Received: 13 Nov. 2023 | Revised: 15 Dec. 2023 | Accepted: 15 Jan. 2024

DOI:

Review Article

AJDP
Nature has the Power to Heal

DELVING INTO THE ESSENCE OF DRAVYAGUNA VIDHYAN – UNVEILING THE VITALITY OF JIVANIYA MAHAKASHAYA: A COMPREHENSIVE REVIEW

Preet Bang[a*] | Shrutika Sarode[a] |Mrunali Bhosale[a]

AFFLIATIONS:
[a]Research Associate, ICRO

CORRESPONDENCE:
Preet Bang, Research Associate, ICRO, Pune

EMAIL ID:
preetbang@gmail.com

FUNDING INFORMATION:
Not Applicable

How to cite this article:
Bang P, Sarode S, Bhosale M.,Delving into the Essence of Dravyaguna Vidhyan – Unveiling the Vitality of Jivaniya Mahakashaya: A Comprehensive Review.2024;1(1):9-12.

ABSTRACT:
Jivaniya Mahakashaya was a symbol for life-sustaining medications.Ten such medications that can be used as Jivaniya are enumerated by Charaka. Since the natural habitats of all these herbs are primarily in the Himalayan region, these medications are only found in limited areas. Jivaniya ganas are comparable to nutrients and an immune booster since they are highly necessary to the body's ability to function in terms of supplying energy, supporting living activities, and rebuilding. It is still necessary to determine the actual representations of this Jivaniya gana, despite the fact that some work has been done on the identification of medicinal herbs indicated under Jivaniya Mahakashaya. The taxonomy and therapeutic qualities of these Jivaniya Mahakashaya are the topics of this essay.
KEYWORDS: Ayurveda, Herbs, Jivaniya Mahakashaya, Medicinal plant

INTRODUCTION:

To put it simply, Ayurveda is a science of health and healing based on consciousness, and it tells us what we need to feel well. In particular, the Samhita's Charaka Samhita and Sushruta Samhita-two distinct chapters, C.Su.4 and S.Su.38, respectively-describe Dravya's group-based classification quite thoroughly[1].

The herbs that are included in the Jivaniya Mahakashaya category are those that have the ability to promote life. Natural habitats for all of these plants may be found in the Himalaya, especially in the north-west Himalaya in J & K, Uttarakhand, and Himachal Pradesh, where elevations range from 1500 to 4000 meters[2].

Their native environments have unique ecological characteristics. The greatness of Jivaniya Dravyas lies in their ability to provide strength and energy.The Jivaniya Mahakashaya was a symbol for life-sustaining medications. Although some effort has been done on identifying the medicinal plants indicated under the Jivaniya gana category, it is still necessary to determine the real representatives of this Jivaniya Group. Jivaniya gana is an important ingredient in many Ayurvedic compositions. This communication focuses on the therapeutic characteristics and taxonomy of this plant, which has a common activity.

MATERIAL AND METHOD:

Every medication listed in Jivaniya Mahakashhaya was examined using the Charaka Samhita and Bhavaprakash nighantus. Every piece of information was thoroughly examined, debated, and concluded[3].

OBSERVATION: JIVAKA-Jivaniya Mahakashya-

1. JIVAKA

Malaxis acuminate is the botanical name.

Botanical Description: Up to 35 cm tall terrestrial herb.

Flower: deep pink, terminal dense to lax racemes; leaves: 6–8, elliptic acuminate, sheathed at base. Different orchid species' bulbs like.

Upyuktaanga: False light bulb

Chemical components: glucose, rhamnose, terpenes, and alcohol (ceryl alcohol).

Uses in medicine: Raktapitta, Raktavikara, and Vasa[4]

Dosage: 8–10 grams

2. RISHABHAKA

Microstylis muscifera Ridley, by name in botany

The Orchideaceae family

Description Botanical: Herb 40–60 cm. Ovate and lanceolate leaves. Yellowish green flowers.

Upyuktaanga: Bulbs of Psedo

Uses in therapy: emaciation, burning, and seminal weakness[5]

3. MEDA

The plant species Polyagonatum verticillatum belongs to the genus Polygonatum. In the Himalayan region, it is widely prevalent. Growing up to 0.56-2.3 meters, it is a perennial. Four to eight leaves in a whorl. Flowers: 4-6 in a bunch, in the leaf axils; fruits cling on after the leaves fall and become crimson when ripe. Consists of proteins, resins, and steroidal saponins (Diosgenin). Balroga, Bhagandara, Gulma, Kamla, Karsya, Kasa, Natkatandhya, Netrasrava, Rajyaksma, Raktapitta, Sosa, Vasa, Timira, and Visarpa are medicinally used.

Upyuktaanga: Rhizome

Dosage: 4–8 grams[6,7]

4. MAHAMEDA

Polygonatum cirrhifolium (Wall) is its botanical name.

Family Rolye: Aliaceae

Botanical Description: Asparagaceae, relatives of Kahenera polygonatum, are covered by Polygonatum cirrhifolium.

Chemical components: sucrose and glucose

Upyuktaanga: Roots and Rhizomes

Raktapitta, Jvara, Raktavikara, Kamala, Kassaya, Daha, Balroga, and Ksrisna are all used therapeutically.

Dosage- 4–7 grams is the dose[8,9]

5. KAKOLI

Botanical name: Roscoea purpurea Smith

Family: Zingiberaceae

Botanical Description: A perennial herbaceous plant with rhizomes that grows in the Himalayas, especially in Nepal. Grown occasionally as a garden ornamental plant. It varies in height, although it can reach a height of more than 60 cm with broad leaves. The sheaths around the leaves can be light green or have a hint of dark reddish purple. forming bunches of thick, meaty leaves where a plump stem emerges, with two to three purple, hooded flowers at the top in the summer.

Yuktaanga: Root of the tuberous

Raktapitta, Sosa, Jawara, Swasa, Kasa, Ksaya, and Daha are used therapeutically.

Dosage: 5–8 grams[10,11,12]

6. KSHEERAKAKOLI

Botanical name: Lilium polyphyllum D.Don.

Family:Aliaceae

According to botany, it is a perennial herbaceous plant with growth ranging from 70 to 160 cm, with sporadic reaches of up to 310 cm. Wild in the Himalayas at elevations between 1900 and 3900 meters. The lanceolate leaves are thin. They're dispersed all along the stem. Greenish-white flowers arranged in cymes. Follicle: turgid, woody.

Use in therapy: seminal weakness[13,14]

7. JEEVANTI

Botanical name: Leptadenia reticulate W& A

Family: Asclepiadaceae

Botanical Description: A shrub that climbs vertically and has many small, glabrous branches. Bark on stem: severely fractured, corky, yellowish. Leaves: faintly pubescent at base, coriaceous, oval, acute, and glabrous above. Flower: yellow in the sub-axillary or lateral regions, or greenish-white. Fruit: 8–10 cm long, subwoody follicles with tapering 8 mm seeds.

Upyuktaanga: Chemical components of roots: luteolin, diosmetin, hentriacontanol, beta-sit sterol, beta-beta amyrin, and stigma sterol.

Therapeutic uses: Ha, Jawara, Ksaya, Mukharoga, Trsna, Urahksata, Atisara, and others.

Dosage: 5-8g[15]

8. MADHUKA

Botanical name: Glycyrrhiza glabra Linn

Family: Fabaceae

Botanical Description: Glycyrrhiza glabra is a herbaceous perennial that can reach a height of one meter. It is found in mild temperate and subtropical regions and has pinnate leaves that are approximately eight to six meters long and have ten to eighteen leaflets. The loose inflorescence of 0.9–1.3 cm long, purple to pale white blue flowers is produced. Fruit is an oblong pod that is 3–4 cm long and has several seeds within. The roots are stolons.

Upyuktaanga: Root

Chemical components: Sugars, StarcH and Glycyrrhizin Acid. Kasa, Sarabheda, Kasa, Varna, and Vatarakta are used therapeutically.

Dosage: Churna, 4-6g[16,17]

IMPORTANCE OF JIVANIYA MAHAKASHAYA

Modern Theories- Herbs with life-promoting properties are those included in the Jivaniya Gana group listing. Prana, the oxygen essence that replenishes the body's vitality and nourishes the intellect, is a crucial component of life. While oxygen, the broad aspect of Prana, supports the body's tissues, Prana is what fuels cellular activity at the cellular level. Disease or death arises when there is no Prana or when Prana stagnates. Therefore, in order to sustain life, it is necessary to preserve the ability of the breath to take in Prana, the circulation to carry Prana, and the digestive tract to absorb Prana as part of the digestive process.

Doshas Theories- The Doshas also need to be in balance since, according to Charaka, they are the primary cause of mortality because tissue deterioration results from an inflamed Dosha. The feeding and strengthening qualities of Kapha are used to counteract the catabolic effect of Vata and increase the longevity of the tissues. Because the herbs in the Jivaniya groups have the character of Kapha and are therefore anabolic in nature, they strengthen, nourish, and build.

Dhatu Theories- Rasa Dhatu, the first tissue in the body that nourishes all other tissues, must be maintained in order to establish tissue strength and appropriate tissue formation. Because of its similarities to Kapha, Rasa Dhatu is strengthened and nourished by agents that elevate Kapha in the body. Other tissues that Rasa Dhatu nourishes will also be strengthened by strengthening and developing Rasa Dhatu[18].

DISSCUSION:

In the current medical landscape, health policies in India and around the world are focusing on reproductive and child health care, as well as investigating the possibility of introducing ancient medical systems like Ayurveda to improve health care. Jivaniya Mahakashaya mentions nine herbal medications. Eight medications are listed as Astavarga in the nighantus period among them. Because the majority of the herbs (which are the main source of the medications found in Jivaniya Mahakashaya) are found in the Himalayan region, their limited life cycle makes them difficult to get, leading to the establishment of the Pratinidhi Dravyas tradition. Madhura rasa, Madhura vipaka, Sheeta virya, and Snigdha guna make up the majority of Jivaniya Mahakashaya's drug inventory. Dravyaguna Prabhava appears to be the source of these medications' Jivaniya karma. Additionally, the Oja is shown by the Jivaniya Guna. Certain medications have rejuvenating properties through their Jivaniya karma, and they can also be used to promote body fat, repair fractures, strengthen the seminial nerve, and act as antioxidants in the body.

CONCLUSION:

The world is now shifting toward plant-based therapy, or phytochemical medicine, which helps to eradicate pathogens without having harmful side effects and strengthens body systems, particularly the immune system or Oja, which can combat foreign bodies. Jivaniya Mahakashaya's medications improve Oja, which boosts vigor and power. Owing to their beneficial effect, those medications can be utilized to improve health, or "Swasthasya swasthya rakshnama," which is Ayurveda's primary goal. Thus yet, only a small number of studies have been undertaken on the medications of this Mahakashaya group; all of their medications have not been tested scientifically. Thus, research on phytochemicals and their pharmacological characteristics is imperative.The explanation above makes it quite evident that Jivaniya Mahakashaya, one of the key components of Ayurveda, which is in danger, increases life's vitality.To prevent it from disappearing from our world, the government must create special regulations to regulate its harvesting and cultivation.

REFERENCES:

1. Agnivesha ,Charaka, Samhita Elaborated by Charaka and Dridhabala with the Ayurveda Deepika Commentary by Chakrapanidatta, Edited by Vaidya Yadavjii Trikamji Acharya, Chawkambha Vidyabhawan, Varanasi Reprint 2000 pp 65-101.
2. Sushruta, Sushruta Samhita, with the Nibandhasangraha Commentary of Sri Dalhanacharya, Edited by Vaidya Yadavji Trikamji Acharya, Published by Chaukhambha Orientalia, Varanasi, 1992 pp 161-163.
3. Bhavaprakash, Bhavaprakash Nighantu by , Commentary by Prof. K.C.Chunekar, Published by Chaukambha Bharti Academy Varanasi, 2010 pp 61 Haritaki varga.
4. *Ayurvedic* Pharmacopoeia of India Published by Government of India Ministry andPart 1 Volume 5
5. Seminar of Indian Studies, Institute of South and Central Asia, Faculty of Arts, Charles University Development of this Data Base of India Plant names was made possible by the generous funding of the Grant Agency of Charles University, Prague, Czech Republic 1998-2009.
6. The Plant List : A Working List of All Plant Species.
7. *Ayurvedic* Pharmacopoeia of India Part 1 Volume 6 2008 pp 111-112.
8. Species 2000 and IT IS Catalogue of Life 2014 Annual Checklist Species 2000 ; Reading or Reterieved on 26 May 2019.
9. *Ayurvedic* Pharnamacopoeia of India Part 1 Volume 5 2006 pp102-103.
10. WCSP (2011) World Checklist of Selected Plant Families, The Board OF Trustess of the Royal Botanic Gardens, Kew, Retrived 2011-10-11, Search for ‘Roscoea purpurea’.

11. Wilford, Richard Roscoeas for the Rock Garden, "Quarterly Bulletin of the Alpine Garden Society, 1999 pp 67(1); 93-101.
12. *Ayurvedic* Pharmacopoeia of India Part 1 Volume 3 2001 pp 79-80.
13. Wolf Bunhard Dickore, Marcus Nusser Flora of Nanga Parbat (NW Himalayas Pakistan) An Annotated Inventory of Vascular Plant with Remarks on Vegetation Dynamils 2000, in: Engler pp14, 225.
14. R.A Furasale, S D Patil, J Ethnopharmacol : 2010 Jun 16; 129(3) pp 416-9.
15. Data Base of Medicinal and Aromatic Plants in Rajasthan ID 0106, Birla Institute of Scientific Research all Rights Reserved.
16. *Ayurvedic* Pharmacopoeia of India Part 1 Volume 6 2008 pp73-74.
17. Huxley, A,ed, New RHS Dictionary of Gardening ISBN(1992) pp 0-333 -47,494-5.
18. Brown, D,ed, The RHS Encyclopedias of Herbs and their Uses, ISBN(1995) pp 1-3053-0059-0.