

ASTHANOPAG GANA IN ASPECT OF PANCHAKARMA: A REVIEW

¹*Vd. Nitin Bhirud, ²Vd. Nitin C. Jadhav and ³Vd. Sanjay Nandedkar

¹Principal and Professor Panchkarma Dept. Noble Ayurveda College, Research Center
Junagad, Gujrat.

²Asso. Professor, HOD Kayachikista Dept. G. S. Gune Ayurved College Ahmednager(M.S.).

³HOD and Professor Agadanttra Dept. Dr. G. D. Pol Foundation,s Y.M.T. Ayurved College
Kharghar Navi Mumbai.

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***Corresponding Author**

Dr. Vd. Nitin Bhirud

Principal and Professor
Panchkarma Dept. Noble
Ayurveda College, Research
Center Junagad, Gujrat.

ABSTRACT

Ayurveda is one of the traditional medicinal systems of Indian. The philosophy behind Ayurveda is preventing unnecessary suffering and living a long healthy life. Ayurveda involves the use of natural elements to eliminate the root cause of the disease by restoring balance, at the same time create a healthy life-style to prevent the recurrence of imbalance. In Chakara Samhita, it was stated that the Ayurvedic teaching is transferred by Indra to Bhardwaj, who in turn taught this to Atreya. The disciples of Atreya wrote their own samhitas, with Agnivesha Samhita being the one well-accepted. It is then revised, edited and supplemented by Chakara about 800 years later. Among all the drugs which is described in Asthapanopag gana of

Charaka Samhita, maximum drug are Tikta or Katu or Kasaya Rasa Pradhana and most of the drug are Ushna in Virya. It can also be said that the drugs having Katu, Tikta, Kashaya Rasa, Laghu & Ruksha Guna, Ushna Virya and Katu Vipaka play major role in the treatment which is often use in Panchakarma Chikitas as a Kashay Basti (decoction enema). This review made a humble effort to highlight the Asthapanopag gana' from Charaka Samhita as a natural and safe remedy use as a treatment of Panchakarma Chikitsa.

KEYWORDS: Ayurveda, Asthapanopag Gana, Basti, Charaka Samhita.

INTRODUCTION

Ayurveda is one of the traditional medicinal systems of Indian. The philosophy behind *Ayurveda* is preventing unnecessary suffering and living a long healthy

life. *Ayurveda* involves the use of natural elements to eliminate the root cause of the disease by restoring balance, at the same time create a healthy life-style to prevent the recurrence of imbalance.

Herbal medicines have existed world-wide with long recorded history and they were used in ancient Indian medicine for various therapies purposes. World Health Organization estimated that 80% of the world's inhabitants still rely mainly on traditional medicines for their health care.^[1] The subcontinent of India is well-known to be one of the major biodiversity centres with about 45,000 plant species. In India, about 15,000 medicinal plants have been recorded, in which the communities used 7,000-7,500 plants for curing different diseases.^[2] In *Ayurveda*, single or multiple herbs (polyherbal) are used for the treatment. The *Ayurvedic* literature *Charak Samhita* highlighted the concept of polyherbalism to achieve greater therapeutic efficacy. *Ayurveda* is based on the fundamental of *tridosha*. *Vata*, *pitta* and *kapha* are considered as chief factors responsible for health and disease. For achieving healthy life *Ayurveda* describes a well-known procedure which is known as *Panchakarma*. Among these *Panchakarma* *basti* is a well-known best procedure for *Vataj* disease. *Vasti* is the *Karma* in which, the medicine prepared according to disease and it administered through rectal canal which reaches up to the *Nabhi Pradesh*, *Kati*, *Parswa*, *Kukshi*. *Vamana* and *Virecana* cannot be used in old persons, children and in weak. In such a condition *Asthapana Basti* alone is the best therapy. *Asthapana Basti* stabilizes the *Age (Vaya)*, normal functions of *Dosa*, *Dhatu* and *Deha* i.e., strength of the body.^[3]

Basti sustain age, provides happy life, strength digestive fire, intellect, voice and complexion, and performs all functions. It is free from complication for child, old and adult patients⁵ alike, alleviates all disorders, draws out feces, mucus, bile, *Vayu* and urine; gives firmness, semen and strength and pacifies all disorders by eliminating accumulation of impurity situated all over the body.

The normalcy of *Vata Dosh*a corresponds to physiological states of other two *Dosh*as and body.^[4] Various aetiological factors for the derangement of *vata* has been mentioned such as excessive walking, exercise, sleeping on an uncomfortable bed, withholding of natural urges, trauma to vital organs, excessive riding on fast moving, jerky vehicles, unwholesome dietary habits^[5] etc. For these *Vataj* diseases, *Basti* is the complete treatment for derangements. In this paper we are going to review *Asthapanopag gana* and its role in the treatment which is often using in *Panchakarma Chikita*s as a *Kashay Basti* (decoction enema) in detail.

METHODOLOGY

One by one each detail of Asthanopaga gana from Charaka-Samhita will be studied according to following points:

- 1) Drugs of Asthanopaga gana.
- 2) Properties of drugs of Asthanopaga gana.

Asthanopaga gana

Acharya Charaka has classified the dravyas as per pharmacological actions into 50 mahakashaya (50 groups of dravyas). Each group contains ten dravyas for a particular action. Out of these 50 Mahakashaya, Asthanopaga gana is the 25th number Mahakashaya. The names of dravyas mentioned in this Mahakashaya are Trivruta, Bilva, Pipali, Kushtha, Sarshapa, Vacha, Fruit of Vatsaka, Satapushpa, Madhuka & Madanphala.

Table no. 1: Drugs of Asthanopaga gana.

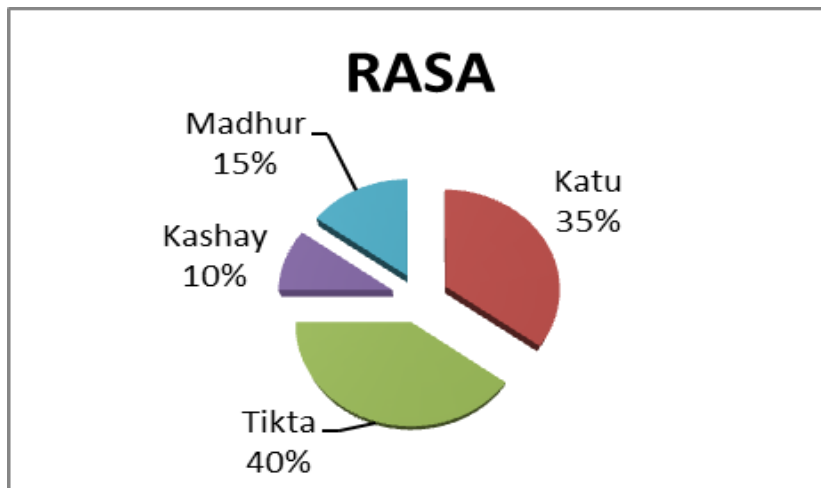
Sr. No	Sanskrit Name	English Name	Latin Name	Family	Habit	Part Use
1)	Trivruta,	Indian Jalap	Operculina turpethum	Convolvulaceae	Tree	Root bark, leaves
2)	Bilva	Bael tree	Aegel marmelos	Rutaceae	Tree	Fruit, root, Leaves.
3)	Pipali	Long Pepper	Piper Longum	Piperaceae	Climber	Fruit, Root
4)	Kushtha	Costus root	Saussuria lappa	Asteraceae	A perennial herb	Root
5)	Sarshapa	Wild turnip	Brassica campestris	Cruciferae	Herb	Seed
6)	Vacha	Sweet flag	Acorus calamus	Araceae	Marsh herb	Rhizome
7)	Fruit of Vatsaka	Kurchi	Holarrhena antidycentrica	Apocyanaceae	Tree	Fruit Seed
8)	Satapushpa	Dill	Anethum sowa	Umbelliferae	Herb	Fruit, Leaves.
9)	Madhuka	Liquorice	Glycyrrhiza glabra	Fabaceae	Herb	Root
10)	Madanphala	Emetic nut	Randia dumetorum	Rubiaceae	Shrub	Fruit Seed

Table no. 2: Properties of drugs of Asthapanopag gana.

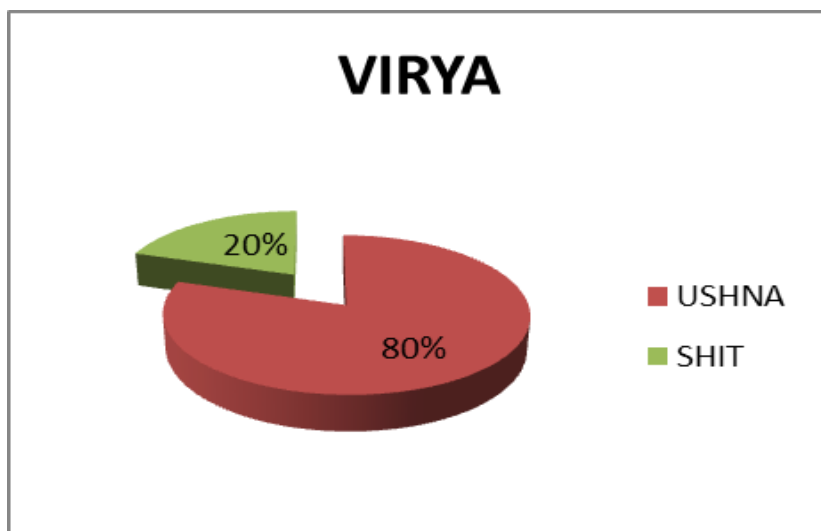
Sr. No	Name of plant	Rasapanchaka	Chemical Constituents	Pharmacological properties & action	
1	Trivruta,	Rasa	Tikta, Katu	Alpha and beta turpethins, Scopoletin, Turpethinic acid,	Shothahara, Arshohara, Jwaroghna, Pihoghna, Kruminghna.
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Ruksha, Tikshna		
2	Bilva	Rasa	Kashay, Tikta	Xanthotoxin, Umbelliferone. Marmesin, Marmin,	Shothahara, Atisarhar, Agnidipan, Antidiabetic, CVS activity.
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Ruksha,		
3	Pipali	Rasa	Katu	Essential oil, Mono-and sesquiterpenes, Caryophyllene, Piperine, Piplartine, piperlonguminine, Beta- sitosterol.	Antitubercular activity. Antispasmodic, Hypotensive, Anti-inflammatory, Jwaroghna, Pihoghna, Kruminghna.
		Virya	Usna Adra - Shit		
		Vipak	Madhur		
		Guna	Laghu, Snighdha, Tikshna		
4	Kushtha	Rasa	Tikta, Katu, Madhurr	Essential oil, Costol, Taraxas-terol, Costunolide, Dehydro costuhactone, Alpha cyclocostunolide.	Antiseptic action, Hypotensive, Anthelmintic property, Hikka-kasa har, Kandughna, Vatratahar.
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Ruksha, Tikshna		
5	Sarshapa	Rasa	Katu, Tikta	Rutin, arabinogalactan	Pihoghna, Dantarog nashak Slipad, Kusthaghna Kandughna.
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Snighdha,		
6	Vacha	Rasa	Katu, Tikta	Acolamone, Acorenone, Acoragermacrone, Acoramone, Acorone, Acoric acid.	Antiepileptic activity Antifungal activity, Antimicrobial Amllapitahar, Shothahara, Atisarhar,
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Tikshna,		
7	Fruit of Vatsaka	Rasa	Tikta Kashay	Conessimine, Conessimine, Conkurchine, Holadiene, Holarrhimine.	Antiseptic action, Hypotensive, Arshohara, Jwaroghna, Atisarhar,
		Virya	Shit		
		Vipak	Katu		
		Guna	Laghu, Ruksha,		
8	Satapushpa	Rasa	Katu, Tikta	Carvone, Dihydrocarvone, Limonene, Dill-apial,	Arshohara, Antiseptic action, Jwaroghna, Arshohara
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu,		

			Tikshna,	Alpha- berga- motene.	
9	Madhuka	Rasa	Madhura	Glycyrrhizin, Glycyrrhizic acid, Glycyrrhetic acid, Liquirtin,	Anti-inflammatory, Anti-arthritic, Antidiuretic, Antipyretic, Antiseptic action
		Virya	Sita		
		Vipak	Madhura		
		Guna	Guru Snighdha		
10	Madanphala	Rasa	Madhura, Tikta	Citric & tartaric acids, Randiamin, Randia acid, Ursosaponin, Dumetoronins, Stearic acid.	Vishaghna, Anti-inflammatory, Antipyretic, Immunostimulating activities.
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Ruksha,		

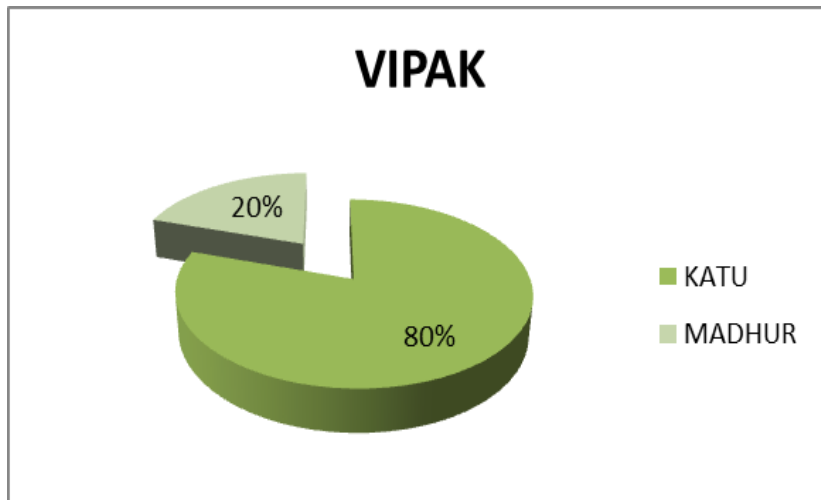
OBSERVATIONS



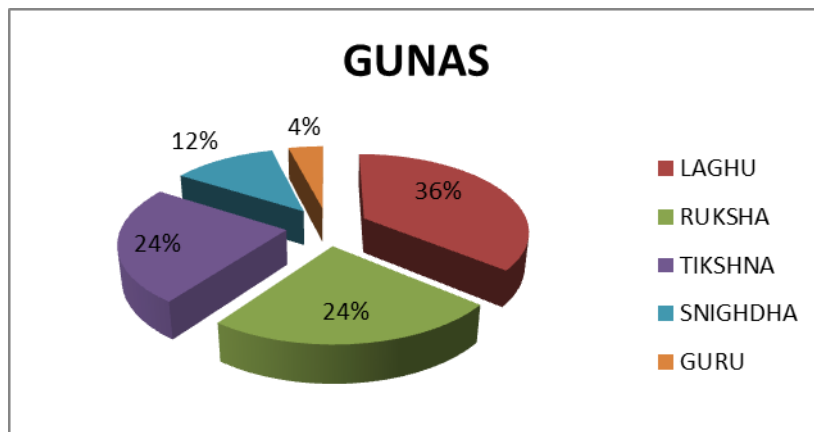
Graph No 1: Distribution of rasa in Asthapanopaga gana.



Graph No 2: Distribution of Virya in Asthapanopaga gana.



Graph No 3: Distribution of vipak in Asthanopaga gana.



Graph No 4: Distribution of Virya in Asthanopaga gana.

DISCUSSION

After detail study of Asthanopag Mahkashay, it is seen that most of the above dravyas which stated by Acharya Charak has included having Tikta, katu, Kashay, Madhur rasa. It is observed that, of the total drugs mentioned in Asthanopag Mahakashaya Tikta Rasa dravya (8) & Katu Rasa dravya (7) are max in number followed by Kashaya Rasa Dravya (2) then Madhura Rasa Dravya (3) in number. According to panchmahabhuta it shows dominancy of agni, vayu and akash mahabhuta pradhan dravya which shows pharmaceutical actions such as Anti-inflammatory, Anti-arthritis, Antidiuretic, Antipyretic, Antiseptic actions. It is very important to break down the pathophysiology of avrodhjanit vatvyadhi and aamdhushti of tridosha. Most of the drugs mentioned are Ushna Virya in nature (8) and only a few are Sheeta Virya (2). Ushna Virya helps for the regulation of vaat dosha. Sheeta Virya dravyas correct the bonding between pitta and rakta so it plays major role as antihypertensive properties.

Madhura (2) and Katu Vipaka (8) Dravyas are mentioned to have the property of Jwaroghna, Arshohara and beneficial in bal and vrudha in pittaj vyadhi.

Laghu (09), Ruksha (06), Tikshna (06), Snighdha(03), Guru (01) gunas dravya are mentioned to be mostly acting on the anavaha shrotas and Udakvaha shrotas. Laghu guna help for treating the indigestion caused in the aamjanya shrotoavrodh. Tikshna Guna helps to expel the faeces properly. Laghu, Ruksha, Tikshna Guna and UshnaVeerya remove Sroto rodhaas. It penetrates minutest Srotas in management of avrodhjanit vatvyadhi and aamdhushti of tridosha. The systemic medicines act by improving appetite, regularize bowl habits, astringent action on blood vessels and maintaining Agni and Shrotas in equilibrium.

CONCLUSION

From the above analysis, it is evident that Acharya Charaka has correctly described the herbal drugs in a qualitative manner to combat the particular disorder. The herbal agents of Asthanopag gana have shown properties which stabilized the vaat dosha by action on shrotoshodhan and normalise the vaat guna and increase the healthy life. These herbal drugs can be used as effective agents against tridosha and many disorders such as avrodhjanit vatvyadhi. Finally asthanopag gana plays an important role in shodhana chikitsopakram in Panchakarma chikitsa.

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