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ROLE OF *SHRAMAHARA MAHAKASHAYA* AS REVITALIZER HERBS

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Abstract: Ayurveda first seeks to maintain patients' conditions before treating them with internal preparations, diet and habit restrictions. Plant-based preparations play a major role in the ayurvedic healing process. In ayurveda *mahakashaya* is one of the brilliant concepts explained by *Acharya Charaka*. *Shramahara mahakashaya* is one of them. *Shramahara mahakashaya* is a group of ten herbs. *Shrama* means feeling of tiredness, exhaustion or loss of energy. In Ayurvedic healthcare treatment. most of the medicinal plant is available as revitalizer. Revitalizer refers as something that has lost its activity or its health means to make it active or healthy again. revitalizer works as boosting energy & managing Fatigue, Plant revitalizes the human body, equipping it to regain and maintain health. eliminating the ill-effects of previous disorders. Its cleansing effect gives a second lease of life by completely decontaminating the body, mind, and spirit. Most of these group herbs have a good nutritional value, great source of energy. So the aim of study is finding the revitalizer potential in these ten herbs and discusses phytoconstituents, pharmacological action of these ten herbs.

Index Terms - *Shramahara*, revitalizer, phytoconstituents, pharmacological action

I. INTRODUCTION

'*Shrama*' denotes fatigue, weariness, tired, exertion, effort either bodily or mentally. '*Hara*' means bearing, taking away, destroying, removing, etc. '*Shramahara*' can be well defined as an action which destroys or take away of fatigue, produced by either physically or mentally, in *shrama* there is vitiated *Vata* cause loss of energy and feeling of tiredness. A balanced, nutrient-rich diet prevents energy lapses. Including a variety of nutrients, vitamins, and minerals helps the body function optimally. Consume a rainbow of healthy whole foods to energize your body. In ayurveda *mahakashaya* is one of the brilliant concepts explained by *Acharya Charaka*. *Shramahara mahakashaya* is one of them. *Shramahara mahakashaya* is a group of ten herbs, that is in *Charaka Samhita sutrasthana* 4th chapter, *Acharya Charaka* has mentioned *Shramahara mahakashaya* having 10 drugs to alleviate *shrama*. These are *Draksha* (grapes), *Kharjura* (date), *Priyala* (kaddappa almond), *Badara* (Indian plum), *Dadima*(pomegranate), *Phalgu* (common fig), *Parushaka* (falsa), *Ikshu* (sugarcane), *Yava* (barley) and *Shashtika* (red rice).^[1]

द्राक्षाखर्जूरप्रियालबदरदाडिमफाल्गुपुरुषकेक्षुयवषठीका इति दशेमानि श्रमहराणि भवन्ति ।

च. सू. ४/१६

Many researches confirmation that these herbs full of flavonoids, alkaloids, carbohydrates, antioxidants, rich in nutrients and minerals, and also have proven effects on anxiety, and immunomodulation. So, these herbs could be effective as revitalizer. revitalize is to restore the energy, to give strength and freshen feeling to body and mind. And remove the tiredness, keep things are alive, strong, and flourishing, when something gets revitalized, it is returned to health or life.

Table no.1: Herbs of *Shramahara mahakashaya* – Herb name, Latin name, Rasa, Veerya, Vipaka, Guna, Panchabhautika constitution ^[2]

Sr.no	Herb name	Latin name	Rasa	Veerya	Vipaka	Guna
1	<i>Draksha</i>	<i>Vitis vinifera</i> Linn.	Madhura	Sheeta	Madhura	Guru, Snigdha
2	<i>Kharjura</i>	<i>Phoenix sylvestris</i> Roxb.	Madhura, Kashaya	Sheeta	Madhura	Guru, Snigdha
3	<i>Priyala</i>	<i>Buchanania lanzan</i> Roxb.	Madhura	Sheeta	Madhura	Guru, Snigdha
4	<i>Badara</i>	<i>Ziziphus jujuba</i> Mill.	Amla, Madhura, Kashaya	Sheeta	Madhura	Guru, Snigdha
5	<i>Dadima</i>	<i>Punica granatum</i> Linn.	Madhura, Kashaya, Amla	Sheeta	Madhura	Laghu, Snigdha
6	<i>Phalgu</i>	<i>Ficus hispida</i> Linn.	Madhura, Kashaya	Sheeta	Madhura	Guru, Snigdha
7	<i>Parushaka</i>	<i>Grewia asiatica</i> Linn.	Madhura, Amla, Kashaya	Sheeta	Madhura	Laghu, Snigdha
8	<i>Ikshu</i>	<i>Saccharum officinarum</i> Linn.	Madhura	Sheeta	Madhura	Guru, Snigdha
9	<i>Yava</i>	<i>Hordeum vulgare</i> Linn.	Kashaya, Madhura	Sheeta	Madhura	Ruksha, Snigdha
10	<i>Shashtika</i>	<i>Oryza sativa</i> Linn.	Madhura, Kashaya	Sheeta	Madhura	Guru, Snigdha

Table no.2: Herbs of *Shramahara mahakashaya* – Phytoconstituents, Pharmacological actions ^[3]

Sr.no.	Herb name	Phytoconstituents	Pharmacological actions
1	<i>Draksha</i>	Phenolic compounds, flavonoids, stilbenes	antioxidants, anticancer, cardioprotective
2	<i>Kharjura</i>	Carbohydrates, enzymes, protein, vitamins, phenolic acids carotenoids	Antioxidant, antimutagenic, anti-inflammatory, hepatoprotective immunostimulant
3	<i>Priyala</i>	Phenolics, flavonoids, tannins, alkaloids, saponin	Antioxidant, antimicrobial, antifungal
4	<i>Badara</i>	Vit. C, phenolics, flavonoids, diterpenic acids, poly saccharides	Anxiolytic, anticancer, anti-microbial, anti-inflammatory cognitive, antioxidant, wound healing
5	<i>Dadima</i>	Punicic acid, flavonoids, anthocyanins, ellagic acid, anthocyanins .	Antioxidant, anti-inflammatory, anticarcinogenic
6	<i>Phalgu</i>	Anthocyanin, triterpenoid, coumarin, volatile compounds, phytosterol.	Antioxidants, hepatoprotective, anticancer, anti-inflammatory,

7	<i>Parushaka</i>	Flavonoids, glycosides, phenolic compound, saponin, alkaloids ,	Antioxidant, radical scavenging, antihyperglycemic
8	<i>Ikshu</i>	flavonoids, -O- and cholesterol lowering	Antioxidant, immunotherapeutic effect, anti-inflammatory, hepatoprotective.
9	<i>Yava</i>	Glucose, fibre, B1, B2, B6, calcium, iron, zinc, phosphorous	Antioxidant, anti-inflammatory, antibacterial, cardioprotective
10	<i>Shashtika</i>	Carbohydrates, protein, thiamine, dietary fibre, micronutrients	Antioxidant

Table no.3: Herbs of *Shramahara mahakashaya* – *Karma and Shloka* ^{[4],[5]}

Sr.no.	Herb name	<i>Karma</i>	<i>Shloka</i>
1	<i>Draksha</i>	<i>Balya, Brimhana</i>	द्राक्षा पक्वा सरा शीता चक्षुष्य बृहणी गुरुः। भा.प्र.नि. आम्रादिफलवर्ग
2	<i>Kharjura</i>	<i>Vrushya, Balya, Brimhana, Tarpana</i>	कोष्ठमारुतहृद् बल्यं वान्तिवातकफापहम् । भा.प्र.नि. आम्रादिफलवर्ग
3	<i>Priyala</i>	<i>Balya, Brimhana, Vrushya, Hrudyā</i>	प्रियालमज्जा मधुरो वृष्यः पित्तानिलापहा । भा.प्र.नि. आम्रादिफलवर्ग
4	<i>Badara</i>	<i>Hrudya, Chardinigrahana, Shukrala, Brimhana</i>	बृंहणं पित्तदाहास्त्रक्षयतृष्णानिवारणम् । भा प्र नि. आम्रादिफलवर्ग
5	<i>Dadima</i>	<i>Hrudya</i>	कषायानुरसं ग्राही स्निग्धं मेधाबलावहम् । भा प्र नि. आम्रादिफलवर्ग
6	<i>Phalgu</i>	<i>Brimhana, Tarpana</i>	शुक्रलं मधुरं पाके स्निग्धं विष्टंभी बृंहणम् । कै. नि. ओषधी वर्ग.
7	<i>Parushaka</i>	<i>Raktaprasada</i>	तत्पक्वं मधुरं पाके शीतं विष्टंभि बृंहणम् । भा प्र नि. आम्रादिफलवर्ग
8	<i>Ikshu</i>	<i>Brimhana, Vrushya, Balya, Mutrala</i>	इक्षवो राक्तपितघ्न बल्यः वृष्या काफप्रदाः । भा. प्र. नि. इक्षु वर्ग
9	<i>Yava</i>	<i>Balya, Sthairyakrit</i>	कटूपाकः अनाभिष्यांती स्वर्यो बलकरो गुरुः। भा. प्र. नि. धान्यवर्ग
10	<i>Shashtika</i>	<i>Balya Sthairyakrit</i>	स्वाद्दी मृद्धी ग्राहिणी च बलदा ज्वरहारिणी । भा. प्र. नि. धान्यवर्ग

Discussion

Fast paced lifestyle requires us to be on the go, always. Most of us have hectic schedules due to which we find little or no time for ourselves. Too much work and little time for rest might leave you with a feeling of extreme tiredness at the end of the day. And feeling of loss of energy. in *Shramahara mahakashaya* these ten herbs are beneficial to relive the stress, fatigue and tiredness. Most of these ten herbs have *Madhura rasa*, *Sheeta Veerya* and *Madhura Vipaka*. In ayurveda, *Karma* of every *rasa*, *Veerya* and *Vipaka* are mentioned in *Samhita granthas*.

Acharya Charaka described the *karma* of *Madhura rasa* is *Saptadhatuwardhana*, *Aayushya*, *Shadindriya prasadana*, *Bala-varnakara*, *Trishna-daha Prashamana*, *Balya*, *Kanthyaa*, *Preenana*, *Brimhana*, *Jeevana*, *Sthairyakara* and *Sandhankara*. So these ten herbs decrease the vitiated *Vata* and *pitta*, which is increase in *shrama*. Also, preserve the *indriya* (senses), organ, mind (*sattva*) and soul (*Aatma*).

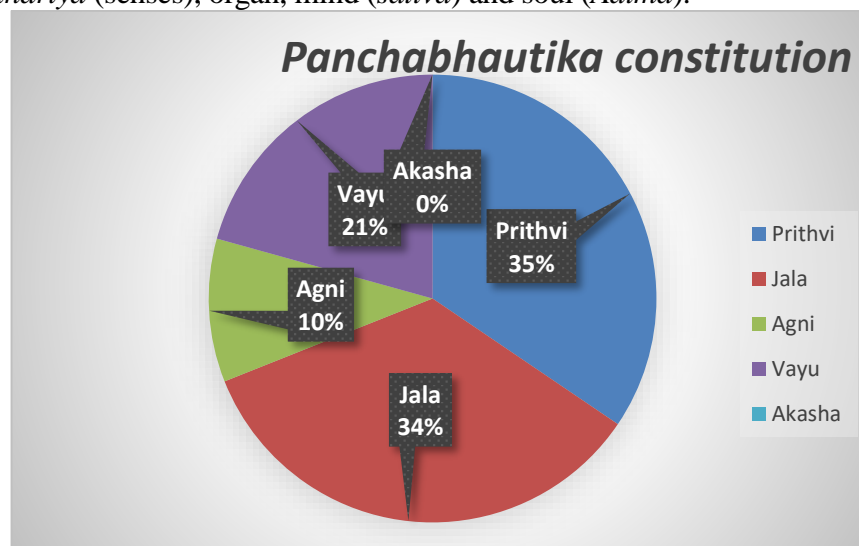


Figure no 1: Panchabhautika constitution

From the above pie diagram, it is clear that these herbs have *Prithvi*, *Jala* and *Vayu mahabhuta* predominance owing to presence of *Madhura* and *Kashaya rasa*. *Madhura rasa* possesses *Sthira* and *Sandhankara* attributes due to the presence of *Prithvi* and *Jala mahabhuta* in its constitution. Astonishingly, *Charaka* has described the function *Sandhankara* or assembling or bringing the entities together as the responsibility of the *Kashaya rasa*. Though both *Madhura rasa* and *Kashaya rasa* are having some analogous functionality in respect of the *Sthira* and *Sandhankara* attributes, there is big difference between the mechanism and resultant entities of both *rasas*. These analogous functionality in respect of the *Sthira* and *Sandhankara* attributes can be classified in following: -

1. Increasing the life span of the molecule,
2. Abolishing the threats to the life of the cell,
3. Preventing the aging process
4. Protection against degeneration.^[6]

The second thing is that the life of cell is forced to be sustained by *guru* and *Snigdha guna* attributes. Due to *Madhura rasa*, these herbs have *Manda*, *Sthira*, *Picchila* properties which are the cause of firmness or durability of life.

All of them contain abundant active phyto-chemicals such as saponins, polysaccharides, flavonoids, vitamins and microelements, which are responsible for the possessions in the enhancement of physical strength. Magnesium, iron, zinc, copper and chromium have the potential to affect physical performance. In modern medicine multivitamins, glucose, protein powder, anabolic steroids, etc. are used for this intension. Carbohydrates, dietary fibers, enzymes, proteins, fats, minerals, vitamins, phenolic acids, flavonoids, glycosides, saponins, alkaloids, tannins, etc. are available in these herbs. Hence, these are a virtuous source of nutrients as well as antioxidants. The various experimental models defined Antioxidant, Antimutagenic, Anti-Inflammatory, Cardioprotective, Gastroprotective, Hepatoprotective, Nephroprotective, Antihyperglycemic, Anticancer, Antimicrobial and Immunostimulant activities are found in most of these herbs. Hence, these herbs are effective as revitalizer, revitalize is to restore the energy, to give strength and freshen feeling to body something to life or give it new life might work on tiredness.

Conclusion

From the above analysis, plants are found to be the one of the reliable sources of food and medicines. The *Shramahara mahakashaya* herbs are full of Carbohydrates, dietary fibers, enzymes, proteins, fats, minerals, vitamins, phenolic, acids, flavonoids, glycosides, saponins, alkaloids, tannins, etc. it increases strength and freshen feeling to body as well as mind. They remove the tiredness, keep things alive, also pacify vitiated *Vata* and *Pitta dosha*. So, we concluded that, these ten herbs are used as revitalizer which revitalizes the body, equipping it, to regain and maintain health (*swasthya rakshanam*). eliminating the ill-effects of all previous disorders. From the above light, it clearly specifies that *Shramahara mahakashaya* are one of the significant

groups that increase the nourishment and strength of body and mind, also improve the health and ability to fight tiredness.

Further scope of study

These ten herbs are easily available in everywhere and all are economically affordable. In future clinical trial should be done.

Acknowledgement

None

Conflict of interest

Nil

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