

## Review Article on Deepaniya Mahakashaya

Dr.Rajesh Kumar Nag\*, Dr.G.R. Ratre<sup>1</sup>, Dr.PremaBhagat<sup>2</sup> and Dr.Shrikant Nayak<sup>3</sup>.

\*Pg Scholar, Department Of Samhita Siddhant, Npa Govt. Ayurvedic College Raipur C.G.

<sup>1</sup>Reader, Department Of Samhita Siddhant, Npa Govt. Ayurvedic College Raipur C.G.

<sup>2,3</sup>Lecturer, Department Of Samhita Siddhant, Npa Govt. Ayurvedic College RaipurC.G.

Date Of Submission: 01-05-2021

Date Of Acceptance: 10-05-2021

**ABSTRACT:** Traditional knowledge of Ayurveda medicinal plant and their many treatment procedure are rooted in classical literatures and unscripted dialects of people in India. Medicinal plants are assuming greater importance role in the primary health care of individuals and communities in many developing world. DeepniyaMahakashaya are one of the important ingredients of increase vitality of life according to Ayurveda which has become endangered. They being very essential in functioning of the body in terms of providing energy, promote activities, rebuilding and sustaining life can be compared to nutrients and also as immunity booster with respect to the immunomodulatory diseases. DeepniyaMahakashaya is a group of Herbal drugs mentioned in ayurvedic text names Charaka Samhita. The formulation is effective in digestive system importance of this Mahakashaya in day to day practice because due to sedentary life style people not able to follow diet rules which lead to pervert of Agni. In Deepana process the stage of Agni is less powerful, which is not sufficient to perform or function as Pachana. primary cause of various disease according to Ayurveda is Agnimandya. In this review article is at focusing on a venture to detailed of Deepan, Ras, Virya, Vipaka of deepniya drugs were screened for the action of Deepana (Appetizers), that are mention in charkottar Deepniya Mahakashaya.

**Keyword** :-  
Deepan, Agni, Mahakashaya, Tridosha, Jatharagni.

### I. INTRODUCTION

In the present outline the hectic life style, food quality, food habit, sleep habit increase level

of stress etc. As a result of TridoshaPrakopa and pervert the Jatharagni result in Agnimandya and Ajirna etc.<sup>1-2</sup> Ahara is accepted as the most important factor for life it mention in TrayaUpsthambha i.e. sub-pillar of the healthy body.<sup>2-3</sup> Ayurveda consider that Agni is the cause of life, complexion, strength Health, Nourishment, Luster, Oja, Teja, and Prana in Samaavastha i.e. balanced state it represent the health whereas of health and cure of a disease Agni is classified in thirteen varieties i.e. five bhutagni and seven Dhatvagni.<sup>1</sup>

### Concept of Deepan<sup>5-6</sup>

#### A) Definition of Deepan

According to Acharya Sharangdhara Deepan mean the drug which stimulate Agni but does not digest Aam.<sup>8</sup>

According to Charaka Samhita (Gangadhar Sen) Deepan means to helpful to stimulate Agni .

According to Yogindranath Senantaragnisandhushan means Deepan .

According to AstangHrudaya Deepana means to stimulate Agni and it may digest Aam or not<sup>11</sup>

#### B) Panchabhautic Composition of Deepan Dravya

According Acharya Sushruta Deepana Dravya are Agnimahabhut Pradhan .

According to acharya bhavprakash – Vayu + Prithvi Mahabhut Pradhan.

#### C) Paharmacological properties of Deepniya

Generally Deepaniyadravyas are Katu, Ushan Virya , Amla, Lavan Ras pradhan, Laghu , Ushan

TABLE NO.1 Dravyas of chrakoktadeepaniya mahakashaya<sup>6</sup>

SANSKRIT NAME	LATIN NAME	FAMILY	PART USED
Pippli	Piper longum	Piperaceae	Fruit
Pippalimul	Piper longum	Piperaceae	Root
Chavya	Piper retrofractum	Piperaceae	Fruit
Chitraka	Plumbago zeylanica		
Shunthi	Zingiber officinale		
Amlavetas	Garcinia pedunculata		
Marich	Piper nigrum		
Ajmoda	Carumroxburghianum		
Bhallataka	Semicarpus anacardium		
Hingu	Ferula narthex		

Table No.2 properties of DeepniyaDravya – according Bhavprakash Nighantu.<sup>6</sup>

DRAVYA NAME	RASA	VIPAKA	VIRYA	GUNA
Pippli	Katu	Madhur	Anushna	Laghu, snigdha
Pippalimul	Katu	Katu	Ushna	Laghu,rooksha
Chavya	Katu	Katu	Ushna	Laghu,rooksha
Chitraka	Katu	Katu	Ushna	Laghu,rooksha
Shunthi	Katu	Madhur	Ushna	Laghu,snigdha
Amlavetas	Katu	Amla	Ushna	Laghu,rooksha
Marich	Katu	Katu	Ushna	Tikshna,rooksha
Ajmoda	Katu	Katu	Ushna	Laghu,tikshna
Bhallataka	Madhur kashaya	Madhur	Ushna	Tikshna,snigdha
Hingu	Katu	Katu	Ushna	Tikshna

## II. MATERIAL AND METHOD

Comprehensive Review of Ayurveda concept of Deepan also compilation and tabulation of DeepaniyaAyurvedic Drugs were done from the CharakaSamhita, SushrutaSamhita, Astanghrudhaya and P.V. Sharma DravyagunaVigyana. All information were then analysed, discussed and concluded.

## III. DISCUSSION AND CONCLUSION

DeepniyaMahakashaya is a group of ten drugs described by Acharya Charak for improvement of Agni that stimulate the Appetite. Some Acharya say that due to excess of Prithavi and VayuDeepan action takes place. Jatharagni plays a different role in the process of digestion in Deepan karma, Agni just plays the role of stimulating digestive secretion but it does not perform the role of Pachana or Action. Deepan karma promotes the Jatharagni for the proper digestion of food and creates urge for food. The herbs of DeepniyaMahakashaya are mostly belong to the group of spices. If used as ingredients add flavour to our food, increase interest to take food

which also enhance the appetite where the medicinal composition of these drugs are used to treat the state of anorexia in case of Agnimandya.

## REFERENCE

- [1]. Dr. Bramhanand Tripathi Madhav nidan part 1 chapter 6 chaukhambasubharatiprakashanre. edition 2008
- [2]. Dr. Archana sing Dr. Aasutosh Dwivedi; role of deepaniyamahakashaya in Agnimandya as an ayurvedic Appetizer ISSN-2554 – 2229.
- [3]. Charaka Samhita English translation of text with Ayurveda dipika commentary of cakrapanidatta part 1. C.su.11/35 by P.V Tewari chaukhambhavishvabharti Varanasi edition n 2018.
- [4]. Dr. Bramhanand Tripathi Charak Samhita part 2 c.ch.15/3 chaukhambasubharatiprakashan edition 2012
- [5]. Dr. Dattu D. Karande review article on charkoktamahakashaya ISSN 2394-3211



- [6]. Acharya  
P.V.SharmaDravyagunaVigyanaChaukhambha ,SubhartiPrakashana Edition2006
- [7]. VidhyadharaShukla,CharakaSamhita  
purvardha and uttrardhaVidhya  
manormavykhaya Chaukhambha Bharati  
academy.2006
- [8]. sharangdhar Samhita ,Gudharthadipika tika  
by Pandit Parsuram shastri ,prathamkhand  
,adhyaya 4/11,chaukhambha Orientalia  
,Varanasi,reprint edition 2002
- [9]. Dr.G.S.PandeBhavprakash Nighantu (Indian  
materia medica) of Shri Bhavamishra  
,commentarybyDr.K.C.  
ChunekaraChaukhambhaBharati academy  
Varanasi edition 10<sup>th</sup> 1995 reprint 2002.
- [10]. sharangdharSamhita ,Gudharthadipika tika  
by Pandit Parsuram shastri ,prathamkhand  
,adhyaya 4/11,chaukhambha Orientalia  
,Varanasi,reprint edition 2002
- [11]. Vagbhata ,astanghridaya with Sanskrit  
commentary of arundautta&hemadri,edited  
by harishastraparadhkarvaidhya ,sutra sthan  
14/7chaukhambha Orientalia Varanasi  
reprint 10<sup>th</sup> edition2017;223
- [12]. deepaniya and Pachaniyadravyas in  
ayurvedic Classics a critical review by  
Sapna Chaudhary and Vinod Kumar Joshi  
ISSN 2395-1109
- [13]. platel k. Srinivasan k;Digestive stimulant  
action of spices a myth or reality ? Indian j  
med res 2004 may 119(5);167-79.
- [14]. premvalli K.S.&Wadikar  
,Dadasaheb.AppetiteRegulationand role of  
appetizers. Appetite Regulation . role in  
disease and control 2011 54-74