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DRUGS AND THEIR PHARMACOLOGICAL ACTIONS OF MAHAPAISHACHIKA GHRITA- A FORMULATION REVIEW

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ABSTRACT

Ayurveda is not only a science of longevity but also have spiritual aspects. The equilibrium of health is achieved by the proper acquaintance of *Tridosha*, *Sapta Dahatu*, *Trimalas* and proper co-ordinance with sense organs and *Manas*. The clarity of the mind is achieved by the balance in the *Satva*, *Raja* and *Tama Gunas*. The imbalance in these attributes leads to psychological as well as somatic diseases. In Ayurveda the psychological disorders refers to *Manasa Rogas*. Viz; *Unmada*, *Apasmara*, *Chittodvega*, *Atatvabhinivesha*, *Vishada*, etc. The imbalance in the attributes leads to *Dhi*, *Dhriti* and *Smriti Vibhramsha* i.e the mind is unable to recognize the which is good and which is bad. To attain the *Samyak Jnana*. Ayurveda enumerated various kinds Ghrita of formulations. The Ghrita crosses the blood brain barrier, and gives the desired effect. Among these Ghrita preparation the *Maha Paishachika Ghrita* is majorly used by Ayurvedic physicians. The main ingredients of these Ghrita are; *Jatamansi*, *Haritaki*, *Bhutakeshi*, *Carati(Kumbhi)*, *Markati(Shoka Shimbhi)*, *Vacha*, *Trayamana*, *Jaya(Jayanti)*, *Veera(Ksheera Kakoli or Shalaparni)*, *Choraka*, *Katuka Rohini*, *Kayastha(Sookshma Ela)*, *Shukari(Varahikanda)*, *Chatra(Madhurika)*, *Atichatra(Shatapushpa)*, *Palankasha(Guggulu)*, *Mahapurusha Danta(Shatavari)*, *Vayastha(Bramhi)*, *Nakuli*, *Gandhanakuli(Rasna)*, *Katambara (Katabhi)*, *Vrischikali*, *Shalaparni*. The prepared Ghrita is administered with milk and also administered as *Nasya* i.e through nasal route and through the rectal route in the form of medicated enema. Here an attempt is made to highlight the formulation, ingredients, their botanical source and the pharmacological actions.

KEY WORDS-

Ayurveda, *Mahapaishachika Ghrita*, Pharmacological actions, *Manas*, etc.

INTRODUCTION

The mind is a factor by which one can perceive the knowledge^[1]. The mind is the constituent of the subtle body and it is under the control of *Atma*. Due to *Atma*, the mind is active and conscious. The properties of mind is repulsion and attraction and it is concerned with *Jnanendriyas* and *Karmendriyas*. Therefore it is called as *Ubhayatmaka Manah*. (Concern with both sensory and motor centers). The action of mind^[2] are perception and motor control, *Swanigraha* (Self control), guessing, thinking, control over sensory and peripheral organs, ability to differentiate between right and wrong, possibilities and non possibilities, acceptable and non acceptable. Vitiating of *Manovaha Strotas* due to *Raja* and *Tama* *Doshas*, which impairs mental faculties like *Dhi* (Power of intelligence^[3]), *Dhriti* (Power of retention^[4]) and *Smriti* (Power of recall). *Acharya Sushruta*^[5] enumerated entities of mind are *Krodha* (Anger), *Shoka* (Sorrow), *Bhaya* (Fear), *Harsha* (Happiness), *Vishada* (Depression), *Irsha* (Jealousy), *Abhyasa* (Continuous efforts), *Dainya* (Dejection), *Matsarya* (Cruelty), *Kama* (Lust), *Lobha* (Greed), *Maana* (Pride), *Mada* (Neurosis), *Moha* (Ignorance and Delusion), *Amarsha* (Intolerance), *Dambha* (Sense of boosting), *Karpanya* (Unable to take decisions), *Udvega* (Anxiety neurosis), *Roudra* (Short temperament).

DISCUSSION-

The main ingredients of *Maha Paishachika Ghrita* are;

JATAMANSI-Botanical

Nordostachys jatamansi Dc,

Family- Vallirianaceae^[6]

Pharmacological Actions- The *Jatamansi* acts as *Medhya* (Brain Tonic), *Twachya* (Good for skin), *Kanti Vardhana* (Improves complexion).

HARITAKI- Botanical Name- *Terminalia chebula* Retz, **Family-** Combretaceae^[7]

Pharmacological Actions- *Haritaki* is *Medhya* (Brain tonic), *Vayasthapana* (Anti oxidant), and *Deepana* (Appetizer).

BHUTAKESHI- Botanical Name- *Vitex negundo* Linn, **Family-** Verbenaceae^{[8]. [9]}

Pharmacological Actions- *Nirgundi* or *Bhuta Keshi* is *Krimighna* (Anti helminthic), *Shophagna* (Reduces edema), *Kustha* (Skin diseases), *Vatahara*. It promotes *Smriti* (Memory), *Keshya* (Good for hair), and eyes.

CARATI(KUMBHI)-Botanical

Careya arborea Roxb,

Family- Barrangtoniaceae^[10].

Pharmacological Actions- It helps in diseases of *Prameha* (Urinary diseases including diabetes), *Arsha* (Haemorrhoids), *Vrina* (Ulcers), *Visha Roga* (Poison effects), *Krimi* (Worms).

MARKATI- Botanical Name- *Mucuna prurita* Hook, **Family-** Fabaceae^[11]

Pharmacological Actions- *Kapikacchu* acts as *Vrishya* (Aphrodisiac), *Vatahara* (Subsides *Vata Dosh*).

VACHA- Botanical Name- *Acorus calamus* Linn, **Family-** Acanthaceae^[12]

Pharmacological Actions- *Vacha* is *Ayushya* (Health promoting), *Buddhi Vardhaka* (Memory booster), *Smriti*

Vardhana(Improves retention power), It is Kapha- Vata shamaka, Amapachaka, Bhutagna(Removes external evil spirits).

TRAYAMANA- Botanical Name- *Gentiana kurro* Royle, **Family-** Gentiaceae^[13]

Pharmacological Actions- Trayamana acts as Sara(Laxative), Kapahapittahara(Subsides Kapha and Vata Doshas), Rakta Gulmahara(Cures Raktaja Gumla), Jwaragna(Subsides fever).

JAYA(JAYANTI)- Botanical Name- *Sesbania aegyptiaca* Pers, **Family-** Fabaceae^[14]

Pharmacological Actions- Jayanti is Tikta Katu in Rasa, Ushna Veerya, Vatahara(Subsides Vata Dosha). It is specifically indicated in Galaganda.

VEERA-KSHEERA

Pharmacological

Madhura(Sweet), Guru(Heavy), and Sheeta Veerya(Cold in potency). It alleviates Vata Dosha, Daha(Burning sensation), Asrapitta(Haemorrhagic diseases), Shosha(Emaciation), Trishna(Thirst), Jwara(Fever).

CHORAKA- Botanical Name - *Angelica glauca* Edgew, **Family-** Umbelliferae^[14]

Pharmacological Actions- Choraka is Laghu(Light), Teekshna(Penetrating), Katu(Pungent), Tikta(Bitter in taste), Katu Vipaka(Pungent in post digestive effect), Ushna Virya(Hot in potency). It acts as Medhya(Brain tonic), Deepana(Appetizer), Pachana(Digestive), Jwargna(Cures fever), Kusthagna(Skin diseases).

KATUKA ROHINI- Botanical Name- *Picrorrhiza kurrao* Royle ex Benth,

Family- Scrophulariaceae^[17]

Pharmacological Actions- Katuka Rohini is Tikta(Bitter), Katu Vipaka(Pungent in post digestive effect), Ruksha(Dry), Sheeta(Cooling), Laghu(Light). It is Bhedini(Softens the hard stools), Deepana(Appetizer), Hridya(Good for heart and pleasant when consumed), subsides Kapha, Pitta and Jwara, Prameha(Urinary diseases including diabetes), Shwasa(Dyspnoea), Kasa(Cough), Rakta diseases(Bleeding diseases), Daha(Burning sensation), Kustha(Skin diseases), Krimigna(Worm infestation).

KAYASTHA- Botanical Name- *Elettaria cardamomum* Maton,

Family- Scitaminaceae^[18]

Pharmacological Actions- The Kayastha is Katu Rasa(Pungent in taste), Sheeta(Cooling), Laghu(Light), Vatahara(Subsides Vata Dosha). The Sookshma Ela alleviates Kapha, Shwasa(Dyspnoea), Kasa(Cough), Arsha(Haemorrhoids), Mutrakrichra(Dysuria).

VARAHIKANDA- Botanical Name- *Dioscorea bulbifera* Linn,

Family- Dioscoreaceae^[19]

Pharmacological Actions- Varahi Kanda or Shukari is Madhura(Sweet), Tikta(Bitter) in taste, Katu Vipaka(Pungent in post digestive effect), It is helps in Shukra(Increases sperm count), Swara(Voice), Varna(Complexion), Agni(Appetite), Bala(Strength). Reduces Kapha Dosha, Kustha(Skin diseases), Meha(Urinary diseases including diabetes), Krimi(Worms), Rasayana(Tissue vitalizer).

CHATRA- Botanical Name- *Foeniculum vulgare* Mill, **Family-** Apiaceae^[20]

Pharmacological Actions- *Chatra* is *Laghu*(Light), *Teekshna*(Penetrating), *Pittakara*(Increases *Pitta Dosh*), *Subsides Vata* and *Kapha Dosh*s, *Vrina*(Ulcers), *Shoola*(Spasmodic Pain), *Chakshushya*(Good for eye diseases).

ATICHATRA- Botanical Name- *Peucedanum graveolens* Linn,

Family- Apiaceae^[21]

Pharmacological Actions- It is *Deepana*(Appetizer), *Shoolahara*(Cures spasmodic pain), *Laxative*, *Ruksha*(Dry), *Ushna*(Hot in potency), *Pachani*(Digestive), cure *Kasa*(Cough), *Vamana*(Vomiting), *Shleshma*(*Kapha Dosh*), *Anilahanti*(Reduces *Vata Dosh*).

PALANKASHA- Botanical Name- *Commiphora mukul* Hook. ex ootocks,

Family- Burseraceae^[22]

Pharmacological Actions- *Guggulu* is *Vishada*(Cleanses the internal tissues), *Tikta*(Bitter) in taste, *Ushna Virya*(Hot in potency), *Pittala*(Increases *Pitta*), *Sara*(Acts as laxative), *Katu Vipaka*(Pungent in post digestive effect), *Rooksha*(Drying), *Laghu*(Light). It is *Bhagna sandhanakara*(Heals the fractures), *Vrushya* (Aphrodisiac), *Teekshna* (Penetrating), *Swarya*(Good for voice), *Rasayana*(Vitalizer), *Dipana*(Appetizer), *Picchila*(Sticky), *Balya*(Promotes strength). Cures *Kapha-Vata* diseases, *Vrina*(Ulcers), *Gandamala*(Thyroid related problems), *Meda*(Excessive fat), *Prameha*(Urinary disorders including diabetes), *Ashmari*(Urinary calculi), *Kleda*(Excessive secretions), *Kustha*(Skin diseases), *Amavata*(Rheumatoid arthritis),

Pidaka(Carbuncles), *Granthi*(Growths), *Shopha*(Edema), *Arsha*(Haemorrhoids), *Gandamala*(Cervical lymphadenitis), *Krimi* (Worms).

THE NAVA GUGGULU- The freshly collected *Guggulu* is *Brimhana*(Nourishing), *Vrishya*(Aphrodisiac), *Snigdha*(Oily), *Yellow*, *Pakwa Jambu Phala sadrasha*(Looks like ripen fruit of *Jambu*), *Sugandhi*(Aromatic), *Picchila*(Sticky).

THE PURANA GUGGULU- The old and stored *Guggulu* is *Ati Lekhana*(Deplets the body tissues), *Ruksha*(Gry), *Durgandha*(Emits bad smell), *Tyakta Prakrit Varna*(Devoid of natural colour) and potency.

SHATAVARI- Botanical Name- *Asperagus racemosus*, **Family-** Asperagaceae^[23]

Pharmacological Actions- *Shatavari* is *Guru*(Heavy), *Sheeta Veerya*(Cold in potency), *Tikta*(Bitter) in taste, *Rasayana*(Tissue vitalizer), *Medhya*(Brain tonic), *Dipana*(Appetizer), *Balya*(Tonic), *Snigdha*(Demulcent), *Netrya*(Good for vision), *Gulma*(Intestinal growths), *Arsha*(Haemorrhoids). *Shukrala*(Promotes semen) and *Sthanya*(Breast milk), improves muscle tone and reduces *Vata*, *Pitta*, *Kapha* and *Rakta*. *Maha-Shatavari* is *Medhya*(Brain tonic), *Hridya*(Good for heart), *Vrishya*(Aphrodisiac), *Rasayana*(Tissue vitalizer), *Sheeta Veerya*(Cold in potency), cures *Arsha*(Haemorrhoids), *Atisara*(Dysentery), and *Netra rogas*(Eye diseases). Its young shoots subsides aggravated *Dosh*s, *Laghu*(Light in action), *Kshaya*(Muscle wasting).

VAYASTHA- Botanical Name- *Bacopa monnieri* Linn, **Family-** Scrophulariaceae^[24]
- Pharmacological Actions- *Bramhi* is *Hima*(Cold in potency), *Sara*(Laxative), *Tikta*(Bitter), *Laghu*(Light), *Medhya*(Brain tonic), *Sheetala*(Cooling), *Kashaya*(Astringent), *Madhura Vipaka*(Sweet in post digestive effect), *Ayushya*(Promotes longevity), *Rasayani*(Tissue vitalizer), *Swarya*(Improves voice), *Smritiprada*(Improves intellect). It cures *Kustha*(Skin diseases), *Pandu*(Anemia), *Meha*(Urinary diseases), *Rakta Dosh*a(Blood diseases), *Kasa*(Cough), *Visha*(Poisonous effects), *Shotha*(Edema), *Jwara*(Fever).

GANDHA NAKULI- Botanical Name- *Aristolochia indica* Linn, **Family-** *Aristolochaiaceae*^[25]
Pharmacological Actions- It is *Pachani*(Digestive), *Tikta*(Bitter in taste), *Guru*(Heavy), *Ushna*(Hot in potency), reduces *Kapha* and *Vata Dosh*a, *Shotha*(Edema), *Shwasa*(Dyspnoea), *Vatarakta*(Gout), *Shoola*(Spasmodic Pain), *Gulma*(Abdominal Pain), *Kasa*(Cough), *Jwara*(Fever), *Visha*(Poison effects), *Sidhma Kustha*(Scaly skin diseases), *Vata* diseases.

RASNA- Botanical Name- *Pluchea lanceolata* oliver and hiern, **Family-** *Asteraceae*^[26]
Pharmacological Actions- *Rasna* is *Amapachani*(Digests the undigested food material), *Tikta*(Bitter in taste), *Guru*(Heavy), *Ushana*(Heat), *Kapha-Vatajit*(Reduces *Kapha* and *Vata*), Cures *Shotha*(Edema), *Shwasa*(Dyspnoea), *Vataakta*(Gout), *Shoola*(Colic), *Udara*(Abdominal

distention), *Kasa*(Cough), *Jwara*(Fever), *Visha*(Poisonous effects), *Sidhma*(Scaly type skin diseases), *Vataja* diseases.

KATABHI- Botanical Name- *Celastrus paniculatus* willd, **Family-** *Calastraceae*^[27]

Pharmacological Actions- It is *Katu*(Pungent), *Tikta*(Bitter) in taste, *Sara*(Laxative), reduces *Kapha* and *Vata*. *Ati Ushna*(Very heat in nature), *Vaamini*(Induces vomiting), *Teekshna*(Penetrating), *Vanhikrit*(Appetizer), *Buddhi Smriti Prada*(Promotes intellect and enhances functions of the brain).

VRISCHIKALI- Botanical Name- *Pergularia extensa* N.E, **Family-** *Asclepiadaceae*^[28]

Pharmacological Actions- It acts as *Kasahara*(Cough), *Vata Dosh*a, *Vishagna*(Poison effects)

SHALAPARNI- Botanical Name- *Desmodium gangeticum* Dc, **Family-** *Fabaceae*^[29]

Pharmacological Actions- *Shalaparni* is *Guru*(Heavy), *Chardi-Jwara-Shwasa-Atisaragnt* (Vomitting- Fever- Dyspnoea- Diarrhoea). It cures *Shosha*(Wsting of the tissues), provides *Bala*(Strength), *Rasayani* (Tissue vitalizer), *Santapa Nashaka*. It is *Tikta*(Bitter), *Vishahari* (Antipoisonous), alleviates ulcers, *Kasa*(Cough), *Krimi*(Worm infestation).

GO-GHRITA^[30]- Cow Ghee- The Cow's Ghee is *Chakshushya*(Good for vision), *Vrishya*(Aphrodisiac), *Agnikrit*(Appetizer), *Swadupaka*(Sweet at post digestive effect), *Sheeta*(Cold in potency),

Vata-Pitta-Kaphapaha (Subsides Vata Pitta and Kapha Doshas), It is Medhya (Brain Tonic), Lavanyakara (Gives glow to the skin), Oja-Teja Vriddhikara (Improves complexion), Alakshmi, Papahara (Expells sin and evil spirits), Balya (Tonic), Pavitra (Auspicious), Sumangala (Beneficial), Rasayana (Vitalizer), Sugandha (Aromatic), Rochana (Taste promoter). The Go-Ghrita is considered as best among all the Ghritas.

CONCLUSION-

Since ancient times our Acharyas used to treat many idiopathic diseases by their supernatural energy. They came to conclusion that most of the psychological diseases are originated by unhealthy and non spiritual practices. So they had planned the systematic treatment plan which includes Spiritual practices along with medicated ghee administration. As ghee mainly acts on *Manovaha Strotas*. So medicated ghee is prescribed in *Manovikara* patients. Among them the *Maha Paishachika Ghrita* is prescribed in various types *Manovikaras*. Most of the drugs are Katu Rasa (Pungent), Ushna Virya (Hot in potency) and at the cell membrane the lipid soluble drugs reaches the cerebrum and CSF which helps to relieve the *Manovikaras*. Here an attempt was made to highlight the formulation, ingredients, their botanical source and the pharmacological actions.

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