

A review on *Charakokta Shonitasthapaka mahakashaya in Ayurvedic and Modern perspective.*

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Abstract:

Blood being one among the seven tissues has its significant role in regulating the function of all vital organs and giving life to individuals. Without proper quantity and quality of blood, the body cannot remain healthy. The fourth chapter of *Charaka samhita* is related to fifty various groups. In each group, 10 herbs are included having common action. *Shonitasthapaka mahakashaya* is pronounced for action related to restoring the normalcy of blood. *Shonitasthapaka mahakashaya* is very specific and only *mahakashaya* in which only 5 medicines of herbal origin, one metallic compound, one *jantav dravya* and two byproducts and *Mrutkapala*. *Shonitasthapaka gana* included actions like *Raktashodhana* [haemostatic], *Raktastambhana* [blood coagulation], *Raktavilayaka* [blood thinning], *Raktavardhana* [haemopoitic]. *Rakta* and *pitta dosha* are the same in nature, so *Rakta* is mainly vitiated by *pitta dosha*. Thus, *dravyas* included in *Shonitasthapaka gana* have *pittashamak* properties. So, according to different conditions of *Raktavikara* [disorders related to blood], we can categorize *Shonitasthapaka dravyas* in treatment.

Keywords: *Shonitasthapaka gana, blood, pitta dosha, Raktashodhana, Raktastambhana.*

Introduction

According to Ayurveda *Rakta* is one of the seven tissues of the human body. . *Acharyasushruta* mentioned blood [*Rakta*] as life^[1]. It is essential life-giving tissue in the liquid form. It enhances the tone and complexion of body. It also nourishes *Mansadhatu*. *Yakruta* and *pleeha* are *upattisthana* of *Rakta*.

Blood is a body fluid in humans and other animals that transports necessary substances like nutrients and oxygen to cells and carryout metabolic waste products away from those cells.^[2]

Blood disorders are very prone in India as more than 30% people are below poverty line. Blood disorders are related to change in quality as well as quantity of blood. Blood vitiation seen in Skin diseases. Change in viscosity of blood seen in conditions like pulmonary embolism, DVT, strokes and heart attacks. Anemia is condition where there

is decrease in quantity of blood. If there is excessive blood flow in conditions like hemorrhagic disorders, RTA, post-operative surgical care. In most cases, we should be able to control bleeding but in severe cases, however, uncontrolled or severe bleeding can contribute to shock, circulatory failure, damage to tissues and major organs and sometimes death.

The fourth chapter of *Charakasamhita* is related with fifty various groups. In each group 10 herbs are included having common action. *Shonitasthapakamahakashaya* is pronounced for action related with restoring normalcy of blood^[3]. According to some Acharya, *shonitasthapana* means to stop excessive blood flow.^[4] *Shonitasthapakamahakashaya* is very specific and only *mahakashaya* in which only 5 medicines of herbal origin like *Madhuka*, *Rudhira*, *mochrasa*, *Lodhra*, *Priyangu*, one metallic compound *Gairika*, one *jantavdravya* *Madhu* and two byproducts *Sharkara* and *Laaja* and *Mrutkapala*. *Shonitasthapakagana* included different properties like

Raktashodhana[haemostatic], *Raktastambhana*[blood coagulation], *Raktavilayaka*[blood thinning], *Raktavardhana*[haemopoitic]. *Rakta* and *pittadosha* are same in nature, so *Rakta* is mainly vitiated by *pittadosha*. Thus, *dravyas* included in *Shonitasthapakagana* have *pittashamaka* properties.

Aim

To evaluate the pharmacological action of *Shonita-Sthapanagana*.

Objectives

- 1] To study the pharmacognosy of drugs of *Shonitasthapanamahakashaya*.
- 2] To assess the activity of drugs of *Shonitasthapanamahakashaya* with respect to Ayurvedic as well as modern aspect.

Materials and methods

Literary review of *Shonitasthapakamahakashaya* narrated from *Charakasamhita*. Study of *dravyas* included in *Shonitasthapakagana* done from various *nighantu* and research articles.

Shonitasthapakamahakashaya contains 10 *dravyas* as follows –

1. *Madhu*[honey]
2. *Madhuka*[*Glycyrrhizaglabra* Linn.]
3. *Rudhira*[*Crocus sativa* Linn.]
4. *Mocharasa*[Resin of *Salmaliamalabarica* Schott &Endl.]
5. *Mrutkapala*[Erthen pot pieces]
6. *Lodhra*[*Symplocosracemosa*Roxb.]
7. *Gairika*[*Ferrum haematite*]
8. *Priyangu*[*callicarpamacrophylla*Vahl.]
9. *Sharkara*[Sugar]
10. *Laaja*[Fried paddy]

SHONITASTHAPAKADRAVYAS -

1. *Madhu*



Fig.1 *Madhu*[honey]

Madhu is sweet, delicious and pleasant type of *Jantavdravya*. Its *rasa* is

Madhura, kashaya, katuvipaka and *sheetaveerya*. *Laghu, ruksha, vishad, sukshma* are *guna* of *Madhudravya*. It pacifies all three *Doshas*, having *VranaShodhana, Sandhana, Ropana* and *Krimihara* property.^[6] It is mentioned in *inshonitasthapanaMahakashaya* as well as in *SandhaniyaMahakashaya*.^[7] According to *CharakasamhitaMadhu* pacifies *Rakta, pitta* and *kaphadosha*.^[8] *Madhu* act as a *yogawahidravya* it means when it uses with other medicine then it capture properties of that medicine.^[9]

In *Charakachikitsa 4th adhyaya*, *Madhu* is said to be use with *paravatshakutachurna* in case of “*grathitRaktadushti*”.^[10]

Natural honey contains phospholipase and melittin. *Madhu* shows Anti-thrombotic action. It means *Madhu* helps to increase blood clotting time and showed the inhibitory effect on platelet aggregation & blood coagulation^[11].

2. Madhuka



Fig.2 Root of liquorice
Fig.3 *Madhuka* plant

Latin name of *Madhuka*[licorice] is *Glycyrrhizaglabra* Linn. It is also known as ‘sweet root’. It has *Madhurarasa, Madhuravipaka, sheetaveerya* and *guru, snigdha*guna. Due to above properties it alleviates *vata*dosha and *pitta*dosha as well and acts as a *Raktaprasadakravya*. *Madhukravya* mentioned in *sandhaniya, kandughna* and *varnyagana* in *Charakasamhita*. Licorice is included under *jeevaniyagana* which is mainly act on *Raktadhatu*^[12]. In *CharakasamhitaMadhukravya* is mentioned in treatment of *adhogaRaktapitta*^[13].

Glycyrrhizin, a main constituent of *Madhukravya*, is a plant based inhibitor of thrombin. It prolongs thrombin and fibrinogen clotting time^[14]. Thus, increases plasma re-calcification duration and inhibits platelet aggregation and shows anticoagulant activity^[15]. Licorice acts on circulatory system as enhance the blood flow, building red blood cells. It is used as blood purifier & haemopoitic.

It prevents also deposition of plaque on the walls of blood vessels^[16]. *Mulethi* also minimizes immune allergic reactions as well as that auto immune complications^[17].

It is beneficial in bleeding stomach ulcers caused by aspirin. A recent study from Iranian researchers used aspirin coated with licorice and found that it helped protect against ulcers induced by aspirin, reducing the size and number of ulcers^[18].

3. Rudhira



Fig.4 crocus sativus Linn.

It is a 'Gall' of *Crocus satus* Linn. Plant. *Rakta*, *asruk*, *Shonita* are synonyms of *Rudhiradravya*. *Rudhira* has *katu- tiktarasa*. *onlydravya* in *Shonitasthapakamahakashaya* having *ushnaveerya*. *Rudhira* pacifies all three *doshas*. It is proven for its *vranavishodhan* [Anti-inflammatory] property. It improves skin complexion and act as blood purifier.

Rudhiradravya is very useful in acne and pimple prone skin and thus, reduces pigmentation over skin. Naveed Akhtar concluded that A cream formulation containing *Crocussativus* extract has significant depigmentation & anti-erythema effects on human skin due to apparently reduced melanin & erythema levels in the skin^[19]. Two clinical trials had established antipruritic & complexion promotion effects of saffron^[20].

Rudhir is a cardio tonic, cardio protective and anti-atherosclerotic effects help in lowering blood cholesterol and triglycerides. It keeps the blood pressure under control^[21].

For this purpose take 50 mg. of saffron dissolved in 100 ml. of milk was administered twice a day to human subjects, and the significant decrease in lipoprotein oxidation susceptibility in patients with coronary artery disease [CAD] indicates the potential of saffron as an antioxidant as it contain Carotenoids, phenolics, & flavonoids^[22].

4. Mocharasa



Fig.5. *Mocharasa* [Resin of *Salmaliamalabarica* Schott & Endl.]

This *dravya* is nothing but the resin of *Shalmali* plant [exudate]. *Mocharasa* possesses *kashayarasa*, *sheetaveerya*. So, it helps to stop bleeding. It shows *Grahee* and *balya* properties. It decreases *Kapha-pittadoshas*. In *Ayurvedicsamhitas* *Mocharasa* is mentioned in treatment of *Rakta-pradara*, *Rakta-pitta*, *Raktatisara*.

Tannic acid and Gallic acid are main constituents present in *Mocharasa* which act as astringents. *Mocharasa* is haemostatic agent due to

its *raspanchaka* & chemical constituent Tannin. It is used in many bleeding problems such as menorrhagia, metrorrhagia, excessive menstrual bleeding of various aetiology, haemorrhoids, haemoptysis of pulmonary tuberculosis and influenza, malaena, diarrhea and dysentery^[23].

5. Mrutkapala



Fig.6 Mrutkapala [Erthen pot pieces]

In *Charakasamhita* Mrutkapala is indicated in *Raktapitta* with *Atarushaka*, *Priyangu*, *Lodhra*, *Madhukwath*^[24]. And *Mrutkapala* with *Madhuka* & *Madhu* is mentioned as *Raktasangrahanamparam*^[25] [best haemostatic agent]. Why *Mrutkapala* [Erthen pot pieces] has been added in the *Shonitasthapanamahakashaya* is still not resolved.

6. Lodhra



Fig. 7
Lodhra [Symplocos racemosa Roxb.] fig.8
Lodhra [Symplocos racemosa Roxb.]

Latin name of *Lodhra* is *Symplocos racemosa* Roxb. Main part used is Stem bark. *Lodhra* having *kashaya* – *tiktarasa* and *sheetaveerya*. Due to its *rasapanchaka* it shows ‘*Raktastambhaka*’ and ‘*Raktasangrahaneeeya*’ activity.

In *Charakachikitsasthan* 30 *thadhyaya*, bark of *Lodhra* is mentioned in treatment of *Rakta-pradar*^[26]. External application of *Lodhra* powder act as Haemostatic^[27].

Lodhradravya contains loturine which is alkaloid and proven for astringent property. *Lodhra* with *jaharmohrapishti* or with *nagkeshar* and *pravalabhasma* with *tandulodakaanupana* is very useful in uterine complaints like DUB, menstrual disorders like menorrhagia.

From the result of the study on *Lodhra*, it was found that drug *S. Racemosa* at a dose level at 25 µl/100gm body weight in albino rabbits showed a significant decrease in whole blood coagulation time, prothrombin time and fibrinolytic activity. The author concluded that *S. Racemos* possesses significant anti-hemorrhagic potential.^[28] Hand book of Medicinal Plants [S.K. Bhattacharjee] mentioned that *Lodhra* is

used to treat excessive bleeding during menstruation. The decoction prepared from bark is given 50-60 ml to treat diarrhea, uterine bleeding disorders [DUB], bleeding piles as well as epistaxis because decoction constricts smaller blood vessels & controls bleeding.^[28]

7. Gairika



Fig.9 Gairika [Ferrum haematite]

Lohita, *Raktapashana*, *Raktadhatu* are synonyms of *Gairikadravya* which is only metallic compound added in *Shonitasthapakamahakashaya*. It has *kashaya-Madhurarasa*, *Madhuravipaka* and *sheetaveerya*. *Gairika* is indicated in *Raktapitta*, *Arsha*, *Raktapradara*. It shows *Raktapittashamaka* activity.

ShuddhaGairika is an astringent and haematinic. It increases hemoglobin level because rich sources of iron. *Gairika* was found to be effective in controlling heavy menstrual blood flow & in improving general condition. It is also concluded that single drug *Geru* can effectively be used for controlling bleeding instead of combination of multiple drugs or hormonal treatment by its astringent & styptic properties.^[29] *ShuddhaGairika* is also used in treatment of *Netraroga*, *Raktapitta*, *hikka*, *vamana*, *vatavikara*, *Raktapradara*, *kandū*, *Jwara*, *daha* and *Udararoga*.

8. Priyangu



Fig.10. Priyangu [Callicarpamacrophylla Vahl.]

Latin name of *Priyangu* is *Callicarpamacrophylla*. It has *Tikta*, *Kashaya*, *MadhuraRasa* that alleviates *Pittadosha* and *KatuVipaka*, *Sheetaveerya*. There are two varieties, one is *Priyangu* and second is *Gandh-Priyangu*. Both varieties used as *Raktapittashamaka*.

According to *priya-nighantu* and *Charakasamhita* [cha.su. 25] *Priyangu* is best medicine for *Raktapittaroga*. *Priyangu* also mentioned in *Raktatisarachikitsa* by *AcharyaCharaka*.^[30]

Khare CP & et.al concluded that *Callicarpamacrophylla* is mainly used to "Purify the blood" & to treat skin diseases.^[31] In animal experiments, *Callicarpamacrophylla* showed the effect of promoting blood coagulation by increasing Platelet count, Vasoconstriction.^[32]

9. Sharkara



Fig.11. Sharkara [Sugar]

Sharkara having *Madhurarasa*, *Madhuravipaka*, *sheetaveerya*. Due to *Rasapanchaka* intact as a '*Raktapittaprashamaka*' according to *Charaka* and *Dhanvantarinighantu*. In *Rajnighantu* *Sharkara* is mentioned as '*Raktadoshahara*'. As *Sharkara* is proven for its Anticoagulant and anti-thrombotic activity, it shows '*Vranaropakakarya*'.^[33]

10. Laaja



Fig.12 *Laaja*[Fried paddy]

Laaja shows *pittashamaka* activity by its *Madhura-Kashayarasa* and *Sheetaveerya*.

Laaja indirectly helps in *Raktavardhana*[increasing quantity of blood].^[34]*Laaja* also mentioned as *Pathyaaahara* in *Raktapitta*, *chardi*, *atisara&grahanivikara* by various *Acharyas* in *ayurvedicsamhitas*.

Table no. 1- *Rasa-veerya-vipaka* of *Shonitasthapakadravyas*

Sr. No.	<i>Dravya Name</i>	<i>Rasa</i>	<i>Vipaka</i>	<i>Veerya</i>
1.	<i>Madhu</i>	<i>Madhura, Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>
2.	<i>Madhuka</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>
3.	<i>Rudhira</i>	<i>Katu, Tikta</i>	<i>Katu</i>	<i>Ushna</i>
4.	<i>Mocharasa</i>	<i>Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>
5.	<i>Mrutkapala</i>	-	-	-
6.	<i>Lodhra</i>	<i>Kashaya, Tikta</i>	<i>Katu</i>	<i>Sheeta</i>
7.	<i>Gairika</i>	<i>Kashaya, Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>
8.	<i>Priyangu</i>	<i>Tikta, Kashaya, Madhura</i>	<i>Katu</i>	<i>Sheeta</i>
9.	<i>Sharkara</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>
10.	<i>Laaja</i>	<i>Madhura, Kashaya</i>	<i>Madhura</i>	<i>Sheeta</i>

Table no. 2 *Panchamahabhautikasanghatana* of *shonitasthapakaganadravya*.

Sr. No.	Dravya Name	Panchamahabhautikasanghatana
1.	<i>Madhu</i>	<i>Prithvi, Jala, Vayu</i>
2.	<i>Madhuka</i>	<i>Prithvi, Jala</i>
3.	<i>Rudhira</i>	<i>Vayu, Teja, akasha</i>
4.	<i>Mocharasa</i>	<i>Prithvi, Vayu</i>
5.	<i>Mrutkapala</i>	<i>Prithvi, Jala, Vayu</i>
6.	<i>Lodhra</i>	<i>Prithvi, Vayu, Akasha</i>
7.	<i>Gairika</i>	<i>Prithvi, Vayu, Jala</i>
8.	<i>Priyangu</i>	<i>Vayu, Prithvi, Jala, Akasha,</i>
9.	<i>Sharkara</i>	<i>Prithvi, Jala</i>
10.	<i>Laaja</i>	<i>Prithvi, Vayu, Akasha</i>

Discussion

Shonitasthapakadravya mainly possesses *kashaya* and *Madhurarasa*, *katu* or *Madhuravipaka* and *sheetaveerya* [except *Rudhiradravya*]. *Kashayarasa* has *vayaviya* and *parthivamahabhutasanghatana*. Due to this *mahabhutasanghatana*, they possess *sthira*, *guru*, *sanghatakara* and *rukshaguna*. So, *sthambhana* and *shoshanakarma* can be seen. It can be related with vasoconstriction action. That means, they stimulate prothrombin net formation and trapping of platelets at the site of injury. Thus shows platelet aggregation and reduces bleeding. e.g. *lodhra*, *mocharasa*, *gairika*, *mrutkapala*.

Tiktarasadravya are best *Agnideepak* and *Aampachaka*. They possess *Vayu* and *aakashamahabhuta*. Due to *vishadaguna* (cleansing action), they show *saptadhatushodhana* and *doshapachana* activity and thus, *Raktashodhana* activity. e.g. *priyangu*, *rudhira*

Dravyas like *Madhuka* and *sharkara* shows *Raktavilayaka* action. This action can be seen due to *Jalamahabhuta*'s *dravaguna* and *kledana* as well as *vishyadana* property.

Some *dravya* works by their *katuvipaka*. So they have prominence of *Tejamahabhuta* and shows *raktavilayaka* property by *sukshma* as well as *ushnaguna*. e.g. *madhu*.

Laajadravya is mentioned as *Pathyaaahara* in *samhitas*. It has prominence of *pruthvi*, *aapa* and *Vayumahabhuta*. So, they are best in *preenana*, *dhatuposhana* and *dhatuvarhdhana* karma. So, it helps to increase the quantity of blood (*raktavardhana* action) and gives *laghavata* (lightness) to body.

Conclusion

There are two main causes of bleeding, first is *agantuka* & second is *doshaprakop*. *Rakta* and *Pittadosha* both are same in nature so *Rakta* is vitiated

mainly by *Pitta* thus *shonitsthapanadrugs* have *pittashamaka* properties. They removes derangement of vitiated *shonita[Rakta]* and bring back it to normal state. So, according to different conditions of *Raktavikara* [disorders related to blood], we can categorize *Shonitasthapakadravyas* in treatment.

- *Raktavardhana– Laaja*
- *Raktastambhana- Lodhra, Mocharasa, Gairika, Mrutkapala*
- *Raktavilayaka– Madhu, Madhuka, Sharkara.*

• *Raktashodhan– Priyangu, Rudhira*
Blood being one among the seven tissues, has its significant role in regulating the function of vital organs and to give life to individuals. Without proper amount of blood and regular functions of blood the body cannot remain healthy. The *dravya* possessing the quality to arrest bleeding are called *Raktaskandanadravya*. In addition the herbs referred here have *Raktavardhana* and *Raktaprasadan* action also. So in total *Shonitasthapanagana* contribute qualitative and quantitative regulation or normalization functions.

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