

SIGNIFICANCE OF SANGYA SATHAPANA MAHAKASHAYA – A REVIEW¹*Dr. Tania Panhotra, ²Prof. Makhan Lal and ³Dr. Ramanand¹M.D. Scholar, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.²HOD, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.³Lecturer, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.***Corresponding Author: Dr. Tania Panhotra**

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ABSTRACT

Sangya sathapana means “Restoring consciousness”. The word sangya translating to “consciousness” and “sathapana” translating to “maintaining or preserving”. According to Ayurveda loss of consciousness is due to imbalance of vata dosha. vata dosha is responsible for the brain, nervous system and cardiac contractions. Acharya charak described 50 mahakashaya in 4th chapter of Sutrasathana of charak Samhita. Each mahakashaya has 10 drugs Sangya sathapana mahakashaya is the 48th of the 50 mahakashaya containing 10 drugs such as Hingu, Kaitarya, irimeda, Vacha, Chorak, Vayastha, Golomi, jatila (jatamansi), palankasha, ashokarohini. There are some controversial drug such as chorak and golomi. Sangya sathapana mahakashaya (Resuscitatives): Resuscitation is the process of correcting physiological disorders (such as lack of breathing or heart rate). This review summarizes the efficacy and action of sangya sathapana mahakashaya.

KEYWORDS:- Sangya, Resuscitatives, sangya sathapana mahakashaya, consciousness.**INTRODUCTION**

In C.S.su- 4 Fifty mahakashya are mentioned comprising 500 kashaya (dravyas) and each mahakashaya contains 10 dravyas under denomination of deshemani. Each dashemani indicates specific action on the body. There are 5 dashemani of suffix sathapana. Sathapana meaning maintaining or preserving. These dashemani are shonitasathapana, vedana sathapana, sangya sathapana, prajasathapana, vayasathapana.

Sangya sathapana mahakashaya also known as consciousness restoring herbs. Ayurvedic texts specify the dearranged condition of consciousness which leading to various diseases like unmada (mania), Apasmara (Epilepsy), Atatwabhinivesha (Schizophrenia), e.t.c., sangya sathapana drugs work effectively in these conditions. They are having their direct effect over mind followed by indirect over the neuro- muscular system. these drugs are deep penetrative and severe in action and impart drug action instantly. Hence these drugs are having validate drug action in the treatment of physiological and psychosomatic disorders.

Ayurvedic prespective:- in Ayurvedic texts, sangya means

संज्ञा – चेतना

बुद्धिः | (ज्ञानम् यथा भागवते) | (शब्दकल्पद्रुम)

Sangya sathapana gana:-

यत् संज्ञा स्थापयति तत् संज्ञास्थापनम् | (च. द.)

उन्मादापस्मारमूर्च्छादिरोगेषु संज्ञास्थापनानां उपयोगः |

Murcha is correlated with fainting (unconsciousness). According to Ayurveda murcha involves shararik dosha pitta and manas dosha tama. Sangya sathapana durgs due to their ushna and tikshna guna agitate heart and therefore develop consciousness. In pitta dominance sheeta virya drugs are used and in tama dominance ushna virya drugs are used.

Modern physiology

Consciousness:- In modern science, it is defined as a continuous state of full awareness of the self and one's relationship to the environment and internal environment, describing the degree of wakefulness in which an organism recognizes stimuli.

Unconsciousness:- lack of ability to notice or respond to stimuli in the environment. Person may be conscious for a few seconds (fainting) or for longer period of time.

Causes:- Trauma, Swelling, Stroke Blood sugar level oxygen deprivation e.t.c

Aim of the study

1. To evaluate the efficacy and action of the medicinal plants of sangya sathapana mahakashaya on central nervous system.
2. To provide scope for further study.

MATERIAL AND METHOD

Sangya sathapana gana drugs were studied in detail from charak Samhita sutra sathan chapter 4, Dravya guna vigyan and Bhavprakash Nighantu.

Methods

हिङ्गुकैटयारिमेदवचाचोरकवयःस्थागोलोमीजटिलापलंकषाशो

करोहिण्य इति दशेमानि संज्ञास्थापनानि भवन्ति ।

(च.सू.४/४८)

Sangya sathapana mahakashaya contains ten drugs i.e Hingu, Kaitarya, Arimeda, Vacha, Chorak, Vayastha golomi, jatila (jatamansi), palankasha, ashokarohini. (Table 1)

Drug action of any dravya will depend upon either rasa or virya or guna or vipaka or prabhava known as rasa panchak. Normally in a drug vipaka will supersede rasa; rasa and vipaka will be superseded by virya; and finally, prabhava will supersede all the three which means whenever there is equality in strength of different qualities, the powerful quality will remain active. (Table 2)

Table 1:

S.no.	Drugs	Botanical name	Family	Rasapanchak
1	Hingu	Ferula narthex	Umbelliferae	Rasa: Katu Guna: Laghu, Snighda, Tikshna Virya : Ushna Vipaka : Katu
2	Kaitarya	Myrica esculenta	Myricaceae	Rasa: Tikta, Kashaya, Katu Guna : Laghu, Tikshna Virya : Ushna Vipaka : Katu
3	Arimeda	Acacia farnesiana	Mimosaceae	Rasa:- Tikta, Kashaya Guna:- Laghu, Ruksha Virya:- Sita* Vipaka :- Katu
4	Vacha	Acorus calamus	Araceae	Rasa : Katu, Tikta Guna: Laghu, Tikshn Virya : Ushna Vipaka : Katu
5	Chorak	Angelica glauca	Umbelliferae	Rasa : Katu, Tikta Guna: Laghu, Tikshna Virya : Ushna Vipaka :- Katu
6	Vayastha	Centella asiatica	Umbelliferae	Rasa : Tikta Guna : Laghu Virya : Ushna Vipaka : Katu
7	Golomi			
8	Jatila jatamansi)	Nordostachys Jatamansi	Valerianaceae	Rasa : Tikta, Kashya, Madhur Guna :- Laghu, Snighda Virya : Sita* Vipaka : Katu Prahaba : Bhootghana (Manasadoshhar)
9	Palankasha	Commiphora mukul/ commiphora wightii	Burseraceae	Rasa : Tikta, Katu Guna : Laghu, Ruksha, Visada, Sukshma, Sara (Old) Snighda, Picchila (New) Virya : Ushna Vipaka :- Katu Karma : Tridoshara, Rasayana, Vrsya (New) Lekhna (Old)
10	Ashokarohini	Pichrorhiza kurroa	Scropularaceae	Rasa – tikta

				Guna : ruksha ,laghu virya : sita* vipaka : katu
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Table 2

S.no.	Drugs	Part used	Chemical constituents	Effect on dosha
1	Hingu	Olceo-resin	Assafoetidin, fereocolicin	Pacify Tama dosha (By ushna virya and tikshna guna)
2	Kaitarya	stembark	Myricitrin, myricinol	Pacify Tama dosha (By ushna virya and tikshna guna)
3	Irimeda	Stembark, heartwood	Aromadendrin, Galloylglucose	Pacify pitta dosha (by sita virya)
4	Vaca	Rhizome	Acorin, Eugenol Asaryl aldehyde	Pacify Tama dosha (By ushna virya and tikshna guna)
5	Chorak	Root	Angelicolide Archangelin	Pacify Tama dosha (By ushna virya and tikshna guna)
6	Vayastha (Brahmi)	Whole plant	Vallarine, Hydrocotylin, Ascorbic acid, Centellic acid	Pacify Tama dosha (By ushna virya) Medhya
7	Golomi (vaca)			
8	Jatamansi	Root	Valeranone, Nardol, Nardostachone	Pacify pitta dosha (by sita virya)
9	Guggulu (palankasha)	Olceo-resin	Guggulu tetral, Mukulol, Aliphatic esters, Diterpenoids, Triterpenoids	Pacify Tama dosha (By ushna virya)
10	Ashokrohini	Root, underground stem	D-Mannitol, Kutkisterol, kutkiol, picrohizin	Pacify pitta dosha (by sita virya)

Controversial drugs: Chorak and Golomi are the two controversial drugs included in the sangya sathapana mahakashaya. *Sthonyak and chorak* is considered as the same drug. Chorak is the type of granthiparni. Acharya Priyavrat sharma mentioned golomi as a synonym of vaca.

Route of administration of drugs: Acharaya charak mentioned Nasa is the only gateway of shirah (*ch.si.9/88*). Nasya is a term applied generally for medicines administered through nasal route. Nasya is administered in diseases of head because nose is the gateway of head and drugs administered by this route pervades the head and removes the vitiated doshas.^[9]

Mode of action: Acharya vaghbhatta explained that Nasa being gateway to shirah, drug administered through nostrils reaches shringataka, a sira marma by nasa srota and spreads in the brain taking route of Netra, shrotra, kantha and stretches the doshas from urdhwajatra and expels them from uttamanga (*As.S.Su.29/2*). Through shringataka marma these nasya dravya is absorbed in vascular circulation. So, in ayurvedic point of view assimilation and transportation of nasya drugs takes place through shringataka marma and reaches to local as well as general circulation.^[9,10]

DISCUSSION

Sangya sathapana drugs is brought in the action to normalize pitta and tama dosha in the body (Murcha). Sangya sathapana ganas drugs are predominant of Katu, tikta rasa and katu vipak having ushna and tikshna guna. Some drugs in the sangya sathapana mahakashaya acts on the basis of prabhava. They are useful in irregular sleep or sleep disturbances, concentration deficiency disorders, memory disorders, loss of consciousness or attention like epilepsy, mania schizophrenia e.t.c.

CONCLUSION

From the above discussion it can be concluded that sangya sathapana drugs are mainly used in conditions like mada, murcha, sanyasa, apasmara etc. Murcha is the state of loss of conscious of sukha and dukkha. Pitta and tama dosha is the main cause of the murcha. Sangya sathapana drugs pacify pitta dosha and tama dosha due to their ushna virya and tikshna guna. Sangya sathapana drugs administered through nasa (Nasya) directly acts on the central nervous system.

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