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A Critical Review on “*Charakokta Deepaniya Mahakashaya*”

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ABSTRACT:

The fourth chapter of *Charaka samhita* is related to fifty various groups. In each group, 10 herbs are included having common action. *Deepaniya mahakashaya* is pronounced for action related to digestive fire. *Charaka Samhita's Deepaniya Mahakashaya* is a significant *mahakashaya*. *Deepana* translates as *Agni* stimulation (i.e Digestive fire). Due to people's inability to adhere to diet regulations due to sedentary lifestyles, the importance of this *Mahakashaya* has grown in day-to-day practise. which ultimately causes *Agni's* vitiation. *Agni* plays a vital role in maintaining health and balancing the equilibrium of *Dosha*, *Dhatu* and *Mala*. So, to bring the function of *Agni* to normalcy, besides maintaining proper diet and regimen, *Deepaniya* drugs are advised. The purpose of this article is to further explain the concepts of *Deepana*, *Raspanchaka* (*Rasa*, *Guna Virya*, *Vipaka* and *karma*) of that particular drugs that are discussed in *Charakokta Deepaniya Mahakashaya*.

Keywords: *Charaka*, *Deepaniya*, *Agni*, *Mahakashaya*, Digestive fire

INTRODUCTION

It is believed that the *Charaka Samhita* as we know it today initially appeared in the first century. According to *Charaka*, lifestyle choices and human effort can extend life and prevent disease. Health and sickness are not predetermined. He also claimed that a doctor can never treat a patient's illness if they do not penetrate the patient's body with the lamp of knowledge and awareness. Before prescribing a course of action, he should thoroughly research all the variables, such as habitats, that can affect a patient's health.¹ Disease prevention is more crucial than disease treatment. Most people agree that *Charaka* was the first doctor to discuss the concepts of immunity, metabolism, and digestion. Many patients in daily practice

experience *agnimandhya*, which finally leads to loss of appetite. *Ayurveda* claims that *Agnimandya* is the primary cause of most of *Vyadhi* (disease).² *Acharya Charaka* mentioned a class of *dravyas* which enhance the *Manda agni* (poor digestive fire) and restores its normalcy for maintaining health. These drugs help to promote digestive fire and are known as *Deepaniya mahakashaya* to address this issue. *Pippali*, *Pippali-moola*, *Chavya*, *Chitrak*, *Shringavera*, *Amlavetas*, *Marich*, *Ajmoda*, *Bhallatak asthi*, and *Hingu niryas* are some of these. Even though these have unique components for use, their *Rasapanchak* is extremely similar.³ In this article, many view points regarding their use of various *nighantus* are presented, and a study of these drugs *deepanakarma* has been done.



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MATERIAL AND METHOD -

This study endeavours critical review on *Deepaniya Mahakashaya* as mentioned in *Charaka samhita* in relation to *Bhavaprakash Nighantu* based on their *Rasapanchaka* i.e. *Rasa, Guna, Virya, Vipaka, Karma*, along with their phytochemical composition, and pharmacological properties.⁴ Properties of *Deepania dravya* in relation to *Agni* has been discussed and analysed from Ayurvedic and modern pharmacological perspectives using Ayurvedic treatises as well as various journals and monographs. Google search was also used. Books and other online materials were also considered.

Concept of Deepana

a) Definition of Deepana- According to *Acharya sharangdhara deepana* means the drug which stimulate *Agni* (digestive fire) but does not digest *Ama*. According to *charak samhita* commentator *Gangadhar sen Deepana* means to helpful to stimulate *Agni*.⁵ According to *Asthanga Hrudaya deapna* means to stimulate *Agni* and it may digest *Ama* or not.

b) Panchabhautik composition of Deepana Dravyas:- *Deepana Dravya* is *Agnimahabhuta Pradhan*, claims *Acharya Sushruta*. *Deepan dravyas* are *Vayu* and *Prithvi mahabhuta pradhan*, claims *Acharya bhavprakash*. According to *R Gosh's materia medica*, it is obvious that taste, odour, and other senses reflexively trigger the vagus fibres, causing a secretion known as psychological or hunger secretion that starts gastric digestion and is then augmented by other secretions produced in the stomach.

c) Pharmacological properties of Deepaniya Dravya- Generally *Deepaniya dravyas* are *Katu, Amla, Lavan Rasa pradhan, Ushna virya* and *Tikshna, Laghu, and Ushna guna pradhan*.

Table No. 1 *Dravyas* of *chrakokta Deepaniya mahakashaya*. Table No.2 Properties of *Deepaniya Dravya* – According to *Bhavaprakash Nighantu*. Analysis of pharmacological properties of *Deepaniya dravya* mentioned in *Deepaniya Mahakasha*.^{6,7,8}

A) *Rasa*: Table No.3

B) *Vipaka*: Table No.4.

C) *Virya*: Table No.5.

D) *Guna*: - Table No.6.

Research Work and Studies on These Herbs-

A Long Pepper study demonstrates that the Long Pepper isolate has antibacterial properties.

It also implies that *Piper longum* has additional pharmacological and therapeutic implications for intestinal disorders including hepatitis. Moreover, it possesses immunomodulatory, anti-amoebic, and anti-diabetic effects.^[15]

-In a study using aqueous suspension of *P. longum* root powder administered orally to mice and rats at doses of 200, 400, and 800 mg/kg, it was shown that the plant root's analgesic effects result in a mild opioid-type but potent nonsteroidal anti-inflammatory drug-type of analgesia.⁹

- In a study on *Chavya*, a special piperine dimer called *Chabamide* that was extracted from the plant's stem bark shown anti-microbial and anti-hyperlipidemic effects.¹⁰

- Several pharmacological properties, including anti-microbial, anti-inflammatory, anti-cancer, larvicidal, and anti-diabetic effects, have been linked to *P. zeylanica*.¹¹

-According to a study on the pharmacological effects of ginger, it is useful in the treatment of nausea, vomiting, and gastro hypomotility. Another study on ginger reveals that eating it boosts the thermic effect of food and encourages a feeling of fullness.¹²

- The fruit of *G. pedunculata* has been discovered to alleviate iron deficiency anaemia and to be hepato-, cardio-, and hypoglycaemic.¹³

- *Piper nigrum* and its bioactive components have been found to have significant pharmacological activities, including antimicrobial activity and antioxidant actions against a number of reactive oxygen and nitrogen species. In the same study, its anti-cancer, anti-diabetic, and hypolipidemic properties were also mentioned.

-According to research on *A. graveolens* extract, when compared to silymarin, it reduces the rise in a number of hepatotoxicity markers, such as aspartate transaminase, alanine transaminase, alkaline phosphatase, albumin, and total protein.¹⁴

-It is reported that *Semecarpus anacardium* extract possesses Immunomodulatory potency in hepato- cellular carcinoma. It also reduces tissue and serum hyperlipidaemia by the inhibition of intestinal cholesterol absorption coupled with peripheral disposal.¹⁵

-A clinical trial with *Ferula narthex* has shown that it is a successful treatment for a number of stomach problems. It is one of the most effective treatments for flatulence and a crucial component of the majority of digestive powders. *Asafoetida* has been found in pharmacological and biological investigations to possess a number of properties, including those that are antioxidant, antiviral, antifungal, cancer chemo-preventive, antidiabetic, antispasmodic, hypotensive, and molluscicide.

DISCUSSION

In this review, it has been noted that, as stated in *Bhavprakash Nighantu*, the majority of *Deepana Dravyas* have *Katu rasa*, followed by *Tikta rasa* (taste), *Teekshna* (sharp), *Ushna* (hot), and *Ruksha* (dry) *Guna*, *Ushna virya* (hot potency), *Katu vipaka* (bio transformation of drugs inside the body), and *Karma* (pharmaco-logical properties).¹⁶

All of these *Deepaniya dravyas* lack *Prabhav*, hence their past deeds have been classified as *Rasapanchaka Karma*. *Vayu* and *Agni Mahabhuta* are dominant in the *katu rasa*. *Ruksha*, *Ushna*, and *Laghu guna* regulate *Vata's* movement, activate the digestive system, enhance taste perception, scrape off sticky substances, and unclog bodily channels.¹⁷ Taste is also enhanced by *tikta rasa*. *Ushna virya* strengthens *Pitta* and calms *Kapha-Vata*. All of these characteristics significantly contribute to the biological effects of *Deepaniya dravya* and demonstrate their value as an appetiser in *Rasapradoshaja vyadhis* for the treatment of sickness.¹⁸

When *Deepana Dravya* ignites the digestive power, *Ama* cannot be digested. An illustration of a lamp provided by *Bhavprakash* helps substantiate this claim. Even though it possesses the *Teja Mahabhuta* characteristic, the dim lamp cannot cook the rice, but it may illuminate the room and dispel the darkness. Similar to this, *Deepana Dravya* creates hunger by igniting *Jatharagni*. This stimulation may come through a structured diet, regular exercise, or the use of specific herbs and medications, but it is insufficient to cause the body to break down the food consumed. *Agni Deepana* might therefore be defined as something that activates *Agni*.

CONCLUSION

With the exception of *Amlvetas* and *Bhallataka*, all of the *dravyas* listed in *Charakokta Deepaniya Mahakashya* possess *Katu Rasa*. Apart from *Pippali* (*Piper longum*), all of the *dravyas* mentioned in the *Deepaniya Mahakashya* have *Ushna Virya*. Except for *Shunthi* and *Bhallataka*, all of the *dravyas* listed in the *Deepaniya Mahakashya* have *Katu vipaka*, whereas *Amlavetas* have *Amla vipaka*. With the exception of *Amlavetas*, all of the *dravyas* stated in *Deepaniya Mahakashya* are mentioned in *Bhavprakash Nighantu's Haritakyadi Varga*.

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Table No. 1 Dravyas of chrakokta Deepaniya mahakashaya.

S.N.	Sanskrit Name	Latin Name	Family	Active ingredients
1.	<i>Pippali</i>	<i>Piper longum</i>	Piperaceae	Piperine, piperlonguminine
2.	<i>Pippalimula</i>	<i>Piper longum</i>	Piperaceae	Piperine, piperlonguminine
3.	<i>Chavya</i>	<i>Piper retrofractum</i>	Piperaceae	Lignan, piperamine Chabamide pipernonaline, guineensine
4.	<i>Chitraka</i>	<i>Plumbago zeylanica</i>	Plumbaginaceae	Plumbagin
5.	<i>Shunthi</i>	<i>Zingiber officinale</i>	Zingiberaceae	Gingerol, shogaol, 1zingerone
6.	<i>Amlavetas</i>	<i>Garcinia pedunculata</i>	Guttiferaea	Garcinol, cambogin
7.	<i>Maricha</i>	<i>Piper nigrum</i>	Piperaceae	Piperine, Chavicine
8.	<i>Ajmoda</i>	<i>Carum roxburghianum</i>	Umbelliferae	Caffeic acid, chlorogenic acid, apiin, apigenin
9.	<i>Bhallataka</i>	<i>Semicarpus anacardium</i>	Anacardiaceae	Bhilawanols, sterols
10.	<i>Hingu niryas</i>	<i>Ferula foetida</i>	Umbelliferae	Hydroxyumbelliprenins, Asafoetidin, Ferocolicin, Disulphides

Table No.2 Properties of Deepaniya Dravya – According to Bhavprakash Nighantu.

S.N.	Dravya Name	Rasa	Vipaka	Virya	Guna	Karma
1.	<i>Pippali</i>	<i>Katu</i>	<i>Madhur</i>	<i>Anushna</i>	<i>Laghu, Snigdha</i>	<i>Agni deepak, Vatakaphahara, Ama vatanashaka</i>
2.	<i>Pippalimula</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Ruksha</i>	<i>Agni deepak, Pachak, Krimihara, Pittakarak</i>
3.	<i>Chavya</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Ruksha</i>	<i>Agni deepak, Pachak, Krimihara, Pittakarak</i>
4.	<i>Chitraka</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu,</i>	<i>Agni deepak, Pachak, Krimihara, Vata shleshmahara.</i>
5.	<i>Shunthi</i>	<i>Katu</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Laghu, Snigdha</i>	<i>Agni deepak, Ruchi karak, Vata kaphahara</i>

6.	<i>Amlavetas</i>	<i>Amla</i>	<i>Amla</i>	<i>Ushna</i>	<i>Laghu, Rooksha</i>	<i>Agni deepak, Bhedan ,Pittakaarak</i>
7.	<i>Maricha</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Tikshna, Rooksha</i>	<i>Agni Deepak, Pitta Kaarak, krimihara</i>
8.	<i>Ajmoda</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Tikshna</i>	<i>Deepani, Kaphavatahara, Krimighna</i>
9.	<i>Bhallataka asthi</i>	<i>Madhur, Kashaya</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Tikshna, Rooksha</i>	<i>Deepani, Kaphavatahara, Krimighna</i>
10.	<i>Hingu niryas</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Tikshna</i>	<i>Pachaka, Ruchikarak, Krimighna, Pitta vardhak,</i>

Analysis of pharmacological properties of Deepaniya dravya mentioned in Deepaniya Mahakasha.

A) Rasa: Table No.3

<i>Rasa</i>	<i>Dravya</i>
<i>Katu, Rasa</i>	<i>Pippali, Pippalimul, Chavya, Chitraka, Shunthi, Maricha, Ajmoda, Hingu</i>
<i>Amla Rasa</i>	<i>Amlavetas</i>
<i>Madhur kashay Rasa</i>	<i>Bhallataka</i>

B) Vipaka: Table No.4.

<i>Vipaka</i>	<i>Dravya</i>
<i>Katu</i>	<i>Pippalimul, Chavya, Chitraka, Marich, Ajmoda, Hingu.</i>
<i>Madhur</i>	<i>Shunthi and Bhallataka.</i>
<i>Amla</i>	<i>Amlavetas</i>

C) Virya: Table No.5.

<i>Virya</i>	<i>Dravya</i>
<i>Ushna</i>	<i>Pippalimul, chavya, Chitraka, Amlavetas, Ajmoda, Marich, Bhallataka, Shunthi, Hingu</i>
<i>Anushna</i>	<i>Shunthi</i>

D) Guna: - Table No.6.

<i>Guna</i>	<i>Dravya</i>
<i>Laghu Snigdha</i>	<i>Pippali and shunthi</i>
<i>Laghu Rooksha</i>	<i>Pippalimul, Chavya, Chitraka, and Amlavetas</i>
<i>Laghu Tikshna</i>	<i>Ajmoda</i>
<i>Tikshna Snigdha</i>	<i>Bhallataka</i>
<i>Tikshna Rooksha</i>	<i>Marich</i>