



Evaluation of Swedopag Mahakashaya of Charak Samhita: A Literary Review

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ABSTRACT-

Acharya charak has mentioned Swedopag mahakashaya (adjuvants in sudation therapy) denotes ten medicines which act on swedan karma. swedopag can be correlate with formentation of modern medicine. Swedopag Mahakashaya is the 22nd gana of the 50 mahakashaya gana described in fourth chapter of Sutra sthan of Charak Samhita and includes shobhanjan, eranda, arka, vrushira(shwet punarnava), rakta punarnava,yava, til, kullatha, masha, badar ten ingredients. These 10 plants are work together and give enhanced effect. They are also effective individually. These plants having Katu, Tikta, Kasaya Rasa, Ushna(hotness) Virya, Katu Vipaka, tikshnam, saram(ability to spread) Guna and sukshma(minute) properties.

Keywords: charak samhita, Swedopag mahakashaya, fomentation, srotas.

Introduction :

Swedopag mahakashaya is group of ten dravyas, which act on Swedan karma. The process which relieves stiffness, heaviness, coldness of the body and produces sweat is called swedana. In Ayurveda, various types of Swedana is described. bahya and abhyantar swedan.

स्तम्भगौरवशीतघ्नं स्वेदनं स्वेदकारकम्॥११॥

Charak sutra sthan 22/11²

Swedopag at high dose and longer duration act as a swedan dravya and swedan at less dose act as swedopag.

Aim and objective:

To study literature review of Swedopag Mahakashaya of Charak Samhita.

Materials and methods:

classical ayurvedic texts, commentaries, various articles, previously conducted

research studies thoroughly reviewed and analysed.

Review of swedopag gana :³

Sr no.	Name	Botanical name	Family	Useful parts
1	Shobhanjan	Moringa olifera	Moringeacea	Mul, patra
2	Erand	Ricinus communis	Euphorbiacea	Panchang
3	Arka	Calotropis gigantea	Apocynaceae	Mul, patra, panchang
4	Vrishcheer(shwet punarnava)	Boerhavia erecta	Nyctaginaceae	Panchang
5	Rakta punarnava	Boerhavia diffusa	Nyctaginaceae	Mul panchang
6	Yava	Hordeum vulgare	Graminea	Panchang
7	Tila	Sesame indicum	Pedaliaceae	Seed, patra
8	Kulatha	Dolichos biflorus	Legumosae	Seed
9	Mash	phaseolus mungo	Papilionaceae	Seed
10	Badar	Zizyphus jujube	Rhamnaceae	Seed, patra

Sr no.	Name	Guna (Quality)	Rasa (Taste)	Veerya (Potency)	Vipaka
1	Shobhanjan	Laghu (light to digest), Rooksha (dryness), Teekshna (strong, piercing)	Katu (Pungent), Tikta (bitter)	Ushna – hot potency	katu (Moringa undergoes pungent taste conversion after digestion)
2	Erand	Snigdha (oily, unctuous), Teekshna (strong), Sookshma (minute)	Madhura (sweet), Katu (pungent), Kashaya (Astringent)	Ushna- Hot potency	Madhura – Undergoes sweet taste conversion after digestion
3	Arka	Laghu (lightness), Ruksha (dryness), Teekshna	Katu (pungent) Tikta (bitter)	Ushna – hot potency	Katu – Undergoes pungent taste conversion after digestion.
4	Vrishcheer	Laghu (lightness),	Madhura	Ushna –	Katu – Undergoes

	(shwet punarnava)	Rooksha (dryness)	(sweet), Tikta (bitter), Kashaya (astringent)	Hot potency	pungent taste conversion after digestion.
5	Rakta punarnava	Laghu (lightness), Rooksha (dryness)	Tikta (bitter)	Ushna – Hot potency	Katu – Undergoes pungent taste conversion after digestion.
6	Yava	himaśca (cold in potency); virūkṣaḥ (dryness)	kaṣāyo madhura – astringent and sweet	Sheet-cold	Pungent – Katu
7	Til	Sukshma – minute, enters minute body channels Vyavayi – gets absorbed and enters body channels very quickly. Teekshna – strong, piercing, Vishada – clear, clarity Guru – heaviness Sara – eases bowel movements Vikasi – loosens joints Lekhana – scraping.	Madhura – sweet, Tikta – Bitter Anurasa – kashaya – Astringent sub-taste.	Ushna – Hot potency	Madhura – Undergoes sweet taste conversion after digestion
8	Kulatha	Laghu – light to digest, Rooksha – Dry in nature, Teekshna- Pungent	Kashaya – astringent	Ushna – Hot	Amla – After digestion it undergoes into sour taste
9	Mash	Guru – heavy to digest Sara – causes intestinal movements Snigdha – unctuous Ruchya – improves taste	madhura (sweet)	Ushna – Hot potency	Madhura – Undergoes sweet taste conversion after digestion
10	Badar	Guru (heaviness), Snigdha – unctuous, oily	Madhura – sweet, Amla – sour taste	Sheeta – Coolant	Madhura – Undergoes sweet taste conversion after digestion

Sr no.	Name	Chemical composition ⁵	Dosha karma	Main karma
1	Shobhanjan	calcium, potassium, zinc, magnesium, iron and copper [2]. Vitamins like beta-carotene of vitamin A, vitamin B such as folic acid, pyridoxine and nicotinic acid, vitamin C, D and E	Balances Kapha and Vata.	Krimighna – group of herbs that are used to treat worm infestation. Svedopaga – Ayurvedic plants that are used in Svedana (preparatory procedure for Panchakarma) Shirovirechanopaga – group of herbs that are used in Nasya Panchakarma treatment etc.
2	Erand	Castor Seeds & Leaves- Ricinine(toxic alkaloid), 1-methoxy-3cyano-4methoxy-2-pyridone Castor Seed coat – Lupeol, Lipida, Phosphatids etc. Castor Seed oil – arachidic, ricinolic, Palmitic, Stearic etc. Acids; hexa decanoic, Hydrocyanic & uric acids; squalene and tocopherols etc.	Balances Kapha and Vata Dosha	Bhedaniya – group of herbs that cause purgation Angamarda Prashamana – group of herbs that relieve pain Svedopaga – Group of herbs useful in swedana – sweating treatment etc.
3	Arka	Laurane, Saccharose, B-amyrin; a&B calotropeols; holarrhetine, Cyanidin-3-rhamnoglucoside; Taraxsterol isovalerate; Giganteol; Calotroposide; Calactin, Calotoxin; Calotropins DI & DII, Gigantin etc. A&B Amyrins, Cyanidin-3-Rhamnoglucoside, procesterol, B-sitosterol, Calactin, Caotoxin, Calotropagenin, Calotropin, Calotropain, Proceroside, Proceragenin etc.	balances Vata and Kapha.	Bedaniya, Vamonopaga, Svedopaga Kushtahara – relieves skin diseases Krumighna – useful in worm infestation Kaphanashana – balances Kapha. Arshahara – useful in haemorrhoids Vishahara – anti toxic Raktapitta – useful in bleeding disorders Sangrahi – useful in diarrhea etc.
4	Vrishcheer(shwet punarnava)	Hentriacontane, B-sitosterol, Oxalic acid, D- glucose, Punarnavoside, Punarnavine-1,	Balances Kapha and Vata	Vayahsthapana – anti ageing group of herbs Kasahara – group of

		<p>Punarnavine-2 Boeravinones A,B,C etc T. Portulacastrum- Trianthemine and ecdysterone. It also contains two rotenoids – Boeravinones G and H b-Sitosterol, a-2-sitosterol, palmitic acid, ester of b-sitosterol, tetracosanoic, hexacosanoic, stearic, arachidic acid, urosilic acid, Hentriacontane, b-Ecdysone, triacontanol</p>	Dosha.	<p>herbs useful against cough Anuvasanopaga – Group of herbs useful in oil enema Svedopaga – useful in sweating treatment</p>
5	Rakta punarnava	<p>Hentriacontane, B-sitosterol, Oxalicacid, D- glucose, Punarnavoside, Punarnavine-1, Punarnavine-2 Boeravinones A,B,C etc T. Portulacastrum- Trianthemine and ecdysterone. It also contains two rotenoids – Boeravinones G and H b-Sitosterol, a-2-sitosterol, palmitic acid, ester of b-sitosterol, tetracosanoic, hexacosanoic, stearic, arachidic acid, urosilic acid, Hentriacontane, b-Ecdysone, triacontanol</p>	<p>Balances Kapha and Vata Dosha.</p>	<p>Vayahsthapana – anti ageing group of herbs Kasahara – group of herbs useful against cough Anuvasanopaga – Group of herbs useful in oil enema Svedopaga – useful in sweating treatment</p>
6	Yava	<p>It contains p- coumaroylagmatine, hordenine and its derivative, pyrrolidine, luteolin glycoside, flavones glycosides- orientoside and orientin, cynoglucosides-3-beta- D – glucopyranosyloxy- 2-methylpropene, 4 – beta – D – glucopyranosyloxy – 3- hydroxyl – 3- hydroxymethy- butyrobotrile.</p>	<p>Balances kapha and pitta Dosha, increases vata dosha</p>	<p>Medha vardhana – increases intelligence Agni vardhana – improves digestive fire Swarya – improves voice Balakaro – improves the physical strength Varna stairyakari – maintains the skin complexion Vrishya – aphrodisiac Stairyakaro – stabilizes the body etc.</p>
7	Til	<p>Sesame is rich in Vitamin E. Hence acts as a natural anti oxidant. It also contains Vitamin K. Sesame contains magnesium, copper, calcium, iron, zinc, and</p>	<p>Balances Vata and Kapha Dosha, Slightly</p>	<p>Balakara – improves strength and immunity Deepana – improves digestion strength Tvachya – good for</p>

		vitamin B6.	increases Pitta Dosha	skin Vrushya – aphrodisiac, improves vigor Vayasthavana – anti aging, rejuvenating etc.
8	Kulatha	Horsegram seeds contain 21% of crude protein, 11% of pentosan and about 3% of water soluble gum. They also contain traces of urease and phosphorus. The other chemical constituents present in the seeds are Genistein, Dalberoidin, Phasw and Collidin.	Kapha vata shamaka (reduces the vitiated Kapha and Vata)	Swedopaga – Group of herbs used in sweating treatment Niruhopaga – Group of herbs used in Niruha Basti
9	Mash	Black gram contains more phosphoric acid than other pulses, and protin 22%, carbohydrate 55% etc.	Balances vata dosha increases kapha and pitta dosha	Swedopaga – Group of herbs used in sweating treatment Vrushya – aphrodisiac, improves vigor Vayasthavana – anti aging, rejuvenating etc.
10	Badar	Fruit: Rich in Vitamin C, Also contains Jujubosides A&B (seeds) , Zizogenin, Zeatin, Frangufoline, Saponin etc Bark – Leucocyanidin, Maurities A,B,C,D, E & F frangufoline. Leaves- Rutin, Yuziphine, Yuzirin Seeds: betulinic aldehyde, betulinic acid, ceanothic acid, frangufoline, spinosin, beta-sitosterol, daucosterol, daucosterol-6'-octadecanoate, sucrose, docosanoic acid, stearic acid, palmitoleic acid.	balances Vata and Pitta Dosha.	Hrudya – Group of herb that acts as cardiac tonic, congenial for heart, Svedopaga – Group Virechanopaga, Chadri Nigrahana – Anti emetic group of herb Shukrala – improves sperm and semen quantity and quality Bhedana – useful in constipation Brumhana – nourishing, nutritious etc

SWEDOPAG GAN DRAVYA IMAGES:



1) SHOBHANJAN



2) ERANDA



3) Arka



4) Shweta punarnava



5) rakta punarnava



6) YAVA



7) TILA



8) KULATHA



9) MASHA



10) BADAR

Quality of swedopag gana :²

Ushna (hotness)

Because of this quality perspiration occurs

This is useful to reduce the stiffness and spasm of the muscles in arthritis
Tikshnam (penetrating)

It is the property which can reach to the deep tissues of the body like bones and hence can target the deep pathological sites or lesions. Because of this quality, deeply embedded impure doshas are separated from peripheral tissues.

Saram

This means ability to spread.

Because of this quality, liquefied doshas are moved out of the minute cavities to their main site.

Sukshma-minute

Because of this quality swedan material can reach up to the minute cavities to perform their function.

Importance of swedan karma :¹

- 1) Shwedan, liquefies doshas and removes shrotorodha.
- 2) It increases sweating and removes toxins from skin, which leads to skin glowing, softening of skin and helps to increase skin elasticity.
- 3) It removes stiffness, heaviness, coldness of the body.
- 4) It maintain the normal direction of vata (anuloman gati).

Indication-

Sweat is the waste product (mala) in the process of metabolism of med dhatu (fat) in the body.

Help in the process of sweating

Predominance of agni mahabhut

Dilatation of swedavaha srotas(stimulation to sweat glands and dilatations of blood vessels)

It removes strotorodh i.e blockage of vata (anulom gati)

It maintain the normal direction of vata

DISCUSSION-

Present days people having less immunity and strength low

Immunity may be due to stress, improper diet, abnormal routine and intake of food of contaminated with chemicals and fertilizers Hence people suffering with many diseases like prathishaya, kasa swasa, hikka mutrakruchra, mutraghata, alasaka, visuchika, karna, manya, shirashola, arditha, pakshaghata, ekanga and sarvang vata etc. Swedana karma helps to eradicate disease and remove toxins of body.

CONCLUSION -

Swedopag mahakashaya is one of the important group of drugs among the 50 mahakasaya. From the classical literature and recent clinical trials it is observed that the drugs of this swedopag mahakashaya has the potential to treat the musculoskeletal disease like arthritis, metabolic disorders like obesity, relieve stiffness, heaviness, coldness of the body effectively. Arate therapeutic procedure Swedana can be used as a seplit should be used singly or in combined form in different pharmaceutical forms as per the need. It is further suggested to evaluate the effect of these drugs on specific organisms experimentally & clinically.

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