

A REVIEW ON DEEPANIYA MAHAKASHAYA

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ABSTRACT

Ayurveda have two purpose one is to maintain healthy life and another is to cure the body from disease. Importance of Agni has been mentioned in almost all classical text in *Ayurveda*. According to *Ayurveda* major cause of various Vyadhi is **Agnimandya**. The main role of Agni is to maintain health, balancing and stability of *Dosa*, *Dhatu* and *Mala*. So, to bring the work of Agni to normal state, besides maintaining proper diet and rule, Deepaniya drugs are advised. According to karma in *Charak Samhita sutrasthana* drugs are classified into 50 groups that is Mahakashay. Deepaniya mahakashay is one of them which help in maintaining the body health by proper digestion of food. Ten contents of Deepaniya mahakashaya in *charaka Samhita*.

KEYWORDS: Agni, Deepaniya Mahakashaya, *Charaka Samhita*.

INTRODUCTION

The classical text meaning of Agni is fire. *Acharya Charaka* has mentioned thirteen types of Agni namely, one Jatharagni or Antaragni (for digestion and metabolic component), five Bhutagni's (to digest and assimilate nutrient into tissue from food based upon their respective components) and seven Dhatwagni's (for formation and nourishment of tissues). *Acharya Charaka* assert that Agni is in the form of liquid which is represented by Pitta itself and it acts accordingly based upon its normal or abnormal state.

According to *Acharya Susruta*, Pitta located in an area between *Amasaya* and *Pakwasaya* which digest, assimilate, and separate the excretory products from the nutritive part and being in its place, monitors function of other four Pittas is termed as Agni. *Susruta* coins the term Pachakagni for it.^[1]

अग्निषु तु शारीरेषु चतुर्विधो विशेषो बलभेदेन भवति ।

तद्यथा- तीक्ष्णो, मन्दः, समो, विषमश्चेति ॥ (च. वि. 6/12)

Jatharagni has been classified into four categories according to its power of digestion namely, Samagni, Vishamagni, Tikshnagni and Mandagni.^[2]

तीक्ष्णोऽग्निः सर्वापचारसहः, तद्विपरीतलक्षणस्तु मन्दः, समस्तु खल्वपचारतो

विकृतिमापद्यतेऽनपचारतस्तु प्रकृताववतिष्ठते, समलक्षणविपरीतलक्षणस्तु विषम इति ॥

(च. वि. 6/12)

These four Agni's, Samagni is the natural and desired state of Agni, where all the *Doshas* act in equilibrium condition. Remaining three types of Agni are pathological state of Agni and result diseases due to abnormal functioning. It is asserted in *Ayurveda* that, Mandyagni is the root cause for all the diseases.^[3]

Wrong dietary habits such as *Adhyashana* (eating after meal), *Vishamashana* (diet on irregular time and quantity), and wrong behavioral pattern such as *Vegadharana* (suppression of urges) leads to vitiation of *Doshas* independently or together causing *Agnimandya* (indigestion).^[4]

पिप्पलीपिप्पलीमूलचव्यचित्रकशृङ्गवेराम्लवेतसमरिचाजमोदाभल्लातकास्थिहिङ्गुनिर्यासा इति

दशेमानि दीपनीयानि भवन्ति । (च. सू. 4/9)

Acharya Charaka has mentioned *Deepaniya Mahakashaya*, a group of ten *Deepaniya* drugs, in *Sutra Sthana* of *Charaka Samhita*.

These are *Pippali*, *Pippalimoola*, *Chavya*, *Chitrak*, *Shringavera*, *Amlavetas*, *Marich*, *Ajmoda*, *Bhallatak asthi* and *Hingu niryas*.^[5] Though these have different parts for use, they have very similarities in their *Rasapanchak*.

Review of literature

Definition

According to *Acharya sharangdhara* deepana means the drug which stimulate Agni (digestive fire) but does not digest Ama (undigestive food).^[6]

Acharya bhavprakash clearly defines Deeepan as the action which stimulates agni but is unable to digest the Ama.^[7]

Panchbhautik composition of deepaniya dravya

According to *Acharya sushruta*, agni mahabhoot is dominant in deeepan dravya.^[8]

• Pipali

Pipali (*Piper longum* Linn.) belongs to Piperaceae family. It is described under Deepaniya (group of herbs used in stimulate the digestive fire), *kanthya* (group of herbs used in throat and voice care), *Truptighna* (group of herbs used in relieving satiation), *Asthapanopag* (group of herbs used in purification of channels and removing obstructions), *Shirovirechanopag* (group of herbs used in removing impurities from organs and channels in the urdhvajatrugat region), *Hikkanigrahana* (group of herbs used in reduce / check hiccups), *Kasahara* (group of herbs used in reduce the impulse to cough) and *Shoolprashaman* (group of herbs used in treating antispasmodic, anticolic, analgesic) mahakashaya by **Acharya charak**.^[9]

Its **active principles** such as Two alkaloids piperlongumine & piperlonguminine, n-hexadecane, n-heptadecane, n-octadecane, n-nonadecane, n-eicosane, n-heneicosane, thujene, terpinolene, zingiberene, p-cymene, p-methoxy acetophenone, traces of dihydrocarveol, phenyl ethyl alcohol & two sesquiterpenes; piperine, pipartin, triacontane, dihydrostigmasterol, an unidentified steroid, reducing sugar, glycosides, sesamin & methyl-3,4,5-trimethoxycinnamate (root), major alkaloid piperine & sesamin (stem & fruit), sesquiterpene hydrocarbon, caryophyllene, a sesquiterpene alcohol, carbonyl compound (essential oil), N-isobutyldeca- trans- 2-trans- 4- dienamide, piperine, pipartine & a lignan d-sesamin, two piperidine alkaloids piperonaline & piperundecalidine (fruit), sylvatin sesamin & diaeudesmin (seed).^[10]

Useful parts - Pipali are Fruit and root

Therapeutic dose - 0.5 to 1 gm of powder.

Formulation- Trikatu churna, Guda pippali.

- **Pipalimoola**

Pipalimoola - (Root of *Piper longum* Linn). **Belongs to** Piperaceae family. It is described under *Deepaniya* (group of herbs used to stimulate the digestive fire), *Shoolprashaman* (group of herbs used in the treatment of anti-spasmodic, anticolic, analgesic) mahakashaya by *Acharya charak*.^[11]

Its **active principles** such as Piperine, Piperlongumine, Piperlonguminine, Piplartin, Triacotane, Dihydro-stigmasterol, an unidentified steroid, reducing sugar, glycosides.^[12]

Useful part - Root

Therapeutic dose - 0.5-1.0 gm of powder.

Formulation- Abhayamodak, Agatsyaharitaki, Chandraprabha vati, Changeri ghrita, Dashmula kwath, Kalyanaka ghrita, Panchkol churna, Punarnava mandura, Sudarshan churna, Talishadi churna, Yograj Guggulu etc.^[13]

- **Chavya**

Chavya- (*Piper retrofractum* Linn). **Belongs to** Piperaceae family. It is described under *Deepaniya* (Digestion improving group of herbs), *Truptighna* (Satiation relieving group of herbs), *Arshoghna* (Group of herbs useful in relieving haemorrhoids), *Shoolprashaman* (Abdominal colic relieving group of herbs) mahakashaya by *Acharya charak*.^[14]

Its **active principles** of Stem- Piperine, sitosterol, pipartine (alkaloid). New amides-retrofractamide A, B, C&D iso- lated from aerial parts.^[15]

Useful part- Root

therapeutic dose – 1 to 2 gm^[16] of powder.

Formulation- Panchakola, Shadusana, Kankayana vati, Chavyadi Ghrta, Prananda Gutika.

- **Chitraka**

Chitraka- (*Plumbago zeylanica* Linn). **Belongs to** Plumbaginaceae family. It is described under *Deepaniya* (Group of herbs that improve appetite and digestion strength), *Lekhaneeya* (Group of herbs having scraping property), *Arshoghna* (group of herbs used in treating piles), *Shoolprashaman* (group of herbs that relieve abdominal colic pain) mahakashaya by *Acharya charak*.^[17]

Its **active principles** of dried root of Chitraka such as Plumbagin, 3-scholorplumbagin, 3-biplumbagin, Chitranone, Zeylinone, Isozeylinone, Elliptinone, Droserone, Chitranone,

Zeylinone, Isozeylinone, Isoshinanolone, Maritinone, 4-naphthoquinone, Plumbagic acid, Seselin, 5-methoxyseselin, Suberosin, Xanthyletin, Xanthoxyletin.^[18]

Useful part - Root

Therapeutic dose – 1 to 2 gm^[19] of powder.

Formulation- Chitrakadivati, Chitrakadi Churna, Chitrakarasayana, Yogarajagugguluvati, Panchatiktaguggulu, Agnitundivati, Abhayarista, Ajamodadi Churna, Panchatiktaguggulughrita, Vyosadigugguluvati, Tejovatyadighrita, Citrakadi leha.^[20]

- **Shringvera**

Shringvera- (*Zingiber officinale*) belongs to the family Zingiberaceae. It is described under *Deepaniya* (Group of herbs useful in improving digestion strength), *Truptighna* (Group of herbs useful to relieve pseudo-satiation), *Trishna Nigrahana* (Group of herbs useful in relieving thirst), *Arshoghna* (group of herbs used in treating piles), *Shoolprashaman* (group of herbs that relieve abdominal colic pain) mahakashaya by **Acharya charak**.^[20]

Its **active principles** of rhizome of ginger such as Volatile Oil containing Cineole zingiberol, and sesquiterpene like zingiberene, bisobolene and sesqui phellandrene, gingerosol in the oleo-resin.^[21]

Useful part- Rhizome

Therapeutic dose – 2 to 3 ml of the drug in juice form with honey.^[22]

Formulation - Adraka Khandavaleha, Sarasvatarista.

- **Amlavetasa**

Amlavetasa- (*Garcinia pedunculata*) belongs to the family Guttiferae. It is described under *Deepaniya* (Carminative group of herbs that increase digestion strength), *Hrudya* (Group of herbs useful as cardiac tonic), *Shvasahara* (Group of herbs useful for treating asthma, dyspnea) mahakashaya by **Acharya charak**.^[23]

Its **active principles** Pedunculol, Garcinol, Cambogin^[24]

Useful part- Fruit

Therapeutic dose -Juice 10-20 ml^[25]

Formulation -Vidangadi Churna.

- **Marich**

Marich- (*Piper nigrum* Linn.) belongs to the family Piperaceae. It is described under *Deepaniya* (Group of herbs that increase digestion strength), *Shiro Virechanopaga* (Group of

herbs useful in expelling Doshas from head and neck), *Shoola Prashamana* (Group of herbs useful in pain, abdominal colic), *Krimighna* (de-worming group of herbs) mahakashaya by *Acharya charak*.^[26]

Its **active principles** such as Alkaloids (Piperine, Chavicine, Piperidine, Piperetine) and Essential Oil.^[27]

Useful part - fruit

herapeutic dose - 250mg-1gm^[28] of the drug in powder form.

Formulation- Marichadi gutika, Marichadi taila, Trikatu churna.

- **Ajmoda**

Ajmoda- (*Apium leptophyllum* pers.) belongs to the family Umbelliferae. It is described under *Deepaniya* (Group of herbs that increase digestion strength), *Shoola Prashamana* (Group of herbs useful in pain, abdominal colic), mahakashaya by *Acharya charak*.^[29]

Its **active principles** such as Essential oil and fixed oil.^[30]

Useful part - Fruit

therapeutic dose -1 to 3 gm^[31] of the drug in powder form.

Formulation- Ajamodarka, Ajamodadi churna.

- **Bhalatakasthi**

Bhalatakasthi- (*Semecarpus anacardium*) belongs to the family Anacardaceae. It is described under *Deepaniya* (Group of herbs that promotes digestion), *Bhedaniya* (group of herbs that cause mild purgation), *Kushtaghna* (group of herbs that are useful in skin diseases), *Mutrasangrahaneeya* (group of herbs that cause urine retention) mahakashaya by *Acharya charak*. Its **active principles** of fruit such as A Tarry Oil containing Anacardic Acid, Non-Volatile Alcohol (Cardol).^[32]

Useful part - fruit

herapeutic dose - 1.2 gm^[33] of the drug in Ksirapaka form.

Formulation- Amrta Bhallataka Leha, Sanjivani Vati, Bhallataka Rasayana, Bhallataka Modaka.

- **Hinguniryas**

Hinguniryas- (*Ferula narthex* Bioss.) belongs to the family Umbelliferae. It is described under *Deepaniya* (herbs that improve digestion power), *Svasahara* (herbs that are useful in

asthma and other respiratory disorders), *Sangyasthapana* (herbs that are useful to restore consciousness), mahakashaya by *Acharya charak*.

Its **active principles** such as Essential oil, gum and resin.^[34]

Useful parts - Gum, Resin.

Therapeutic dose – 125 to 500 mg of the drug.^[35]

Formulation- Hingvastaka Churna, Hinguvadi Churna.

Table 1: Properties of deepaniya mahakashaya as per *bhavprakash Nighantu*.^[36]

S.No	Name	Varga	Rasa	Guna	Virya	Vipaka
1.	Pippali	Haritakyadi	Katu	Snigdha, Laghu	Anushna	Madhura
2.	Pippali moola	Haritakyadi	Katu	Laghu, Ruksha	Ushna	Katu
3.	Chavya	Haritakyadi	Katu	Laghu, Ruksha	Ushna	Katu
4.	Chitraka	Haritakyadi	Katu	Laghu, Ruksha	Ushna	Katu
5.	Shringavera	Haritakyadi	Katu	Tikshana, Ruksha	Ushna	Madhura
6.	Amlavetas ^[37]	Amraphaladi	Amla	Laghu, Ruksha	Ushna	-
7.	Maricha	Haritakyadi	Katu	Tikshana	Ushna	Katu
8.	Ajmoda	Haritakyadi	Katu	Tikshana	Ushna	Katu
9.	Bhallatakasthi	Haritakyadi	Madhur, Kashaya	Laghu	Ushna	Madhura
10.	Hingu niryas	Haritakyadi	-	Tikshana	Ushna	-

DISCUSSION

In this review work, it is observed that the *Charaka Samhita* mentions Deepaniya Mahakashaya, most of the Deepana Dravyas are having Katu rasa followed by Tikta rasa (taste), Teekshna (sharp), Ushna (hot) and Ruksha (dry) Guna, Ushna virya (hot potency), Katu vipaka (bio transformation of drugs inside body).

Vayu and Agni *Mahabhoota* predominate in Katu Rasa. Ruksha, Ushna and Laghu guna control the movement of Vata, stimulate the digestive fire, improve taste perception, scratches sticky material, clear channels in the body.^[38] Ushna virya pacifies Kapha-vata and increases Pitta. The properties of all Dravya of Deepaniya Mahakashaya are highly responsible for the biological effects and hence Prove their utility in disease management as an appetizer in Rasapradoshaj Vyadhi's.

Deepana Dravya cannot digest Aama but ignites digestive power. This statement can be supported by *Bhavaprakasha* with the example of a lamp. The Dim lamp which can light up the room and removes the darkness is unable to cook the rice, though it has the property of Teja *Mahabhuta*^[39] Similarly, Deepana Dravya generates hunger by stimulating Jatharagni, in such way that it could be either by following a systematic diet, exercise or by using certain herbs and medicines mind motivates a person to eat food, but this stimulation is insufficient for the digestion of that food. So, Agni Deepana can be stated as something which stimulates Agni.

CONCLUSION

In *Ayurveda* the balance of *Doshas*, *Dhatus*, *Malas* and *Agni* are considered as healthy state of a person. *Agnimandya* is said to be the root cause of all diseases.^[40] Deepaniya dravyas play the vital role in stimulating Jatharagni in case of Mandagni and Mandagni induced Rasa pradoshaja diseases. Deepaniya dravya are a group of 10 substance which predominantly are of katu rasa and ushna veerya.

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