

CLINICAL SIGNIFICANCE OF *DRAVYA* BELONGING FROM *BALYA MAHAKASHYA* CATEGORY**Dr. Ashwini Anandrao Yemalwad^{*1}, Dr. Rohini Laxmanrao Thakkarwad²**¹Associate Professor, Dravyaguna Department, Government Ayurved College, Nanded, India.²Assistant Professor, Panchakarma Department, Government Ayurved College, Nanded, India.***Corresponding Author: Dr. Ashwini Anandrao Yemalwad**

Associate Professor, Dravyaguna Department, Government Ayurved College, Nanded, India.

Article Received on 28/05/2023

Article Revised on 17/06/2023

Article Accepted on 07/07/2023

ABSTRACT

Charak Samhita mentioned different groups of drugs according to their action and *Balya mahakashaya* is one of them. This group consists drugs such as; *Aindri*, *Atirasa*, *Rishabhi*, *Rishyaprokta*, *Payasya*, *Sthira*, *Ashvagandha*, *Rohini*, *Atibala* and *Bala*. These substances are collectively referred to as "*Balya*" because they enhance strength and vitality. The term "*Mahakashaya*" denotes a category of drugs used for similar therapeutic purposes in Ayurveda. These drugs may exert their effects through various means, such as their *Rasa*, *Virya*, *Vipaka* and *Guna*. These drugs enhance *Bala* by virtue of their inherent property. The concept of *Bala*, or strength, is of utmost importance in both means diagnostic as well as therapeutic purpose. It underscores the essential role that these *Balya mahakashaya* drugs play in promoting and sustaining the body's vitality and overall health. Present article explains clinical significance of *Dravya* belonging from *Balya mahakashaya* category.

KEY-WORDS: *Ayurveda*, *Drugs*, *Balya*, *Mahakashya*, *Dravyaguna*.**INTRODUCTION**

The drugs falling under the category of "*Balya*" are those that enhance the vitality and strength. The term "*Bala*" is synonymous with "*Oja*," which plays a vital role in maintaining the strength. *Ojas* is described as the ultimate and finest essence of the body's tissues, beginning with *Rasa* and culminating with *Shukra*, and it is referred to as *Bala*.

Charaka's Karmanusara classification is organized into 50 groups, referred to as *Mahakashaya*, with each group comprising ten drugs. This method of categorization serves to highlight drugs of fundamental importance. Among these *Mahakashaya*, "*Balya mahakashaya*" encompasses specific drugs which includes; *Aindri*, *Atirasa*, *Rishabhi*, *Rishyaprokta*, *Ashvagandha*, *Payasya*, *Sthira*, *Bala*, *Atibala* and *Rohini*.^[1-4] These specific drugs within the *Balya Mahakashaya* category offer following health benefits:

- ❖ *Bacopa monnieri* exhibit anti-stress effects and boost mental strength.
- ❖ *Mucuna pruriens* reduces stress and improve semen quality in men.
- ❖ *Asparagus racemosus* demonstrates immune-modulatory activity and enhances overall strength.
- ❖ *Ipomoea digitata* displays galactogogue activity, along with enhancing sperm density and antioxidant potential.

- ❖ *Withania somnifera* exhibits antidepressant and immune-modulatory properties.
- ❖ *Desmodium gangeticum* has antioxidant, gastro-protective and anti-inflammatory properties.
- ❖ *Sida cordifolia* shows analgesic and anti-inflammatory activities.
- ❖ *Abutilon indicum* displays antioxidant potential and immune-modulatory effects.

The drugs within the *Balya Mahakashaya* category possess following characteristics:

- *Madhura* and *Tikta Rasa*
- *Madhura Vipaka*
- *Sheeta Virya*
- *Ushna Virya*
- *Snigdha Guna*

These properties contribute to nourishing the *Dhatu* through *Madhura Rasa*, *Snigdha Guna* and *Sheeta Virya*. These drugs purify body's channels and impart *Srotosodhana* effect through their *Tikta Rasa* and *Ushna Guna*. The *Balya Karma* of these drugs is attributed to their *Rasa*, *Guna*, *Vipaka* and *Prabhava*.^[4-7] These drugs by virtue of their inherent properties offer many biological/therapeutic/pharmacodynamic effects as mention in **Figure 1**.

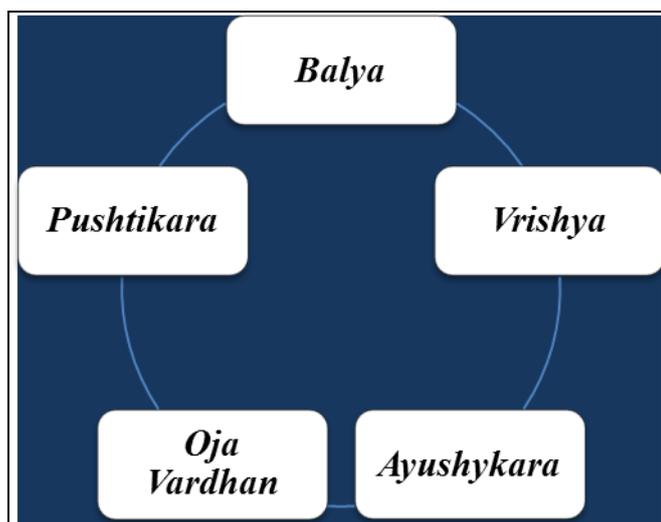


Figure 1: Major effects of *Balya Mahakashaya* drugs.

The drugs from *Balya Mahakashaya* category reveals sweet, bitter, astringent, pungent, unctuous and cooling properties. These properties contributed as follows towards the action of *Balya* drugs:

- ❖ *Madhura Rasa* nourishes *Rasa, Rakta, Mamsa, Meda, Asthi, Majja* and *Shukra Dhatus*.
- ❖ *Ayushya, Balkaraka, Tarpan* and *Brhmana* effects also achieved by *Madhura* property of drugs.
- ❖ *Tikta Rasa* and *Ushna Guna* facilitate purification of the body.
- ❖ *Deepan* and *Pachana* effects stimulate appetite and boost up the process of nourishment of body tissues.
- ❖ *Tikta Rasa's Medhya* property enhances intelligence.

The inherent properties play a significant role in the *Balya Karma* of the drugs within the *Balya Mahakashaya*. Some of the drugs under the category provide specific therapeutic benefits. *Bacopa monnieri* acts as neural and cardiac tonic, it also gives anti-depressant, anti-anxiety and anti-epileptic activities. *Mucuna pruriens* has neuro-protective, antioxidant and antimicrobial properties. *Asparagus racemosus* exhibits anti-tussive, adaptogenic, aphrodisiac, anti-stress and cardio-protection properties, etc. These in synergistic combinations or individually imparts *Balya, Vrishya, Ayushykara, Oja Vardhan, Rasayana, Deepana, Vatahara* and *Pushtikara* effects.^[7-9]

- *Balya* effects of *Balya Mahakashaya* drugs enhance vitality and strength of the body.
- *Vrishya* means aphrodisiac in nature.
- *Ayushykara* effect of *Balya Mahakashaya* drugs promotes longer and healthier lifespan.
- *Oja Vardhan* effect boosting immunity against diseases.
- *Rasayana* property of these drugs gives rejuvenating and revitalizing effects.
- *Deepana* property intensifying digestive fire.
- *Vatahara* effect of *Balya Mahakashaya* drugs alleviates excessive *Vata dosha*.
- *Pushtikara* effects of these drugs provide nourishment and sustenance.

It is crucial to identify drugs that can bolster strength, enhance vitality, and act as tonics. The drugs within the *Balya Mahakashaya* category play a significant role in augmenting *Oja*, thereby boosting vitality and strength.^[9-11]

CONCLUSION

Ayurveda classics enumerate distinct categories of medicinal substances based on their therapeutic actions, and one such category is known as "*Balya mahakashaya*." This group includes various potent drugs including *Atirasa, Rishabhi, Aindri, Rishyaprokta, Sthira, Ashvagandha, Payasya, Atibala, Bala* and *Rohini*. These substances are collectively referred to as "*Balya*" due to their remarkable ability to enhance both physical strength and vitality. These drugs exert their effects through multiple facets, encompassing their *Rasa, Virya, Vipaka* and *Guna*. These *Balya mahakashaya* drugs augment *Bala*, or strength, by virtue of their intrinsic properties. These drugs play crucial role in nurturing and sustaining the body's vitality and overall well-being.

REFERENCES

1. Charaka Samhita, of Agnivesa, elaborated by Caraka and Dridhabala, Edited with 'Caraka Candrika' Hindi commentary along with special deliberation by Dr. Brahmanan Tripathi, Chaukhamba Surbharati Prakashan, Varanasi, 3rd Edition 1994.
2. Dravya Guna Vigyana by P.V. Sharma., Vol. II, Chaukhamba Bharati Academy, Varanasi Revised Golden Jubilee Edn 2006.
3. Kamal Kant shukla et al. *Mucuna pruriens* reduces stress and improves the quality of semen in infertile men. Evidence – Based complementary and Alternative medicine 2010 Mar; 7(1): 137 – 144.
4. Sharma Ram Karan and Dash Bhagwan, Agnivesa Caraka Samhita Text with English Translation & Critical Exposition based on Cakrapani Datta's Ayurveda Dipika, Vol-2, Varanasi; Chowkhamba Sanskrit Series Office; Reprint year: 2017, page no. 436-437.

5. Chunekar, K.C Bhavaprakash Nighantu (Indian Material Medica), Varanasi; Chaukambha Bharti Academy; Reprint 2018. p. no 67-447.
6. Tripathi Indradeo, Raj Nighantu of Pandit Narhari edited with Dravyagunaprakasita Hindi Commentary, Varanasi; krishandas Academy; page no.34-207.
7. Mukesh kumar Yadav, Prabhat Upadhyay, Suresh Purohit, B.L Pandey, Harish Shah. International journal of green pharmacy. Phytochemistry and pharmacological activity of *Mucuna pruriens*: A review. 2017; 11(2): 69-72.
8. Murthy K.R. Srikantha, *Susruta Samhita*, Text English Translation, Notes, Appendices and Index, Vol-1, Edition first, Varanasi; Chaukhambha Orientalia; 2000. page no.104.
9. Sharma Priyavrat, *Charak Samhita* Text with English translation, Vol-1, Varanasi Chaukhambha Orientalia, 2014, Pageno.75.
10. Bhagat Seema et al: Comprehensive Study Of Balya Mahakashaya On The Basis Of Their Rasapanchak In Relation To Nighantu: A Review. International Ayurvedic Medical Journal, 2021. 15.
11. *Sushruta Samhita*, with English translation of text and Dalhana commentary along with critical notes by P.V.Sharma; Chaukambha Bharathi Academy, Varanasi, Reprint, 2010. (S.Su.42/9).