

**REVIEW OF AINDRI, KAPIKACCHU, ASHVAGANDHA AND ATIBALA IN CHARAKA SAMHITA**

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**ABSTRACT**

*Charaka Samhita* is the oldest text on *Ayurveda*. Among the existing old medical treatises of India, *Charaka Samhita* can be considered as the oldest one. This text has been composed by *Agnivesha* (4th Century AD) and *Charaka* compiled and revised the brief sutra of *Agnivesha*'s work. *Aindri* (*Bacopa monnieri* Linn), *Kapikacchu* (*Mucuna prurita* Hook), *Ashvagandha* (*Withania somnifera* Linn.) and *Atibala* (*Abutilon indicum* Linn) have been mentioned in different kind of diseases with different dosage form in *Charak Samhita*. Many research work has been done on above drugs as Antistress effects of bacosides of *Bacopa monnieri*: modulation;<sup>[1]</sup> *Mucuna pruriens* reduces stress and improves the quality of semen in infertile men<sup>[2]</sup> Antidepressant activity and immunomodulatory activity of *WithaniaSomnifera*;<sup>[3,4]</sup> Antioxidant and immunomodulatory activity of *Abutilon indicum*.<sup>[5,6]</sup>

**KEYWORDS:** *Charaka, Aindri, Kapikacchu, Ashvagandha* and *Atibala*.

**INTRODUCTION**

The knowledge about medicinal plant in the early age was documented systematically and organized scientifically in *Ayurvedic Samhitas*, *Nithantus* and other texts. In which we can get so many references of medicinal plants. Among all this *Samhita* of *Ayurveda*, *Charaka Samhita* is a vast treasure of regarding medicinal plants. *Charaka* is the first person who could classify the existing plants, into pharmacological categories and given 50 classes which are known as *Dashemani*.

*Aindri, Kapikacchu, Ashvagandha* and *Atibala* is 4 drugs out of ten drugs of *Balya mahakashaya*. *Balya*

*mahakashaya* is one of the 50 *mahakashaya*, which have been mentioned in *Charak samhita sutrasthana* 4/7. Ten important drugs are enumerated under this *mahakashaya* i.e. *Aindri, Rishabhi, Atirasa, Rishyaprokta, Payasya, Ashvagandha, Sthira, Rohini, Bala* and *Atibala*.<sup>[7]</sup>

**MATERIALS AND METHODS**

Comprehensive review of *Aindri, Kapikacchu, Ashvagandha* and *Atibala* were done from the *Charaka samhita*, and P.V.Sharma dravyaguna vigyana. All information were then analyzed, discussed and concluded.

**OBSERVATIONS**

**Table 1: Botanical name and properties of *Aindri, Kapikacchu, Ashvagandha* and *Atibala*.**

Dravya	Aindri	Kapikacchu	Ashvagandha	Atibala
Botanical name	<i>Bacopa monnieri</i> Linn	<i>Mucuna prurita</i> Hook	<i>Withania somnifera</i> Linn.	<i>Abutilon indicum</i> Linn.
Family	Scrophulariaceae	Papilionatae	Solanaceae	Malvaceae
Rasa	<i>Tikta</i>	<i>Madhura, Tikta</i>	<i>Tikta, Katu, Madhura</i>	<i>Madhura</i>
Guna	<i>Laghu</i>	<i>Guru, Snigdha</i>	<i>Laghu, Snigdha</i>	<i>Laghu, Snigdha, Picchila</i>
Virya	<i>Usna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Shita</i>
Vipaka	<i>Katu</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Madhura</i>
Dosa-Karma	<i>Kapha-vata shamaka</i>	<i>Kapha-pitta shamaka</i>	<i>Kapha-vata shamaka</i>	<i>Vata-pitta shamaka</i>

Table 2: Review of Aindri in charaka samhita.

S.no.	Name	Usefull part/ Preparation / Dosage form	Karma/ Prayoga	References
1.	Aindri	<i>Dahashamaka lepa</i>	<i>Daha</i>	C.Su. 3/26
2.	Aindri	<i>Balya mahakashaya</i>	<i>Balya</i>	C. Su. 4/7
3.	Aindri	<i>Prajasthapana mahakashaya</i>	<i>Prajasthapana</i>	C.Su. 4/49
4.	Aindri	<i>Garbhasthapaka aushadha</i>	<i>Garbhasthapana</i>	C.Sa. 8/20
5.	Aindri	<i>Dharana</i>	-	C.Sa. 8/62
6.	Aindri	<i>Aindra Rasayana</i>	<i>Rasayana</i>	C.Ci. 1-3/24
7.	Aindri	<i>Indrokta Rasayana</i>	<i>Rasayana</i>	C.Ci. 1-4/6
8.	Aindri	<i>Karpasamutradi Kvatha</i>	<i>Vataja ashmari</i>	C.Ci. 26/70
9.	Aindri	<i>Madhunryadi Tail</i>	<i>Balavarnakrita</i>	C.Ci.29/94

Table 3: Review of Kapikacchu in charaka samhita.

S.no.	Name	Usefull part/ Preparation / Dosage form	Karma/ Prayoga	References
1.	Rhshabhi	<i>Balya mahakashaya</i>	<i>Balya</i>	C. Su. 4/7
2.	Kacchura	<i>Purishavirajaniya mahakashaya</i>	<i>Purishavirajana</i>	C.Su. 4/32
3.	Atmagupta	<i>Gharshana</i>	<i>Sanyasa roga</i>	C.Su. 28/47
4.	Atmagupta	<i>Madhuraskandha</i>	<i>Vatapitta vikara</i>	C.Vi. 8/139
5.	Svayamgupta	<i>Dwitiya Brahma Rasayana</i>	<i>Rasayana</i>	C.Ci. 1-1/58
6.	Atmagupta	<i>Haritakyadi Rasayana</i>	<i>Rasayana</i>	C.Ci. 1-1/76
7.	Atmagupta	<i>Brinhani gutika</i>	<i>Vrshya</i>	C.Ci. 2-1/29
8.	Atmagupta	<i>Vajikara ghrta</i>	<i>Vrshya</i>	C.Ci.2-1/33
9.	Atmagupta	<i>Apatyakari Nashtikadi gutika</i>	<i>Shukra kshaya</i>	C.Ci. 2-2/4
10.	Ajadaphala	<i>Vrshya kshira</i>	<i>Vrshya</i>	C.Ci. 2-2/19
11.	Svayamgupta	<i>Vrshya pupalika yoga</i>	<i>Vrshya</i>	C.Ci.2-3/15
12.	Ajada	<i>Vrshyamahisa rasa</i>	<i>Shukra kshaya</i>	C.Ci.2-4/14
13.	Atmagupta	<i>Vrshyamashadipupalika</i>	<i>Vrshya</i>	C.Ci.2-4/23
14.	Atmagupta	<i>Apatyakara ghrta</i>	<i>Apatyakari</i>	C.Ci.2-4/30
15.	Ajada	<i>Vrshya gutika</i>	<i>Vrshya</i>	C.Ci.2-4/31
16.	Atmagupta	<i>CandanAdi tail</i>	<i>Daha Jvara</i>	C.Ci.3/258
17.	Adhyanda	<i>Agurvadi tail</i>	<i>Shita Jvara</i>	C.Ci.3/267
18.	Svayamgupta	<i>Mahakalyanaka ghrta</i>	<i>Brmhana</i>	C.Ci.9/43
19.	Markati	<i>Mahapaishacika ghrta</i>	<i>Balya</i>	C.Ci.9/45
20.	Kapikacchu	<i>Phala sparsha</i>	<i>Unmada</i>	C.Ci.9/80
21.	Atmagupta	<i>Amrtaprasa ghrta</i>	<i>Brmhana</i>	C.Ci.11/36
22.	Svayamgupta	<i>Svadamtradi ghrta</i>	<i>Balamamsada</i>	C.Ci.11/45
23.	Kapikacchu	<i>Trtiya Sarpiguda</i>	<i>Shukranidra kshaya</i>	C.Ci.11/62
24.	Atmagupta	<i>Caturtha Sarpiguda</i>	<i>Kshina kshata</i>	C.Ci.11/66
25.	Svayamgupta	<i>Trayusanadya ghrta</i>	<i>Kasahara</i>	C.Ci.18/39
26.	Svayamgupta	<i>Agastya Haritaki</i>	<i>Balavardhana</i>	C.Ci.18/57
27.	Atmagupta	<i>Yusa</i>	<i>Vataja Kasa</i>	C.Ci.18/76
28.	Svayamgupta	<i>Ghrta</i>	<i>Svasa, Kasa</i>	C.Ci.26/87
29.	Atmagupta	<i>Mahamayura ghrta</i>	<i>Siroroga</i>	C.Ci.26/168
30.	Kapikacchu	<i>Majjasneha</i>	<i>Balapustikara</i>	C.Ci.28/125
31.	Kapikacchu	<i>Amrtadya tail</i>	<i>Viryabalavardhaka</i>	C.Ci.28/160
32.	Atmagupta	<i>Balaghrta</i>	<i>Vatarakta</i>	C.Ci.29/56
33.	Atmagupta	<i>Sthiradighrta</i>	<i>Vatarakta</i>	C.Ci.29/76
34.	Atmagupta	<i>Avaleha</i>	<i>Pittakaphashamaka</i>	C.Ka.4/12
35.	Atmagupta	<i>Vasti kalpana</i>	<i>Daha, Atisara</i>	C.Si.3/50
36.	Atmagupta	<i>Vasti kalpana</i>	<i>Kshina, kshata</i>	C.Si.3/53
37.	Svayamgupta	<i>Vasti kalpana</i>	<i>Shukramamsavardhaka</i>	C.Si.10/29
38.	Atmagupta	<i>Vasti kalpana</i>	<i>Durbala, kshina</i>	C.Si.12/15(9)
39.	Atmagupta	<i>Vasti kalpana</i>	<i>Vrshya</i>	C.Si.12/17(7)
40.	Atmagupta	<i>Vasti kalpana</i>	<i>Balakara</i>	C.Si.12/17(8)

**Table 3: Review Ashvagandha in charaka samhita.**

S.no.	Name	Usefull part/ Preparation / Dosage form	Karma/ Prayoga	References
1.	Ashvagandha	<i>Kushthadilepa</i>	<i>Kushtha</i>	C.Su. 3/8
2.	Ashvagandha	<i>Brmhaniya mahakashaya</i>	<i>Brmhana</i>	C.Su. 4/2
3.	Ashvagandha	<i>Balya mahakashya</i>	<i>Balya</i>	C.Su. 4/7
4.	Ashvagandha	<i>Mula asava</i>	<i>Dipana, pacana</i>	C.Su. 25/48
5.	Ashvagandha	-	<i>Virecanartha</i>	C. Vi. 8/136
6.	Ashvagandha	<i>Madhura skandha</i>	-	C. Vi. 8/139-145
7.	Ashvagandha	<i>Vajikarana ghrta</i>	<i>Vajikara</i>	C.Ci. 2/1-34
8.	Ashvagandha	<i>Agurvadi Taila</i>	<i>Jvara</i>	C.Ci. 3/367
9.	Ashvagandha	<i>Utsadana dravya</i>	<i>Rajyakshma</i>	C.Ci. 8/176
10.	Ashvagandha	<i>Lepa</i>	<i>Udara roga</i>	C.Ci. 13/109
11.	Ashvagandha	<i>Dhuma</i>	<i>Arsha</i>	C.Ci. 14/51
12.	Ashvagandha	<i>Kshara</i>	<i>Hikka-Shwasa</i>	C.Ci. 17/117
13.	Ashvagandha	<i>Dhupana</i>	<i>Kasa</i>	C.Ci. 18/75
14.	Ashvagandha	<i>Pradeha</i>	<i>Granthi Visarpa</i>	C.Ci. 21/123
15.	Ashvagandha	<i>Gandhahasti Agada</i>	<i>Visa nasaka</i>	C.Ci. 23/70
16.	Ashvagandha	<i>Mahagandhahasti Agada</i>	<i>Visa nasaka</i>	C.Ci.23/81
17.	Ashvagandha	<i>Amrta ghrta</i>	<i>Visa nasaka</i>	C.Ci.23/244
18.	Ashvagandha	<i>Kushthadi taila</i>	<i>Urustambha</i>	C.Ci.27/43
19.	Ashvagandha	<i>Ashvagandhadi Utsadana</i>	<i>Urustambha</i>	C.Ci.27/50
20.	Ashvagandha	<i>Ashvagandha Taila</i>	<i>Vatavyadhi</i>	C.Ci.28/166
21.	Ashvagandha	<i>Vrshamuladi Taila</i>	<i>Vatavyadhi</i>	C.Ci.28/171
22.	Hayagandha	<i>Mulaka Taila</i>	<i>Vatavyadhi</i>	C.Ci.28/173
23.	Ashvagandha	<i>Jivakadi Mahasneha</i>	<i>Vatashonita</i>	C.Ci.29/73
24.	Ashvagandha	<i>Peya</i>	<i>Stanya shodhana</i>	C.Ci.30/260
25.	Ashvagandha	<i>Erandamuladi Niruha Basti</i>	<i>Dipana, Lekhana</i>	C.Si.3/39
26.	Ashvagandha	-	<i>Anantavata</i>	C.Si.9/87
27.	Ashvagandha	<i>Yapana Basti</i>	<i>Santanakara</i>	C.Si.12/15(2)
28.	Ashvagandha	<i>Basti</i>	<i>Balavardhaka</i>	C.Si.12/16(6)
29.	Ashvagandha	<i>Baladi Yamaka Anuvasana Basti</i>	<i>Balya</i>	C.Si.12/18 (2)

**Table 4: Review of Atibala from charaka samhita.**

S.no.	Name	Usefull part/ Preparation / Dosage form	Karma/ Prayoga	References
1.	Bala Dve	<i>Pradeha</i>	<i>Vata-Rakta</i>	C.Su. 3/22
2.	Bhadraudani	<i>Brmhaniya mahakasaya</i>	<i>Brmhana</i>	C. Su. 4/2
3.	Atibala	<i>Balya mahakasaya</i>	<i>Balya</i>	C. Su. 4/7
4.	Atibala	<i>Madhuraskandha</i>	<i>Vatapitta vikara</i>	C.Vi. 8/139
5.	Atibala	<i>Amalaka ghrt</i>	<i>Rasayana</i>	C.Ci. 1-2/4
6.	Atibala	<i>Baladi rasayana</i>	<i>Rasayana</i>	C.Ci. 1-2/12
7.	Atibala	<i>Agurvadi tail</i>	<i>Shita-jvara</i>	C.Ci.3/267
8.	Atibala	<i>Yavagu/Manda</i>	<i>Pittaja Atisara</i>	C.Ci.19/50
9.	Atibala	<i>Amrtadya tail</i>	<i>Vata-vyadhi</i>	C.Ci.28/159
10.	Atibala	<i>Bala ghrta</i>	<i>Vata-rakta</i>	C.Ci.29/57
11.	Atibala	<i>Jivaniya ghrta</i>	<i>Balavarnakrta</i>	C.Ci.29/62
12.	Atibala	<i>Vasti kalpana</i>	<i>Vata shamaka</i>	C.Si.3/39
13.	Atibala	<i>Vasti kalpana</i>	<i>Balakra</i>	C.Si.12/15(9)
14.	Atibala	<i>Vasti kalpana</i>	<i>Balakra</i>	C.Si.12/15(5)
15.	Atibala	<i>Vasti kalpana</i>	<i>Balakra</i>	C.Si.12/15(6)

**DISCUSSION AND CONCLUSION**

On the basis of above description it is clear that *Aindri*, *Kapikacchu*, *Ashvagandha* and *Atibala* is beneficial in the treatment of many diseases such as *Jvara*, *Rajyakshma*, *Vata-rakta* etc and also have *balya*, *Rasayana* and *Vrshya* action. *Rasayana* is described as an herbal or metallic preparation that promotes a

youthful state and mental health and expands happiness or it increases the body immunity, *dravya* which increases vitality or strength of body known as *balya* and drugs which help in improving fertility is *Vrshya*.

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