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, Rishyaprokti, 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, Rishyaprokti, 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 dhatus 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 sotthana 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 nighantsus, 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, Prajasthapan of Charaka samhita. Dosha Karma – Kapha - Vata shamaka.

Rishabhi -
Botanical name: Mucuna prurita Hook.
Family: Fabaceae
This Plant is described in Balya, 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, Vidarigandhadi and Kantakapancamula gana of Sushruta samhita. The Synonyms are Bahusuta, Vari, Shatavirya, Pivari, Adharkanta, Svuaduras and Phanjihva.
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, Kambadi, Hayapuchchhika and Mahasaha etc. Dosha Karma – Vata - Pitta shamaka.

Payasa-
Botanical name: Ipomoea digitata Linn
Family: Convolvulaceae
This Plant is described in Brinhaneya, Balya, Kanthya and Purreeshvirajaniya 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 Brinhaneya and Balya mahakashaya of Charaka samhita. The Synonyms are Ajagandha, Varahakarnee, Vajee, Balada and Kushthaghanne etc. Dosha Karma – Kapha- Vata shamaka.

Sthira-
Botanical name: Desmodium gangeticum DC
Family: Papilionatae
This Plant is described in Balya, Snehopaga, Shvayathuhara, Angamardapramshama and Vayasthapana mahakasaya of Charaka samhita and Vidarigandhadi, Laghupancamula gana of Sushruta samhita. The Synonyms are Anshumati, Guha, Vidarigandha and Shophghani etc.

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

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aindri</td>
<td>Tikta</td>
<td>Laghu</td>
<td>Ushna</td>
<td>Katu</td>
</tr>
<tr>
<td>Rishbhi</td>
<td>Tikta,Madhura</td>
<td>Guru,Snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
</tr>
<tr>
<td>Atirasra</td>
<td>Tikta,Madhura</td>
<td>Guru,Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
</tr>
<tr>
<td>Rishyaprokta</td>
<td>Tikta,Madhura</td>
<td>Laghu,Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
</tr>
<tr>
<td>Payasya</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
</tr>
<tr>
<td>Ashvagandha</td>
<td>Tikta,Katu,Madhura</td>
<td>Laghu, Snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
</tr>
<tr>
<td>Sthira</td>
<td>Madhura, Tikta</td>
<td>Guru, Snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
</tr>
<tr>
<td>Rohini</td>
<td>Katu,Kasaya</td>
<td>Laghu,Ruksha</td>
<td>Sheeta</td>
<td>Katu</td>
</tr>
<tr>
<td>Bala</td>
<td>Madhura</td>
<td>Laghu,Snigdha,Pichila</td>
<td>Sheeta</td>
<td>Madhura</td>
</tr>
</tbody>
</table>

Dosha Karma – Tridosh shamaka.

Bala-
Botanical Name: Sida cordifolia Linn.
Family: Malvaceae
This Plant is described in Balya, Brinhaneya and Prajasthapana mahakasaya of Charaka samhita. The Synonyms are Peetapushpi, Balarhaya, Badraudani, Vinaya, and Sheetapaki etc. Dosha Karma – Vata - Pitta shamaka.

Atibala-
Botanical Name: Abutilon indicum (Linn).
Family: Malvaceae
This Plant is described in Balya and Brinhaneya mahakasaya 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: Soymida febrifuga A.Juss
Family: Maliaceae
This Plant is described in Balya mahakashaya of Charaka samhita and Nyagrohdadi gana of Sushruta samhita. The Synonyms are Atiruha, Vritta, Praharavalli, Charmakasha, Vikasha and Vasa etc. Dosha Karma – Kaph - Pitta shamaka.
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 brain\(^5\); Mucuna pruriens reduces stress and improves the quality of semen in infertile men\(^6\); Immunomodulatory activity, increases milk yield by Asparagus racemosus\(^7,8\); Galactogogue 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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