

**BRUHANIYA MAHAKASHAYA DESCRIBED IN CHARAKA  
SAMHITA – A REVIEW ARTICLE**

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**ABSTRACT**

Drug is an important part of *chikitsa chatushpada*, which has been mentioned next to the physician in *Charak Samhita*. Without knowledge of the drug, the patient can't be treated properly. Bruhaniya *mahakashaya* is one of the 50 *mahakashaya*, which have been mentioned in *Charak samhita sutrasthana*. Bruhan is that which is useful for enlarging the body, promotes the volume as well as weight of the body. Each *mahakashaya* contain ten drugs. Ksirini, *Rajksavakak*, *Ashwagandha*, *Kakoli*, *Kshirkakoli*, *Vatyayani*, *Bhdraudani*, *Bhardwaji*, *Payasya*, *Rsyagandha* are included in *Bruhaniyamahakashaya*. The present paper deals with the review of above ten drugs, controversies and mode of action of drug.

**KEYWORDS:** *Bruhaniya Mahakashaya*, *Charaka Samhita*, *Upyuktanga*.

**INTRODUCTION**

The knowledge about medicinal plants in the early age was documented systematically and organized scientifically in Ayurvedic *Samhitas*, *Nighantus* and other texts. In which we can get so many references of medicinal plants. Among all this *Samhitas* of Ayurveda

*CharakaSamhita* is a vast treasure of knowledge regarding medicinal plants *Charaka* is the first person who could classify the existing plants, into pharmacological categories and given 50 *mahakashaya*. According to *Acharya Charaka* it is only a guide line for *Vaidyas* but they have full freedom to add any new drug or remove the non-available drugs from this.<sup>[1]</sup> *Charaka* stressed to utilize the knowledge and experience in drug identification resorting to the help of cowherds, hermits, huntsmen forest dwellers etc. *Bruhaniya Mahakasaya* is One of the fifty *mahakashaya* given one of them. This work comprises the detailed description of the drugs under *Bruhaniya Mahakashaya*, an effort to rule out the controversies regarding some of the drugs under this *varga* with the help of available literatures, commentary on *Charaka samhita*, *Nighanus* and explain *Bramhana* karma and their mode of action in body.

### 1. *KSHIRINI*

According to *ChakrapaniKshirini* comes under the climber which has milky exudates. If we go through the climbers described in our *nighantu* and *Samhita* we find that *Sariva* is most acceptable as *kshirini*, because *Sariva* is a climber and possess milky latex and properties like *madhurarasa*, *madhuravipaka*, *guru* and *snigdha*guna. *Kshirini*<sup>[2]</sup>, *Dugdhavalli*<sup>[3]</sup>, and *dugdthagarbha*<sup>[4]</sup> are the synonym given for *sariva*.

**Botanicalname** – *Hemidismus indicus*

**Family** – *Asclepidaceae*

### Botanical description

*Ariva* associate Indian meditative plant is found within the land regions up to a height of 1400 m and within the forest areas of Western Ghats.

The species is distributed throughout the tropical and subtropical parts of India, especially in upper Gangetic plains, Bengal, Madhya Pradesh, and South India. It is a perennial, slender, twining under shrub with woody and fragrant rootstock. Stems are numerous, slender, wiry, and lactiferous. Leaves are simple, opposite, variable, elliptic– oblong to linear–lanceolate, variegated, and white above and silvery-white pubescent beneath. Flowers are greenish purple, crowded in axillary cymes in small compact clusters. Fruits (follicles) are paired, cylindrical, pointed, and slender. Seeds are oblong in shape. Flowering is usually sparse and occurs in October, while fruits mature in January.<sup>[5]</sup>

**Upyuktanga** - Root

**Therapeuticuses** - *Jwara*, *Agnimandya*, *Prameha*, *kasa*, *aruchi*, *Tridosahar*.

## 2. RAJAKSAVAKA

*Kaidevanighantu* have mentioned *Rajaksavaka* as a synonym of *Dugdhika*<sup>[6]</sup> and as well *chakrpanidutt* commentary on *Charakasamhita* also accepted *rajaksavaka* as *Dugdhika*. *Dugdhika* means one which has milk or latex. In *BhavapakashNighantu* Source of *Dugdika* are *Euphorbiahirta*, *Chhoti Dudhi* (*Euphorbia thymifolia* or *Euphorbia microphylla* Heyne<sup>[7]</sup>, *Euphorbia hypericifolia*). By comparing the property of these 4 species *Euphorbia microphylla*, Heyne is more appropriate for the *Brmhana* action, because in practice it is given as a *stanyavardhak* drug.

**Botanicalname** – *Euphorbia microphylla*, Heyne

**Family** – Euphorbiaceae

### Botanicaldescription

Found all over the waste lands in India. Softly hispid prostrate herbs. Stem puberulous, slender, cylindrical, pale green but often pink in colour when fresh, becoming greyish green or dark purplish on drying. Stems are with white latex, spreading on the ground. Leaves are simple, opposite, elliptic, oblong or ovate. The petiole, 3-6 mm long, 2-4 mm wide, mostly green, but often coppery red when fresh, becoming greyish green or dark purplish on drying. Apex is obtuse or rounded. Venation is reticulate. Petiole is small, thin, slender, pale green and often pinkish in colour. Fruits are ovoid-globose, acutely 3-lobed, almost sessile capsule 1 mm × 1 mm base truncate, short-hairy. Seeds are conical, log, ovoid and obtusely quadrangular, up to 1 mm long, acutely 4-angled, reddish brown without caruncle.<sup>[8]</sup>

*Upyuktanga* - whole plant,

**Therapeuticuses** - *Svasa*, *Krmi*, *Kustha*, *Prameha*, *Raktapitta*, *Pravahika*, *Raktarsa*, *Palita*, *Danta-ghuna*, *Dadru*, *Sphota*, *stana*, *stanyashaya* (*swarasa* is used)

## 3. ASWAGANDA

**Botanicalname** – *Withania somnifera* Dunal.

**Family** - Solanaceae,

### Botanical description

A perennial shrub, found in waste land, widely cultivated in certain areas of Madhya Pradesh and Rajasthan, roots collected in winter, washed and cut into short pieces. An erect branching undershrub reaching about 5 cm in height usually clothed with minutely stellate tomentum leaves ovate up to 10 cm long, flower greenish or lurid yellow in axillary fascicles, fruit globose berries which are orange coloured when mature enclosed in a persistent calyx. The fleshy

roots when dry is cylindrical gradually tapering down with a brownish white surface and pure white inside when broken.<sup>[9]</sup>

**Upyuktanga** - Dried mature roots

**Therapeuticuses**- *Sotha, Kshaya, Daurbalya, Vataroga, Klaibya*, Excessive emaciation, *balasosa*, *Insomnia*.

#### 4. *KAKOLI*

**Botanical name** – *Lilium polyphyllum*

**Family**-Liliaceae

##### **Botanicaldescription**

**Distribuition** – A plant found growing in Western temperate Himalayas from 1800-3600 m from Kumaon to Kashmir. The bulb of *L. polyphyllum* is morphologically an underground stem with fleshy conical, translucent scale-leaves and roots attached with basal plate. *L. polyphyllum* is a perennial bulbous herb grows up to 1m in height and possesses hollow stem. leaves in whorls, many nerved narrowly lanceolate or linear, margins papillose, flowers 4-10, pendulous fragrant dull yellowish or greenish outside, white within speckled with long purple streaks in racems raised on the naked top of the stem parlanth recurved when fully expanded fruit a capsule.<sup>[10]</sup>

**Upyuktanga** -- Dried tuberous root

**Therapeuticuses** – *Kshaya, Raktapitta, sosha, Jvara, Svasa, Kasa, Daha*.

#### 5. *KSIRAKAKOLI*

**Botanicalname** – *Fritillaria roylei* Hook.

**Family** - Liliaceae

##### **Botanicaldescription**

A glabrous herb 6-24 m in height, found in Western temperate Himalayas from Kumaon to Kashmir. The leaves are opposite or whorled, linear-lanceolate, flowers are solitary and yellowish-green to brownish-purple. Flowers are bell shaped, hanging looking down, borne singly on the stem but sometimes in a group of two or more. Petals are narrow ovate 4-5 cm long.<sup>[11]</sup>

**Upyuktanga** - Dried whole bulb

**Therapeuticuses** - *sosa, Daha, Hrdroga, Jvara, Kasa, Kshaya, Raktadosa, Raktapitta, Raktaroga, sávasa, Vaatarakta, Yoni Vyapad, Vatavyadhi, Vatapittaruja*.

Both *kakoli* and *Kshirkakoli* are endangered Himalayan species. These are important constituent of *Astavarga*, *Chyavanprasha* and other ayurvedic formulations. According to *Bhavaprakashanighantu* *Ashwagandha* is used for the Substitute for both the drugs.<sup>[12]</sup>

## 6. VATYAYANI -BALA (ROOT)

**Botanicalname** – *Sida cordifolia* Linn

**Family**-Malvaceae

### **Botanicaldescription**

Distribution - Found throughout the Warmer parts of India as a weed of waste land. A small downy erect herb up to 1.5 cm in height, with long branches, sometimes rooting at nodes. Tap root long thick Yellowish Brown in colour. Leaves cordate, oblong ovate or ovate oblong, petiole as long as the blade. Flowers yellow or white. Fruit a depressed globose schizocarp type. Seeds are Smooth grey.<sup>[13]</sup>

**Upyuktanga** -Moola

**Therapeuticuses** - *Vatavyadhi*, *Kshaya*, *Krushata*, *Prameha*, *Hrddaurbaya*

## 7. BHADRAUDANI

The exact source of this drug is not known. In some book *Bhadrodani* is given synonyms of Bīāla (*Sidacordifolia*).<sup>[14]</sup>

## 8. BHARDWAJI (VANAKARPASA)

*Vanakarpasi* is known as *Bhaīrdwaji* since its name is given by *RishiBhardwaja*<sup>[15]</sup>

**Botanicalname**- *Thespesia lampas*

**Family** - Malvaceae

### **Botanicaldescription**

Common throughout in India. It is an erect slightly branched shrub 2-3 m in height. The leaves are alternate, simple, ovate, 10-20 cm long somewhat 3-lobed or nearly entire, green and nearly smooth on the upper surface, somewhat hairy beneath. The flower is regular, bisexual, hypogynous. Calyx- sepals 5, corolla petals 5, yellow with dark purple center. The capsules are ovoid and about 3 cm long with 4-5 valves.<sup>[16]</sup>

**Upyuktanga** – Mula, fruits

**Therapeuticuses**- *Daha*, *Srama*, *Bhranti*, *Murccha*, *Stanyaksya*.

## 9. PAYASYA (VIDARÌKANDA)

**Botanicalname-** Pueraria tuberosa DC.

**Family-** Fabaceae

### Botanicaldescription

Distributed all over India. It is a large, perennial climber with tuberous roots, upto 60 cm long and 30 cm thick, even weighing upto 35 kg, from about 5 or 10 kg. Leaves 3 foliate leaflets broadly ovate or rhomboid subcoriaceous glabrescent above and silky beneath. Flower blue or purplish blue in colour. The fruit pods are linear, about 2–5 cm (0.79– 1.97 in) long and constricted densely between the seeds. They have silky, bristly reddish-brown hair. Seeds vary from 3 to 6 in number.<sup>[17]</sup>

**Upyuktanga** - Tuberous root

**Therapeuticuses** – *Sula, Daha, Kasa, Kshaya, Mutrakrcchra, Raktadosa, Raktapitta, Visamajvara, Visarpa, sukraksaya*

## 10. VRSYAGANDHA (VRIDHADARU)

According to *bhavaprakasha nighantu* *Vrsyagandha* is the synonyms given for *vrudhadaru*<sup>[18]</sup> and Chakrapani confirmed it as *Shatavari*. But according to synonym and botanical description here *Vrsyagandha* taken as a *Vrudhadaru*.<sup>[19]</sup>

**Botanicalname-** *Argyreia speciosa* Roxb

**Family-** Convolvulaceae

### Botanicaldescription

It is woody climber found throughout India, up to an altitude of 300 m. Common in Assam, West Bengal, Bihar, Orissa and South India. The roots of *Argyria speciosa* are varying in size as well as in thickness. The thin roots are usually 2-4 mm in diameter and show somewhat smooth brownish exterior. The stem is white and tomentose in young stages. The older stem (25 mm) is so thick that it shows vertical ridges and numerous lenticels, which are mostly transversely elongated. The lower surface of the leaf is entirely covered with hair, which gives the leaf a silvery soft woolly appearance. The upper surface of the leaf is green, glaucous and shows the markings of nerves by slight depressions. The margin is entire but slightly wavy near the base. Lateral nerves 14-20 pairs arise alternatively on the midrib; the single nerves bifurcate before reaching the edge; the anterior branch unites with the posterior one of the neighbouring nerves; an arched nervule connecting the two branches reach the margin. Petioles stout and cylindric, a little shorter than the length of the blade is completely covered with woolly tomentum. The seeds are more or less triangular.

**Upyuktanga**– Roots

**Therapeutic uses** – Rasayana, vrsya, balya, Amavata, Arsas, Sotha, Prameha, Agnimandya

**KARMA**

The word *karma* is a very comprehensive term denoting all the actions for the maintenance and promotion of health as well as prevention and eradication of all diseases. It denotes Pharmacodynamics of a drug. *Bruhana* property belongs to the *bruhaniamahakashaya*.

**BRIMHANA KARMA**

It is an important *upakram* in *shadupakrama* & *Dwividopakrama* and an important treatment modality for many diseases. The *nirukti* of *bruhana karma* is to More increase, Purposeful increase, to make body stout.<sup>[20]</sup> Anything which increases the size of body or whatever adds to the corpulence of the body is *bruhana* or nourishing therapy.<sup>[21]</sup> *Bruhaniya* is that which is useful for enlarging the body, promotes the volume as well as weight of the body. (*Gangadhara*). *Guru*, *Sita*, *Mrudu*, *Bahal*, *Sthula*, *Picchila*, *Manda*, are the properties of *bruhana dravya*.<sup>[22]</sup> This *bruhana* guna also similar to the *Ojasguna*.<sup>[23]</sup> *Ojas* is the *Sara* of all the *Dhatus*. Therefore, we can state that *bruhana dravya* nourishes all the *Dhatus*. The *panchabhautik* composition of *Bruhanadravya* is *Pruthvi* and *Aap* *mahaibuta*.<sup>[24]</sup> *Bruhana* is *samana* for *vata* and *vata-pitta* combination.<sup>[25]</sup> Person requiring this therapy are *Krusha*, *Kshina* due to *vyadhi*, excess intake of *madya*, who indulge in lifting heavy weights, *garbhiini*, *bala*, *vrudha* etc. such person needs this therapy all the more during summer.<sup>[26]</sup> *Brumhana* of body increase in size & weight of Body By increasing Carbohydrates, Protein & Fat content in our body.

**ANALYSIS OF BRIMHANADRAVYAS THROUGH RASAPANCHAKA**

DRAVYA	RASA	GUNA	VIRYA	VIPAKA	KARMA
Kshirini (Sariva) <sup>[27]</sup>	Madhura	Guru, snigdha	Shita	Madhura	Dipana
RAJAKSAVAKA <sup>[28]</sup> (Dugdhika)	Madhura, Lavana, Katu, Tikta	Guru, Ruksha, tiksna	Ushna	Katu	Vrsya Dhatuvrddhikara, stnyavardhak
ASHWAGANDHA <sup>[29]</sup>	Tikta, kashaya	Laghu	Ushna	Madhura	Rasayana, Balya, Vajikaran
KAKOLI <sup>[30]</sup>	Madhura	Guru	Shita	Madhura	Brmhana, Sukrala
KSIRAKAKOLI <sup>[30]</sup>	Madhura	Guru, Snigdha	Shita	Madhura	Rasayana, Vrsya, Brmhana, Stanyajannasukravardhaka
VATYAYANIS (Bala) <sup>[31]</sup>	Madhura	Guru, Snigdha, Picchila	Shita	Madhur	Vrsya, Balya, Rasayana, sukrala



BHADRAUDANI (Bala) <sup>[31]</sup>	Madhura	Guru, Snigdha, Picchila	Shita	Madhura	Vrsya, Balya, Rasayana, sukrala
BHARADWAJI (Vanakarpasa) <sup>[15]</sup>	Madhura	Guru, Snigdha	Shita	Madhura	Vriya, Stanyajanana, Kaphakara
PAYASYA (Vidarikanda) <sup>[32]</sup>	Madhura	Guru, Snigdha	Shita	Madhura	Balya, Brmhana, Vrsya, Stanyadu, Rasayani, Jivaniya
RYSYAGANDHA (Vruddhdaru) <sup>[33]</sup>	Katu, Tiktha, Kasaya, Madhura	Sara, Laghu, Snigdha	Usna	Katu, Madhura	Rasayana, Vrishya, Balya, Agnivardhanam

## DISCUSSION

From the above table it is clear that almost all the drugs mentioned in the *Brmhaniya mahakashaya* have *Madhurarasa*, *Guru*, *Snigdha*, *SeetaVirya* and *Madhuravipaka*. Except- *Dugdhika*, *Ashwagandha*, *Vruddhdaru*. Considering each one in detail.

**Functions of Madhura rasa<sup>[34]</sup>** – *Madhurarasa* is *rasadisaptadhatuvaradhaka*, *ojovardhaka*, nourishing the sense organs, *Balakara*, *Bruhana*, *Sthariyakara* and *stnyavardhaka*. *Panchbhautic* composition of *madhurarasa* is *Prithvi* and *jala*.

**Function of Seetha Virya<sup>[35]</sup>** – It is *Prahladana*, *Sthirikaran*, *jeevan*, *balya*, *prasadana*, *stambhana* and *kledana*. *Panchbhautic* composition of *Shitavirya* is *Jalamahabhuta* predominance.

**Function of Madhura vipaka<sup>[36]</sup>** – On *dhatu* it acts as a *shukral*, on *Dosha* it acts as *Vathapittahara*, *kaphavardhana*. *Panchbhautic* composition of *Madhuravipaka* *Prithvi* – *jalapredominance*.

**Function of Guru-snigdha Picchilaguna<sup>[37]</sup>** – *Guru* – *Guruguna* is *bruhana*, *balakrit*, *pustikrit*, *vrushya*, *kaphavardhaka*. *Panchbhautic* composition of *guru guna* is *Prithvijalapredominance*. *Snigdha* – *Snigdha* is *balya*, *snehana*, *mardavavrushya* and *kaphavardhaka*. *Panchbhautic* composition of *snigdha* is *jalapredominance*. *Picchilaguna* – *Picchilaguna* is *Jeevaniya*, *Balya*, *guru*, and *kaphavardhaka*. *Panchbhautic* composition of *picchilaguna* is *jalapredominance*. *Properties of drugs according to bhautic composition*. *Parthivadravyas* - *Upchaya* (Development), *sanghata* (compactness), *guruta* (heaviness), *sthirta* (firmness). *Apyadravyas* - *Sneha* (unction), *mardav* (softening). From



these details we got a conclusion showing how these drugs under *brmhana Mahakashaya* showing *brmhana* action.

### PROBABLE MODE OF ACTION OF *BRIMHANADRAVYA'S*

Probably mode of action of *Brimhana Dravya's* can be accessed on the ground of its *Gunapanchaka*. It is found that majority of ingredients have predominance of *MadhuraRasa*, *ShitaVirya*, *MadhuraVipaka*, *GurusnigdhaGuna* and *VatapittaShamaka*, these all properties nourish all *Dhatus* and enhancement of *Dhatu-poshakaTatwa*, results in correction and promotion of the *Dhatus* causing *Brimhana* effect. Probable Mode of action *Dugdika*, *Ashwagandha*, *VruddhdaruAgnimandya*, production of *Ama*, *Srotorodha*, and vitiation of *VataDosha* are the major events in the pathogenesis of *DhatuKshaya*. Drugs having pharmacodynamics i.e., *TiktaKatuRasa*, *Ruksha-LaghuGuna*, *Ushna-Virya*, *KatuVipaka* and *Kapha-vatahara* properties which all are useful in breaking of etiopathogenesis of *Kshaya*. *Tikta*, *KatuRasa*, *UshnaVirya* and *SnigdhaGuna* (from other 7 drugs) that might have helped in normalizing the *Agni*, the movement of vitiated *VataDosha*. *Saraguna* due to the *anulomana* nature attained by the laxative action, it helps to alleviate *apanavayu* which further normalizes *vata*. This in turn helps in the homeostasis of the three humours of the body, which regularize the digestive fire leading to a proper metabolism. *UshnaVirya*, *LaghuRuksha*, *Tiksnaguna*- helps to alleviate *srotopalepa* and with the help of *saraguna* the action of the drug becomes more rapid and easier.

### CONCLUSION

*Brimhana Dravya* predominantly comprises of *Parthiva* and *Apya Bhavas*. *Vatapitahara* properties. *Brimhana* means proportionate body composition mainly through *Kapha*, *Mamsa* and *Meda* that leads to proper development and enhancement of different body part. Probably mode of action of *Brimhana Dravya's* can be accessed on the ground of its *Gunapanchaka*. It is found that majority of ingredients have predominance of *Guru*, *Snigdha*, *Shita* and *Manda Guna*, *Madhura Rasa* and *Madhura Vipaka* causing *Brimhana* effect. Apart from this with some drugs in *brmhaniya dashaimani* are *Tiktakasayarasa*, *Laghu*, *Tiksnaguna*, *Ushna Virya*, *katuvipaka* help in regularize the *Agni* leading to a proper metabolism and alleviate *srotopalepa*. During the treatment of *Karshya* one should be cautious that *Brimhana Dravya's* used in such instances should be *LaghuSantarpana* in nature because already in an emaciated person *Sharirbala* and *Agnibala* are reduced. So, over all action – *brmhana*. Some act by – Clearing the *sotas* and Correcting *agnibala*. Others nourishes all *dhatu*s.

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