

SIGNIFICANCE OF ANGAMARDA PRASHAMANA MAHAKASHAYA – A REVIEW***¹Dr. Anjali Rani, ²Dr. Shivam Verma, ³Prof. Makhan Lal and ⁴Dr. Ramanand**¹M.D. Scholar Post Graduate Department of Dravyaguna, State Ayurvedic College and Hospital, Lucknow.²M.D. Scholar Post Graduate Department of Kayachikitsa, State Ayurvedic College and Hospital, Lucknow.³H.O.D. Post Graduate Department of Dravyaguna, State Ayurvedic College and Hospital, Lucknow.⁴Lecturer Post Graduate Department of Dravyaguna, State Ayurvedic College and Hospital, Lucknow.***Corresponding Author: Dr. Anjali Rani**

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ABSTRACT

Mahakashaya is one of the concept that is explained by Charak in Sutrasthana adhaya four named as Shad virecha shatashritiya adhyaya. In this adhyaya 500 herbs are explained. These drugs are grouped into 50 groups 10 herbs in each. These 50 groups are termed as Mahakashayas. They are useful for both internal and external cleansing. Every living being suffers from various diseases. Apart from diseases, hard labour, injuries and old age are the other cause of various kind of pain in and outer part of the body. Angamarda prashmana mahakashaya is the best product demands in penetration in the pain reliever world. Dravya in angamarda mahakashya are Vata shamaka. Vata dosha is also the cause of pain spasms in the body. It can be use in various ways internally and externally and have potential to recover the body pain.

KEYWORDS: Angamardaprashmana mahakashaya, Pain relievers.

The word meaning of 'Angamarda' in general denotes for body pain. 'Angamarda' refers to squeezing kind of pain what a person experiences due to the vata predominant condition.

INTRODUCTION

Every living being suffers through various type of pain due to various cause such as disease, hard work, injuries etc. such pain result in mental tension, severe intolerable pain sometimes leads to suicidal tendency. Due to old age or injury or any disease rheumatoid arthritis, osteoarthritis, gout, bursitis, tendinitis, sciatica, shoulder Pain, knee pain body pain muscle pain viral infection or many other type of pain are very intolerable for patient.

Worldwide using new technologies and methods of treatment for pain management is very much emphasized. In Ayurveda many Kalpas and Medicines and Siddhanta are being given to management of pain.

An important formulation given in the Ayurveda Charak Samhita for this purpose is the 'Angamarda prashmana mahakashaya'.

The 'Angamarda prashmana mahakashaya' consists of ten dravyas. They are used externally or internally in variety of ways like decoction, ingestion, powder, ghrita or oil preparations, lepa etc.

Dravya in 'Angamarda prashmana mahakashaya' includes vidarigandha, prushniparni, brihati, kantkari, eranda, Kakoli, Chandan, ushira, ela and madhuka.

'Angamarda' means pain spasms (slight cramping - pain of muscles) in the body it is due to vata dosha.

'Angamarda prashmana' comprises from three words anga means body part and marda drives from mardan which means squeezing type of pain. Prashmana means 'pacification or to treat effectively'.

A substance that soothes the pain of the body is called angamarda prashmana. Angamarda prashmana mahakashaya dravya suppressing vata dosha also destroys pain spasms. Vata dosha are aggravate due to Dhaatushaya and Ojashaya, in such conditions nutritious and tonic substance given to the patient pacify the Vata dosha and pacify the body.

AIM AND OBJECTIVE

1. To evaluate Angamarda prashmana mahakashaya in Charak Samhita.
2. To provide scope for further study.

MATERIAL AND METHOD

References are collected from ayurveda classics such as Charak Samhita, Bhavprakasha and various journals.

Name, Botanical name, Family and Rasa panchaka of various dravyas are given below

Table 1:

S.no.	NAME	BOTANICAL NAME	FAMILY	RAS PANCHAK
1.	Vidarigandha	Desmodium gangeticum	Fabaceae	Ras – Madhura, tikta Guna – guru, sanigadha Virya – ushna Vipaka - madhura
2.	Prashniparni	Uraria picta	Fabaceae	Ras – Madhur, tikta Guna – laghu, sanigadha Virya – ushna Vipaka – madhura
3.	Brihati	Solanum indicum	Solanaceae	Ras – katu, tikta Guna – laghu, ruksha, tikshana Virya – ushna Vipaka – katu
4.	Kantakari	Solanum surattense	Solanaceae	Ras – tikta, katu Guna – laghu, ruksha, tikshana Virya – ushna Vipaka – katu
5.	Eranda	Ricinus communis	Euphorbiaceae	Ras – Madhura Guna – sanigdha, sukshama, tikshana, sara Virya – ushna Vipaka – madhua
6.	Kakoli	Roscoea procera		
7.	Chandana	Santalum album	Santalaceae	Ras – tikta Guna – laghu, ruksha Virya – sheeta Vipaka – katu
8.	Usheer	Vetiveria zizanioides	Poaceae	Ras – tikta, Madhura Guna – laghu, sanigadha Virya – sheeta Vipaka – katu
9.	Ela	Elettaria cardamomum	zingiberaceae	Ras – katu, Madhura Guha – laghu, ruksha Virya – sheeta Vipaka – Madhura
10.	Madhuk	Glycyrrhiza glabra	Fabaceae	Ras – Madhura Guna – guru, sanigdha Virya – sheeta Vipaka – Madhura

Table 2:

S.no.	NAME	PART USED	CHEMICAL CONSISTUENTS	ACTION
1.	Vidharigandha	Panchanga	Hordenine, caudicine, gangetin – 3h, esmodine etc.	Anti inflammatory, analgesic
2.	Prashniparni	Moola	Flaonoids	Immune modulator, tissue, replenisher
3.	Brahti	Moola, patra, phala	Solanine, carotene, carpesterol, solasonine	Anti asthmatic, broncho dilator
4.	Kantakari	Panchanga	Solacarpidine	Broncho dilator, anti bacterial
5.	Eranda	Moola, patra, beeja, tail	Ricin, glycerides, ricinoleic acid	Laxative
6.	Kakoli			Rejuvenative, nourishing
7.	Chandan	Moola, patra, phala	Santalon, santanon, santalens	Blood purifier, diuretic
8.	Usheer	Moola	Voletile oils	Diuretic, coolant, soother
9.	Ela	Beeja	Cineol	Anti tussive, blood purifier
10.	Madhuk	Moola	Glycyrrhizine, glycyrrhizic acid	Expectorant, rejuvenative

DISCUSSION

Angamardaprashamana drugs is brought in the action to normalize Vata dosha and also have the ability to replenish the body nutrients along with repair of the dhatu. These drugs have opposite properties from Vata dosha. Madhura rasa, Madhura vipaka, guru snigdha and ushna veerya are the properties opposite to Vata dosha. Most of the drugs are bitter mixed sweet in taste. They are hot in potency. These drugs acts as neuromuscular stabilizer, energizer, anti inflammatory, analgesic and immune modulator property. Its also have aphrodisiac and rejuvenative property. These drugs are nourishing and soothener the body. These drugs help to relieve pain of joints, muscles or fibrous tissues either local or generalized in nature.

CONCLUSION

From the above discussion it can be concluded that Angamarda prashamana drugs are mainly used in condition like body aches, arthritis, neuralgia, colic pain, asthma and also in chronic pain etc. these drugs act as anti inflammatory, analgesic, immune modulator, stabilizer, restorative and adaptogenic in nature.

There is a huge demand of pain reliver in recent days. Also the pain relieving oils are the products which have ever demand. Hence by using these drugs formed formulation like decoction, tablets, powder, oil and ointments can be prepared and marketed.

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