

## ANUVASANOPAGA MAHAKASHAYA- UTILITY AND ITS APPLIED ASPECT

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## ABSTRACT

The *Anuvasanopaga Mahakashaya* refers to those drugs which are helpful in boosting of the effects that are resulted due to *Anuvasana basti* or Enema which is given with processed or unprocessed oils. Yet beneficial effects of *Anuvasana basti* are mentioned in Samhitas but some adjuvants enhance the pharmacological action of *Anuvasana basti* by properly pacifying doshas and removal of mala. Hence, these drugs are useful in boosting the action of *Anuvasana* drugs. Different Samhitas, Nighantus and Dravyaguna books were reviewed to ensure botanical identity, pharmacological action and mode of action of drugs. The mode of action of *Anuvasanopaga Mahakashaya* is understood after reviewing various articles and samhitas. Each drug was separately explored for its place in different *Mahakashaya* and gana, etymological derivation, other important indications and relevant scientific studies on the plants. *Anuvasanopaga Mahakashaya* contains drugs which are mostly predominant in madhura and tikta rasa, laghu and ruksha guna, ushna virya. By reviewing its mode of action, it is concluded that drugs of *Anuvasanopaga Mahakashaya* are very helpful in treatment of *Vatavikara*.

**Keywords:** Anuvasanopaga, Mahakashaya, Caraka Samhita, Enema.

## INTRODUCTION

*Anuvasanopaga* is the Sanskrit name for a group of medicinal plants, classified as “oily enemata”, and

originally composed by Acharya Charaka in *Charak Samhita sutrasthana* IV. *Anuvasanopaga Maha-*

*kashaya* was reviewed from Caraka Samhita, further each drug was separately explored for its place in different *Mahakashaya* and gana, etymological derivation, other important indications and relevant scientific studies on the plants of this *Mahakashaya* was

also searched. Ten important drugs namely *Rasna*, *Surdaru*, *Bilva*, *Madan*, *Satpushpa*, *Vraschira*, *Punarnava*, *Svadrinshtra*, *Agnimantha*, *Shyonaka* by Caraka(C.SU.4/14).

## **MATERIAL AND METHOD-**

### **LITERARY REVIEW IN BRIHATRAYI**

**Table 1- The Drugs of Anuvasanopaga Mahakashaya in Caraka, Sushruta and Vagbhata**

Plant	Caraka Samhita	Sushrut Samhita	Ashtang Hridaya
Rasna	Vishaghna (Su.4/16), Anuvasanopaga (Su.4/26) Vayasthapana (Su.4/50)	Arkaadi(Su.38/16),	Niruhana(Su15/3), Arkaadi(Su.38/16),
Surdaru	Anuvasanopaga (Su.4/26)	-	Aladi(Su.15/41),
Bilva	Arshoghna(Su.4/12), Anuvasanopaga(Su.4/26), Svyathuhara(Su.4/38),	Varunadi(Su.38/10), Ambasathadi(Su.38/46), Brihatpanchmoola (Su.38/68),	Varunadi(Su.38/10), Ambasathadi (Su.15/38),
Madan	Asthapanopaga(Su.4/25), Anuvasanopaga (Su.4/26).	Aragvadhadi (Su.38/6)	Vamana(Su15/1), Niruhana(Su15/3), Aragvadhadi(Su.15/17)
Satpushpa	Asthapanopaga(Su.4/25), Anuvasanopaga (Su.4/26)	-	Niruhana(Su15/3),
Vraschira	Anuvasanopaga (Su.4/26), Svedopaga(Su 4/22), Kasahara(Su.4/36)	-	-
Punarnava	Svedopaga(Su 4/22), Anuvasanopaga (Su.4/26), Kasahara(Su.4/36)	Vidarigandhadi (Su.38/4)	Vidaryadi (Su 15/9)
Shwadrinshtra	Krimighna (Su.4/15), Anuvasanopaga (Su.4/26), Mutravirechaniya(Su.4/35), Shvyathuhara(Su.4/38)	Vidarigandhadi (Su.38/4), Veertarvadi(Su.38/12), Laghupanchamoola (Su.38/66)	Virtarvadi(Su.15/24)
Agnimantha	Anuvasanopaga (Su.4/26) Shvyathuhara(Su.4/38), Sheetaprashamana(Su.4/42)	Varunadi(Su.38/10), Brihatpanchamoola (Su.38/68)	Varunadi(Su.15/21), Virtarvadi(Su.15/24)
Shyonaka	Anuvasanopaga (Su.4/26) Shvyathuhara(Su.4/38), Sheetaprashamana(Su.4/42)	Virtarvadi(Su.38/12), Rodhradi(Su.38/14), Brihatpanchamoola (Su.38/68)	-

**Table 2- The Phytochemical constituents and Pharmacological activity of drugs of Anuvasanopaga Mahakashaya**

Drug	Botanical name, Synonyms & Family	Part used	Phytochemical constituents	Pharmacological activity
Rasna	<i>Pluchea lanceolata</i> (D.C.) Clarke of Asteraceae	Patra	Plucheoside, plu- chiol, pluchoic acid.	Anti-Inflammatory Activity

Surdaru	<i>Cedrus deodara</i> (Roxb.)Loud. Of Pinaceae	Kandasara and Tail.	Wood oil contains oleoresin, essential oil, sesquiterpenes and needle contains ascorbic acid.	Anti-arthritis activity
Bilva	<i>Aegle marmelos</i> Corr. Of Rutaceae.	Moola, Patra.	Coumarins, glycosides, marmalolin, tannins, mucilage, fatty oil and sugar.	Anti diarrhoeal activity
Madan	<i>Caturnaregum spinosa</i> Thunb. of Rubiaceae.	Phala, Moola.	Saponin, valeric acid, resin, wax.	Emetic activity
Shatpushpa	<i>Anethum sowa</i> Roxb.exFlem. Of Apiaceae.	Phala, Patra.	Carvone, limonene, dihydrocarvone, dillapiol, other are anethol, thymol.	Analgesic activity
Vraschira	<i>Boerhavia verticillata</i> Linn.of Nyctaginaceae .	Moola, Patra.	Trianthenol, flavanoid, triantheamine, isoamericanin-A, leptorumol.	Hepatoprotective activity
Punarnava	<i>Boerhavia diffusa</i> Linn. Of Nyctaginaceae .	Moola, Patra.	Flavonoids, alkaloids, steroids, triterpenoids, lipids, lignins, carbohydrates, proteins, and glycoproteins.	Antioxidant activity
Shwadrinshtra	<i>Tribulus terrestris</i> Linn. Of Zygophyllaceae.	Phala, Moola, Panchanga.	Fruit Contains Alkaloid, Fixed Oil, Essential Oil, Resin, Nitrates.	Antihypertensive and vasodilator effects
Agnimantha	<i>Premna integrifolia</i> Linn. Of Verbenaceae	Patra, Tvaka.	Diterpenoids.	Anti-obesity activity
Shyonaka	<i>Oroxylum indicum</i> Vent. Of Bignoniaceae.	Moolatvaka.	Oroxylum A, biocalcin, chrycin, alkaloid.	Inhibits adipogenesis and induces apoptosis

**Table-3- The Properties of the drugs of Anuvasanopaga Mahakashaya:**

Plant	Rasa	Guna	Virya	Vipaka
Rasna	Tikta	Guru	Ushna	Katu
Surdaru	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu
Bilva,	Kashaya, Tikta	Laghu, Ruksha	Ushna	Katu
Madan	Kashaya, Madhura, Tikta, Katu	Laghu, Ruksha	Ushna	Katu
Shatpushpa	Katu, Tikta	Laghu, Ruksha Tikshna	Ushna	Katu
Vraschira	Madhura, tikta,	Laghu, Ruksha	Ushna	Madhura

	Kashaya			
Punarnava	Madhura-tikta, Kashaya	Laghu , Ruksha	Ushna	Madhura
Shvadanstra	Madhura	Guru, Snigdha	sheeta	Madhura
Agnimantha	Tikta , Katu, Kashaya, Madhura	Laghu ,Ruksha	Ushna	Katu
Shyonaka	Madhura, tikta, Kashaya	Laghu ,Ruksha	Ushna	Katu

## DISCUSSION

The *Anuvasanopaga Mahakashaya* refers to those drugs which are helpful in boosting of the effects that are resulted due to *Anuvasana basti* or Enema which is given with processed or unprocessed oils. Yet beneficial effects of *Anuvasana basti* are mentioned in Samhitas but some adjuvants enhance the pharmacological action of *anuvasana basti* by properly pacifying doshas and removal of mala. Hence, these drugs are useful in boosting the action of *anuvasana* drugs. These drugs also enhance the duration of retention of *anuvasana basti* and hence facilitate better absorption of medicated drugs and their action. Basti or enema is given through the anal route. The medicated drug is pushed into the large intestine with a controlled uniform force. The medicine thus moves from the anus to the large intestine up to the ileocecal junction. The content of the medication facilitates lubrication to the walls of the intestine. *Anuvasanopaga mahakashaya* enhances the benefit when these oils are processed with different medicinal herbs as it gives a local healing effect. Not only this, but it is also accepted that there is considerable absorption of water, salt, protein, carbohydrates and fat from the large intestine which makes the media more useful for giving adequate nourishment along with local repairing of the intestines. The absorption is more when the pH of the contents is basic while it is less when it is acidic. Large intestines are a preferred site for the absorption of proteins as the hydrolysis of these is prevented giving a better chance of providing nutrition to the body. But the absorption is largely dependent on the medicaments that are being used in the process where the role of *Anuvasanopaga* substances is seen. Here, the drugs those are classified as *Anuvasanopaga* will either enhance the level of nutrients as in case of

foods, potential properties as in case of medicine or the reduction of the time duration to accomplish the benefits by different advised lifestyle. Thus, leading to the increased benefits of the procedure for which it is undertaken. Basically, the procedure is the one that promotes strength and increases vitality but when the oil which is used is processed with the medicaments then it also has the potency to provide extra benefits accordingly.

## CONCLUSION

All Acharyas of Brihatrayi eg. Charaka, Sushruta, Vagbhata has beautifully explained the *Anuvasanopaga mahakashaya*. *Anuvasanopaga mahakashaya* consists of 10 important ingredients. Most of the drugs are well known and having vatashamaka properties. Vata aggravates due to three main reasons as *Dhatukshaya*, *Avaran* and *Visha*. *Anuvasanopaga mahakashaya* contains drugs which are mostly predominant in Madhura and tikta rasa, laghu and ruksha guna, ushna virya. For the treatment of dhatukshaya madhur rasa is required which has kshinakshata sandhanakara, bringhana, balya and Marutaghna properties. *Avaranjanya* (amajanya) vataprakopa is treated by tikta rasa which performs deepana pachana action. Laghu guna is shrotoshodhaka and agnideepana and at last treatment of visha is by madhur and tikta rasa which has vishaghna property. So, we conclude that drugs of *Anuvasanopaga mahakashaya* are very helpful in treatment of Vatavikara.

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