

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/335368365>

` Role of shramahara mahakashaya (an anti-fatigue formula) in vyadhikshamtva(immunity)

Conference Paper · July 2019

CITATIONS

0

READS

733

4 authors, including:



Achini Dharmasena
University of Colombo

19 PUBLICATIONS 2 CITATIONS

SEE PROFILE



Ramamurthy Aku

13 PUBLICATIONS 25 CITATIONS

SEE PROFILE



Krutika Joshi
National Institute of Ayurveda

37 PUBLICATIONS 118 CITATIONS

SEE PROFILE

Some of the authors of this publication are also working on these related projects:



Multidisciplinary Research [View project](#)



Sports medicine [View project](#)

Role of *shramahara mahakashaya* (an anti-fatigue formula) in *vyadhikshamtva*(immunity)

K.N.A.Dharmasena¹, A. Rama Murthy², Krutika Joshi³ Gaurav Sharma⁴

¹. MD scholar, Postgraduate department of Dravyaguna vignana, National institute of Ayurveda, Jaipur.

². Professor, Postgraduate department of Dravyaguna vignana, National institute of Ayurveda, Jaipur.

³. Lecturer, Postgraduate department of Dravyaguna vignana, National institute of Ayurveda, Jaipur.

⁴ Pharmacologist, Postgraduate department of Dravyaguna vignana, National institute of Ayurveda, Jaipur.

Abstract - The world health organization warned about the high rate of emergence of infectious diseases in 2007 and further notified around 40 infectious diseases emerged from 1970. 'Devoid of diseases' or *vyadhikshamatva* synonymously named as *swasthya* (wellbeing), *bala*(strength) and *ojas* in *Ayurveda*. *Shrama* (fatigue) is the main feature of *balakshaya* (Strength depletion), *ojahkshaya* as well as *rasa*, *asthi* and *shukra dhatu kshaya* (tissue depletion). *Shrama* occurs with the existent of *balakshaya*, *ojahkshaya* or depleting *vyadhikshamatva*. Thereby, *shrama* and *vyadhikshamatva* have a coexisting relation. *Acharya caraka* has collectively mentioned 10 drugs as *shramahara kashaya* which effectively works on *shrama*. It includes dry fruits and grains which are in regular consumption. Hence, ingredients of *shramahara kashaya* are easily available, non-controversial comparing to *jeevaniya* (life promoting) and *brumhaniya*(bulk promoting) drugs that are commonly used to enhance *vyadhikshamatva*. They are rich in nutrients, antioxidants and also have proven effects on anxiety, and in immunomodulation. These shreds of medical evidence beyond the nutrition values of *shramahara kashaya* create a new paradigm in immunomodulation. With this aim, this review has been planned to find the efficacy of *shramahara kashaya* in *vyadhikshamatva*. The study was carried out using a detailed analysis of various *Ayurveda* classical texts as well as available modern literature.

Key words – *Shramahara mahakashaya*, immunomodulation, *Vyadhikshamatva*

Introduction

Time tested eternal science; Ayurveda is enriched with its' own concepts and principles for the overall wellbeing of mankind. Incorporating with main goals of Ayurveda it heightens wholesome health by establishing host defense mechanisms against diseases. This aspect of Ayurveda expounds as *vyadhikshamatva* [1] or *ojas* [2] or *bala* [3].

The word *vyadhikshamatva* consists of 2 words; 'vyadhi' and 'kshamatva'. *Vyadhi* is defined as the combination of unfavourable stimuli to mind and body [4]. *Kshamatva* means 'to bear', 'to resist against disease' or 'composed to suppress excitation'. *Vyadhikshamatva* is the protection power against diseases (*Vyadhi-balavirodhitva*) and resistance power against disease occurrence (*Vyadhi- utpadapratibandhakatva*) [1]

This explanation can be co-related with the modern concept of immunology. As per allopathic view, the therapeutic modification of immune responses is known as Immunomodulation [5]. *Ojas*; the causative factor (*karana bhava*) of *bala* [6] is considered as the key role in *Vyadhikshamatva*. *Kalaja bala* and *yuktikruta bala*, the two types of *bala* (out of three) can be improved by diet and behaviors [7]. Thereby, *ojas* can be enhanced and also the *vyadhikshamatva* of the host [8].

Hence, food is an essential element of wellbeing [9]. Copious pieces of evidence of therapeutic usage of food are found in *Ayurveda* classical books. *Shramahara mahakashaya*(SMK) mentioned in *shadvirechanashatashriteeya adhyaya* of *Caraka samhita* [10] is an amazing illustration amongst it. It comprises 10 ingredients of fruits, and grains which are used as food in a day to day life. This study aims to elucidate the utility of SMK in *vyadhikshamatva* based on its logical analysis (*anumana* and *yukti*) upon the properties of ingredients (*dravya swalakshana*) [11].

Material and methods

Comprehensive review of the ingredients of SMK has been done using *vruhatraya* and *Nighantus in e- nighantus*. Published scientific works allied with ingredients have been reviewed. Further, compiled data was tabulated upon the properties (*dravya swalakshana*), and analyzed the inference action (*anumana*) and logical therapeutic (*yukti*) outcomes pertinent to the concept of *vyadhikshamatva*.

Results

The word '*shrama*' denotes fatigue, exhaustion, or exertion either physically or mentally [12]. Presently, the infinite dimensions of this concept had spread towards sports medicines with intentions for increasing *shareera bala* and exercise capacities [13]. It revealed significant results in enhancing *shareera bala* (strength); the *karyabhava*(effect) of *ojas*. Similarly, the relative improvement of *bala* and *vyadhikshamatva* upon *ojas* has been described by *acarya Cakrapani* [14].

Table 1 - Shrama and its' relation with diseases

	<i>As an etiological factor</i>	<i>Reference</i>		<i>As a symptom or sign of a disease</i>	<i>Reference</i>
1	Fever	<i>Su.U.39/80 C.Ni.1/220</i>	1	Suppression of thirst	<i>Ca.Su7/21</i>
2	<i>Pittaja prameha</i> (metabolic disorder due to vitiated <i>pitta dosha</i>)	<i>Ca.Ni.4/ 24</i>	2	excessive exercise	<i>Ca.Su.7/33</i>
3	Skin disorders	<i>Ca.Ni.5/6</i>	3	<i>shrama</i> is an indicative factor for purification therapy	<i>Ca.Su.15/14</i>
4	cause of discharge of pseudo pregnancy	<i>Ca.Vi.3/24</i>	4	<i>Asthidhatu kshaya</i> (disorders of musculoskeletal system)	<i>Ca.Su17/67</i>
5	male infertility	<i>Ca.Ci.30/161</i>	5	<i>shukradhatu kshaya</i> (disorders of testosterone synthesis)	<i>Ca.Su.17/69</i>
6	<i>bhagandara</i> (ano-rectal fistula)	<i>Su.Ni 4/9</i>	6	fever due to vitiation of <i>vata dosha</i>	<i>Ca.Ni.1/21</i>
7	<i>palitya roga</i> (alopecia)	<i>A.Hr.U.23/29</i>	7	prodromal and general symptom of fever	<i>Ca.Ni.1/33</i>
8	<i>Shrama</i> causes thirst	<i>Su.U.48/4</i>	8	symptom of skin disorders, <i>pandu</i> (malnutrition disorder), <i>madaty</i> (alcoholism)	<i>Ca.Ci.7/12 Ca.Ci.16/13 Ca.Ci.24/102</i>
			9	stage of loss of body strength <i>sthaulya</i> (obesity)	<i>A.Hr. Su.11/10</i>
			10	<i>Rasa dhatu kshaya</i> (Depletion of <i>rasa dhatu</i>)	<i>A.Hr. Su. 11/17</i>
			11	<i>mamsa medhogata vata</i>	<i>A.Hr.Ni.15/11</i>
			12	<i>Ojo visransa</i>	<i>Su.Su.15/25</i>

Table 2 - Shramahara kashaya with botanical sources and properties

	Drugs	Rasa	Guna	Virya	Vipak a	Dosha karma	Allied pharmacological properties with vyadhikshamatva action
1	Draksha <i>Vitis vinifera</i> L.	M	Gu, sni	Sita	M	VP samaka	<i>hrdya, vrishya, cakshushya, kshatakshya hara, santarpani param</i>
2	Kharjura <i>Phoenix dactalifera</i> L.	M Ks	Gu, sni	Sita	M	VP samaka	<i>bala sukrakari, hrdya, kshatakshya hara, tushtipushtida sukralam,</i>

3	<i>Priyala</i> <i>Buchanania lanzan</i> Spreng.	M	Gu, sni	<i>Sita</i>	M	VP samaka	<i>vrishya, balya, hradya</i>
4	<i>Badara</i> <i>Ziziphus zizyphus</i> (L)H. Karst.	A, M, Ks	Gu, sni	<i>Sita</i>	M	VP samaka	<i>vataghna, brimhana,</i>
5	<i>Dadima</i> <i>Punica granatum</i> L.	M Ks, A	La, Sni	<i>Anushna</i>	M	VPK samaka	<i>hradya, medhya, kanthasya</i> <i>rogaghna</i>
6	<i>Phalgu</i> <i>Ficus carica</i> L.	M	Gu, sni	<i>Sita</i>	M	VP samaka	<i>Tarpani, brimhana, vajikarana</i>
7	<i>Parushaka</i> <i>Grewia asiatica</i> L.	M, A, Ks	La	<i>Sita</i>	M	VP samaka	<i>Brimhana</i>
8	<i>Ikshu</i> <i>Saccharum</i> <i>officinarum</i> L.	M	Gu, sni	<i>Sita</i>	M	VP samaka	<i>Vrishya, kapha prada, hridya,</i> <i>brimhana</i>
9	<i>Yava</i> <i>Hordeum vulgare</i> L.	M, Ks	Ru, Gu	<i>Sita</i>	M	KP samaka	<i>Sthairya, agnivarnakari</i>
10	<i>Shashtika shali</i> <i>Oryza sativa</i> L.	M, Ks	Gu, Sn i	<i>Sita</i>	M	P samaka	<i>Balya, sthanya, pushti medha,</i> <i>kapha prada</i>

M- Madhura , A- Amla, Ks- Kashaya, La – Laghu, Sni – Snigdha, Ru – Ruksha, Gu – Guru, VP- Vata Pitta, KP – Kapha Pitta, P- Pitta, VPK – Vata, Pitta, Kapha

Discussion

- Based on the logical analysis (*Yukti*)

‘*Shrama*’ is a condition which occurs in *dhatu kshaya* stages (tissue depleting conditions) (table 1). It is a clinical feature in *bala vibhramsha* (loss of strength) and *ojo visransa* (table 1). *Ojas* is known by *upachaya* of all *dhatu*s[15]. Hence, execute *shramahara cikitsa* found to be truthful in *ojah kshaya* thereby in *vyadhikshamatva*.

- Based on properties of the ingredients (*swalakshana*)

Potentials of SMK are wholesome effects of individual drugs. Predominance properties of SMK are *madhura rasa, guru, snigdha guna, madhhura viapaka, sheeta veerya, and vata pitta shamaka guna* (table 2). Due to *guna samanya* (similarity of properties) between SMK and *Ojas* and *kapha dosha*, the decrease entity can be enhanced by similar entities [16].

- Based on Inference (*Anumana*)

Individual ingredients of SMK possess *rasayana properties* (rejuvenation therapy) like *hrdya* (cardioprotective), *vrishya* (aphrodisiac), *balya* (promote strength), and *medhya* (promote intellect) mostly (table 2)[17]. Hence, the study can infer the synergetic effect as same[16].

Conclusion

The vast scope of this unique collection of SMK drugs is beneficial for attaining *vyadhikshamatva*. Antioxidant assay and nutritional assessment of SMK have also suggested its' high pharmacological potentials in sustenance [13]. Hence, *acarya Caraka* mentioned one should build the capacity to tolerate *shrama* for getting *mokshah* (Eventual destination)[[18]. This indirect implication on the concept of *shrama* shows the mask facet of SMK in *vyadhikshamatva*.

References -

1. Shrama R.K, Dash B., Caraka Samhita (text with English translation & critical exposition based on Cakrapani Datta's Ayurveda Dipika , Vol.1, Varanasi, Chowkamba Sanskrit series office, 2019, P.573-574
2. Shrama R.K, Dash B., Caraka Samhita (text with English translation & critical exposition based on Cakrapani Datta's Ayurveda Dipika , Vol.1, Varanasi, Chowkamba Sanskrit series office, 2019, P.594
3. Srikantha Murthy K.R., Sushruta Samhita, Vol.1, Varanasi, Chaukhambha orientalia, 2012, P-106
4. Srikantha Murthy K.R., Sushruta Samhita, Vol.1, Varanasi, Chaukhambha orientalia, 2012, P-8
5. Antonio B.M., Mattila R., Gomez-font R, Meurman J., Immunomodulatory drugs: oral and systemic adverse effects, 2014 Jan; 19(1): e24-e31 (Pub Med)
6. Yadavji Trikamji, Narayana Ram, Sushruta Samhita of Sushruta with the nibandhasangraha commentary of Sri Dalhana acharya, Varanasi, Chaukhambha Sanskrit Santhan, 2013, P71
7. Shrama R.K, Dash B., Caraka Samhita (text with English translation & critical exposition based on Cakrapani Datta's Ayurveda Dipika , Vol.1, Varanasi, Chowkamba Sanskrit series office, 2019, P.220-221
8. Yadavji Trikamji, Narayana Ram, Sushruta Samhita of Sushruta with the nibandhasangraha commentary of Sri Dalhana acharya, Varanasi, Chaukhambha Sanskrit Santhan, 2013, P- 470

9. Yadavji Trikamji, Narayana Ram, Sushruta Samhita of Sushruta with the nibandhasangraha commentary of Sri Dalhana acharya, Varanasi, Chaukambha Sanskrit Santhan, 2013, P- 7
10. Shrama R.K, Dash B., Caraka Samhita (text with English translation & critical exposition based on Cakrapani Datta's Ayurveda Dipika , Vol.1, Varanasi, Chowkamba Sanskrit series office, 2019, P.98
11. Sharma R.K, Dash B., Caraka Samhita (text with English translation & critical exposition based on Cakrapani Datta's Ayurveda Dipika , Vol.1, Varanasi, Chowkamba Sanskrit series office, 2019, P.101
12. Sharma R.K, Dash B., Caraka Samhita (text with English translation & critical exposition based on Cakrapani Datta's Ayurveda Dipika , Vol.1, Varanasi, Chowkamba Sanskrit series office, 2019, P.385
13. Mahajon B., Rama Murthy A., Relevance of *shramahara mahakashaya* (An anti-fatigue formulation) in sports medicine 2018: Journal of scientific innovation and research, 2018; 7(1): 15-17.
14. Yadavji Trikamji, Narayana Ram, Sushruta Samhita of Sushruta with the nibandhasangraha commentary of Sri Dalhana acharya, Varanasi, Chaukambha Sanskrit Santhan, 2013, P-71
15. Yadavji Trikamji, Narayana Ram, Sushruta Samhita of Sushruta with the nibandhasangraha commentary of Sri Dalhana acharya, Varanasi, Chaukambha Sanskrit Santhan, 2013, P-72
16. Sharma R.K, Dash B., Caraka Samhita (text with English translation & critical exposition based on Cakrapani Datta's Ayurveda Dipika , Vol.1, Varanasi, Chowkamba Sanskrit series office, 2019, P.26-27
17. Yadavji Trikamji, Narayana Ram, Sushruta Samhita of Sushruta with the nibandhasangraha commentary of Sri Dalhana acharya, Varanasi, Chaukambha Sanskrit Santhan, 2013, P-73
18. Sharma R.K, Dash B., Caraka Samhita (text with English translation & critical exposition based on Cakrapani Datta's Ayurveda Dipika , Vol.II, Varanasi, Chowkamba Sanskrit series office, 2018, P.420-421

