhasthapan dravy (ch. Sha.8/20) Stanyadusti chikitsa (ch.sha.8/58)	Shatavari Ghrita Garbha Sraav Rasayana (Su. Chi. 28/2)
3	Kashmaryadi ghrita in vataja yoni (ch.sa. chi.30/53)	

3. Shatavari

(Table-5)

Sr. no.	Charak Samhita	Vagbhata
1	Brahmya Rasayana Medhya Rasayana (Ch.Chi.1/41-57)	Brahmi Ghrita (A.H.U.6/23)

4. Doorva

(Table-6)

Sr. no.	Charak Samhita	Vagbhata
1	Sandnyasthapan mahakashay (sutra sthan 4/9)	Naagbaladi Ghrita (A.H.Chi.3/120-24)
2	Nagkesaradi Grit (cha.sa.chi.16/121) Vrana ropana svarasa siddha ghrita (cha.sa.chi.21/96)	

5. Patala

(Table-7)

Sr. no.	Charak Samhita	Sushruta Samhita	Vagbhata
1	Asthapana (sutra sthana 2/11)	Brihatpanchmula yusha (su.chi.4/13)	Sahacharadi Taila (A. H. Chi21/67-69)
2	Shwayathuhara mahakashaya (sutra sthana 4/9)	Kalyanak lavana (Su. Chi. 4/32)	Dadhita ghrita (A. H. Chi. 14/13-20)

6. Guduchi

(Table-8)

Sr. no.	Charak Samhita	Sushruta Samhita	Vagbhata
1	Asthapana (sutra sthana 2/12) Truptighna mahakashaya (sutra sthana 4/9) Stanyashodhana mahakashaya (sutra sthana 4/9)	Guduchyadi asthapana (Su. Chi 38/47)	Guduchi Kwatha (A. H. Sa. 2/7)
2	Kashmaryadi ghrita for vataja yoni (cha.sa.chi.30/53) Kaphaja pradara (cha.sa.chi.30/99) Amrutadhya taila (cha.sa.chi.29/103)		Guduchi Yoga (A. H. Sa. 2/56)

7. Haritaki

(Table-9)

Sr. no.	Charak Samhita	Sushruta Samhita	Vagbhata
1	Kalyanaka Ghrita (Ch. Chi 9/36)	Triphaladi Taila (Su. Chi 37/33)	Vashistha haritaki (A. H. Chi 3/136)
2	Triphaladi taila (Ch. Chi 10/44)	Pathadi Taila (Su. Chi 37/36)	
3	Kashmaryadi ghrita (Ch. Chi. 15/53)	Kushadi asthapana (Su. Chi38/51)	

8. Kutaki

(Table-10)

Sr. no.	Charak Samhita	Sushruta Samhita	Vagbhata
1	Neelinyaadya ghrita Gulma (Ch. Chi 5/107)	Madhukadi tailam (Su Chi. 37/2729)	Kasamardadi ghrita (A. H Sa. 3/162)
2	Sarvaritu Trivrit yoga (kalpa sthana 7/59)		

9. Bala

(Table-11)

Sr. no.	Charak Samhita	Sushruta Samhita	Vagbhata
1	Bala mahakasahaya (sutra 4/9)	Bala taila (shu.chi 2/81)	Prishnapaniyadi yoga (Ah.sh.2/56)
2	Amalaka grita (cha. chi. 1/4) Apatyakari Shashtikadi gutika (cha.chi. 2/5)	Satapaka Bala Taila (shu.chi.15/40)	Rasnadi ghrita (Ah.ut.3/51)
3	Guduchyadi taila (cha.chi 30/59)	Badaradi Aasthapana Basti (shu.sh.10/5)	Bhutarva ghrita (Ah.ut.5/19)

10. Priyangu

(Table-12)

Sr.no.	Charak Samhita	Sushruta Samhita	Vagbhata
1	Kalyanaak Ghrita (Ch. Chi. 9/36)	Daridranashak yoga (Su. Chi. 29/14)	Sarvavatanashak taila (A. H. Chi. 21/73-81)
2	Bala taila (Chi. 15/149-154)	Shampakadi asthapana (Su. Chi. 38/28)	

DISCUSSION

Prajasthapana means offspring (*Praja*) and *sthapan* (to establish or maintain), thus this mahakashaya includes-

- Promoting conception and combating infertility
- Strengthening the reproductive system
- Sustaining pregnancy and preventing loss
- Providing nourishment
- Balancing hormones

For best results, the formulation is often recommended to be taken for two to three months prior to conception. Its therapeutic pathways include:

- Maintaining the health of conception- related organs like the uterus and cervix
- Improving the quality of blood.
- Addressing factors related to infertility, such as psychological stress, infections and gynaecological disorder.
- Providing strength to the uterine walls and counteracting weakness.

CONCLUSION

Early gynaecological problems can lead to infertility. Various disorders like *yoni vyapad*, *Shwet pradar*, *rakta pradar*, *bandhya*^[12] and others are detailed in ayurvedic *samhitas*. *Prajasthapana mahakashaya* is a group of ayurvedic herbs that supports reproductive health, enhances fertility, and promotes healthy pregnancy by nourishing the uterus, balancing hormones, and removing uterine obstructions. While promising for infertility and promoting successful conception, it should be used cautiously and under the guidance of a healthcare professional to ensure safety and effectiveness.

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