



Dravyaguna Vidhyan –Jivaniya Mahakashaya: Review Article

¹Nilofar Shabbirkha Tadvi ,²Namdeo K Dorkhande ,³Sunita Paradkar

^{1,2,3}Department of Dravyaguna Vidhyan, Bhausaheb Mulak Ayurved Medical College, Nandanwan , Nagpur, Maharashtra,India.

ABSTRACT

Jivaniya Mahakashaya signified drugs beneficial for life. *Charaka* enlist this ten such medicament which can be used as Jivaniya. All of these herbs have their natural habitats basically in Himalaya region hence these drugs occur only in small pockets. Jivaniya ganas being very essential in functioning of the body in terms of providing energy, sustaining life activities and rebuilding can be compared to nutrients and immunity booster. Although some work has been done on identification of medicinal herbs mentioned under Jivaniya Mahakashaya, but still there is a need to identify the true representatives of this Jivaniya gana. The present article deals with taxonomical and medicinal properties of these Jivaniya Mahakashaya.

Keywords – Jivaniya Mahakashaya; Ayurveda; Medicinal plant; Herbs.

INTRODUCTION

- *Ayurveda* is consciousness based science for health and healing and it's simply states that in order for us to feel good and healthy. Group based classification of *Dravya* is well describe specially in *Samhita* i.e *Charaka Samhita* and *Sushruta Samhita* ,two separate chapters C.Su.4 and S.Su.38 respectively grouping .[1],[2]
- The herbs listed in the group *Jivaniya Mahakashaya* those herbs that have life promoting action . All of these plants have their natural habitats in Himalaya particularly the north-west Himalaya in J & K, Uttarakhand & Himachal Pradesh between elevations of 1500 and 4000m as. Their natural habitats are specific in ecological environment.
- *Jivaniya Dravyas* are based on their excellence in providing energy and strength.

Jivan + *iya(pratyaga)* = *Jivaniya (Life)* + (for the benefit)

- The *Jivaniya Mahakashaya* signified drugs beneficial for life.
- Jivaniya gana is important ingredient of various Ayurvedic formulations although some work has been done on identification of medical plant mentioned under *Jivaniya gana* but still their need to identify the true representatives of this Jivaniya Group.
- The present communication deal with the taxonomical and medicinal properties of this herbal medicinal plant each with common action.

MATERIAL AND METHOD

Each drugs mentioned under *Jivaniya Mahakashaya* was reviewed from *Bhavaprakash nighantus and Charaka Samhita*. All information was critically analyzed discussed and concluded.[3]

OBSERVATION- *Jivaniya Mahakashya-*

JIVAKA

Botanical name: Malaxis acuminata D. Don, syn. Microstylis wallichii Lindl, syn. Malaxis wallichii Deb.

Family-Orchidaceae

Botanical Description: A terrestrial herbs, up to 25 cm high. Leaves: 3-5, elliptic acuminate, sheathing at base, flower: deep pink, terminal dense to lax racemes. Bulbs of different orchids like.[4]

Upyuktaanga: Pseudo bulb

Chemical constituents: Alcohol (ceryl alcohol), Glucose, Rhamnose and Diterpenes.

Therapeutically uses: Raktapitta, Daha, Ksaya, Raktavikara, Karsya, Svasa, Kasa, Sosa.

Dose: 5-10gm

RISHABHAKA

Botanical name: Microstylis muscifera Ridley

Family: Orchideaceae

Taxonomical identification

- **Kingdom** Plantea
- **Sub kingdom** - Viridaeplantae
- **Phylum** - Tracheophyta
- **Class** - Magnoliopsida
- **Subclass** - Lilidae
- **Order** - Asparagales
- **Genus** - Microstylis
- **Species** - Microstylis muscifera

Botanical Description: Herb 30-50 cm. Leaves; ovate, lanceolate. Flowers: yellowish green.[5]

Upyuktaanga: Psedo bulbs

Therapeutically uses: Seminal weakness, burning and emaciation.

MEDA

Botanical name: Polygonatum verticillatum L

Family: Aliaceae

Taxonomical classification

- **Kindom** - Plantae
- **Clade** – Angiosperm
- **Clade** -Monocots
- **Order** -Asparagales
- **Family** -Asparagaceae

- **Subfamily**-Nolinoideae
- **Genus** -Polygonatum
- **Species** - Polygonatum verticillatum

Botanical Description: Polygonatum verticillatum is a plant species of genus polygonatum. It is widespread in the Himalaya region.[6] It's a perennial growing to 0.45-1.2 m. Leaves: four to eight in a whorl. Flowers: 2-3 in bunch, in axils of the leaves, Fruits are red when ripe and remain hanging after the leaves have fallen.

Upyuktaanga:Rhizome

Chemical constitutes: Steroidal Saponins (Diosgenin), Protein and Resins.

Therapeutically uses:

Balroga,Bhagandara,Gulma,Kamla,Karsya,Kasa,Naktatandhya,Netrasrava,Rajyaksma,Raktapitta,Sosa,Svasa ,Timira,Visarpa.[7]

Dose: 3-6 gm curna

MAHAMEDA

Botanical name: Polygonatum cirrhifolium (Wall) Rolye

Family: Aliaceae

Taxonomical identification

- **Kindom** - Plantea
- **Division** - Cycadophyta
- **Class** - Liliopsida
- **Order** - Asparagales
- **Family** - Asparagaceae
- **Genus** - Polygonatum
- **Species** - Polygonatum cirrhifolium

Botanical Description : The polygonatum cirrhifolium covered kahenera polygonatum relatives Asparagaceae. [8]

Chemical constituents: Glucose, Sucrose

Upyuktaanga: Rhizome,Root

Therapeutically uses: Jvara,Raktavikara,Ksaya,Daha,Raktapitta,Balroga,Kamala,Ksrisna.[9]

Dose :3-6gm.

KAKOLI

Botanical name: Roscoea purpurea Smith

Family: Zingiberaceae

Taxonomical identification

- **Kingdom** - Plantae
- **Clade** -Angiosperm
- **Clade** - Monocots
- **Order** _Zingiberales
- **Family** - Zingiberaceae
- **Genus** _ Roscoes
- **Species** Roscoea purpurea

Botanical Description: A perennial rhizome herbaceous plant occurring in the Himalayas particularly Nepal.[10] Sometimes grown as an ornamental plant in garden. It can grow to over 50 cm tall with wide leaves although the height varies. The leaf sheaths are pale green or may have a dark reddish purple tinge. Forming clumps of thick, fleshy leaves from where fat stem arises topped by 1-2 purple hooded flowers in summer.[11]

Upyuktaanga: Tuberous root

Therapeutically uses: Raktapitta, Sosa,Jawara, Swasa,Kasa, Ksaya,Daha.[12]

Dose: 3-6gm

KSHEERAKAKOLI

Botanical name: Liliium polyphyllum D.Don.

Family:Aliaceae

Taxonomical identification

- **Kingdom** - Plantae
- **Division** - Cycadophyta
- **Class** _Liliopsida
- **Family** - Liliaceae
- **Genus** - liliium
- **Species** – Liliium polyphyllum

Botanical Description: It is a perennial, herbaceous plant that reaches heights of growth between 60 and 120 cm. occasionally up to 240 cm. In Himalayas at altitudes from 1800 to 3700m endemic. The leaves are narrow and lanceolate. They are distributed around the stem.[13] Flowers: greenish-white, in cymes. Follicle: woody, turgid.

Therapeutic use: Seminal weakness.[14]

MUDGAPARNI

Botanical name: Phaseolus trilobus Ait

Family: Fabaceae

Taxonomical identification

- **Kingdom** - Plantae
- **Phylum** -Tracheophyta
- **Class** - Magnoliopsida

- **Order** - Fabales
- **Family** -Leguminosae
- **Genus** -Phaseolus
- **Species** - Phaseolus trilobus[15]

Botanical Description : Phaseolus trilobus is 30 to 60 cm long herbs spreading on the ground, Roots sprouts from each node on the stem. Leaf oblong, Flowers 0.5 cm long yellow.

Upyuktaanga: Whole plant

Chemical constituent: Sterols

Therapeutically uses: Daha,Jwara,Vatarakta,Pittadaha,Musikavisa,Ksaya,Krimi,Pradara,Kustha.[16]

Dose: 3-5gm.

MASHAPARNI

Botanical name: Teramnus labialis Spreng.

Family:Fabaceae

Taxonomical identification

- **Kingdom** - Plantea
- **Division** - Cycadophyta
- **Class** - Magnoliopsida
- **Family** -Fabaceae
- **Genus** -Teramnus
- **Species** -Teramnus labialis

Botanical Description: Teramnus labialis is creeper resembling that of masha, Leaf having three leaflets compound 5 to 10 cm long oval, Fruit 2 to 5 cm long, cured pods with fur contains 8 to 10 seeds.

Upyuktaanga: Seed

Chemical constituent: Seed of watersoluble Gallactomannan Bioassayguided fractionation of aqueous and Alcoholic extract of Teramnus labialis yielded fraxidin[17]

JEEVANTI

Botanical name: Leptadenia reticulate W& A

Family: Asclepiadaceae

Taxonomical identification

- **Kingdom** - Plantea
- **Sub kingdom** – Tracheotonta
- **Division** - Magnoliophyta
- **Class** - Magnoliopsida
- **Subclass** - Asteridae
- **Order** - Gentinales
- **Family** -Apocynaceae

- **Genus** -Leptadenia
- **Species** - Leptadenia reticulate

Botanical Description: A Twining climber shrub with branches numerous, younger ones, glabrous. Stem: yellowish, corky, deeply cracked bark. Leaves: coriaceous, ovate, acute, glabrous above finely pubescent; base cordate. Flower: greenish-white or yellow in lateral or sub-axillary. Fruit: follicles, sub woody 6-9 cm tapering seeds 6mm [18].

Upyuktaanga: Root

Chemical constituents: Hentriacontanol, Alpha-Beta Amyrin, Stigma sterol, Beta- Sit sterol and Flavonoids-Diosmetin and Luteolin.[19]

Therapeutic uses :Atisara,Daha,Jawara,

Ksaya,Kasa,Sosa,Mukharoga,Naktandhya,Netraroga,Raktaoitta,Trsna,Urahksata, Vrana.

Dose: 3-6g

MADHUKA

Botanical name: Glycyrrhiza glabra Linn.

Family: Fabaceae

Taxonomical identification

- **Kingdom** - Plantae
- **Subkingdom** - Tracheobionta
- **Sub division** -Spermatophyta
- **Division** - Magnoliophyta
- **Class** -Magnoliopsida
- **Subclass** - Rosidae
- **Order** - Fabales
- **Family** -Fabaceae
- **Genus** - Glycyrrhiza
- **Species** -Glycyrrhiza glabra

Botanical Description : Glycyrrhiza glabra is a herbaceous perennial, growing to 1m in height distributed in subtropical and warm temperate region with pinnate leaves about 7-5 m long, with 9-17 leaflets. Flowers are 0.8-1.2 cm long, purple to pale whitish blue produced in loose inflorescence. Fruit is an oblong pod, 2-3cm long containing several seeds. Roots are stoloniferous [20][21]

Upyuktaanga : Root

Chemical constituent: Glycyrrhizin, Glycyrrhizin acid, Glycyrrhetic acid, Asparagines, Sugars, Resin and Starch.

Therapeutic uses: Kasa,Svarabheda,Ksaya,Varna,Vatarakta.[22]

Dose: 2-4g Churna

IMPORTANT OF JIVANIYA MAHAKASHAYA

According To Modern-

- The herbs listed in the group *Jivaniya gana* are those herbs that have life promoting actions. The major aspect that sustains life is *Prana*; the essence of oxygen that revitalizes the body's energy and

feeds the mind. The tissues of the body are sustained by oxygen the gross aspect of *Prana*, but at the level of cell it is *Prana* that nourishes the cellular function. When there is no *Prana* or a stagnation of *Prana* disease or death occurs. Hence to sustain life one must maintain the function of breath that takes in *Prana*, the circulation that transport *Prana* and the digestive tract that absorbs *Prana* as part of the digestive function. (23)a

- **According To Doshas**- The Doshas must also be balanced as the *Doshas* according to *Charaka* are the ultimate cause of death, as it is the doshas having been aggravated that gives rise to decay of the tissues. To promote the longevity of the tissues the properties to *Kapha* that are nourishing and strengthening are utilized to counter the catabolic effect of *Vata*. The effect of the herbs in the groups *Jivaniya* are anabolic in their nature, having the quality of *Kapha*, hence they are building, nourishes and strengthening. (23)b
- **According To Dhātu** -In order to strengthen the tissue of the body one must first sustain *Rasa Dhātu*, the first tissue in the body that nourishes all other tissue establishing tissue strength and proper tissue formation *Rasa Dhātu* has similar qualities to *Kapha* and as such agent that increase *Kapha* in the body nourish and strengthen *Rasa Dhātu*. By strengthen and promoting strong *Rasa Dhātu* the other tissue that are nourished by *Rasa Dhātu* will also be strengthen.(23)c

The common feature of the herbs listed in *Jivaniya Mahakashaya* is their *Kapha* promoting action nutritive qualities and *Shukra* increasing effect upon body.

Karma-

- An incredible body energizer that improve body's endurance and immunity.
- Support and maintains healthy systemic adequacy for physical performance and fight fatigue.
- Promotes healthy circulation and oxygen rich blood flow to all system in the body and eliminating the toxins which leads to a more balanced hormonal system.
- Promotes routine cellular health and support defense against pathogens.
- Contain nature's richest source of vitamins, iron, calcium, magnesium, folic acid, potassium and aluminum in small traces along with antioxidants. **Pratinidhi Dravya of Jivaniya Mahakashaya**

It is difficult for a person to procure their genuine drugs from Himalayan habitat. Now a day there are listed under endangered plant. Therefore the tradition of suitable substitutes had started

Table 1. Pratinidhi Dravya of Jivaniya Mahakashaya

Drugs	Bhavprakasha Nighantu
Jivaka	Vidari (Pueraria tuberosa DC.)
Rhishabhaka	Vidari (Pueraria tuberosa DC.)
Meda	Shatavari (Asparagus racemosus Willd.)
Mahameda	Shatavari (Asparagus racemosus Willd.)
Kakoli	Ashvagandha (Withania somnifera Dunal.)
Ksheerakakoli	Ashvagandha (Withania somnifera Dunal.)

Table 2. Properties and Actions of the Dravya of *Jivaniya Mahakashaya*

S.No.	Name	Rasa	Guna	Veerya	Vipaka	Doshkarma
1.	Jivaka	Madhura	Guru, Snigdha	Sheeta	Madhura	V-P↓
2.	Rishabhaka	Madhura	Guru, Snigdha	Sheeta	Madhura	V-P↓
3.	Meda	Madhura	Guru, Snigdha	Sheeta	Madhura	P-R-V ↓
4.	Mahameda	Madhura	Guru, Snigdha	Sheeta	Madhura	P-R-V ↓
5.	Kakoli	Madhura	Guru, Snigdha	Sheeta	Madhura	V-P↓
6.	Kshirakakoli	Madhura	Guru, Snigdha	Sheeta	Madhura	V-P↓
7.	Mudgaparni	Madhura	Guru, Snigdha	Sheeta	Madhura	Tridosha↓
8.	Mashaparni	Madhura	Guru, Snigdha	Sheeta	Madhura	V-P↓
9.	Jivanti	Madhura	Laghu, Snigdha	Sheeta	Madhura	V-P↓
10.	Madhuka	Madhura	Guru, Snigdha	Sheeta	Madhura	V-P↓

V=Vata, P=Pitta, K=Kapha, R=Rakta, ↓=Decrease

DISSCUSION-

- In the emerging scenario the health policies in India and across the globe have been emphasizing on reproductive and child health care and also exploring the flasibility of introduction traditional systems of medicine such as *Ayurveda*, to achieve better health care.
- Ten vegetable drugs are mentioned in *Jivaniya Mahakashaya*. Among them eight drugs are enumerated as *Astavarga* in nighantus period. Natural habitat of most of the herbs (Major source of the drugs present in *Jivaniya Mahakashaya*) is in the Himalaya region, which compled with their short life span makes their avability difficult, therefore bringing into existence the tradition of *Pratinidhi Dravyas*.
- Drugs of *Jivaniya Mahakashaya* are predominantly of *Madhura rasa, Madhura vipaka, Sheeta virya* and *Snigdha guna*, *Jivaniya karma* of these drugs seems to due to Dravyaguna Prabhava. Further the *jivaniya guna* shows to the *Oja*.
- *Jivaniya karma* of some of the drugs is good *Rasayana* with rejuvenating and further, these drugs are useful in promoting body fat, healing fractures, seminal weakness and works as antioxidant in the body.

CONCLUSION-

- Now the world is moving towards the plants base medicine or phytochemical medicine that strengthening bodily systems (especially the immune system or *Oja* which can fight foreign bodies) and help to destroy against pathogen without toxic side effect.
- The drugs of *Jivaniya Mahakashaya* enhance *Oja* thereby increasing vitality and strength. Because of this beneficial effect those drugs can be used to promote health i.e ‘ *Swasthasya swasthya rakshnana* ’ which is the foremost aim of *Ayurveda*.

- All the drugs of this *Mahakashaya* have not been evaluated scientifically till date only a few researchers were conducted on the drugs of this group. Therefore studies regarding phytochemicals and pharmacological properties are the need of time.
- The above discussion clearly indicates that *Jivaniya Mahakashaya* are one of the important ingredients of increase vitality of life according to *Ayurveda* which has become endangered. The special laws must be planned by the government to plan its cultivation and collection in order to protect it from getting loss from our planet.

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