

Department :- Ayurved Samhita & Siddhant

Topic : Mahakshay - part 2

Charak & 50 Mahakashay

- This Topic is very Popular in Ayurvedic field
- This 50 Groups are like Readyrecknor or Practical Prescriber for Ayurvedic Medical Practice
- This Topic is a part of Syllabus in 3 subjects of BAMS course –1) Dravyaguna vignyan (Paper 1 Part A ,Point 10 –Dashemani Gan 2) Charak Purvardha (Charak Sutrasthan ,Chaper 4 –Shadvirechan Shatiya)

Charak & 50 Mahakashay

- Each group consists of 10 Herbs
- So $50 \times 10 = 500$ Herbs
- But unfortunately many Herbs are controversial & many are not available
- Students will easily now note ,which plants are not available from this PPT
- Also this PPT will explain the Pharmacodynamics of these herbs .So students by their own intelligence can add other herbs also in this Group

Acknowledgement

- Many Thanks to
- Dr.Ila Bhor madam ,from Ayurved college nigdi
- For her Intelligent, Expert comments regarding availability of the Herbs & special comments

Charak & 50 Mahakashay

- As the Topic is very fast ,we have divided total matter in 2 parts
- So each Part will be of 25 Mahakashay
- Note – NA = Not Available in next 3 slides

Charak & 50 Mahakashay –Part II

- 26) Anuvasanopag (Helping for Anuvasan Basti) -- 1 NA
- 27) Shirovirechanopag (Helping for Shirovirechan) – 2NA
- 28)Chardinigrahana (Antiemetic) – 3 NA
- 29) Trishnanigrahana (Quenching Thirst) – 1NA
- 30) Hikka Nigrahana (Anti Hiccough) -3NA
- 31) Purisha Sangrahaniya (Stool Binder)
- 32) Purisha Virajaniya (Giving Normal colour to stool) -2NA
- 33) Mutra Sangrahaniya (Anti Diuretic) -1 NA
- 34) Mutra Virajaniya (Restoring Normal colour of Urine) – 2 NA
- 35) Mutra Virechaniya (Diuretic) – 4 NA
- 36) Kasahara (Anti Tussive) -1 NA

Charak & 50 Mahakashay –Part II

- 37) Shwasahara (Anti Asthamatics) -2NA
- 38) Shavathuhara (Reduces Oedema) -6NA
- 39) Jwaraghna (Anti Pyretic)– 1NA
- 40) Shramhara (Restorative) -2NA
- 41) Daha Prashaman (Refrigerant) – 2NA
- 42) Sheeta Prashaman (Warming)
- 43) Udarda Prashaman (Anti Urticaria) -2 NA
- 44) Angamardan Prashaman (Analgesic)
- 45) Shoola Prashaman (Anti spasmodic) -1 NA

Charak & 50 Mahakashay –Part II

- 46) Shonita sthapanana (Styptic) -1NA
- 47) Vedanasthapan (Analgesic) -4 NA
- 48) Sanjnya Sthapan (Stimulant) -1 NA
- 49) Praja Sthapan (Procreants)
- 50) Vayasthapan (Rejuvenating or Anti Ageing)

26) Anuvasanopag Gan

२६ रास्त्रासुरदारुबिल्वमदनशतपुष्पावृश्चीरपुनर्नवाश्वदंष्ट्राग्निमन्थशयोनाका
इति दशेमान्यनुवासनोपगानि भवन्ति

26) Anuvasanopag Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Rasna	Rasna	
2	Suradaru	Devdaru	
3	Bilva	Bel	
4	Madan	Madanphal,Gelphal	
5	Shatapushpa	Balantashep ,? Badishep	

26) Anuvasanopag Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Vruschir	Not Available ,White Punarnava	
7	Punarnava	Punarnava	
8	Shwadanshtra	Gokshur or Gokharu	
9	Agnimantha	Arani,Erani mul,? Narvel	
10	Shyonak	Tentu	

Pharmaco dynamics & Indications

- 26) Anuvasanopag (Helping for Anuvasan Basti)
- Snigdha,Guru & Picchil
- Alliviating action on vata
- Rasna ,Devdaru

27) Shirovirechanopag Gan

२७ ज्योतिष्मतीक्ष्वक्मरिचपिप्पलीविडङ्गशिशुसर्षपापामार्गतण्डुलश्वेतामहा
श्वेता इति दशेमानि शिरोविरेचनोपगानि भवन्ति इति सप्तकः कषायवर्गः

27) Shirovirechanopag Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Jyotishmati	Malkangoni	
2	Kshavak	Not Available (Nak chingani)	
3	Marich	Mire	
4	Pippali	Pimpali	
5	Vidanga	Vavding	

27) Shirovirechanopag Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Shigru	Shevga	
7	Sarshap	Mohari	
8	Apamarg tandul	Aghada	
9	Schweta	Not Available ,White Gokarna	
10	Mahascweta	Not Available	

Pharmaco dynamics & Indications

- **27) Shirovirechanopag (Helping for Shirovirechan)**
- Laghu, Ruksha, Teekshna, Sookshma, Srotogami
- Katu rasa & Ushna veerya
- They are Kaphaghna, Kledaghna
- Remove obstruction of srotasas
- Apamarga, Pippali, Vidanga

28) Chardi Nigrahan Gan

२८ जम्ब्वाम्रपल्लवमातुलुङ्गाम्लबदरदाडिमयवयष्टिकोशीरमृल्लाजा इति
दशेमानि छर्दिनिग्रहणानि भवन्ति

28) Chardi Nigrahan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Jambu	Jambhul	
2	Aamra pallav	Aamba patra	
3	Matulung	Not Available,? Mahalunga	
4	Amlabadar	Not Available	
5	Dadim	Dalimba	Dadimavaleha, Fresh fruit

28) Chardi Nigrahan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Yav	Jav	
7	Shastik	Not Available	
8	Ushir	Vala	Ushirasav
9	Mrut	Not Available , Mud	
10	Laja	Lahya	

Pharmaco dynamics & Indications

- **28)Chardinigrahana (Antiemetic)**
- Substances with sheeta,snigdha,Madhur rasa, vipak ,sheeta veerya – Pacify Pitta (Shatavari)
- Some times vomiting occurs due to irritation of Gastric mucosa due to Aama ,created due to Indigestion .Then Ginger,Clove,Nimbuk work well by Lagu, Ushna,Roksha properties used to reduce indigestion & Aama

29) Trushna Nigrahan Gan

२९ नागरधन्वयवासकमुस्तर्पटकचन्दनकिराततित्तकगुडूचीहीवेरधान्यकप

टोलानीति दशेमानि तृष्णानिग्रहणानि भवन्ति

29) Trushna Nigrahan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Nagar	Suntha	
2	Dhanvayasak	Dhamasa	
3	Mustak	Nagarmotha	
4	Parpatak	Pittapapada	
5	Chandan	Chandan	Chandanasav

29) Trushna Nigrahan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Kiratatikta	Kadechirayat	
7	Guduchi	Gulvel	Ghana vati,Amrutarishta
8	Hriber	Not Available ,Sugandhabala,?Vala	
9	Dhanyak	Dhane	
10	Patol	Kadu Padval	

Pharmaco dynamics & Indications

- **29) Trishnanigrahana (Quenching Thirst)**
- Thirst due to Pitta prakop .Then Chandan ,Usheer, Dhanyak pacify pitta by Guru, Sheeta,Snigdha ,Madhur rasa-Vipak, Sheeta veerya
- Thirst due to Rasa Kshaya – Then water ,Fruit juices,Milk –will nourish Rasa Dhatu
- Thirst due to Amajirna – Then Shunthi,Musta,Guduchi will help by their Tikta rasa,Laghu,Rooksha properties

30) Hikka Nigrahan Gan

३० शटीपुष्करमूलबदरबीजकण्टकारिकाबृहतीबृक्षरुहाभयापिप्पलीदुरालभा
कुलीरशृङ्गच इति दशेमानि हिकानिग्रहणानि भवन्ति इति त्रिकः कषायवर्गः

30) Hikka Nigrahan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Shati	Kapurkachari	
2	Pushkarmul	Not Available -Ban	Pushkarmul churna
3	Badar bij	Not Available (Dry seed Powder)	
4	Kantakari	Kateringani,? Bhui ringani	Kantakaryavleha
5	Bruhati	? Dorali	

30) Hikka Nigrahan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Vruksharuha	Not Available (Bandgul)	
7	Abhaya	Hirda	Abhayarishta
8	Pippali	Pimpali	Pippalyasav
9	Duralabha	Dhamasa	Duralabhadi Kadha
10	Kulirshrungya	Not Available ,? Kakadsheng	

Pharmaco dynamics & Indications

- **30) Hikka Nigrahana (Anti Hiccough)**
- Hikka due to obstruction in the movement of Vata – Kantakari, Pushkarmul, Duralabha – with their Laghu, rooksha, sukshma properties act as Kaphaghna & srotoshodhan. Then Anuloman of Prana & Udan take place
- If Udakvaha srotas is obstructed due to Kapha & Ama – Trikatu , Hingu can be used for their properties like Agnideepan & Amapachan

31) Purisha Sangrahaniya Gan

३१ प्रियङ्ग्वनन्ताम्रास्थिकट्वङ्गलोध्रमोचरससमङ्गाधातकीपुष्पपद्मापघकेश-
राणीति दशेमानि पुरीषसंग्रहणीयानि भवन्ति

31) Purisha Sangrahaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Priyangu	Priyangu, ? Gahula	
2	Ananta	Anantmul or sariva	Sarivadyasav
3	Aamrasthi	Aamba koya	
4	Katvanga	Katfal , ? Tentu	
5	Lodhra	Lodhra sal	Lodhrasav

31) Purisha Sangrahaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Mocharas	Shalmali Niryasa =Mocharas	Mocharas Piccha Basti
7	Samanga	Samanga – Lajalu Panchang	
8	Dhataki pushpa	Dhayati Pushpa	Dhatryrishta
9	Padma	Kamal ,? Bharangi	Arvindasav
10	Padma Keshar	Kamal Keshar	

Pharmaco dynamics & Indications

- **31) Purisha Sangrahaniya (Stool Binder)**
- Laghu,sheeta,Ruksha ,Katu Kashaya rasa & sheeta veerya – increase Vata – absorbs moisture
- Should not be used in Amatisara .Only use in Pakvatisara & Niram stage of Pittatisara
- Mocharas ,Lodhra

32) Purisha Virajaniya Gan

३२ जम्बुशल्लकीत्वक्कच्छुरामधूकशाल्मलीश्रीवेष्टकभृष्टमृत्ययस्योत्पलतिल
कणा इति दशैमानि पुरीषविरजनीयानि भवन्ति

32) Purisha Virajaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Jambu	Jambhul sal & beej	Jambvasav
2	Shallaki Twak	Not Available ,Bark of Shallaki	
3	Kraunch	Kachura –Kapikacchu – Kavacha beej , ? Pimpali	
4	Madhuuk	Moha flowers	Madhuk = Jesthamadha
5	Shalmali	Kate sawar Twak	

32) Purisha Virajaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Shriveshtak	Shriveshtak ? Chandan	
7	Bhrushta mrut	Not Available ,Baked sand	
8	Payasya	Kshirvidari --Vidarikand,? Bhui Kohola	
9	Utpal	Utpal,Blue Lotus	
10	Tilkana	Kale Til	

Pharmaco dynamics & Indications

- **32) Purisha Virajaniya (Giving Normal colour to stool)**
- Normal colour depends on healthy state of Pachak Pitta .So substances with Tikta Kashaya ras, sheeta veerya –Pacify Pitta – Shalmali, Jeshthamadha
- Haridra,Vidanga,Chitrak with their Laghu,Rooksha ,Katu rasa – eliminate vitiated Kapha & Kleda & give normal colour to stool

33) Mutra Sangrahaniya Gan

३३ जम्ब्वाम्रप्लक्षवटकपीतनोडुम्बराश्वत्थभल्लातकाश्मन्तकसोमवल्का
इति दशेमानि मूत्रसंग्रहणीयानि भवन्ति

33) Mutra Sangrahaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Jambu	Jambhul	Jambvasav, Tab DBT of Sharangadgar (Best to reduce sugar)
2	Aamra	Aamba	
3	Plaksha	? Pimpari	Panchavalkal churna
4	Vat	Vad	
5	Kapitan	Not Available - Ambada sal – Gandhamund,? Parosa Pimpal	

33) Mutra Sangrahaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Udumbar	Umbar	Udumbarvleha
7	Ashwatha	Pimpal –Bodhi Vruksha	
8	Bhallatak	Bibba	Bhallatakasav
9	Ashmantak	Not Available -Aapta sal ? Kanchanar Sal	
10	Somvalka	Khadir sal	Khadirarishta

Pharmaco dynamics & Indications

- **33) Mutra Sangrahaniya (Anti Diuretic)**
- Bhallatak ,Ashmantak – Ushna veerya – Absorb moisture & reduce urine amount
- Jambu, Khadir,Udumbar – due to Kashaya, Ruksha, Sheeta veerya -- absorb moisture
- Vitiating of Kapha & Meda – creates more Kleda & more Urine – Laghu,Ruksha substances like Jamun ,Khadir reduce Kleda

34) Mutra Virajaniya Gan

३४ पद्मोत्पलनलिनकुमुदसौगन्धिकपुराडरीकशतपत्रमधुकप्रियङ्गुधातकीपु-
ष्पाणीति दशेमानि पूत्रविरजनीयानि भवन्ति

34) Mutra Virajaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Padma	White Lotus	1 to 5 – All types of Kamal
2	Utpal	Not Available,Blue Lotus	
3	Nalin	Not Available,Red Lotus	
4	Kumud	Not Available ,Type of Lotus	
5	Saugandhik	Not Available ,Type of Lotus	

34) Mutra Virajaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Pundarik	White Lotus	Arvindasav
7	Shatapatra	Shata patri Kamal	
8	Madhuk	Jeshthamadha ,? Moha	
9	Priyangu	Priyangu,? Gahula	
10	Dhataki Pushpa	Flowers of Dhayati	

Pharmaco dynamics & Indications

- **34) Mutra Virajaniya (Restoring Normal colour of Urine)**
- A) Pitta gives normal colour to Urine .If Pitta prakop is there there will be high coloured urine like in summer .So Pitta shamak medicines will be useful like Chandralala ras ,Arvindasav ,Dry Coriander
- B) If Pitta + Rakta dushti is there then also colour will change like Haematuria – Tikta, Kashaya, Sheeta veerya medicines are usefil like Chandan

35) Mutra Virechaniya Gan

३५ वृक्षादनीश्वदंष्ट्रावसुकवशिरपाषाणभेददर्भकुशकाशगुन्द्रेत्कटमूलानीति
दशेमानि मूत्रविरेचनीयानि भवन्ति इति पञ्चकः कषायवर्गः १५

35) Mutra Virechaniya Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Vrukshadani	Not Available ,Bandgul	
2	Shwadanshtra	Gokshur or Gokharu	Gokshuradi Kadha
3	Vasuk	Type of Punarnava ,? Bakul	Punarnavasav
4	Vashir	Not Available ,? Aghada,? Suryaphul	
5	Pashanbhed	Pashanbhed	

35) Mutra Virechaniya Gan

Sr.No	Name	Market Available as - as in Maharashtra in Marathi	Remark
6	Darbha	Not Available	6 to 10 –Trun panchamul
7	Kusha	Not Available ,Big Darbha	Trunapanchamul churna
8	Kasha	Not Available , ? Kasai	
9	Gundraa	Not Available , ? Nagarmotha	
10	Utkat mul	Not Available , ?Root of red sugarcane	

Pharmaco dynamics & Indications

- **35) Mutra Virechaniya (Diuretic)**
- i) Substances with prominence of Jala mahabhut ,increase water content (Water, Sugarcane juice, Cocconut water ,Milk,Fruit juices)
- ii) Substances with Madhur rasa & sheeta veerya ,increase kleda (Gokshur,Trunapanchamul)

Pharmaco dynamics & Indications

- **35) Mutra Virechaniya (Diuretic)**
- iii) Some times due to vitiated Kapha, there is abnormal increase in amount of kleda .Then obstruction of kleda ,there is scanty urine –Substances with Laghu,Rooksha ,Katu rasa ,Ushna veerya –help to remove obstruction (Varun, Kulattha, Pashanbhed, Apamarga, Punarnava)

36) Kas-har Gan

३६ द्राक्षाभयामलकपिप्पलीदुरालभाशृङ्गीकण्ट कारिकावृश्चीरपुनर्नवाताम-
लक्य इति दशेमानि कासहराणि भवन्ति

36) Kas-har Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Draksha	Manuka	
2	Abhaya	Hirda	Abhayarishta
3	Aamalak	Aavala	Chavanprash
4	Pippalli	Pimpali	Pippalyasav
5	Duralabha	Dhamasa	Duralabhadi Kadha

36) Kas-har Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Shrungi	Karkatshrungi –Kakadshingi	
7	Kantakarika	Kantakari ,? Bhui ringani	Katakaryavleha
8	Vruschir	Not Available ,? White Punarnava	
9	Punarnava	Punarnava	Punarnavasav
10	Tamalaki	Tamalaki = Bhui aavali - Panchanga	

Pharmaco dynamics & Indications

- **36) Kasahara (Anti Tussive)**
- i) Pippali, Tulsi, Clove, Black pepper , Garlic –due to ushna, Tikshna properties act as Kaphaghna, Kledaghna & srotoshodhan
- ii) In Vataja Kasa or Dry cough –
- a) Kantakari, Karkatshrungi do Vatanuloman & thereby vata pacification
- b) Jeshthamadha, Sugar candy, Raisins with their madhur, snigdth, guru properties pacify vata

Pharmaco dynamics & Indications

- **36) Kasahara (Anti Tussive)**
- ii) In Pittaja Kasa – Jeshtamadha, Sugar candy, Aamalaki with their snigdha, guru, sheeta properties pacify Pitta
- iii) In Kshayaja Kasa – Jeshtamadha, Sugar candy, Aamalaki, Vanshalochan help to reduce Dhatu Kshaya

37) Shwas-har Gan

३७ शटीपुष्करमूलाम्लवेतसैलाहिङ्गवगुरुसुरसातामलकीजीवन्तीचण्डा
इति दशेमानि श्वासहराणि भवन्ति

37) Shwas-har Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Shati	Kapurkachari	
2	Pushkarmul	Not Available --Ban	
3	Amlavetas	Amlavetas	
4	Ela	Veldoda (Cardamom)	Eladi Vati
5	Hingu	Hinga (Asafoetida)	Hingvastak Churna

37) Shwas-har Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Agaru	Agaru Kashtha	
7	Surasa	Tulas	Tulsi Syrup
8	Tamalaki	Bhui aavali	
9	Jivanti	Jivanti ,? Haranvel	
10	Chanda	Not Available ,? Chorpushpi	

Pharmaco dynamics & Indications

- **37) Shwasahara (Anti Asthamatics)**
- Kantakari, Pushkarmul, Tulsi, Black pepper, Garlic due to Ushna veerya – act as Kaphaghna , Srotoshodhan , Vatalunoman . They also act as Bronchodilator

38) Swayathu har Gan (Dasha mul)

३८ पातलाग्रिमन्थशयोनाकबिल्वकाशमर्यकराटकारिकाबृहतीशालपर्णीपृश्नि
पर्णीगोक्षुरका इति दशेमानि श्वयथुहरानि भवन्ति

38) Swayathu har Gan (Dasha mul)

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Patala	Not Available ,? Padali	All 10 available as Dashamul
2	Agnimantha	Not Available ,? Narvel	Dashamularishta
3	Shyonak	Not Available ,? Takala	
4	Bilva	Not Available ,Bel	Bilvavleha
5	Kashmarya	Not Available ,? Shivan	

38) Swayathu har Gan (Dasha mul)

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Kantakarika	Kantakari ,Ringani	
7	Bruhati	Not Available,? Dorali	
8	Shalparni	Not Available,? Salvan	
9	Prushniparni	Not Available ,?Pithvan	
10	Gokshur	Gokharu	Gokshuradi Kadha ,Gikshuradi Guggul

Pharmaco dynamics & Indications

- **38) Shavathuhara (Reduces Oedema)**
- i) Shotha is many times Tridoshaja – Dashamul act as Tridoshaha ,specially act on Margavarodhajanya vata prakop
-
- ii) Kaphaja Shotha – Extravasaction of Rasa & blockage of channels ,accumulation of kleda .---- Punarnava, Nirgundi,Arka with Laghu, Rooksha ,Ushna properties remove kleda & srotorodha

Pharmaco dynamics & Indications

- **38) Shavathuhara (Reduces Oedema)**
- Iii) Punarnava, Pashanbhed, Cow's urine, Apamarga Kshar – act as Diurectic & remove Kleda, congestion & srotorodha

39) Jwara har Gan

३९ सारिवाशर्करापाठामञ्जिष्ठाद्राक्षीलुपुरुषकाभयामलकविभीतकानीति

दशेमानि ज्वरहराणि भवन्ति

39) Jwara har Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Sariva	Anantmul	Sarivadyasav, Sarivadi Vati
2	Sharkara	Sakhar	
3	Patha	Patha --Pahadmul	
4	Manjishtha	Manjishtha	Manjisthadi Kadha
5	Draksha	Manuka	Drakshasav

39) Jwara har Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Pilu	Pilu	
7	Parushak	Not Available –In North Phalsa phal	
8	Abhaya	Hirda	Abhayarishta
9	Aamalak	Aavala	
10	Pihitak	Pehada	

Pharmaco dynamics & Indications

- **39) Jwaraghna (Anti Pyretic)**
- i) Vataja Jwara – Substances with Vatanuloman & vata pitta shamak properties like Dashamul, Drakksha, Sariva , deodar
- ii) Pittaja Jwara – Parpat , Nimba, Patol, Chandan do Pitta shaman by their Tikta rasa & sheeta veerya
- iii) Kaphaja Jwara – Substances with Laghu, Rooksha Ushna properties act as Kaphaghna & Aamanachak

40) Shram-har Gan

४० द्राक्षाखर्जूरप्रियालवदरदाडिमफल्गुपरूषकेतुयवषष्टिका इति दशेमानि
श्रमहराणि भवन्ति इति पञ्चकः कषायवर्गः १६

40) Shram-har Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Draksha	Manuka	Drakshasav
2	Kharjur	Khajur	Kharjur mantha
3	Priyal	Charoli	
4	Badar	Bor	
5	Dadim	Dalimba	Dadimavaleha

40) Shram-har Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Phalgu	Anjir (Figs)	
7	Parushak	Not available ,? Phalsa	
8	Ikshu	Usa (Sugarcane)	
9	Yav	Jav	
10	Shashtik	Not Available ,Sathesal	Shalishatik Pinda Sweda

Pharmaco dynamics & Indications

- **40) Shramhara (Restorative)**
- i) In Dhatu Kshayajanya Vata prakop – Madhur rasa ,Sheeta veerya ,Fleshy fruits are used as Draksha,Dates,Figs
- ii) If depression,Anxiety ,tension are causes – use Brahmi ,Jatamansi which are Nervine tonics & mind balancing
- iv) Abhyanga ,Warm shower due to it's snigdth,warm properties ,pacify vata

41) Daha Prashaman Gan

४१ लाजाचन्दनकाश्मर्यफलमधूकशर्करानीलोत्पलोशीरसारिवागुडूचीहीवे-
राणीनि दशेमानि दाहप्रशमनानि भवन्ति

41) Daha Prashaman Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Laja	Lahya	Laja Manda
2	Chandan	Chandan	Chandanasav, Chandanadi vati
3	Kashmarya phala	Gambhari Phal,? Fruit of Shivani	
4	Madhuk	Jeshthamadha ,? Moha	
5	Sharkara	Sakhar (Sugar)	Sitopaladi churna

41) Daha Prashaman Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Nilotpal	Not Available ,? Blue Lotus	
7	Ushir	Vala	Ushirasav
8	Sariva	Anantamul	Sarivadyasav
9	Guduchi	Gulvel	Guduchi Ghana vati
10	Hriber	Not Available –Type of Black Vala	

Pharmaco dynamics & Indications

- **41) Daha Prashaman (Refrigerant)**
- i) Excess Pitta – can be controlled by Chandan, Usheer, Guduchi, Sariva by their Tikta rasa & sheeta veerya
- ii) Dhatukshayajanya Daha –
- a) Rasaja Daha – Sugarcane juice, Cold water
- b) Raktaja Daha – Sariva , Raktachandan
- c) Mansaja Daha – Raisins, Dates

Pharmaco dynamics & Indications

- 41) Daha Prashaman (Refrigerant)
- ii) Dhatukshayajanya Daha –
- d) Medojanya Daha – Guduchi, Bhunimba
- e) Asthi majja Daha – Almond , Priyal, Guduchi
- f) Shukraja Daha – Milk, Ghee, Butter, Shatavari

42) Shit Prashaman Gan

४२ तगरागुरुधान्यकशृङ्गवेरभूतीकवचाकण्टकार्यग्निमन्थशयोनाकपिप्पल्य
इति दशेमानि शीतप्रशमनानि भवन्ति

42) Shit Prashaman Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Tagar	Tagar gath	
2	Agaru	Agaru kashtha	
3	Dhanyak	Dhane (Dry Coriander)	Dhanyak Phant
4	Shrungaber	Suntha (Dry Ginger)	
5	Bhutik	Owa =Yavani	

42) Shit Prashaman Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Vacha	Vekhand	
7	Kantakari	Kantakari, Ringani	Kantakaryavleha
8	Agnimantha	Agnimanth, ? Narvel	
9	Shyonak	Shyonak, ? Tentu , ? Takala	
10	Pippali	Pimpali	Pippalyasav

Pharmaco dynamics & Indications

- **42) Sheeta Prashaman (Warming)**

- Vata & Kapha cause chill .
- Ushna veerya dravyas help
- Ginger,Vacha,Pippali,Agaru

43) Udarda Prashan Gan

४३ तिन्दुकप्रियालवदरखदिरकदरसप्तपर्णाश्वकर्णार्जुनासनारिमेदा इति दशे-
मान्युददप्रशमनानि भवन्ति

43) Udarda Prashan Gan

Sr.No	Name	Market Available asas in Maharashtra in Marathi	Remark
1	Tinduk	Not Available -- Tendu patta,?Tembhurni	
2	Priyal	Charoli	
3	Badar	Bor	
4	Khadir	Khadir,Khaira	Khadirarishta
5	Kadar	Not Available -White Khadir	

43) Udarda Prashan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Saptaparna	Saptaparna	Saptaparna Ghana vati
7	Ashwakarna	Not Available (Shal tree), Sarja	Shal Niriyasa =Rai
8	Arjun	Arjun, Arjunsadada	Arjunarishta
9	Asan	Vijaysar Twak, Asana	Asanadi Kadha
10	Arimed	Irmed, Type of Khaira	

Pharmaco dynamics & Indications

- 43) Udarda Prashaman (Anti Urticaria)
- Tridoshaja problem ,but predominance of Kapha
- Tikta Kashaya rasa,sheeta veerya
- Pacifying Kapha & Pitta
- Khadir,Arjun,Asana

44) Angamard Prashaman Gan

४४विदारीगन्धापृश्निपर्णीबृहतीकण्टकारिकैरशङ्काकोलीचन्दनोशीरैलामधु
कानीति दशेमान्यङ्गमर्दप्रशमनानि भवन्ति

44) Angamard Prashaman Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Vidarigandha	Shaliparni,Salvan	1 to 5 –Laghu Panchamul
2	Prushniparni	Prushniparni,Pithvan	
3	Bruhati	Bruhati,Dorali	
4	Kantakari	Kantakari,Ringani	Kantakaryavleha
5	Eranda	Eranda	

44) Angamard Prashaman Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Kakoli	Kakoli	
7	Chandan	Chandan	Chandanasav
8	Ushir	Vala	Ushirasav
9	Ela	Veldoda (Cardamom)	
10	Madhuk	Jeshthamadha	

Pharmaco dynamics & Indications

- 44) Angamardan Prashaman (Analgesic)
 - i) Dhatu Kshayajanya Vata prakop – Substances with gurumsnigdth, madhur, sheeta are useful (Bala , Shatavari)
 - ii) Margavarodhajanya Vataprakop – Substances with Laghu, Rooksha, Ushna , Aamapachak are useful (Dashamul, Eranda)

45) Shula Prashaman Gan

४५ पिप्पलीपिप्पलीमूलचव्यचित्रकशृङ्गवेरमरिचाजमोदाजगन्धाजाजीग-
रडीराणीति दशेमानी शूलप्रशमनानि भवन्ति इति पञ्चकः कषायवर्गः १७

45) Shula Prashaman Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Pippali	Pimpali	Pippalyasav
2	Pippalimul	Pimpali mul	Panchakolasav
3	Chavya	Chavak	
4	Chitrak	Chitrak	Chitrakavaleha,Chitakadi vati
5	Shrungaber	Suntha (Dry Ginger)	

45) Shula Prashaman Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Maricha	Mire (Black Pepper)	Trikatu Churna
7	Ajamoda	Owa	
8	Ajagandha	Not Available ,? Type of Vala	
9	Ajaji	Jeerak -Jire	Jeerakadyarishta
10	Gandir	Not Available ,Bitter Suran	

Pharmaco dynamics & Indications

- 45) Shoola Prashaman (Anti spasmodic)
- Obstruction of Prana ,Saman & Apan
- Aggravation of Kapha & Ama
- Ushna,Rooksha,Laghu substances do Vatanuloman
- Ginger,Chitrak,Ajamoda

46) Shonit Sthapan Gan

४६ मधुमधुकरुधिरमोचरसमृत्कपाललोध्रगैरिकप्रियङ्गुशर्करालाजा इति द-
शेमानि शोणितस्थापनानि भवन्ति

46) Shonit Sthapan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Madhu	Madha	
2	Madhuk	Jeshthamadha	
3	Rudhir	Kumkum = Keshar	
4	Mocharas	Mocharas --- Shalmali Niryas	Mocharas Piccha Bast in Ulcerative colitis
5	Mrut kapal	Not Available (Piece of sand or mud)	

46) Shonit Sthapan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Lodhra	Lodhra	Lodhrasav
7	Gairik	Geru – Suvarna gairik	
8	Priyangu	Priyangu, Gahula	
9	Sharkara	Sakhar (Sugar)	
10	Laja	Lahya (Popcorn)	Laja manda

Pharmaco dynamics & Indications

- **46) Shonita sthapana (Styptic)**
- A) Raktastambhak – Kashay dravya like Ashok, Lodhra, Vasa, Khadir
- Sheeta -- Chandan, Ice packs
- B) Rakta Vardhak – Laghu, Snigdha, Amla dravyas like Dadimavleha, Karmarda, Draksha & also green leafy vegetables
- C) Blood purifier or Alteratives with Madhur, Tikta rasa & sheeta veerya – Chandan, Sariva

47) Vedana Sthapan Gan

४७ शालकट्फलकदम्बपद्मकतुम्बमोचरसशिरीषवज्जुलैलवालुकाशोका इति
दशेमानि वेदनास्थापनानि भवन्ति

47) Vedana Sthapan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Shal	Not Available –Ashwakarna, ? Ralecha Vruksha	
2	Katphal	Kayphal	
3	Kadamb	Not Available – Nip	
4	Padmak	Kamal	Arvindasav
5	Tumb	Not Available ,? Undi	

47) Vedana Sthapan Gan

Sr.No	Name	Market Available asas in Maharashtra in Marathi	Remark
6	Mocharas	Mocharas – Shalmali Niryas	Mocharas Piccha Basti
7	Shrisha	Shirisha Twak	
8	Vanjul	Not Available ,? Jal vetas	
9	Elwaluk	Not Available	
10	Ashok	Ashok	Ashokarishta

Pharmaco dynamics & Indications

- **47) Vedanasthapan (Analgesic)**
- Pain is mainly due to Vata Prakop.
- i) Substances with Guru, Ushna ,Snigdha, Vatanuloman properties reduce pain, originated from Dhatu Kshayajanya Vata prakop
- ii) If Vata prokap is due to Margavarodha or obstructive pathology –Ginger ,Vacha ,Dashamul will help by Anti Kapha, Amapachan properties

Pharmaco dynamics & Indications

- **47) Vedanasthapan (Analgesic)**
- iii) Raktapittajanya or Haemorrhagic pain of Raktapradar etc can be controlled by Ashok, Mocharas, Lodhra by Rakta Pitta shaman
- iv) Some medicines reduce pain by Prabhav or blocking pain receptors like Ahiphen or Opium , Dhattur

48) Sadnya Sthapan Gan

४८ हिङ्गुकैटर्यारिमेदावचाचोरकवयस्थागोलोमीजटिलापलङ्कषाशोकरोहि-
रय इति दशेमानि संज्ञास्थापनानि भवन्ति

48) Sadnya Sthapan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Hingu	Hinga (Asafoetida)	
2	Kaitarya	Katphal --Kayphal	
3	Arimed	Khadir	
4	Vacha	Vekhand	Vacha Tail
5	Chorak	Not Available (Chanda),? Chorpushpi	

48) Sadnya Sthapan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
56	Vayastha	Brahmi (Chakrapani)	
7	Jatila	Jatamansi	
8	Palankasha	Guggul /Jatamansi/Gorakhamundi	
9	Ashok	Ashok	
10	Rohini	Kutaki	

Pharmaco dynamics & Indications

- **48) Sanjnya Sthapan (Stimulant)**
- Unconsciousness occurs due to many reason
- Main treatment will treat original cause
- But main part of Pathology can be less blood supply to brain or clouding of Mind
- Ushna & Tikshna medicines will be useful
- Calamus ,Hemagarbha,Strong Nasya ,Dhoopan

49) Praja Sthapan Gan

४६ ऐन्द्रीब्राह्मीशतवीर्यासहस्रवीर्याऽमोघाऽव्यथाशिवाऽरिष्टावाटचपुष्पीवि-
ष्वक्सेनकान्ता इति दशेमानि प्रजास्थापनानि भवन्ति

49) Praja Sthapan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Endri	Not Available	
2	Brahmi	Brahmi	Brahmi vati
3	Shatavirya	Shatavari	Shatavari Kalpa
4	Sahastravirya	Durva	Durvadi Ghruta
5	Amogha	Aamalaki ,? Padali	

49) Praja Sthapan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
6	Avyatha	Guduchi	Guduchi Ghana vati
7	Shiva	Haritaki	
8	Arishta	Kutaki	Arogyavardhini
9	Vatyapushpi	Bala	Balarishta
10	Vishwaksenkanta	Priyangu –Costly,Gahula	Priyal -Charoli

Pharmaco dynamics & Indications

- **49) Praja Sthapan (Procreants)**
- A) Madhur ,Sheeta medicines like Shatavari, Amalaki –gives strength to Uterus & Nourishment to Foetus
- B) Uterus is made up of Rakta & Mansa .Uterine tone is lost ,due to Kapha + Mansa + Meda dushti + Accumulation of Kleda –Then Katu,Tikta,Kashaya ,Laghu ,Rooksha properties will remove Kleda & improve Uterine tone – Like Khadir,Ashok
- C) For Healthy Progeny-- Amalaki, Shatavari, Brahmi,Garbhapalras gives nourishment .So should be taken before & after conception

50) Vaya Sthapan Gan

५० अमृताऽभयाधात्रीमुक्ताश्वेताजीवन्त्यतिरसामरदूकपर्णीस्थिरापुनर्नवा इति
दशेमानि वयःस्थापनानि भवन्ति इति पञ्चकः कषायवर्गः १८

50) Vaya Sthapan Gan

Sr.No	Name	Market Available as as in Maharashtra in Marathi	Remark
1	Amruta	Guduchi or Gulvel	Guduchi Ghana vati,Amrutarishta
2	Abhaya	Hirda	Abhayarishta
3	Dhatri	Aavala	Chavanprash
4	Mukta	Rasna	Rasnadi Kadha
5	Schweta	Shreyasi –Rasna Bhed,? Gokarna	

50) Vaya Sthapan Gan

Sr.No	Name	Market Available asas in Maharashtra in Marathi	Remark
6	Jivanti	Jivanti,? Haranvel	
7	Atirasa	Shatavari	Shatavari Kalpa,Ghana vati
8	Mandukparni	Mandukparni	
9	Sthira	Shalparni -- Salvan	
10	Punarnava	Punarnava mul	Punarnavasav,Ghana vati

Pharmaco dynamics & Indications

- **50) Vayasthapan (Rejuvenating or Anti Ageing)**
- A) Ahatavari ,Ashwagandha,Chavanprash – Nourishes all Dhatus & increase Oja with Madhur ,Snigdha,Sheeta properties
- B) Haritaki, Punarnava, Shilajit – stimulate tissue fire ,do kleda nashan,sroto shodhan & indirectly help for Dhatu Poshan & excretion of Mala

Prof.Dr.R.R.Deshpande



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