

Conceptual study of *Brihan* and its Co-relation with Nutritional Analysis of *Brihaniya Dravya*

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Abstract –

Acharya Charak described 50 *Mahakashaya*. In these *Mahakashaya*, *Dravyas* are distributed by *Ayurvedic* action. So we will Choose and analyse of chemical constituents of common *Dravya* from *Brihan Mahakashaya*, *Jivaniya Mahakashaya* (*Kakoli*, *Ksheer-kakoli*) and *Balya Mahakashaya* (*Ashwagandha*, *Bala*) and compare to the specific *BrihanDravya* (*Vidhara*) and try to know that the difference between the *BrihaniyaMahakashaya* and *JivaniyaMahakashaya* or *BrihaniyaMahakashaya* and *BalyaMahakashaya* and specify the *Brihan karma* as par modern aspect. **Aim-** Critical Study on concept of *Brihan* and Analytical study of *Brihniya Dravya* as nutritional Drug **Objective - Literature** Study on the concept of *Brihan* along with *Brihaniya Dravya* (*Ashwagandha*, *Ksheer-Kakoli*, *Kakoli*, *Shwet-Bala*, *Vidhara*), Nutritional analytical

study of *Brihaniya Dravya* (*Ashwagandha, Ksheer-Kakoli, Kakoli, Shwet- Bala, Vidhara*)

Material & Method- Present study is a conceptual and analytical study of *Brihan Dravya* in which the collection the conceptual material of the *Brihan mahakashya, and jivniya mahakashya, balya mahakashya* by *Samhitas* especially *Charak Samhita* and collection of or nutritional value of the *Brihan Dravya* after the analysis from the lab. Then we will correlate the nutritional value of the *Brihan Dravya* with the conceptual theory of the *Brihan* and *Brihan Dravya*. **Observation-** Observation will be based on laboratory. **Expected Results:** - Result will be design after the nutritional Analysis, GCMS and HPLC report. **Conclusion:** The concept of *Brihan* will be the same as nutritional value and *Brihan Dravya* (*Ashwagandha, Ksheer- Kakoli, Kakoli, Shwet-Bala, Vidhara*) will have significant nutrition value so this study will be prove that Why is one drug repetition in many group?

Keywords: - *Brihan Mhakashya, Balya Mahakashayas nutritional value, Brihan, GCMS, HPLC,*

(*Ashwagandha, Khseer- Kakoli, Kakoli, Shwet-Bala, Vidhara*)(*Ashwagandha, Khseer- Kakoli, Kakoli, Shwet-Bala, Vidhara*)

Introduction-

Ayurveda is a very ancient medical system that aims “**To protect the health of a healthy person and to cure the disease of the patient**”^[1]. *Acharyas* described the *Ashtang Ayurveda*. It has divided into 8 types of special division of *Chikitsa* in *Ayurveda* such as *Kaya Chikitsa, Baal Chikitsa, GrahaChikitsa, Urdhvang Chikitsa, Shalya Chikitsa, Danshtra Chikitsa, Jaraa Chikitsa, Vrish Chikitsa*. *Charak Samhita* is the main text of *Kaya Chikitsa*.

The purpose of *Shaman Chikitsa* is to bring the *Dosh, Dhatu* and *Mal* in equilibrium state whether it is in increase condition or emaciated condition and the treatment of healing the emaciated condition of *Dosha, Dhatu* and *Mal* is called *Brihan Chikitsa*.

According to *Acharya Charak*, the definition of *Brihan Chikitsa* is “**The Dravya and Chikitsa which produces Vriddhi (nourish) in body structure are called Brihan Chikitsa**”^[2]. The *Brihan Chikitsa* the Synonym of *Santarpan Chikitsa*^[3]. In *Brihan chikitsa*, the *Dravya* and *Chikitsa* with the predominance of *Prithvi* and *Jal Mahabhut*^[4]. they are used in *Dhatuksheen* or *Karshya* disease (malnutrition) because they *Dravyas* have the following properties, *Guru, Sheet,*

Mridu, Snigdha, Bahal, Sthul, Pichchhil, Mand, Sthir, Slaksna^[5]. Their properties match the properties of *Kapha Dosha, Mansa Dhatu and Meda Dhatu* so they reduce the *Vata Dosha* and *Pitta Dosha*, causative factor of *Dhatuksheenata or Karshya* and nourish the *Dhatu* and growth the body structure.

These Dravyas are mentioned by *Acharya Charakin Mahakashaya* group by name *Brihan Mahakashaya*, have following *Dravya* ^[6].

1. *Kshirani*, 2. *Rajkshavak* 3. *Ashwagandha*, 4. *Kakoli*, 5. *Ksheer-kakoli* 6. *Vatyayani*, 7. *Shwet-bala* 8. *Vankapas* 9. *Payasya* 10. ***Rishyagandha (Vidhara)***

Acharya Charak claimed that these *Dravyas* are Action As nutrient and growth of the body and growth of *Mansha Dhatu*. *Acharya Sushrut* explained the as *Kakolyadi Gana*^[7] which works the same as *Brihan Mahakashaya*.

Acharya Charak described 50 *Mahakashaya*. In these *Mahakashaya, Dravyas* are distributed by *Ayurvedic* action. So we will Choose and analyse of chemical constituents of common *Dravya* from *Brihan Mahakashaya, Jivaniya Mahakashaya (Kakoli, Ksheer-kakoli)* and *Balya Mahakashaya (Ashwagandha, Bala)* and compare to the specific *Brihan Dravya (Vidhara)* and try to know that the difference between the *Brihan iya Mahakashaya* and *Jivaniya Mahakashaya* or *Brihaniya Mahakashaya* and *Balya Mahakashaya* and specify the *Brihan karma* as par modern aspect.

Brihan Karma means increasing the state of the body component (*Dhatu*) by *Dravyas* or other measures. *Brihan Chikitsa*, also includes the *Snehan* ^[8], *Stambhan* ^[9] because they have the same properties as *Brihan Dravya*. *Brihan* used as a treatment of *Dhatuksheen, Kshat, Madyapan* daily ^[10] and mainly for *Karshya* ^[11]. *Brihan chikitsa* follows the principle of *Samanya* ^[12] such as the growth of *Mansa Dhatu* by eating *Mansa* and taking *Dravyas* with the same properties of *Mansa Dhatu*. That is why *Acharya Charaka* has described 50 *Mahakashaya* in his *Shadvirechaniya Adhyay*,^[13] in which describes *Brihaniya Mahakashaya*, have ten *Dravya* which are helpful in the growth of the body.

They have many indicated such as *Jivaniya Mahakashaya, Brihan iya Mahakashaya, Balya Mahakashaya, Shukrajanan Mahakashaya, Shukrasodhan Mahakashaya,*

Prajasthapan Mahakashaya Vayasthapan Mahakashaya ^[14] but their exact nutritional value remained untested. *Brihaniya Dravyas* are the repetition of the *Mahakashyas*.

Literature regarding *Brihan Mahakashaya* should that some *Dravya* is common in *Jivaniya Mahakashaya* and *Balya Mahakashaya* so their nutritional value remains untested than analysis of their chemical constituents remains untested and remains the specific Action of *Brihan Dravya* as per modern aspect. This study plans a concept of specificity of each *Dravya* (*Ashwagandha*, *Ksheer-Kakoli*, *Kakoli*, *Shwet-Bala*, *Vidhara*) of *Brihan Mahakashaya* as per modern aspect.

The Study also finds a new aspect of a new molecule as the cheapest source of nutritional supplement.

Review and morphology of Drugs

Ashwagandha¹⁵—It is described in *Balyagana Brihan iyagana*, *Madhurskandh* (*Charak Samhita*). It belongs to the Solanaceae family with the name *Withania somnifera* (Linn.).

Morphology-

- It is a dense, hairy, erect, greyish- tomentose herb or under-shrub, grows up to a height of 1.5 meters. It's all parts are covered with whitish, stellate trachoma's. Branching is extensive; leaves are simple, alternate or sub-opposite, ovate, entire, basis, 10 cm long. The roots are fleshy, long tuberous, fleshy and whitish-brown.

Origin Place-

Types – *Ashwagandha* have 5 types' species.

***RasPanchak of Ayurveda* (As per Text)–**

Ras – *Katu Tikta, Madhur*

Guna – *Snigdha, Laghu*

Virya–*Ushna*

Vipak -*Madhur*

Prabhav– *Balprad, Balya, Kashyaha, Brihan iya, Pushtiprad, Rasayan*

Dosha Prabhav – *Kaph-Vat Shamak*

Properties of drug -The drug are the rejuvenating agent; mainly used in *Ayurvedic* and Unani preparations. The plant has anti-tumour, anti-inflammatory, anti-bacterial, fungicidal, anthelmintic, anti-convulsing, anti-stress, immunomodulatory and antipyretic properties. It is also used in insomnia, weakness, ulcers and painful swellings as an aphrodisiac in leucoderma. The paste prepared out of its leaves is used for curing inflammation of tubercular glands and that of its roots for curing skin diseases, bronchitis, ulcer dyspepsia and eye diseases. The fruits and seeds of Ashwagandha are used as a diuretic. The leaf is reported to contain anthelmintic.

Kakoli and ksheerkakoli¹⁶— *kakoli* and *Ksheerkakoli* are drugs of the *Astavarg* group of medicines. The roots of *Roscoeapropera* (Linn.) Wallich are being used by many as *Kakoli*/*Ksheerkakoli*. To determine whether *Roscoeapropera* (Linn.) can be recognised as *Kakoli* or *Ksheerkakoli*. It belongs to liliaceae family.

RasPanchak of Ayurveda (As per Text)–

Rasa: Madhura

Guna: Sita, Guru

Virya: Sita

Vipaka: Madhura

Prabhav: Brihan a, Pittahara, Vatahara, Sukrala

Properties of drug- Therapeutic function of this drug are *Raktapitta, Sosa, Jvara, Svasa, Kasa, Kshaya, Daha*.

Vidhara (Rushyagandha)¹⁷-*Vidhara* with its Latin name *Argyreiapreciosa* is an herb. This plant is also called Elephant creeper. The roots, the leaves and the seeds of this plant are used for some medicinal benefits. It belongs to convolvulaceae family.

Morphology- *Vidhara* is perennial climbing vine. Stem is approx. half inch in diameter with new branches. Leaves are 4-12 inch long with more width. Flowers are bell shape with whitish-violet colour.

RasPanchak of Ayurveda (As per Text) –

Ras – Katu, tikt, Kashaya

Guna – Laghu, Snigdha

Virya - Ushna

Vipak - Katu

Prabhav– VranaPachaan, Daran, shodhanropankasya, shosh, Brihan iya karma

Dosha Prabhav- Kaph-Vat Shamak

The roots of this plant are rejuvenator, diuretic, nervine tonic and aphrodisiac and therefore they are effective in treating diseases of the nervous system, rheumatism, strangury and sexual disorders.

The powder made from soaking the roots of Vidhara in tubers of Asparagus juice and then grinding them in powdered form can be used for various medicinal benefits.

Balaa 18 - it belongs to *Balya, Brihan iya, prajasthan, Madhurskandh(Charak Samhita), Vatsanshama (Sushrut)*.

Balaa is a perennial subshrub of the mallow. It belongs to malvaceae and scientific name ***Sidacordifolia***.

Balaa is an erect perennial that reaches 3 -13 feet tall, entire plant covered with soft white felt-like hair that is responsible for one of its common names, "flannel weed". The stems are yellow-green, hairy, long, and slender. The yellow-green leaves are oblong-ovate, covered with hairs and 3.5 to 7.5 cm long by 2.5 to 6 cm wide. The flowers are dark yellow, sometimes with a darker orange centre

RasPanchak of Ayurveda (As per text)

Ras – Madhur

Guna- Laghu Snigdha Pichchhil

Virya- sheet

Vipak-Madhur

Prabhav–Balya, sBrihan, ojobardhak

Dosha Prabhav– Pittasamka

Properties of drug –

- The *Ayurvedic* system of medicine considers *Bala* or *Sidacordifolia* as a tonic, astringent, emollient, and aphrodisiac. The immunity boosting food in forms a chief ingredient of several essential formulations in *Ayurveda*. Internally, *bala* is believed to be a very effective *rasayana* for all kinds of *vata* disorders. It is well known that it acts as a stimulant to the heart.
- As a milk decoction with sugar, it is a very good nutritive supplement for strength and good health. *Bala* supports in healing of tissues in infectious diseases. As it helps

formation new muscle tissue, it increase the strength and hence, imparts a rejuvenate action.

- Being a tonic, it is commonly used in general debility, *Vatavyadhis* or degenerative and neuron-muscular-skeletal diseases. Owing to this property, Balaa oils are used topically for relief from sore muscles and joints. The medicated oil prepared with *bala*, *Bala* oils, is massaged to cure pain and swelling in *vata* disorders. The crushed leaves of this plant are believed to ease local pains.

Methodology:

Trial design: Conceptual and Analytical

Study setting: Conceptual material collection at the dept. of Samhita and Siddhant in M.G.A.C.H. and R.C. Wardha and nutritional analysis of the Brihan Dravya (*Ashwagandha*, *Ksheer- Kakoli*, *Kakoli*, *Shwet-Bala*, *Vidhara*) at SICART (Sophisticated instrumentation centre for applied research and testing).

Study design:

Literature study of concept of *Brihan*

Dravya collection by *Ayurveda*

(*Seasonal method*)



Nutritional analysis of *Brihan iya Dravya*



Interpretation of Nutritional Analytical Data



Discussion and Conclusion

Figure 1: Flow diagram of the study procedure

Eligibility criteria:-

Detail of *Dravya*: -

The *Dravya* will choose from *Brihan Mahakashaya* of *Shadvirechansatshiya Adhayay* of *Charka Samhita* for nutritional analytical study. The *Dravya* details are following.

Table no.1

Sr. no.	Name of <i>Dravya</i>	Botanical name	Family	Part used	Dravya collection season (ritu)
1.	<i>Ashvagandha</i>	<i>Withania somnifera</i> Lin.	<i>Solanaceae</i>	<i>Mool</i>	<i>Greeshm/Shishir</i>
2.	<i>Kakoli</i>	<i>Roscoea procera</i> Lin.	<i>Zingiberaceae</i>	<i>Beej, Mool</i>	<i>Greeshm/Shishir</i>
3.	<i>Ksheer Kakoli</i>	<i>Lilium polyphyllum</i> Lin.	<i>Liliaceae</i>	<i>Mool</i>	<i>Greeshm/Shishir</i>
4.	<i>Shwet Bala</i>	<i>Sida cardifolia</i> Lin.	<i>Malvaceae</i>	<i>Mool</i>	<i>Greeshm/Shishir</i>
5.	<i>Vidhara</i>	<i>Argyreia nervosa</i> Lin.	<i>Convolvulaceae</i>	<i>Beej, Mool</i>	<i>Greeshm/Shishir</i>

Properties of *Dravya*:-

Sr. no.	Name of <i>Dravya</i>	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipak</i>	<i>Karma As par Mahakashaya</i>
1.	<i>Ashvagandha</i> ^[19]	<i>Tikt, Katu, Madhur</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Balya, Jivaniya, Brihan, Rasayan</i>
2.	<i>Kakoli</i> ^[20]	<i>Madhur</i>	<i>Guru, Sheet,</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Brihan Shukral</i>
3.	<i>Ksheer-kakoli</i> ^[21]	<i>Madhur</i>	<i>Guru, Sheet,</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Brihan Shukral</i>
4.	<i>Shwet-Bala</i> ^[22]	<i>Madhur</i>	<i>Laghu, snigdha, pichchhil</i>	<i>sheet</i>	<i>Madhur</i>	<i>Balya, Brihan, Ojovardhik</i>
5.	<i>Vidhara</i> ^[23]	<i>Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Brihan iya Rasayan, Madhya</i>

ANALYSIS PLAN:

A] Drugs analysis:-

A. Organoleptic characters

- *Shabda* (Fracture)
- *Sparsha*(Texture)
- *Rupa*(Colour)
- *Rasa* (Taste)
- *Gandha*(smell)

B. Physiochemical parameters

- Moisture
- Acid- Insoluble
- pH
- particle Size
- Water soluble
- Alcohol soluble
- HPLC
- GCMS

Observation: Will be drawn after analysis.

Ethical consideration: After the ethical clearances from Institutional ethical committee (IEC) study will be started.

Result: -Result will be done after the nutritional analysis of the *Dravya*(*Ashwagandha, Ksheer-Kakoli, Kakoli, Shwet-Bala, Vidhara*) from laboratory.

Discussion: *Acharya Charak* described 50 *Mahakashaya*. In these *Mahakashaya, Dravya* are distributed by *Ayurvedic* action. So we will Choose and analysis of chemical constituents of common *Dravya* from *Brihan Mahakashaya, Jivaniya Mahakashaya (Kakoli, Ksheer-kakoli)* and *Balya Mahakashaya (Ashwagandha, Bala)* and compare to the specific *Brihan Dravya (Vidhara)* and try to know that the difference between the *Brihan iya Mahakashaya* and *Jivaniya Mahakashaya* or *Brihan iya Mahakashaya* and *Balya Mahakashaya* and specify the *Brihan karma as par modern aspect*.

Conclusion: Concept of *Brihan* will be same from nutritional body and *Brihan Dravya (Ashwagandha, Ksheer- Kakoli, Kakoli, Shwet-Bala, Vidhara)* will have significant nutrition value. In this concept will be clarify that the common drug in *Mahakashaya* because the drugs

have both constitutes or properties so which work as Brihan iya and jivaniya or Brihan iya and balya.

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Conflict interest – none

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