

**COMPREHENSIVE STUDY OF *BALYA MAHAKASHAYA* ON THE BASIS OF THEIR *RASAPANCHAK* IN RELATION TO *NIGHANTU*: A REVIEW****[Bhagat Seema](#)¹, [Ramamurthy Aku](#)², [Rathore Poonam](#)³**¹MD Scholar, ²Professor, ³MD Scholar

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Article Received: 28/06//2021 - **Peer Reviewed:** 02/07/2021 - **Accepted for Publication:** 04/07/2021**ABSTRACT**

An impressive number of thousands of plants have been utilising for the treatment of diseases for thousands of years. Many of them are clearly explained in *Ayurveda*. In *Ayurveda* certain drugs manifest their action by their *Rasa* (taste); some by their *Virya* (potency) or other qualities, some by *Vipaka* (biological transformation) and others by their specific action. As per their *Raspanchak*, some of these drugs possesses an affinity for *bala*. The drugs that provide *Bala* (strength) and vitality to the body have been grouped under *Balya mahakashaya* by *Acharya Charak*. *Bala* (strength) plays an important role in the diagnosis and treatment of various diseases. This study aimed to discuss the details of ten *Balya Mahakashya* drugs based on their *Raspanchak* i.e *Rasa*, *Guna*, *Virya*, *Vipaka* and *Karma* and in relation to *Bhavaprakash Nighantu*, *Dhanwantari Nighantu*, *Raj Nighantu* and *Kaiyadev Nighantu*.

Keywords: *Bala*, *Balya Mahakashaya*, *Raspanchak*, *Nighantu*.

INTRODUCTION

The action *Balya* is defined as “*Balaaya Hitam Balyam*” which refers to substances that are beneficial and tend to increase *Bala* of an individual. The concept of *Bala* has been well explained by different *Acharaya* in *Ayurveda*. *Acharya Charak* has classified the drugs according to their *Karma* (pharmacological properties) into 50 groups or *Mahakashaya*. Each *Mahakashaya* contains 10 drugs possessing similar properties. *Balya Mahakashaya* is one of them containing 10 drugs; *Aindri, Rishabhi, Atirasa, Rishyaprokta, Payasya, Ashvagandha, Sthira, Rohini, Bala, Atibala*. All these drugs tend to increase the vitality and strength of the body. In *Ayurveda*, the *Bala* is used in various contexts. According to *Acharya Charak* : There are 3 types of *Bala* (Strength) namely, *Sahej, Kalaja* and *Yuktikruta*¹. *Sahej Bala* (congenital) is that which is natural to the body and mind. It exists in the mind and body since birth. *Kalaja Bala* (time-effected) depends on *Ritu* (seasonal variation) and *Vaya* (age-factor). *Yuktikruta* (Acquired) *Bala* (strength) can be produced by proper application of diet and exercise.

Acharya Charak has also explained the 13 factors that are responsible for the promotion of *Bala* (Strength) which are explained below as²

1. Birth in a country where people are naturally strong.
2. Birth at a time when people naturally gain strength.
3. Favourable disposition of time (pleasant and moderate climate).
4. The excellence of the qualities of the seed (sperm) and *Aasaya* (ovum and uterus) of the parents.
5. The excellence of the ingested food.
6. The excellence of the physique.
7. The excellence of the *Satmya* (wholesomeness of various factors responsible for the maintenance of the body)
8. The excellence of the mind.
9. Favourable disposition of nature.
10. Exercise
11. Cheerful disposition.

It implies that inhabitants of certain places like *Sindh* are strong by nature. This is because of the specific characteristics of those places. Birth in such countries makes the man strong. Similarly, in certain seasons like *Hemanta* (November to January) and *Sisira* (January to March), people generally gain strength, and birth in such seasons makes the individual strong. Moderate climate, when there is no excess of heat and cold and which is pleasant, also promotes the strength of the individual. The progeny of parents having no abnormality or having the excellence of sperm, ovum and uterus is endowed with strength. The mind also controls the body. If the individual is having a soul mind, then his body will also be quite strong. Some people are also endowed with a strong physique because of their virtuous actions in a past life. Habitual performance of exercise is also known to promote the strength of the individual. In *Sushruta Samhita*, the word *Bala* refers to *Ojas* which has the function of maintaining the *Bala* of the body. (*Su. Su.15/24*). *Acharya Sushruta* has also mentioned that the strength bestows stability and growth of muscles, ability to perform all activities without any hindrance, clarity of voice, the brightness of colour/complexion and ability of external sense organs (means *Karmaendriyas* or motor organs i.e hands, feet, pharynx, penis, and anus) and internal sense organs (*Janaendriyas* or sensory organs i.e. eyes, ears, tongue, nose and skin) and also *Manas* (mind) to perform their functions³. In this study, *Raspanchak* of *Balya Mahakashaya* drugs in different *Nighantus* are discussed to elucidate the *Balya Karma* of these drugs.

AIM AND OBJECTIVE: To compile and elucidate the *Balya Karma* of *Balya Mahakashaya* drugs based on their *Raspanchak* in relation to *Nighantu*.

MATERIALS AND METHODS: Detailed study of *Ayurvedic* texts i.e *Charaka Samhita, Sushruta Samhita, Nighantu*, information from various National and International Journals, peer-reviewed papers, Pub Med, were used for the better understanding of the *Balya Mahakashaya* drugs.

Table 1: Description of *Balya Mahakashaya* drugs: Botanical name, Family and Useful part

S.No.	Drugs	Botanical Name	Family	Useful Part
1.	<i>Aindri</i>	<i>Herpestis monnier</i> Linn.	Scrophulariaceae	Whole plant
2.	<i>Rishabhi</i>	<i>Mucuna pruriens</i> Bek.	Fabaceae	Seed
3.	<i>Atirasa</i>	<i>Asparagus racemosus</i> Willd.	Liliaceae	Root
4.	<i>Rishyaprokta</i>	<i>Teramnus labialis</i> Spreng.	Fabaceae	Root
5.	<i>Payasya</i>	<i>Ipomea digitata</i> Linn.	Convolvulaceae	Root
6.	<i>Asvagandha</i>	<i>Withania somnifera</i> Dunal.	Solanaceae	Root
7.	<i>Sthira</i>	<i>Desmodium gangeticum</i> DC.	Papilionaceae	Root
8.	<i>Rohini</i>	<i>Picrorhiza kurroa</i> Royale ex Benth.	Scrophulariaceae	Rhizome
9.	<i>Bala</i>	<i>Sida cordifolia</i> Linn.	Malvaceae	Root
10.	<i>Atibala</i>	<i>Abutilon indicum</i> Linn.	Malvaceae	Root

Table 2: Properties of *Balya Mahakashaya* as per *Bhavprakash Nighantu*⁴

S.No.	Drugs	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Aindri</i>	<i>Guduchyadi</i>	<i>Tikta, Kashaya, Madhura</i>	<i>Laghu</i>	<i>Shita</i>	<i>Madhura</i>	<i>Ayushya, Rasayana, Medhakara</i>
2.	<i>Rishabhi</i>	<i>Guduchyadi</i>	<i>Madhura, Tikta</i>	<i>Guru</i>	-	-	<i>Vrishya, Vatnashaka, Balya, Raktadoshanashak</i>
3.	<i>Atirasa</i>	<i>Guduchyadi</i>	<i>Tikta, Madhura</i>	<i>Guru</i>	<i>Shita</i>	-	<i>Rasayana, Medhakara, Balya, Tridosahara</i>
4.	<i>Rishyaprokta</i>	<i>Guduchyadi</i>	<i>Tikta, Madhura</i>	<i>Ruksha</i>	<i>Shita</i>	-	<i>Grahi, Shukrajanak, Kaphakaraka</i>
5.	<i>Payasya</i>	<i>Guduchyadi</i>	<i>Madhura</i>	<i>Snigdha, Guru</i>	<i>Shita</i>	-	<i>Satnyashukarakara, Rasayana</i>
6.	<i>Asvagandha</i>	<i>Guduchyadi</i>	<i>Tikta, Kashya</i>		<i>Ushna</i>	-	<i>Shukravardhaka, Vata-Kaphadoshaagana</i>
7.	<i>Sthira</i>	<i>Guduchyadi</i>	<i>Tikta, Madhura</i>	<i>Guru</i>	-	-	<i>Tridoshanashaka, Kriminashaka</i>
8.	<i>Rohini</i>	<i>Haritakiyadi</i>	<i>Tikta</i>	<i>Ruksha, laghu</i>	-	<i>Katu</i>	<i>Bhedan, Deepan, Hridya, Kapha-piitajwara, Kriminashaka</i>
9.	<i>Bala</i>	<i>Guduchyadi</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Balya, Grahi, Vatahara</i>
10.	<i>Atibala</i>	<i>Guduchyadi</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Balya, Grahi, Vatahara</i>

Table 3: Properties of *Balya Mahakashaya* as per *Dhanwantari Nighantu*⁵

S.No.	Drugs	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Aindri</i>	-	-	-		-	-
2.	<i>Rishabhi</i>	<i>Guduchyadi</i>	<i>Madhura, Tikta</i>	-	<i>Shita</i>	-	<i>Vatahara, Vrishya</i>
3.	<i>Atirasa</i>	<i>Guduchyadi</i>	<i>Tikta, Madhura</i>	-	<i>Shita</i>	-	<i>Vata-pittahara, Vrishya, Rasayana</i>
4.	<i>Rishyaprokta</i>	<i>Guduchyadi</i>	<i>Madhura, Tikta</i>	-	<i>Shita</i>	-	<i>Daha, Jwara, Anilhara</i>
5.	<i>Payasya</i>	<i>Guduchyadi</i>	<i>Madhura</i>	-		-	<i>Balya, Vata-pittahara, Dhatu-</i>

							vardhak
6.	Asvagandha	Guduchyadi	Kashaya, Tikta	-	Ushna	-	Kapha-vatahara, Balya
7.	Sthira	Guduchyadi	Tikta	Guru	Ushna	-	Vishmajwaranashaka
8.	Rohini	Guduchyadi	Tikta, Katu	-	Shita	-	Vishmajwara, Aruchi nashaka
9.	Bala	Guduchyadi	Madhura	Snigdha	Shita	Madhura	Balya, Ojvardhan
10.	Atibala	Guduchyadi	Madhura	Snigdha	Shita	Madhura	Vrishya, Balya

Table 4: Properties of Balya Mahakashya as per Raj Nighantu⁶

S.No.	Drugs	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	Aindri	-	-	-	-	-	-
2.	Rishabhi	Guduchyadi	Madhura	-	-	-	Vrishya, Vataroganashak
3.	Atirasa	Shatahwadi	Madhura	Laghu	Shita	-	Rasayana, Kapha-pittahara, Vrishya
4.	Rishyaprokta	Guduchyadi	Tikta	-	-	-	Balya, vrishya, pushtikara
5.	Payasya	Moolakadi	Madhura, Amal, kashaya, Tikta	-	-	-	Pittadoshahara, Shooohara
6.	Asvagandha	Shatahwadi	Katu, kashaya	-	Ushna	-	Balya, Vatahara
7.	Sthira	Shatahwadi	Tikta	Guru	Ushna	-	Vatadoshahara
8.	Rohini	Pippalyadi	Katu, Tikta	-	-	-	Shitapittahara
9.	Bala	Shatahwadi	Tikta, Madhura	-	-	Madhura	Balya, Viryaprada, Kapharoga nashak
10.	Atibala	Shatahwadi	Tikta, Katu	-	Shita	-	Vatanashak, Kledanashak

Table 5: Properties of Balya Mahakashaya as per Kaiydeva Nighantu⁷

S.No.	Drugs	Varga	Rasa	Guna	Virya	Vipaka	Karma
1.	Aindri	-	-	-	-	-	-
2.	Rishabhi	Aushadhi	Madhura, Tikta	Guru	Shita	-	Brighana, Vrishya, tridoshahara
3.	Atirasa	Aushadhi	Tikta, Madhura	Snigdha	Shita	-	Balya, medhya
4.	Rishyaprokta	Aushadhi	Madhura	Ruksha	Shita	Madhura	Vata-pittahara, Shukrala
5.	Payasya	Aushadhi	Madhura	Guru	Shita	Madhura	Vrishya, Rasayana
6.	Asvagandha	Aushadhi	Kashaya, Tikta	-	Ushna	-	Vrishya, Balya, kaphahara, Rasayana
7.	Sthira	Aushadhi	Madhura, Tikta	Guru	Ushna	-	Rasayana, Vrishya, tridoshahara
8.	Rohini	Aushadhi	Katu, Tikta	Laghu, ruksha	Shita	Katu	Bhedana, Deepan, Kapha-pittahara
9.	Bala	Aushadhi	Madhura	Snigdha	Shita	Madhura	Oja-balvardhana
10.	Atibala	Aushadhi	Madhura	Snigdha	Shita	Madhura	Ayushya, Kantivardhana

DISCUSSION

Bala (strength) deteriorates day by day in today's fast pace of life where every individual is facing anxiety, stress, insomnia, depression, mental illness etc. all these factors attenuate the individual's both physical and mental strength. For improving the strength of many nutritional supplements, tonics are mentioned

in modern medicine. In Ayurveda, Balya Mahakashaya has mentioned for improving Bala. The delineation of Balya Mahakashaya in different Nighantus showed that they are having mainly Madhura Rasa (sweet) then Tikta Rasa (bitter), Kashaya Rasa (astringent), Katu Rasa (pungent), as secondary Rasa, Guru, Snigdha Guna mainly, Shita Virya (potency),

Madhura Vipaka (biotransformation of drug inside the body) and *Karma* (pharmacological properties) like *Balya* (increases vitality or strength of the body), *Vrishya* (aphrodisiac), *Ayushyaka* (increases life span), *Oja Vardhan* (increases the immunity against diseases) *Rasayana*, *Deepana* (intensifies digestive fire) *Vatahara* (which attenuates the excess *Vata dosha*), *Pushtikara* (nourishes the body). *Madhura Rasa* helps in the *Poshana* of all *Dhatu*s viz. *Rasa*, *Rakta*, *Mamas*, *Meda*, *Asthi*, *Majja*, *Shukra*, *Ayushya*, *Balkaraka* (increases strength), *Tarpan* (nourishes the body), *Brhmana* (give bulkiness), *prinan* (nourishes all the parts of the body) (*Ch. Su.26/43*), *Shodhana* of all channels (*Srotas*) by *Tikta Rasa* and its *Ushnaguna*, *Deepan* (appetizer), *Pachana* (digestive) *Rochana*, *Sodhana* (eliminates unwanted material from body) *Guna* of both *Tikta* and *Katu Rasa*. (*S.Su.42/9*) and its *Medhya* (promotes intelligence) property of *tikta rasa* (*As.Hr.Su.10/14-16*). All these properties attribute greatly towards the *Balya Karma* of *Balya Mahakashaya* drugs due to their *Rasa*, *Guna Virya*, *Vipaka*. Many research works have been done on the drugs of *Balya Mahakashaya* as *Herpestis monniera* or *Bacopa monnieri* Linn. has been reported as a neural, cardiac tonic, memory enhancer, anti-depressant, anti-anxiety activity, anti-epileptic activity, anti-cancer activity⁸. It is reported that *Mucuna pruriens* Bek. possesses neuroprotective activity, antimicrobial activity, antioxidant activity, anti-diabetic activity⁹. Methanolic extract of *Asparagus racemosus* Willd. has significant activities like antitussive activity, and also possesses adaptogenic, activity, aphrodisiac activity, protect against amnesia enhances memory activity, anti-stress activity, neurodegenerative activity, cardio protective activity¹⁰. The experimental study of *Teramnus labialis* Spreng with aqueous extract 500mg/kg body weight and ethanol extract 500mg/kg body weight shows that the aqueous extract of *Mashparni* (*Teramnus Labialis* Spreng) shows a significant immune-modulatory action compared to its ethyl extract¹¹. *Ipomea digitata* Linn. has been reported to possess a wide range of pharmacological activities like anti-diabetic, anti-oxidant potential, Galactagogue activity (breastfeeding/ Lacta-

tion), hepatoprotective activity, hypertension, blood pressure and another cardiovascular risk, indigestion, infertility, Revitalizing effect, Spasmogenic effect¹². Phytochemical studies on *Withania Somnifera* (L.) Dunal revealed the presence of important chemical constituents such as flavonoids, phenolic acids, alkaloids, saponins, tannins, and withanolides shows various pharmacological activities like anti-cancer, immunomodulatory, cardioprotective, neuroprotective, anti-ageing, anti-stress/adaptogenic and anti-diabetic. Various clinical trials show that the plant extract and its bioactive compounds are used in the prevention and treatment of many diseases like amnesia, anxiety, cancer, neurogenerative¹³. *Desmodium Gangeticum* DC. has pharmacological activities like analgesic activity, anti-inflammatory activity, antinociceptive activity, anti-amnesic activity, antioxidant activity, anti-pyretic activity¹⁴. *Picrorhiza kurroa* Royale ex Benth possesses antioxidant activity, immunomodulatory activity, anti-cholestatic activity, anti-inflammatory activity and its glycoside kutkin possess significant hepatoprotective action¹⁵. Leaves of *Sida cordifolia* Linn. contain small quantities of ephedrine and pseudoephedrine which are helpful in asthma, fat loss, to increase energy¹⁶. And also possess pharmacological activities like CNS depressant, adaptogenic activity, anti-microbial activity, antioxidant activity, Anti Parkinson's disease¹⁷. *Abutilon Indicum* possesses the antioxidant potential and immunomodulatory activity¹⁸.

CONCLUSION

The above-mentioned discussion clearly explains the importance of *Balya Mahakashaya* drugs possessing the ability to increase the physical, mental strength, vitality of the body and immunity against diseases. This study will help to strengthen the existing knowledge of *Balya Mahakashaya* drugs and helps to create novel therapeutic uses that can be used for better health care in the future.

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