

BALYA MAHAKASHAYA AS A STRENGTH PROMOTER**Sapna Chaudhary¹, Satya Prakash Chaudhary², Sadhana Singh³, Vinod Kumar Joshi⁴**^{1,2}Ph.D. Scholar, ³MD Scholar, ⁴Prof.

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ABSTRACT

Drug is an important part of *chikitsa chatushpada*, which has been mentioned next to the physician in *Charak Samhita*. The comprehensive knowledge of the drug is very important to physician because without knowledge of the drug, the patient can't be treated properly. *Balya mahakashaya* is one of the 50 *mahakashaya*, which have been mentioned in *Charak samhita sutra sthana 4/7*. Ten important drugs are enumerated under this *mahakashaya* i.e. *Aindri, Rishabhi, Atirasa, Rishyaprokta, Payasya, Ashvagandha, Sthira, Rohini, Bala* and *Atibala*. *Dravya* which increases vitality or strength of body known as "*Balya*". *Mahakashaya* is the term for a group of drugs which are used for similar purpose.

Key-words: *Balya*, Strength, *Bala*, *Mahakashaya*.**INTRODUCTION**

The *Ayurvedic* classical texts have described the pharmacological classification of drugs, broadly and scientifically. *Dravya* are categorized according to their effect on specific system of human body. The *Karmanusara* classification of *Charaka* has been done in 50 groups or *mahakashaya*. Each group consists of ten drugs. In this method of classification the *Acharya* has described the drugs of basic importance. Therefore, the descriptions given are neither too exhaustive nor too brief. The *dravya* which are mentioned is enough for the use of person who are not much intelligence. This will also help person of high intelligence in exercising their own imagination for grasping other drugs. *Balya mahakashaya* is one of the 50 *mahakashaya*, which have been mentioned in *Charaka samhita sutra sthana 4/7*. *Balya mahakashaya* contain ten drugs which are *Aindri, Rishabhi, Atirasa, Rishyaprokta, Payasya,*

Ashvagandha, Sthira, Rohini, Bala and *Atibala*. *Mahakashaya* is the term for a group of drugs which are used for similar purpose. The single components of each group are called as *Kasaya*. Those *dravya* which increases vitality or strength of body known as "*Balya*". In *Sushruta Samhita sutrasthana 15/19&20*, the word "*Bala*" refers to "*Oja*" also which has a function of maintaining the "*Bala*" of the body. The word "*Bala*" also denotes the normal "*Kapha dosa*" as it has the function of providing *Bala* for the body. *Sushruta* said that according to the concept of our own scripture, *ojas* is defined as the final and excellent essence of *dhatu* beginning with *rasa* and ending with *shukra*, the same verily is called as '*bala*'. *Sushruta*, describes the function of "*Bala*" as- nourishment and stability of *Mansa dhatu* (the muscular tissues of the body), ability to perform various tasks efficiently, clarity and complexion of voice

along with clear and efficient working of all the organs either external like *Gyanendriya* (sense organs) or *Karmendriya* (organs with motor functions) and internal like *Mana* (mind), *Atma* (spirit), etc". Health depends on *Bala* and for restoring health treatment is done, the final object of treatment being maintaining the *Bala* in the body.

The *Balya* action with of various substances, either by medicaments or dietary substances is clearly mentioned in *Ayurvedic* classics. According to Charak '*bala*' is of 3 types (C.Su.11/36) i.e. *sahaja* (constitutional), *kalaja* (temporal) and *yuktikrita* (acquired). A. *Sahaja bala* - It is an inherent characteristic property of an individual present since birth. B. *Kalaja bala*- It is dependent on season and age. C. *Yuktikrita*- Acquired strength is dependent on diet, Drugs and exercises etc. Some example of strength promoter in *samhita* - *Majja* enhances strength (S.Su.15/7) and it also provides physical strength especially to *asthidhatu*. *Prakrita kapha* increases strength (C.Su.18/53), Normal blood increases strength. Meat of cock is strength promoter (C.Su.25/40); regular consumption of food having all tastes increases strength (C.Su.25/40); *virya* (semen) is the best strength promoters (S.Su.15/7). Regular performance of exercise promotes strength. For the purpose to preservation of health in healthy individual and eradication of disease which are curable, we need to know those drugs which are increases the strength and vitality or act as tonic.

(C.Su.- *Charaka samhita sutrasthana* 11/36,18/53, 25/40 & S.Su - *Sushruta samhita sutra sthana* 15/7)

MATERIAL AND METHODS -

Comprehensive review of drugs under *Balya Mahakashaya* of *Charaka Samhita* C.Su.4

was done. Each drug mentioned under *Balya Mahakashaya* was reviewed from *Bhavaprakash nighantus*, P.V.Sharma *dravyaguna vigyana*. Further, scientific research work regarding drug has been collected. All information was then analyzed, discussed and concluded.

OBSERVATIONS-

Description of *dravya* of *Balya Mahakashaya*-

Aindri-

Botanical name: *Bacopa monnieri* (Linn.) Pennell

Family : Scrophulariaceae

This Plant is described in *Balya, Prajasthapana* of *Charaka samhita*. *Dosha Karma* – *Kapha - Vata shamaka*.

Rishabhi -

Botanical name: *Mucuna prurita* Hook. Family: Fabaceae

This Plant is described in *Balya mahakashaya* of *Charaka samhita* and *Vidarigandhadi gana* of *Sushruta samhita*. The Synonyms are *Atmagupta, Kandura, Markati*, and *Vrishabhi*. *Dosha Karma* – *Vata shamaka*

Atirasa -

Botanical name: *Asparagus racemosus* Willd. Family: Alliaceae

This Plant is described in *Balya, Shukrajanana* and *Vayasthapana mahakashaya* of *Charaka samhita* and *Vidarigandhadi, Varunadi* and *Kantakapancamula gana* of *Sushruta samhita*. The Synonyms are *Bahusuta, Vari, Shatavirya, Pivari, Adharkantaka, Svadurasa* and *Phanijihva*. *Dosha Karma* – *Vata - Pitta shamaka*.

Rishyaprokta-

Botanical name: *Teramnus labialis* Spreng. Family: Fabaceae

This Plant is described in *Jivaneeya, Balya* and *Shukrajanana mahakashaya of Charaka*

samhita and Vidarigandhadi and Kakolyadi gana of Sushruta samhita. The Synonyms are Shooryaparni, Kamboji, Hayapuchchhika and Mahasaha etc. Dosha Karma – Vata - Pitta shamaka.

Payasya-

Botanical name: Ipomoea digitata Linn

Family: Convolvulaceae

This Plant is described in Brinhaniya, Balya, Kanthya and Pureeshavirajaniya mahakasaya of Charaka samhita. The Synonyms are Ksheeravalli and Payasvinee etc. Dosha Karma – Vata -Pitta shamaka.

Ashvagandha-

Botanical Name: Withania somnifera Dunal

Family: Solanaceae

This Plant is described in Brinhaniya and Balya mahakashaya of Charaka samhita. The Synonyms are Ajagandha, Varahakarnee, Vajee, Balada and Kusthagandhaneer etc. Dosha Karma – Kapha - Vata shamaka.

Sthira-

Botanical name: Desmodium gangeticum DC

Family: Papilionatae

This Plant is described in Balya, Snehopaga, Shvayathuhara, Angamardaprashamana and Vayasthapana mahakashaya of Charaka samhita and Vidarigandhadi, Laghupancamula gana of Sushruta samhita. The Synonyms are Anshumati, Guha, Vidarigandha and Shophghani etc.

Dosha Karma – Tridosh shamaka.

Bala-

Botanical Name: Sida cordifolia Linn.

Family: Malvaceae

This Plant is described in Balya, Brinhaneeya and Prajasthapana mahakashaya of Charaka samhita. The Synonyms are Peetapushpi, Balarhaya, Badraudani, Vinaya, and Sheetapaki etc. Dosha Karma – Vata - Pitta shamaka.

Atibala-

Botanical Name: Abutilon indicum (Linn).

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Family: Malvaceae

This Plant is described in Balya and Brinhaneeya mahakashaya of Charaka samhita and Vidarigandhadi gana of Sushruta samhita. The synonyms are Petarika, Vatyapushpi, Kankatika, Vrishya and Saha etc . Dosha Karma – Vata - Pitta shamaka.

Rohini-

Botanical Name: Soyimida febrifuga A.Juss

Family: Maliaceae

This Plant is described in Balya mahakashaya of Charaka samhita and Nyagrodhadi gana of Sushruta samhita. The synonyms are Atiruha, Vritta, Praharavalli, Charmakasha, Vikasha and Vasa etc . Dosha Karma – Kaph - Pitta shamaka.

Table 1-Properties of drugs in Balya mahakashaya of charaka:

Drugs	Rasa	Guna	Virya	Vipaka
Aindri	Tikta	Laghu	Ushna	Katu
Rishbhi	Tikta, Madhura	Guru, Snigdha	Ushna	Madhura
Atirasa	Tikta, Madhura	Guru, Snigdha	Sheeta	Madhura
Rishyaprokta	Tikta, Madhura	Laghu, Snigdha	Sheeta	Madhura
Payasya	Madhura	Guru, Snigdha	Sheeta	Madhura
Ashvagandha	Tikta, Katu, Madhura	Laghu, Snigdha	Ushna	Madhura
Sthira	Madhura, Tikta	Guru, Snigdha	Ushna	Madhura
Rohini	Katu, Kasaya	Laghu, Ruksha	Sheeta	Katu
Bala	Madhura	Laghu, Snigdha, Picchila	Sheeta	Madhura

Atibala	Madhura	Laghu, Snigdha, Picchila	Sheeta	Madhura
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DISCUSSION

Present day people are having less strength or power, in the sense of doing work or immunity against the disease, low immunity may be due to stress, improper diet, abnormal routine and intake of food of contaminated with chemicals and fertilizers hence having less *Prana* etc. or by other many cause peoples have less strength and more disease. Many research work has been done on the drugs of *Balya mahakashaya* as Antistress effects of bacosides of *Bacopa monnieri*: modulation of Hsp70 activity in rat brain⁵; *Mucuna pruriens* reduces stress and improves the quality of semen in infertile men⁶; Immunomodulatory activity, increases milk yield by *Asparagus racemosus*^{7,8}; Galactagogue activity, Improvement of sperm density and antioxidant potential of *Ipomoea digitata*^{9,10,11}; Antidepressant activity and immunomodulatory activity of *Withania Somnifera*^{12,13}; Anti-inflammatory, antioxidant activities and gastroprotective effect of *Desmodium gangeticum*^{14,15}; Analgesic and anti-inflammatory Activities of *Sida cordifolia*¹⁶; Antioxidant potential and immunomodulatory activity of *Abutilon indicum*^{17,18}. *Dravya* of *Balya mahakashaya* are predominantly of *madhura rasa* and second one *tikta rasa*, *madhur vipaka*, *sheeta veerya*, *ushna virya* and *snigdha guna*. *Poshana* of *dathu* by *madhura rasa*, *sheeta virya* and *snigdha guna* and *srotosodhana* by *tikta rasa* and *ushna guna*. *Balya karma* of these drugs seems to be due to *rasa*, *guna*, *vipaka* and *prabhava*. Further, the properties of drugs in *Balya mahakashaya* is similar to the *oja*, therefore these drugs also help to enrich *oja* which is said to be the vital.

CONCLUSION

Medicinal plants are natural source of medicines, now the world is moving towards the plant based medicine or phytomedicines that strengthening bodily systems (especially the immune system or *oja*, which can then properly fight foreign bodies) and help to destroy against pathogens without toxic side effects. We need to know those drugs which increase the strength and vitality or act as tonic. The drugs of *Balya mahakashaya* enhance *Oja* thereby increasing vitality and strength. Because of this beneficial effect, those drugs can be used to fulfill the purpose and objective of *Ayurveda* to preservation of health in healthy individual and eradication of disease which are curable. Thus, proper use of drugs of *Balya mahakashaya* would help to live a healthy life, and to combat the challenges posed by frightening diseases of present and future.

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