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## Comparison between Aangmarda Prashamana Gana and Shoola Prashamana Gana

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### ABSTRACT:

Ayurveda is science of life which deals with various unique concepts and diseases and also its prevention. In Ayurveda there is various different topics were covered in all Samhitas. In Dravyaguna Ganas. or Mahakashaya plays very important in Chikitsa of patient. This will helps in diagnosis as well as proper treatment. Mahakashaya was the one of the unique and important concept mentioned by Acharya Charaka in his Charaka Samhita. Mahakashaya includes total 50 Mahakashaya which has each 1 Mahakashaya includes 10 dravyas for each specific Karma. In this all 50 Mahakashaya, in this review Aangamarda Prashamana Mahakashaya and Shoola Prashamana Mahakashaya were discussed. Mahakashaya were also called as Gana. This both Ganas includes different 10 drugs which has acts on Aangamarda and Shoola Vyadhi. Both Gana deals with Vata Dosha Prakopa or Vatavyadhi specially RA, OA, Arthritis, Joint pain, Bodyache, Myalgia, Neuralgia, etc. This dravyas can be taken in the form of decoctions, powder, oils, ghee etc. Any formulation can be made according to the disease and patients condition for better relief. We can use even 4-5 dravyas from each Gana and can be combine both Ganas in severe and chronic cases for better results outcome. In this article there is comparison between Aangamarda Prashamana Mahakashaya and Shoola Prashamana Mahakashaya were discussed and there action, karma, Gunas etc mentioned. Also their mode of action mentioned for easy understanding and for use.

### KEYWORDS:

Gana, Mahakashaya, Ayurveda, Charaka Samhita.

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**INTRODUCTION:**

*Ayurveda*, the science of healthful living, is the most rational and scientific among the ancient systems of medicine, which has struck deep and permanent roots in the minds of the people of the country about its capacity to provide effective cure for all types of diseases<sup>1</sup>. Effectivity is depend on the identification, procurement, processing and preservation and dispensing of prepared drug. *Acharya Charaka* has mentioned various unique concepts in which *Mahakashaya* are one of them. *Charaka* described total 50 *Mahakashayas* in which each *Mahakashaya* consists 10 *dravyas*<sup>2</sup>. In this article we discussed here *Aangamarda Prashamana Gana* and *Shoola Prashamana*

*Gana* or *Mahakashaya*. As *Aangamarda* and *Shoola* are developed due to the *Vata Dosha Prakopa* or vitiation. As this 10 each herbs can be taken in the form of *Kwatha*, *Churna*, *Ghan Vati*, *Kalka*, etc also there *Siddha Ghrita* or *Taila* also prepared according to the disease condition. This both *Ganas* or *Mahakashayas Kwatha* etc can be used in different *Vatavyadhis* like *Sandhigata*, *Aamavata*, RA, OA, Joint pain, swelling, etc. In *Ayurveda* Pain is associated with only *Vata Dosha dushti*<sup>3</sup>. *Aangamarda Prashamana Gana* usually used in bodyache, Myalgia, Foetigue and also stated as Analgesic group.

**Objectives of the study –**

To compare the drugs of *Aangamarda* and *Shoola Prashamana Mahakashaya*.

**Methodology –****Details of Aangamarda Prashamana and Shoola Prashamana Gana –****Aangamarda Prashamana Gana or Mahakashaya –****Details of drugs<sup>5,6</sup> –**

Sr. no.	NAME	BOTANICAL NAME	FAMILY	RASPANCHAK	PART USED
1	<i>Vidarigandha</i>	<i>Desmodium gangeticum</i>	Fabaceae	<i>Ras – Madhura, tikta</i> <i>Guna – guru, snigadha</i> <i>Virya – ushna</i> <i>Vipaka – madhura</i>	<i>Moola</i>
2	<i>Prashniparni</i>	<i>Uraria picta</i>	Fabaceae	<i>Ras – Madhur, tikta</i> <i>Guna – laghu, snigadha</i> <i>Virya – ushna</i> <i>Vipaka – madhura</i>	<i>Moola</i>
3	<i>Brihati</i>	<i>Solanum indicum</i>	Solanaceae	<i>Ras – katu, tikta</i> <i>Guna – laghu, ruksha, tikshana</i> <i>Virya – ushna</i> <i>Vipaka – katu</i>	<i>Moola</i>
4	<i>Kantakari</i>	<i>Solanum surattense</i>	Solanaceae	<i>Ras – tikta, katu</i> <i>Guna – laghu, ruksha, tikshana</i> <i>Virya – ushna</i> <i>Vipaka – katu</i>	<i>Panchanga</i>

5	<i>Eranda</i>	<i>Ricinus communis</i>	Euphorbiaceae	Ras – Madhura Guna –snigdha, sukshama, tikshana, sara Virya – ushna Vipaka – madhura	Moola
6	<i>Kakoli</i>	<i>Roscoeia procera</i>	zingiberaceae	Ras-madhura Guna-guru, snigdha Virya -sheeta Vipaka - madahura	Moola
7	<i>Chandana</i>	<i>Santalum album</i>	Santalaceae	Ras – tikta Guna – laghu, ruksha Virya – sheeta Vipaka – katu	Kanda
8	<i>Usheer</i>	<i>Vetiveria zizanioides</i>	Poaceae	Ras – tikta, Madhura Guna – laghu, snigadha Virya – sheeta Vipaka – katu	Moola
9	<i>Ela</i>	<i>Elettaria cardamomum</i>	zingiberaceae	Ras – katu, Madhura Guna – laghu, ruksha Virya – sheeta Vipaka – Madhura	Beeja
10	<i>Madhuk</i>	<i>Glycyrrhiza glabra</i>	Fabaceae	Ras – Madhura Guna – guru, snigdha Virya – sheeta Vipaka – Madhura	Moola

**Drugs and their Pharmacological action<sup>7,8</sup> –**

Sr. no.	NAME	PHARMACOLOGICAL ACTION
1	<i>Vidarigandha</i>	Anti-inflammatory, Analgesic, diuretic, neuromuscular stabilizer
2	<i>Prashniparni</i>	Analgesic, Anti-inflammatory, immune modulator.
3	<i>Brihati</i>	Anti-inflammatory, Analgesic, bronchodilator, anti-asthmatic
4	<i>Kantakari</i>	Anti-inflammatory, anti-bacterial, anti-fungal, bronchodilator.
5	<i>Eranda</i>	Anti-inflammatory, Analgesic, laxative, aphrodisiac
6	<i>Kakoli</i>	Nourishing, Soother, rejuvenative
7	<i>Chandana</i>	Diuretic, blood purifier, coolant, complexion enhancer
8	<i>Usheer</i>	Antibacterial, coolant, diuretic, blood purifier, complexion enhancer
9	<i>Ela</i>	Blood purifier, complexion enhancer, Anti-tussive, diuretic, immune modulator
10	<i>Madhuk</i>	Complexion enhancer, Rejuvenative, expectorant



**Shoola Prashamana Gana or Mahakashaya<sup>9</sup> –****Details of drugs<sup>10,11</sup> –**

Sr. no.	NAME	BOTANICAL NAME	FAMILY	RASPANCHAK	PART USED
1	<i>Pippali</i>	Piper longum	Piperaceae	Ras – katu Guna – Laghu, Tikshna Virya – ushna Vipaka – madhura	Phala
2	<i>Pippalimoola</i>	Long pepper root	Piperaceae	Ras – katu Guna – Laghu, Tikshna Virya – ushna Vipaka – madhura	Root
3	<i>Chavya</i>	Piper retrofractum	Piperaceae	Ras – katu Guna – laghu, ruksha Virya – ushna Vipaka – katu	Root
4	<i>Chitraka</i>	Plumbago zeylanica	Plumbaginaceae	Ras – katu Guna – tikshana, ushna Virya – ushna Vipaka – katu	Root bark
5	<i>Shringavera</i>	Zingiber officinale	Zingiberaceae	Ras – Katu Guna – Guru, Ruksha, tikshana Virya – ushna Vipaka – madhura	Rhizome
6	<i>Maricha</i>	Piper nigrum	Piperaceae	Ras - - Katu Guna- Laghu, Sukshma, Tikshna Virya -Ushna Vipaka - Katu	Phala, dried unripe fruit
7	<i>Ajamoda</i>	Carum roxburghianum	Umbellifereae	Ras – Katu, tikta Guna – laghu, ruksha, Tikshna Virya – Ushna Vipaka – katu	Fruit
8	<i>Ajagandha</i>	Cleome gynandra	Capparidaceae	Ras – Katu Guna – Tikshna Virya – Ushna	Seeds, leaf, root

				<i>Vipaka – katu</i>	
9	<i>Ajaji</i>	Cuminum cyminum	Umbelliferae	<i>Ras – katu</i> <i>Guna – laghu,</i> <i>ruksha</i> <i>Virya – ushna</i> <i>Vipaka – katu</i>	<i>Bija</i>
10	<i>Gandira</i>	Euphorbia antiquorum	Euphorbiaceae	<i>Ras – Katu</i> <i>Guna – Tikshna,</i> <i>Guru</i> <i>Virya – Ushna</i> <i>Vipaka – Katu</i>	<i>Whole plant</i>

**Drugs and their Pharmacological action<sup>12,13</sup> –**

Sr. no.	NAME	PHARMACOLOGICAL ACTION
1	<i>Pippali</i>	Analgesic, carminative, anti-spasmodic, appetizer, rejuvenative, liver stimulant, digestive
2	<i>Pippalimoola</i>	Anti-spasmodic, digestive, Carminative, stimulant
3	<i>Chavya</i>	Antipyretic, Analgesic, wormicide, liver stimulant
4	<i>Chitraka</i>	Anti-inflammatory, anti-bacterial, anti-fungal, bronchodilator.
5	<i>Shringavera</i>	Stimulant, Antipyretic, Analgesic, digestive
6	<i>Maricha</i>	Digestive, carminative, analgesic, anti-spasmodic, wormicide
7	<i>Ajamoda</i>	Analgesic, stimulant, digestive, carminative, anti-flatulent
8	<i>Ajagandha</i>	Liver stimulant, antipyretic, anti-flatulent
9	<i>Ajaji</i>	Analgesic, Anti-inflammatory, stimulant, wormicide
10	<i>Gandira</i>	Antimicrobial, stimulant, purgative, rubificent

**Comparison of Aangamarda Prashamana and Shoola Prashamana Gana –**

Details	<b>Aangamarda Prashamana Gana</b>	<b>Shoola Prashamana Gana</b>
Drugs	<i>Vidardigandha, Prushniparni, Bruhati, Kantakari, Eranda, Kakoli, Chandana, Ushira, Madhuka, Ela</i>	<i>Pippali, Pippalimula, Chavya, Chitraka, Shunthi, Maricha, Ajamoda, Ajaji, Ajagandha, Gandira</i>
Karma	<i>Aangamarda, Bodychae, Myalgia</i>	<i>Vatashamaka, Shoola, Pain</i>
Action	All drugs mostly have Analgesic, Anti-inflammatory, Antibacterial, Blood purifier, Coolant	Analgesic, Digestive, Liver stimulant, Carminative, Antipyretic, Stimulant, Wormicide, Anti-spasmodic

**DISCUSSION:**

Aangamarda Prashamana Gana and Shoola Prashamana Gana these 2 are different Ganas were mentioned in Charaka Samhita Sutrasthana adhyaya 4<sup>th</sup>.<sup>14</sup> These 2 Ganas includes 10 different herbs which are acts on specially Aangamarda and Shoola Vyadhis. This both works on mostly Vata Dosha Prakopa and its vitiation. Acharya Charaka has described very uniquely this 2 different Ganas which are Aangamarda and Shoola. Generally, all drugs of Aangamarda Prashamana Gana are having Katu, Tikta, Madhura Rasa, Guru, Snigdha Gunas, Ushna Virya and Katu Vipaki. This are acts as Anti-inflammatory, analgesic, immunity booster and helps to reduces the vitiation of Vata Dosha<sup>15</sup>. This are effective in Bodyache, Neuralgia, Myalgia, Chronic pain etc. The drugs of Shoola Prashamana Gana includes Ushna Virya, acts on Vata dosha, Katu, Tikta Rasa, Katu Vipaki. This drugs are having mostly Deepana, Pachana, Shoolahara, Vatahara, Mrudutakaraka properties. There chemical constitution leads to anti-spasmodic, analgesic, digestive, carminative actions. This drugs are mostly Ushna Gunatmaka and Viryatmaka, which develops Ushnata in the body helps to reduces the Vata vitiation.

**CONCLUSION:**

Here in this article, 2 different *Ganas* are discussed and their comparative efficacy. These can be used in various forms according to patient need and diseased condition. This can be used in the form of *Kwatha*, *Churna*, *Hima*, *Phanta*, *Taila*, *Ghruta* etc. This 10 herbs are mentioned by Acharya Charaka according to their action or *Karma* given. Which are also acts on *Tridoshas* according to there *Rasa*, *Virya*, *Vipaka*, *Guna*, *Karma*. This *Mahakashaya* provides various options to the practitioner for clinical practice. There knowledge provides scope in Ayurveda for practitioner to make its various formulations

according to *Doshapradhanyata* and *Yukti of Vaidyas*. This are unique each 10 herbs for specific *Gana* or *Mahakashaya* which are helpful for curing disease and cost effective, easy to prepare and easy to use. This assure comprehensive plant based medicines and effective for patients.

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