

EVALUATION OF SHONITSTHAPAN MAHAKASHAYA

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ABSTRACT

**Ek/kqe/kqd#f/kjekspjle`Rdikyyks/kzxSfjdfiz;axq'kdZjkytk bfr
n'kseku 'kksf.krLFkkiukfu HkofUr AA**

Acharya Charaka described 50 Mahakashayas in fourth chapter of Sutra sthana of Charak Samhita. Each mahakashayas has 10 drugs. All 50 mahakashayas may further divide into the 10 sub classes on the basis of specific characteristics. Shonitsthapan means any kinds of dravya which purified the impurities of blood or increases desired amount of blood & maintain its quantity or stambhan of atipravatti of rakta. Shonitsthapan mahakashaya is specific & only Mahakashaya in

which its contents are some herbal drug, one metallic compound(Gairik), one jantav dravya(Madhu), two byproducts(Sharkara & Laja) and Mrutkapal. There are two main causes of bleeding, first is accidently (agantuka) & second is dosh prakope. Rakta and Pitta dosh both are same in nature so Rakta(blood) is vitiated mainly by Pitta thus shonitsthapan drugs have pittashamak properties. Shonitsthapan drugs have astringent (Kashaya), Sweet (Madhur) rasa, sheet (cold) veerya (potency). It used in different type of shonitjanya vikaras.

KEYWORDS Shonitsthapan mahakashaya, Shonitsthapan karma, Bleeding, Haemostatic, Haemopoitic, Blood purifier & Shonitsthapan drugs.

INTRODUCTION

Acharya Charaka described Mahakashaya in fourth chapter of Sutra sthana of Charak Samhita. Each Mahakashaya includes ten drugs. Shonitsthapan Mahakashaya is the 46th of the 50 mahakashaya. Shonitsthapan mahakashaya denotes, group of ten medicines which act differently on shonit dusti. These ten medicines are madhu, madhuk, rudhir(Keshar), mochas, mrutkapal, lodhra, gairik, priyangu,sharkara & laaja.^[1] Shonitsthapan mahakashaya

is specific & only Mahakashaya in which its contents are some herbal drug, one metallic compound (Gairik), one jantav dravya (Madhu), two byproducts (Sharkara & Laaja) and Mrutkapal. Shonitsthapan dravya act as haemostatic, haemopoitic and blood purifier. It used in different type of shonitjanya vikaras as raktarsh, raktapradar, raktapitta, atyartava, atherosclerosis & other bleeding disorders. These bleeding disorders are major cause of anaemia which is a critical problem in present era. In India, prevalence of Anaemia in all groups is higher.

SHONITSTHAPAN KARMA

- 'kksf.krL; nq"VL; nqf"VeigzR; rr~ izdrkS LFkki;fr bfr 'kksf.krLFkkiue~A.^[2]

According to Chakradatt, any kinds of dravya which purified the impurities of blood, corrects the pathology & converts its natural form. It is called Shonitsthapan.

- #f/kjlaLFkkiue~ iq#"kL; #f/kjo`f} LFkS;Zdje~A.^[3]

According to Yogratnakar, any kinds of dravya which increases desired amount of blood & maintain its quantity. It is called Shonitsthapan.

- 'kksf.kra LFkki;fr vfrizoRra LrEHk;fr bfr 'kksf.krLFkkiue~A^[4]

Acharya Yogratnakar also says that about Shonitsthapan, any kinds of dravya which stambhan of atipravatti of rakta means stop the bleeding.

We can say that Shonitasthapana karma can be explained as the group of plants which activity is catagorized as.^[5]

- **Raktashodhan (Blood purifying)** - removes dusthi (Disorder) of vitiated shonita(rakta).
- **Raktavardhan (Haemopoitic)** - bring back it to normal state.
- **Raktastambhana (Haemostatic)** – Prevent bleeding.

PATHOGENESIS & MODE OF ACTION

There are two main causes of bleeding, first is accidently (agantuka) & second is dosh prakope. Pitta dosh is main responsible factor for bleeding or shonit dusti because both pitta & Rakta are same in nature. This excessed pitta opens the entrances of circulation channels then enter the channels & mixes with blood. Both pitta & rakta are heating in nature. As the heat increase, it begins to penetrate vessels & tissue cell walls. Thus it diminish clotting process & produce bleeding.^[6]

Blood is vitiated mainly by pitta so shonitsthapan drugs have pittasamak properties. Shonitsthapan drugs have astringent (Kashaya), Sweet (Madhur) rasa, sheet(cold) veerya(potency). Due to these properties these drugs alleviates pitta & remove dushti of rakta directly or indirectly.

Some hemostatic herbs stop blood flow by acting as antihemorrhagic agents. The hemostatic effects of antihemorrhagic & styptic herbs are often due to mechanism such as tannin astringency having the capacity to combine tissue proteins(at lesion place) & precipitate them. Although there are a few hemostatic herbs have been shown to reduce clotting times and have inhibitory effects on the Platelet Aggregation Factor (PAF).

MATERIAL AND METHOD

S.N.	DRUGS	SHONITSTHAPAN KARMA
1	Madhu	Blood purifier
2	Mulethi	Haemopoitic & Blood purifier
3	Keshar	Blood purifier
4	Mochras	Haemostatic
5	Mrutkapal	Haemostatic specially by Pittaprashman
6	Lodhra	Haemostatic
7	Gairik	Haemostatic & Haemopoitic
8	Priyangu	Blood purifier & Haemostatic specially by Pittaprashman
9	Sharkara	Haemostatic specially by Pittaprashman
10	Laaja	Haemopoitic & pathya aahar

DESCRIPTION OF SHONITSTHAPAN DRAVYAS

1. Madhu (Honey)

Madhu has Sheeta Guna, having Madhura and Kashaya Rasa which are contradictory to the properties of Daha and Pitta. It pacifies all three Doshas, having Vrana Shodhana, Sandhana, Ropana and Krimihara property.^[7] It is mentioned in Rakta Sthapana Mahakashaya and in Sandhaniya Mahakashaya.^[8]

Madhu contains lysozymes which lyse certain microorganisms, e.g. some *Staphylococci* and Gram-negative organisms, by breaking up cell walls & hygroscopic nature of Madhu (by the potassium content) withdraws the moisture from the bacteria. Due to these both properties Madhu plays bactericidal action. Madhu can act as a yogwahi dravya it means when it uses with other medicine then it capture properties of other medicine.^[9] Thus it proves that it is a good blood purifier & adjuvant (enhance the properties of other medicines).

2. Madhuk (Mulethi)

Liquorice (Glycyrrhiza glabra) is also known as "sweet root". The word "Glycyrrhiza" is made from two Greek words: Glykys, meaning "sweet" and Rhiza, meaning "root". It is sweet, cool and heavy to digest. The Rasa (taste) of this herb is madhura (sweet), which makes it beneficial for vata and pitta doshas, while its Virya (action) is sheetal (cooling), which generally increases kapha when consumed in large doses over long term.^[10]

It acts on circulatory system as enhance the blood flow, building red blood cells. It prevents also deposition of plaque on the walls of blood vessels. Licorice, aids in the production of lymphocytes & macrophages which can improve your defence mechanisms from microbial issues. Mulethi also minimizes immune allergic reactions as well as that auto immune complications. It is used as blood purifier & haemopoitic.

Mulethi is beneficial in bleeding stomach ulcers caused by aspirin: A recent study from Iranian researchers used aspirin coated with licorice and found that it helped protect against ulcers induced by aspirin, reducing the size and number of ulcers. This activity of Liquorice on prostaglandin-regulating enzymes may explain why this herb protects stomach tissue against aspirin-induced damage.

3. Rudhir (Keshar)

Saffron is the Magical herb or the golden crop. This exotic herb is famous for its medicinal, cosmetic, colouring and flavoring properties. In contrast Shonitsthapan, it has a raktaprasadan property due to its tridoshsamak effect. Saffron is considered as blood purifier and anti-inflammatory in nature. It is a cardio tonic, cardio protective and anti-atherosclerotic effects help in lowering blood cholesterol and triglycerides. It keeps the blood pressure under control.^[11] Saffron would be likely to offset the decreased diffusivity of oxygen caused by elevated plasma protein and cholesterol level, reduced the severity of atherosclerosis. In addition, serum cholesterol levels were reduced by half.^[12] For this purpose take 50 mg. of saffron dissolved in 100 ml. of milk was administered twice a day to human subjects, and the significant decrease in lipoprotein oxidation susceptibility in patients with coronary artery disease (CAD) indicates the potential of saffron as an antioxidant.^[13]

4. Mochras (Salmali niryas)

Mochras is a niryas of salmali (gum resin of silk cotton tree). Mochras is guru, snigdha, picchil in properties, kashay in ras, katu in vipaka & sheet in veerya. Gum exudates contains Tannin,

gallic and tannic acids. Mochras is haemostatic agent due to its raspanchak & chemical constituent Tannin. It is used in many bleeding problem such as menorrhagia, metrorrhagia, excessive menstrual bleeding of various aetiology, haemorrhoids, haemoptysis of pulmonary tuberculosis and influenza, malaena, diarrhea and dysentery.^[14]

5. Mrutkapal (Pieces of old clay pot)

For understand the Shonitsthapan karma of Mrutkapal, it is necessary to know exact meaning of Mrutkapal. Mrutkapal is a breaked pieces of old clay pot. Clay pot made by clay direct heating at high temperature in which people contain milk & butter for a long time. Due to Samskar concept of Ayurveda Mrutkapal captures the properties of these substances. These all have Pittasamak property. Acharya Charak also described Mrutkapala could be helpful in form of siddhajala with honey in Pittaj Trushna vikara.^[15] So it proves that Mrutkapal has Pittasamak property. Hence it plays a important role in Shonitsthapan.

6. Lodhra

Lodhra basically means the one which helps in making the body firm. It is even mentioned to as DIVYA AUSHADHI (Divine herb). Lodhra is a very important Ayurvedic herb. It is mainly used in bleeding disorders both externally & internally. Lodhra contains khashay ras (Astringent) due to this it's formulations made from the bark & its bark also contains Tannin. Lodhra is Grahi (absorption enhancing) Sheeta (cooling) & Laghu (light) which itself is a unique combination. Lodhra is one of the drugs efficacious for checking haemorrhage. It is used in bleeding, oozing & secretions. Lodhra is used in epistaxis (raktapitta), the people who have high pitta generally experiences nose bleeding, the Grahi (absorbing) quality of lodhra helps in thickening of blood (clotting) to stop haemorrhaging (bleeding). The decoction prepared from bark is given 50-60 ml to treat diarrhea, uterine bleeding disorders(DUB) & bleeding piles because decoction constricts smaller blood vessels & controls bleeding.

External application of Lodhra twak churna acts as haemostatic.^[16]

7. Gairik (Fe₂O₃).^[17]

Specially Swarn Gairik used for medicinal purpose. Swarn Gairik is Red Ochre, an oxide of Iron (Fe₂O₃). It is used medicinally only after proper Shodhana or purification. For Shodhan, Geru powder is treated with sufficient amount of Go-dugdha three times. Shuddha Gairika is an astringent and haematinic. It increases hemoglobin level because rich sources of iron.

It is astringent, sweet in taste (Rasa), sweet after digestion (Vipaka), and is cool in potency (Virya). Shuddha Gairika, is used in treatment of Netra roga (diseases of eyes), Raktapitta (bleeding disorder), hikka (hiccup), vama (vomiting), vata vikara (disorders due to poison), Rakta pradara (Menorrhagia or Metrorrhagia or both), kandū (itching), Jwara (fever), daha (burning sensation) and Udara roga (diseases of abdomen).

8. Priyangu.^[18]

The Sanskrit word priyangu literally means that which is lovable or charming. Priyangu is bitter, astringent and sweet in taste, pungent in the post digestive effect and has cold potency. Due to these properties it alleviates all the three doshas especially, vata and pitta. It is a potent blood purifier and alleviates the pitta dosha. Actually both pitta & Rakta are same in nature. Priyangu used in all blood disorders due to vitiation of pitta dosha thus useful in raktapitta, skin diseases and other blood disorders. When internally tender fruits of udumbara (*Ficus racemosa*) and priyangu cooked in milk, are given in pregnancy to alleviate the bleeding. (dhanwantari) Priyangu & Gandhpriyangu both varieties used as raktapittashamak.

9. Sharkara (Sugar)

Sharkara is a ikshuvikara means it form by sugarcane juice. Sharkara is sheet, snigdha, guru in properties & madhura in ras comparatively to other ikshuvikara. According to acharya charak, all types of sharkara have raktapittaprashman property.^[19] Hence sharkara plays an important role in Shonitsthapan.

10. Laaja (Roasted rice)

Laaja is form of roasted rice. Laaja is a rich source of carbohydrate, oryzenin (a type of glutanin protein), vit.B & E and minerals (Ca,P,Na,k,I). It also contains amylase, protease, lipase enzymes. We can use Laaja as a good nutritive food for routine life. Laaja indirectly helps in Raktavardhana (increasing quantity of blood). Laaja is madhra in taste, sheet in veerya & laghu in nature. It is pathya aahar in Raktapitta, chardi, atisar & grahani vikara.^[20]

CONCLUSION

S.N.	DRUGS	ENGLISG NAME	LATIN NAME	FAMILY	DOSH	SHONITSTHAPAN KARMA
1	Madhu	Honey	-	-	VPK↓	Blood purifier
2	Madhuk	Liquorice	Glycyrrhiza glabra	Leguminosae	VP↓	Haemopoitic & Blood purifier

3	Kumkum	Saffron	<i>Crocus sativus</i>	Iridaceae	VPK↓	Blood purifier
4	Mochras	Silk cotton tree	<i>Salmalia malabarica</i>	Bombocaceae	PK↓	Haemostatic
5	Mrutkapal	Pieces of old clay pot	-	-	P↓	Haemostatic
6	Lodhra	Lodh tree	<i>Symplocos racemosa</i>	Symplocaceae	PK↓	Haemostatic
7	Gairik	Red ochre	Fe ₂ O ₃		PK↓	Haemopoitic & Haemostatic
8	Priyangu	Beautyberry	<i>Callicarpa macrophylla</i>	Verbenaceae	VP↓	Blood purifier & Haemostatic
9	Sharkara	Sugar	-	-	P↓	Haemostatic
10	Laaja	Roasted rice	-	-	-	Haemopoitic

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