



## A REVIEW ARTICLE: ACTION OF JWARHAR MAHAKASHAYA IN RASVAHA SROTO DUSHTI VIKAR

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### ABSTRACT

Ayurveda is the most ancient and holistic system of life. It emphasizes certain distinct concepts- *Panchamahabhoot, Tridosha, Saptadhatu, Oja, Srotas, Mala, and Agni*. Acharya Charak has defined it as, *Sravanat Srotamsi*. *Srotas* are hollow channels or pores, that provide a medium through both the *Prasada* part of *Dhatu*(nutrients) and *Mala* part of *Dhatu* (waste products or degradation) that are transported to the whole body. All *Doshas, Dhatu, and Mala* are dependent on the *Srotas* for their transportation, distribution, and formation. In the *Jwara* main event of the *samprapti chakra* is due to *Nidan* seven and an unhealthy lifestyle results in the vitiation of *Agni*, which produces *Ama dosha*. It is situated in *Amashaya* and is in the aggravated stage. *Ama* is thrown out from *swasthana* and carried by *Rasa Dhatu* in the whole body and produces *Jwara*. The Contents of *Jwarhara Mahakashaya* work on the *Amashaya* and the *Rasvaha srotas* by breaking down the *samurai chakra*. Hence, the medicines of *Jwarhara Mahakashaya* will also work on the disease arising from the *Rasvaha sroto dusty vikar*.

**KEYWORDS:** *Srotas, Jwarhara Mahakashaya, Rasvaha sroto dushti.*

### INTRODUCTION

The word *Srotas* is derived from “*Srugatau*” *dhatu* (*Sru+Tansi=Srotas*) which means moving, filtering, flowing and secreting, etc. *Srotas sharira* is a unique concept of fundamental structures of the body as described in *Ayurveda science* by *Acharya Charak* as “*Sravnat srotamsi*”. It means the channels, pores, or systems through which the *Doshas* and *Poshaka Dhatus* are transported in the whole body. There are two types of *Srotamsi* in the human body. They can be either *Sthula* (gross) or *Sukshma* (subtle). The network can be big or small, perceptible or imperceptible. Gross channels, such as the intestinal tract, lymphatic system, arteries, and veins are included whereas subtle channels include capillaries. *Srotas= ख*, “*Kha vaigunya*” is important in the pathology of any disease. *Ayurveda* also takes the help of *doshic imbalances, dhatus, and agni* in the assessment of the disease. It helps in diagnosing the affected *Srotas*, its nature and extent of blockage, and ultimately helps in knowing the process of disease. *Acharya Charak* has described thirteen Major gross *srotamsi* simulating the major physiological systems of the body as known in the conventional modern system of medicine. Among all these 13 *srotas*, *Rasavaha srotas* is one of the *srotas* described by *Acharya Charak*. *Mula sthana* of *rasvaha Srotas* is *Hridaya* and *dasha dhamni*. It

transfers *dhatus* under the transformation process, along with this *Doshas* also circulate in the body. Respective *Dhatwagni* acts upon this circulating *annarasa* containing *Dhatu Poshaka ingredients* to convert them into *Sthayi dhatus* (tissues). Impairment in *Dhatwagni* at this level may lead to improper formation of particular *dhatu* (*Sthayi*), which causes *Dushana*(vitiation) of *doshas* which are in *Ashraya-ashrayi bhava* with particular *dhatu*. This in turn leads to *Vigunata* in *srotas*; thus resulting in *Khavaigunya* of *srotas* and caused the disease.

### General Causes of Srotodushti

आहारश्च विहारश्च यः स्यात् दोष गुणैः समः |

धातुभिर्विगुणैश्चापि स्रोतसाम् स प्रदूषकः || (च. सं. वि. 5/23)

*Ahara* and *vihara* promotes the improper utilization of the foods, drinks, and actions that promote the morbidity of aggravated *Doshas* and go contrary to the well-being of the *Dhatus* and vitiate the *srotas*.

### General Clinical features of Srotodushti

अतिप्रवृत्तिः सङ्गो वा सिराणां ग्रन्थ्योऽपि वा |

विमार्गगमनं चापि स्रोतसां दुष्टिलक्षणम् || (च. सं. वि. 5/24)

- Ati pravrutti-excessive formation.

When the srotas gets vitiated due to dosha, it may lead to functional changes which cause ati pravrutti.

- Sanga- obstruction & retention

Due to vitiated dosha, srotas are affected functionally. It cannot perform its routine function of *Sravanam* / transport. The flow is obstructed and leads to diseased conditions.

- Sira granthi- Thrombus formation

It means dilatation of veins obstructing Please remember the following text: "Works on Agni and obstruction in the srotas. Most of the drugs mentioned in" normal flow through srotas.

- Vimarga gamana- diversion from normal tract

Due to some pathology, at the level of srotas, there is the flow of fluid in the affected area through channels other than its own.

### Causes of Rasvahasroto dushti

गुरुशीतम् अतिस्निग्धम् अतिमात्रं समश्नताम् |

रसवाहिनी दुष्यन्ति चिन्त्यानां च अतिचिन्तनात् || (च. सं. वि. 5/13)

- Guru bhojanm- food which are heavy
- Sheeta bhojanam- food which are cold
- Ati snigdham- due to unctuous food
- Ati maatram- due to excessive eating
- Ati chintyaanam- due to excessive thinking

### Features of Rasvahasroto dushti

अश्रद्धा च अरुचिः च आस्यवैरस्यम् अरसजताः |

हृल्लासो गौरव तन्द्रा स अङ्गमर्दो ज्वरः तमः ||

पाण्डुत्वं स्रोतसां रोधः क्लैब्यं सादः कृश अङ्गता |

नाशो अग्नेः अयथाकालं वलयः पलितानिः च रसप्रदोषजा रोगाः ||

- Ashraddha- Lack of interest in the food.
- Aruchi- Tastelessness.

- Aasya vairasya- Feeling of weird tastes in the mouth.
- Arasagyata- Failure of identify any taste in mouth.
- Hrullasa- Watering of mouth, nausea.
- Gaurav- Heaviness in the body.
- Tandra- Drowsiness.
- Angamarda- pain in the body.
- Jwara- fever
- Tama- feeling of darkness in the eyes.
- Pandutvam- Anemia.
- Srotorodha -Block in multiple channels of the body.
- Klaibya -Impotency
- Saada -Fatiuge, stoppage of working of organs and tissues.
- Vali – Premature wrinkling of skin
- Palitya- Premature greying of hairs.

Which jwara is one of the most occurring clinical features in so many diseases caused by the Rasvaha sroto dushti. Charak samhita is considered one of the oldest Ayurvedic scriptures. Acharya charak has explained Fifty Mahakashaya in the fourth chapter of Sutra sthana namely Shadavirechan shatashritium adhyaya. Which described the Jwarhar mahakashaya comprising ten herbs works on the Jwar. In the Jwar main event of Samprapti is due to Nidan sevan which causes vitiation of Agni. Which is produced by the Ama dosha, it is situated in Amashaya and is in the aggravated stage. Ama is thrown out from swasthana and carried out by Rasa dhatu in the whole body and produces the Jwara. The herbs of Jwarhara mahakashaya mainly work on the Jatharagni in the Amashaya resulting digestion of the Ama doshas, and the Rasvaha srotas by breaking down the samprapti of Jwara. As Rasavaha srotas is involved in the samprapti of jwar, medicines of Jwarahar mahakashaya will also work on the diseases arising from the Ama dosha and Ras vaha sroto dushti.

### DRUGS OF JWARHAR MAHAKASHAYA

Sariva, Sharkara, Patha, Manjishtha, Draksha, Pilu, Parushak, Abhaya (haritiki), Amalaki, Vibhitaki.

NAME OF PLANT	BOTANICAL NAME	FAMILY	SYNONYMS	MORPHOLOGY	PRAYOJYANG
1. Sariva	Hemidesmus indicus	Asclepidaceae	Utupal sariva Gopavalli Anantamoola Kapuri	Climber	Moola Dose-5-10gm
2. Sharkara	Saccharum officinarum	Poaceae	Bhooriras, Dirghachhad, Madhutran, Gudamoola	Shrub	Moola, Swaras, Sharkara Swaras-20-40ml
3. Patha	Cissampelous pareira	Menispermaceae	Ambashtha, Vartikta, Avidhkarni	Climbing shrub	Moola churna- 1-3gm Kwath- 50-100ml
4. Manjishtha	Rubia cordifolia	Rubiaceae	Lohitalata, Tamra, Raktangi,	Climber	Moola churna -1-3gm Kwath -60-120ml

			Madhukparni Hempushpa		
5. Draksha	Vitis vinifera	Vitaceae	Mradvika Gostani	Climber	Phal
6. Pilu	Salvadora persica	Salvadoraceae	Gudaphal, Sansri	Shrub	Phal, Beeja, Patra, Moolatwak
7. Parushak	Grewia asiatica	Tiliaceae	Parushak, Purusha, Alpasthi, Parapara	Small tree (shrub)	Phal
8. Abhaya	Terminalia chebula	Combrataceae	Pathya, Haritiki, Amrita, Shiva, Shreyasi	Tree	Phal churna- 3- 6gm
9. Amlaki	Emblica Officinalis	Phyllanthaceae	Shriphala, Shiv, Jatiphalaras, Dhatrighala	Tree	Phal churna-3- 6gm, Swaras-10- 20ml
10. Vibhitaki	Terminalia bellirica	Combrataceae	Karshaphal, Aksha, Kalidrum, Kaliyugalaya, Vasant	Tree	Phal Churna 3-6gm

NAME OF PLANTS	RASA	GUNA	VEERYA	VIPAK	CHEMICAL COMPOSITION	DOSHAGHNTA
1. Sariva	Madhura, Tikta	Guru, Snighdha	Sheeta	Madhura	Methoxysalicylic aldehyde	Tridosahar
2. Sharkara	Madhura	Guru, Snighdha	Sheeta	Madhura	Sugar, Albumine, Calcium oxalate	Vatapittashamak
3. Patha	Katu	Laghu, Tikshna	Ushna	Katu	Menismine, Methalonic acid, Cissamine, Cycleanine, berberin	Vatashleshmahar
4. Manjishtha	Madhura, Tikta, Katu	Guru, Ushna	Ushna	Katu	Purpurin, Manjisthin, (1-acetoxy 6-hydroxy 2-methyl anthroquinone)	P-Methyl salicylic aldehyde, B-sitosterol
5. Draksha	Madhur	Snigdha, Guru, Mradu	Sheeta	Madhur	Glucose content 15.69-18.60	Vatapittashamak
6. Pilu	Tikta, Madhura	Laghu, Madhura	Ushna	Katu	Salvadorine, Tri-methylamine	Kaphavatashamak
7. Parushak	Kashaya, Amla	Laghu, Ruksha	Sheeta	Madhura	Isoleucine, Phenylalanine Threonine, arginine	Vatakaphahara
8. Abhaya	Pancharasa- (lavana rahita)	Laghu, Ruksha	Ushna	Madhura	Tannin, Chebulanic acid, Corilagin	Tridosahara
9. Amalaki	Pancharasa- lavana rahita	Guru, Ruksha, Sheeta	Sheeta	Madhura	Galic acid, tannin, Albumine	Tridosahar
10. Vibhitaki	Kashaya	Ruksha, Laghu	Ushna	Madhur	Tannin, B-sitosterol, Chebulanic acid, Elagic acid	Tridosahara

**MODE OF ACTION**

- SARIVA**-It has Tridoshamak properties. As Tikta ras is predominantly present in sariva, it has Deepan, and Pachan properties which leads to the digestion of Aam dosha & ignite the digestive fire. It also treats the Aruchi which is one of the symptoms of Rasavaha Strotodushti Vikar due to its Tikta rasa.
- SHARKARA**- It has Madhura rasa, and Sheeta veerya which help to alleviate Vatapitta dosha Due to its Balya Karma it is used in debility and weakness.
- PATHA**- Patha is Tridoshashamak, especially it alleviates Kapha-pitta doshas. Tikta ras is predominantly present in patha so it is Kapha dosha shoshak & it's Ushna veerya digests the Ama dosha.
- MANJISHTHA**- It is a Kaphapitta suppressant due to its Tikta and Kashaya Rasa. It has Tikta Rasa which acts as Kapha shamak and it is also in Twak vikar (Pandu) due to its Kashaya Rasa. Along with this, it digests the Ama dosha by Ushna veerya & destroys the accumulated doshas.
- DRAKSHA**- Draksha has Snigdha, Guru, Mrudu guna & Madhur ras which results in vatashamak & anulomak karma. It not only reduces pitta dosha due to its Madhura ras & Sheeta veerya, But also Brahaniya. It acts on Rasgat vikar like Impotency, Debility, Irritation in fever etc.
- PILU**- It's Ushna veerya and Katu vipak is Vata-Kapha reliever. Mainly it acts as a Kapha reliever. Due to these properties, it elevates Agni and reduces the ama dosha.
- PARUSHAK**- It has Kashay & Amla ras predominantly which alleviates the Kapha dosha. As it is having Amla ras, it has Deepan, Pachan & Hrudayarpak (strengthen the heart) properties. Besides this, it's Madhur ras & Sheeta veerya are useful to increase muscle mass (Bruhan).
- HARITIKI**- Madhur, Tikta, and Kashaya rasa of haritiki reduce Pitta dosha whereas Katu, Tikta, and Kashaya ras alleviate Kapha dosha. It nullifies Aam dosha due to its Ushna veerya. As haritiki has Anulomak property it removes obstruction from strotas which is the main reason of any disease. Because of its Kashaya ras it reduces the Kaphadoshatmak Aavarana on the Agni which results in to normal functioning of the Agni.
- AMALAKI**- Amalaki has Tridoshahara properties. Its Madhura ras & Sheet veerya deals with the Pitta dosha while Ruksha guna & Kashaya ras with Kapha dosha. As the Kapha dosh is the main culprit in agnimandhya & agnimandhya is one of the main reasons for Rasavaha strotodushti. Hence, Amalaki is useful in treating such conditions in which Agnimandhya is present due to elevated Kapha dosha.
- VIBHITAKI**- Vibhitaki has Laghu, Ruksha properties, and Kashaya ras. Kashaya ras alleviates Kapha dosha, Madhur vipak alleviates the Pitta dosha, and Ushna veerya mitigates the Vata dosha. It's Tridoshahara but it especially works on Kapha

dosha. And in Rasavaha sroto dushti, due to functional deformity of Agni, Ama dosha is produced. Hence Vibhitaki mainly acts on Kapha dosha and in Agnimandhya the predominant Dosh is Kapha. And due to its Ushna veerya it is Deepan, Pachak and Vata anulomak.

**DISCUSSION**

In disease caused by Rasavaha Sroto dushti mainly Tridoshahara drugs can work and especially those drugs which work on Agnimandhya and Kapha dosha and the drugs which possess Deepan, pachana and Anulomak karma. Hence the drug of Jwarhara Mahakashaya generally works on Agni and obstruction in the strotas. Most of the drugs mentioned in Jwarhar mahakashay are easily available also, so we can use these drugs in treating Jwar-like conditions from which humans suffer frequently. Besides this, according to Ayurvedic literature jwar is the cause of most diseases which in turn caused due to Rasavaha strotas dushti so from this we can conclude that if we treat rasavaha strotas properly then most of the diseases get treated. Hence the detailed information about the drugs mentioned in this mahakashay is at most important.

**CONCLUSION**

Rasvaha strotas is very important for the nourishment and functioning of vital tissues and the transport of essential materials throughout the body. The main cause of Jwar is the vitiation of the Agni. The production of Ama dosha results in obstruction of Rasavaha strotas. As we all know each and every person suffers from this disease at least once in his whole life. So it is very important to treat this disease from its root cause. The drugs in jwarhar mahakashay are readily available, which helps in managing such condition.

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