

**SHRAMAHARA DASHEMANI AS ADAPTOGENICS IN STRESS INDUCED FATIGUE:
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**ABSTRACT**

Plants are used in medicine for centuries, for diet and therapeutic purposes. Ayurveda classical texts provide a list of plants in the name of *Dashemani*, *Gana*, and *Skandha* with their elaborative mode of action. *Shramahara Dashemani* is ten drugs that are said to be best in 'Shrama' a therapeutic condition, mentioned by Charaka. According to Shabdakalpadruma (lexicon), *Shrama* can be termed as fatigue, tired, or exhaustion, whereas the term *Hara* means destroying or removing. Thus, *Shramahara dravyas* are ones which relieve fatigue or exhaustion. These are also correlated as adaptogens as per recent literature. Draksha (*Vitis vinifera* Linn.), Kharjura (*Phoenix sylvestris* Roxb.), Priyala (*Buchanania lanzan* Roxb.), Parushaka (*Grewia asiatica* Linn.), Badara (*Zizyphus Jujuba* Mill.), Dadima (*Punica granatum* Linn.), Phalgu (*Grewia asiatica* Linn.), Ikshu (*Saccharum officinarum* Linn.), Yava (*Hordeum vulgare* Linn.), Shashtika (*Oryza sativa* Linn.) are ten drugs mentioned under *Shramahara Dashemani* as per Charaka Samhita [1]. This literary review creates awareness of the possible new therapeutic use for the development of pharmaceutical entities for better health care in the near future. This literature review is being written to document scattered knowledge about the herbs of *Shramahara Mahakashaya*.

Key words: Shramahara, Dashemani, adaptogens, charaka samhita.**INTRODUCTION**

Ayurvedic classical texts provide a group of drugs in the name of *Mahakashaya*, *Dashemani*, *Skandha*, and *Ga-*

na. Acharya Charaka has described 50 *Mahakashaya* in Shadvirechanashatashriteeya adhyaya of his sutrasthana. This *Mahakashaya* classification is based

on specific pharmacological action. Each Mahakashaya has 10 herbs, so it is also called Dashemani. In this, it can be used as a whole/ part or in different-combinations/dosages/forms by using ones yukthi. Shramahara Mahakashaya is one among these 50 Dashemanis [1]. The word *Shramahara* is a combination of *Shrama* and *Hara*. According to Shabdakalpadruma, (lexicon) *Shrama* can be termed as fatigue, tiredness, and exhaustion. Another word *hara* means destroying or removing [2]. ‘*Mahakashaya*’ word refers to a group of herbs in *Ayurveda*. Thus, *Shramahara Mahakashaya* drugs are one which relieves fatigue or exhaustion. These are also correlated as Adaptogens as per recent literature. Acharya charaka has collectively mentioned 10 drugs as *Shramahara Mahakashaya* which effectively works on *Shrama*. *Shramahara Mahakashaya* is one among the *Panch-panchaka Kashaya* of 50 *Mahakashaya* (told after the *Prashamana* group). They are Kasahara, Shwasahara, Shothahara, Jwarahara and Sharamahara. It includes dried fruits and grains which are in regular consumption. Hence, ingredients of *Shramahara Mahakashaya drugs* are easily available, and non-controversial. They are rich in nutrients, and antioxidants and also have proven effects on anxiety, and immunomodulation. Many researchers found that these herbs have antioxidant, anti-inflammatory, cardioprotective, etc activities. So, these drugs are effective as Adaptogens in stress-induced fatigue.

Adaptogens are nontoxic substance which increases nonspecific resistance to stress-related physical as well as mental by increasing their ability to adapt and survive in stress. Adaptogens of herbal origin is gaining a lot of interest globally because of their holistic and natural healing approach. A few Adaptogenic plants have been used in traditional medicine like Ayurveda, Siddha, and Unani since centuries to promote body defence mechanisms. Hence with this background, an attempt has been made to study *Shramahara Dashemani* drugs. A detailed literary review of these drugs forms a primary step.

Objectives

To review *Shramahara mahakashaya* gana mentioned in charaka samhita this paper contains the following headings

- Literary study
- Discussion
- Conclusion

Material and methods

A comprehensive review of the ingredients of *Shramahara mahakashaya* has been done using Vruhadtrayi and Nighantus in e- Nighantus. Published scientific works allied with ingredients have been reviewed. Further, compiled data was tabulated upon the properties (*dravya swalakshana*) and analyzed the inference action (*anumana*) and logical therapeutic (*yukti*) outcomes pertinent to the concept of adaptogenic activity.

Table 01: Herbs of *Shramahara Mahakashaya* – content, Latin name, & useful part. *Ayurveda* based properties

Sl No	Content	Latin name	Rasa	Guna	Virya	Vipaka	Effect on Dosha	Useful part
1	<i>Draksha</i>	<i>Vitis vinifera</i> Linn.	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>VP HARA</i>	Fruit
2	<i>Kharjura</i>	<i>Phoenix sylvestris</i> Roxb.	<i>Madhura/Kashaya</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>VP HARA</i>	Fruit
3	<i>Priyala</i>	<i>Buchanania lannzan</i> Roxb.	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>VP HARA</i>	Seed kernel
4	<i>Badara</i>	<i>Ziziphus jujube</i> Mill.	<i>Amla, Madhura, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>VP HARA</i>	Fruit

5	Dadima	<i>Punica granatum</i> Linn.	Madhura, Kashaya, Amla	Laghu, Snigdha	Anushna	Madhura	VPK HARA	Fruit
6	Phalgu (Fruit-Kaiyyadeva Pv)	<i>Ficus hispida</i> Linn.	Madhura, Kashaya	Guru, Snigdha	Sheeta	Madhura	VPK HARA	Fruit
7	Parushaka	<i>Grewia asiatica</i> Linn.	Madhura, Amla, Kashaya	Laghu, Snigdha	Sheeta	Madhura	KP HARA	Fruit
8	Ikshu	<i>Saccharum officinarum</i> Linn.	Madhura	Guru, Snigdha	Sheeta	Madhura	VP HARA	Stem
9	Yava	<i>Hordeum vulgare</i> Linn.	Kashaya, Madhura	Ruksha, Snigdha	Sheeta	Madhura	KP HARA	Grain
10	Shashtika	<i>Oryza sativa</i> Linn.	Madhura, Kashaya	Guru, Snigdha	Sheeta	Madhura	VPK HARA	Grain

□ V- vata P-pitta K- kapha

Table 02: Herbs of Shramahara Mahakashaya –pharmacological effect^[3].

Sl. No	Content	Main action	Chemical constituents	Pharmacological effect
1	Draksha	Balya, brimhana	Phenolic compounds, flavonoids, stilbenes	antioxidants, anticancer, cardioprotective
2	Kharjura	Vrushya, balya, brimhana, tarpana	Carbohydrates, enzymes, protein, vitamins, phenolic acids carotenoids	Antioxidant, antimutagenic, anti-inflammatory, hepatoprotective immunostimulant
3	Priyala	Balys, brimhana, vrushya hrudaya	Phenolics, flavonoids, tannins, alkaloids, saponin	Antioxidant, antimicrobial, antifungal
4	Badara	Hrudya Chardinigrahan a, Shukrala, brimhana	Vit. C, phenolics, flavonoids, triterpenic acids, poly saccharides	Anxiolytic, anticancer, anti-microbial, anti-inflammatory cognitive, antioxidant, wound healing
5	Dadima	Hrudya	Punicic acid, flavonoids, anthocyanins, ellagic acid, anthocyanins	Antioxidant, antiinflammatory, anticarcinogenic,
6	Phalgu	Brimhana, tarpana	Anthocyanin, triterpenoid, coumarin, volatile compounds, phytosterol.	Antioxidants, hepatoprotective, anticancer, antiinflammatory,
7	Parushaka	Raktaprasada	Flavonoids, glycosides, phenolic compound, saponin, alkaloids	Antioxidant, radical scavenging, anti-hyperglycemic.
8	Ikshu	Brimhana, vrushya, balya, mutrala	flavonoids, -O- and cholesterol-lowering	
9	Yava	Balya, Sthairyakrit	Glucose, fibre, B1, B2, B6, calcium, iron, zinc, phosphorous	
10	Shashtika	Balya Sthairyakrit	Carbohydrates, protein, thiamine, dietary fibre, micronutrients	Antioxidant

TABLE 03: Samhita & Nighantu period: [4, 5, 6, 7, 8, 9, 10, 11]

In *Nighantu*, many drugs have been described in detail by giving different synonyms, their properties, and uses.

Particulars	Draksha	Kharjura	Priyala	Parushaka	Badara
CS	<i>Kanthyā, Snehopaga, Jwarahara, Virechanopaga, Kasahara, Shramahara Mahakashaya.</i>	<i>Shramahara Mahakashaya, Phalavarga, Madhura skandha.</i>	<i>Udarda prashamana, Shramahara Mahakashaya.</i>	Jwarahar, Virechanopaga, Shramahara Mahakashaya	Hridayavarna, swedopaga, Hikkani-grahan, Chardinigra-hana, <i>Shramahara Mahakashaya</i>
S	Kakolyadi gana <i>Parushakadi gana.</i>	<i>Madhura skandha</i>	<i>Nyagrodhadi gana</i>	Parushakadi gana	<i>Nyagrodhadi gana.</i>
An Hr	<i>Parushakadi gana</i>	<i>Amradiphala varga</i>		Parushakadi gana	<i>Nyagrodhadi gana.</i>
D Ni	<i>Amradiphala varga</i>	<i>Amraadi var-ga.</i>	<i>Oshadhi var-ga</i>	<i>Amradiphala varga</i>	<i>Amradiphala varga</i>
R Ni	<i>Amraadi varga</i>	<i>Oshadhi varga</i>	<i>Amradiphala varga</i>	<i>Amraadi varga</i>	<i>Amraadi varga</i>
K Ni	<i>Oshadhi varga</i>	<i>Amradiphala varga</i>	Phala varga.	<i>Oshadhi varga</i>	<i>Oshadhi varga</i>
B Nig	<i>Madyavarga, Amradiphala varga</i>	phala varga		<i>Aamradiphala var-ga</i>	<i>Amradiphala varga</i>
P Ni	<i>Piptyadi varga</i>			<i>Harithakyadi varga</i>	Phala varga

Cont...

Particulars	Dadima	Phalgu	Ikshu	Yava	Shali
CS	<i>hridya, chardinigra-hana, Shramahara Mahakashaya</i>	<i>Shramahara Mahakashaya</i>	<i>kanthyā, Shramahara Mahakashaya</i>	<i>Aharavarga-Shookadhanya, Shramahara Mahakashaya</i>	<i>Aharavarga-Shookadhanya, Shramahara Mahakashaya</i>
S	<i>Parushakadi gana</i>	<i>Amraadi var-ga</i>	<i>Trinapanchamoola mishraka gana</i>	Aharavarga	Aharavarga
AHr	<i>Parushakadi gana</i>	<i>amaraadi phala varga</i>	<i>karaveeradi varga</i>	Aharavarga	Aharavarga
DNi	<i>Shathapushpaadi var-ga</i>	<i>amaraadi phala varga</i>	<i>paneeyadi varga</i>	<i>suvarnadi varga</i>	<i>suvarnadi varga</i>
R Ni	<i>Amraadi varga</i>	<i>Vatadi varga</i>	<i>Oshadhi varga</i>	<i>Shaalyadi varga</i>	
KNi	<i>Oshadhi varga</i>	<i>Hareethakyadi varga</i>	<i>Ikshu varga</i>	<i>Dhanya varga.</i>	<i>Shaalyadi varga</i>
BNig	<i>in amradiphala varga</i>		<i>Drava varga</i>	<i>Dhanya varga.</i>	<i>Dhanya varga.</i>
PNi	<i>hareethakyadi varga</i>			<i>Dhanya varga.</i>	<i>Dhanya varga.</i>

➤ Draksha (*Vitis vinifera*, Vitaceae) & Kharjura (*Phoenix sylvestris*, Arecaceae) [4,5] told in *Mishraka -Swadu triphala*-grapes, dates and *kashmari* fruit (*Gmelina aborea*)

➤ Phalgu (*Ficus hispida*, Moraceae) [14,5, 15] It is a variety of udumbara –dalhana

Table 04: Nirukti, Vernacular names & Paryaya [4, 5, 9, 11, 12, 13, 14, 15, 16, 17]

Synonyms have a lot of importance in *Ayurveda*. It originates from the properties and actions of the drugs. Sometimes synonyms of the drug indicate the specificity and specialty of the drug.

Sl no	Drug	Vernacular names	Paryaya
1.	Draksha	Hindi name- <i>Angoor, Dakh, Munakka</i> English name- dry grapes, raisins	Drankshyathe kankshyathe ithi- Draksha fruit is liked by all. <i>Mrudvika</i> – soft in nature. <i>Gostani</i> – resembles cow udder

		common-grape-vine Telugu name- <i>Drākṣa</i> Kannada name – <i>Drakshi</i> , <i>Ona Drakshi</i> Tamil- TIRAATCHI, MALAYALAM- MUNTIRI	<i>Gucchaphala</i> - fruits occur in bunches. <i>Phalottama</i> -charaka told it as best among fruits Swaduphala, <i>Madhurasa</i> , <i>Madhuyoni</i> – sweet in nature <i>Bruhmani</i> – nourishing <i>Rasaala</i> – juicy <i>Yakshmaghni</i> - useful in rajayakshma Priyala, <i>Tapasapriya</i> , <i>Charuphala</i> – fruit with good looks.
2.	Kharjua	Hindi name- <i>khajur</i> English name- dates Telugu name- <i>kharjuram</i> Kannada name –kharjura, <i>Ona kharjura</i> Tamil name – <i>Tethi</i> Malayalam- itta	Kharjuh vyatha kandoorva, kharjum raathi dadaathithi, skandhasya parushathvath- Kharjura induces itching while climbing because of its rugged stem. <i>Duraroha</i> - <i>difficult to climb the tree</i> <i>Skandha phala</i> - <i>fruits are seen on the trunk</i> <i>Swadhu phala</i> - <i>fruits are seewt</i>
3.	Priyala	Hindiname <i>Achar/chirounji</i> English name- <i>cudaoa</i> almond Telugu name- <i>saarachettu</i> Kannada name – kolegeru, murkali Tamil name– <i>karaka</i> Malayalam- <i>kalamavu</i>	Preenathi tarpathi laathi cha santhishtimithi Priyala is nutritious, so it nourishes. <i>Taapaseshtha</i> - <i>it grows in in forest so liked by sages</i> Dhanu- <i>seen in dry places</i> <i>Kharaskandha</i> — <i>trunkis rough</i> Pata- <i>pieces of bark appear as cloth</i> Bahuvalkala- <i>it has thick bark</i>
4.	Badara	Hindi name- <i>bera</i> English name- <i>jujube fruit</i> Telugu name- <i>regu chettu</i> Kannada name – <i>bore hannu</i> Tamil name – <i>arulatotikaceti</i> Malayalam- <i>illantha, badaram</i>	Bada sthairya Fruits will impart strength. <i>Souviram</i> - <i>badara is commonly available in souvira desha</i> Kola- <i>seeds are very hard</i> Kar- <i>kandhu- the tree consists of thorns</i> <i>Phenila</i> - <i>it increases kapha</i> . <i>Mrudvika</i> – soft in nature.
5.	Dadima	Hindi name- <i>phalsa</i> English name- <i>devil’s tamer</i> Telugu name- <i>chitteeta</i> Kannada name – <i>tadasala</i> Tamil name – <i>palisa</i> Malayalam- <i>chadicha</i>	Piparthi paalayathi pitthdaahadibhyah, poorayathi va phala- <i>paake maadhuryam</i> . Parushaka alleviates pittadosha and daha. After ripening the fruit will be very sweet. <i>Paraapara</i> - <i>fruits of Parushaka are very nutritious</i> . <i>Alpaas- thi</i> - <i>the fruit contains more pulp and a small seed</i> .
6.	Phalgu	Hindi name- <i>Anar</i> English name- <i>pomegranate</i> Telugu name- <i>Dranim- ma kayi</i> Kannada name – <i>Dalimbe</i> Tamil name – <i>maduli</i> Malayalam- <i>matalam</i>	Daalyathe vidaaryate rasavapthyrthamithi- when the fruit is cut opened the juice spilla over. <i>Danthabeeja</i> - <i>seeds resemble teeth</i> <i>Manibeeja</i> - <i>seeds re- semble mani/beads</i> <i>Raktabeeja</i> - <i>seeds are red in color</i> <i>Lo- hithapushpaka</i> - <i>flowers are red in color</i> <i>Karaka</i> - <i>useful in many diseases</i> <i>Vrittaphala</i> - <i>round fruit</i> <i>Rasalaka</i> - <i>fruit is juicy</i> <i>Swadvamlam</i> - <i>fruit is sweet and sour in taste</i>
7.	Parushaka	Hindi name- <i>katumar</i> English name- <i>hairy fig</i> Telugu name- <i>adavi alhith</i> Kannada name – <i>kaadu atthi mara</i> Tamilname- <i>kattu athith, peyatti, con- atti</i> Malayalam- <i>kati atthi</i> .	Chakrapani in his commentary clarified phalgu as ka- <i>kodumbara</i> . Phalgu-it yields a greater number of fruits and is smaller than other types ^[15] <i>Kakodumbari</i> - <i>fruits are more eaten by crows or build a nest in this tree</i> Malayu- <i>removes mala</i> . <i>Jaghane phala</i> - <i>fruits are attached to the main trunk</i> . <i>Shwithra bhaishajya</i> - <i>medicine for shwithra roga</i> <i>Kashtod- umbara</i> - <i>fruits are hard like wood</i>
8.	Ikshu	Hindi name- <i>eekh, ikha</i> English name- <i>sugarcane</i> Telugu name- <i>cheruku</i> Kannada name – <i>kabbu</i> Tam- il name – <i>karimbu</i> Malayalam- <i>ka</i>	Ishyathe ithi- it is liked by all due to its sweet taste <i>Deerghachadah</i> - <i>leaves are very long</i> <i>Asipatra</i> - <i>leaves are having sharp edges</i> <i>Madhutrina</i> - <i>it is a grasswith sweet taste</i>

		rimbi	Gudamoola- source for jiggery Bhoori rasa- its full of juice.
9.	Yava	Hindi name- java, jau English name- Barley Telugu name-barlibiyam Kannada name – jave godhi Tamil name – barliarisi Malayalam- barli, yavam	Yava- one of the awned grains ^{BP} Sithashooka- white shooka dhanya
10.	Shashtika	Hindi name- chaval English name- paddy, rice Telugu name-biyyam Kannada name – bhattha, akki Tamil name – nellu, arisi. Malayalam- ari.	Rice which is grown within 60 days Vernacular names of yava ^[30,38]

Table 05: Formulation, dose, and types acc to Ayurveda.

Sl no.	Drug	Formulation	Dose	Types
1.	Draksha	Draksharista, Mridvikasava, Drakshaadighrith, Drakshad-ileha, Drakshadikwaatha Drakshadirasayana.	juice -20- 40 ml	-
2.	Kharjua	Kharjuraadi mantha Elaadi gutika Kharjurpatrakwatha	juice -50 -100 ml Fruit-10-20 gm	Kharjuri, Pindakharjuri, Rakharjuri, Madhajakharjuri, Bhookharjuri.
3.	Priyala	Priyala taila, Priyala beeja lepa	kashaya-50-100 ml Seed kernel- 10-20 gm	
4.	Badara	Parushaka ghritha Parushakaadi kwatha Drakshadi kwatha	swarasa-20-30 ml	
5.	Dadima	Badaraasava Badaradi lepa Badaradi dhupa	decoction-20- 40 ml Fruit-5-10 numbers	स्वादज, स्वादाम्ल, आम्ल
6.	Phalgu	Dadimastaka choorna Dadi-maadya ghritha Dadimadya taila Dadimadi choorna	juice -20- 50 ml De-coction -40-80 ml Choorna- 3-5gm	
7.	Parushaka	Phalgu kwatha Gojihvaadi, Kashaya	50-100ml Twakchoor-na-1-3 gm	
8.	Ikshu	Trinapanchamoola kwatha Narikelasava Ikshu swarasa	20- 40 ml Decoction-50-100ml	□ Types – 13
9.	Yava	Prasoothika Kashaya Ajamamsa rasayana, Kolaku-latthadi choorna	Quantity sufficient for diet	a) yavab) apatayava c) tokya
10.	Shashtika	Pathya kalpanas – food items	Quantity is sufficient for diet.	

DISCUSSION

In Ayurveda, Shramahara Mahakashaya is mentioned for fatigue. Predominance properties of Shramahara Mahakashaya herbs are Madhura Rasa, Guru, Snigdha Guna, Madhura Viapaka, Sheeta Veerya, and Vata Pitta Shamaka guna. All ten Herbs have Balya and Brumhana Action. They have properties of Balya, Brumhana, Vrshya, Sthairyakrut, Hrudya, Tarpana, etc. So, they may improve the physical and mental health of the body.

Acharya Sushruta has mentioned Dadima, Amalaka, Kharjura, Parushaka, Rajadana, and Matulunga as the best fruits:^[18]

Fatigue due to stress is a very commonly reported symptom that is present in mild to severe form and interferes with daily routine work. It decreases physical and mental capacity. For improving quality of life, it is necessary to treat fatigue along with causative factors. In biomedicine, multivitamins, glucose, protein powder, anabolic steroids, etc. are used for this purpose.

Carbohydrates, dietary fibres, enzymes, proteins, fats, minerals, vitamins, phenolic acids Flavonoides, gly-

cosides, saponins, alkaloids, tannins, etc. are available in these herbs. So, these are a good source of nutrients as well as antioxidants. The different experimental models described Antioxidant, Antimutagenic, Anti-Inflammatory, Vasucular Protection, Cardio-protective, Gastroprotective, Hepatoprotective, Nephroprotective, Antihyperglycemic, Anticancer, Antimicrobial, and Immunostimulant activities more or less in each herb of this group. So, these herbs may work on fatigue directly by nutrients and indirectly through work on underlying diseases.

CONCLUSION

In the current scenario, plants-based medicine is a good way to stay healthy. *ShramaharaMahakashaya's* herbs are easily available in pure form. The above discussion indicates that *ShramaharaMahakashaya* is one of the important groups of herbs that increase the nourishment and strength of the body so helpful in fatigue. Hence these *Mahakashaya* herbs can be used for fatigue as sublimate in various diseases. This literary review creates awareness of the possible new therapeutic uses for the development of pharmaceutical entities for better health care in the near future. This literature review is being written to document scattered knowledge about the herbs of *ShramaharaMahakashaya*



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