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## A Review Article – on *Jeevaniya Mahakashaya*

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### ABSTRACT:

*Jeevaniya Mahakashaya* are a group of 10 Drugs, that have many ways to work, including working on the immune system directly, by turning down some proteins and turning up others. These *dravya*'s are very much conducive for health. In our Ayurvedic classics the knowledge *about Mahakashaya* were dealt in Charaka Sutra Sthana 4th chapter, according to karma. Acharya has mentioned about 50 *Mahakashayas*, each having about 10 drugs. In this, the first and the foremost *Mahakashaya* is *Jeevaniya Mahakashaya*. They are a group of drugs which are beneficial for life. Most of the drugs present in this group are very essential for the whole functioning of the body in terms of providing energy and sustaining life activities. This can be compared to various nutrients and immunity boosters.

**Key Words** :- Immunity, *Jeevaniya, Mahakashaya*

### INTRODUCTION

*Jeevaniya Mahakashaya*, are a group of Rejuvenators which, is mentioned in *Charak Samhita Sutra sthana* chapter fourth, "*Shad virechanashatashritiyaadhyaya*". The drug includes:-*Jeevak, Risabhaka, Meda, Mahameda, Kakoli, Ksheerakakoli, Mudgaparni, Mashaparni, Jeevanti, Madhuk*.<sup>[1]</sup> The word *Jivanam* means life or life span. Thus these are group of drugs which are beneficial for *Jivana* or life process. These drugs are useful for longevity of life.

Looking forward to the present situation of Covid 19, a pandemic disease, the need for immunity, plays a main

role for the treatment of patient. COVID-19, caused by SARS-CoV-2 or novel corona virus is declared as a global emergency. Researchers are working hard to develop effective remedy and vaccine, but still the challenge is to manage the existing spread of disease progression. In *Ayurveda*, a good number of herbs are described for health promotion and longevity, in which many of them are scientifically proven, to boost the immunity. *Jeevaniya Mahakashaya* of *Charaka Samhita* is such group of ten herbs enumerated for longevity and rejuvenation. However, few of the herbs of *Jeevaniya Mahakashaya* are



endangered and not available easily. Therefore in the present scenario instead of these endangered herbs, its *Pratinidhi* (Substitutes) *Dravyas* suggested in *Bhavaprakasha Nighantu* were reviewed.

## MATERIAL AND METHODS

Review work and all Literary references related to *Jeevaniya Mahakashaya Dravyas* has been collected from *Ayurveda* classical texts. Pharmacological activity of *Jeevaniya Mahakashaya* has been collected from internet, recent modern studies and various other books Detail explanation of the individual drugs of *Jeevaniya Mahakashaya Dravyas* the individual contents, the complete pharmacological activity of all the drugs in *Jeevaniya Mahakashaya* were dealt.

### 1. *Jeevaka*

Botanical name *Microstylis wallichii*

Family : Orchidaceae

*Jeevak* is found in temperate to sub-alpine ranges of the Himalayas, between 1800m and 2300m attitude. *Jeevak* is a erect, tuberous, small, terrestrial, orchid, plant. Its height is about 20-25 cm high. Its stems tends to be pseudo-bulbous at the base. Fresh pseudo bulb conical in shape, fleshy, green, smooth, shining. 1 to 9 cm long and 1 to 3 cm broad, slightly mucilagenous, covered with shining, translucent light green, membraneous, 3 or 4 sheathing leaves arranged alternately and having parallel venation; stem rudimentary; roots arising at the union of stem and bulb. [2]

Dried pseudo bulbs conical, translucent, reddish-brown in colour, measuring 2 to 5 cm long and 0.25 to 1 cm wide, covered with sheathing leaves, which are light brown, membraneous with parallel venation; surface rough, punctated, fracture hard; cut surface dark brown, coarsely granulated with irregular margins and white spots; pleasant smell astringent, slightly mucilagenous in taste. Leaves are simple, Three or five in number, and sheathing at the base. Flowers are minute, pale yellowish-green in colour. It plays a vital role for immunity development. The *Microstylis* plant is rejuvenating tonic, styptic aphrodisiac, antipyretic, anti-viral and antioxidant. It has a cooling action and cures bleeding diathesis, fever, phthisis, and burning sensation. It is an important ingredient of *Ashtavarga*, under *Jivaniya Varga* of *Charaka Samhita*, which literally means 'life-giver'.

### 2. *Rishavaka*

Botanical name: *Microstylis muscifera*

Family: Orchideaceae

It is a herb about 30-50 cm height. Leaves are ovate, lanceolate. Flowers are yellowish green. For Therapeutic purpose the useful part of plant used is pseudo bulb. *Microstylis muscifera* is used in Seminal weakness, burning and emaciation etc. It is sweet in taste so pacifies *pitta, rakta, vata doshas*. It is useful in consumption, burning sensation in the body. It increases *sukradathu*. It is *Sheeta veerya* and *Madhura rasa* pacifies *Pitta Dosa* and *Guru, Snigdha Guna* increase *Kapha Dosa* and decreases *Vata Dosh*.

### 3. *Meda*

Botanical name : *Polygonatum verticillatum*

Family : Aliaceae

It is wide spread plant in the Himalaya region. It's a perennial growing to 0.45-1.2 m. Leaves are four to eight in a whorl. Flowers are 2-3 in bunch, in axils of the leaves. Fruits are red when ripe and remain hanging after the leaves have fallen. For Therapeutic purpose the useful part of plant used is Rhizome .It is sweet in taste and having *sheet viriya* properties so it increase *Vata Kaphadosa Dosa* giving strength to the body. It is used in *Daha* and *Jwara*. It is used in *Bala roga, Bhagandhara, Gulma, Karshya, Rajayakshma, Sosa, Svasa, Timira, Visarpa*. [3]

### 4. *Mahameda*

Botanical name: *Polygonatum cirrhifolium*

Family: Aliaceae

*Mahameda* consists of dried rhizome and root of *Polygonatum cirrhifolium* Royle (Fam. Liliaceae), a herb found in the temperate Himalayas, [4] The *Polygonatum cirrhifolium* is mention as one among the *Ashtavarga* herbs, an Ayurvedic formulation with 8 strength promoting herbs. For Therapeutic purpose the useful part of plant used Rhizome, Rhizome dirty brown in colour, 2 to 8 cm long and about 2.5 to 3 cm broad, having longitudinal markings on the surface and rough with irregular wrinkles, fracture short and smooth, odour is distinct, taste is sweet with a slight bitter after-taste. The rhizomes of this plant are used to increase the physical strength, nourish the body tissues, acts as aphrodisiac, rejuvenative and galactagogue. It is used in *Jvara, Raktavikara, Ksaya, Daha, Raktapitta, Balroga, Kamala, Karshya*.

## 5. *Kakoli*

Botanical name: *Roscoea procera*

Family: Zingiberaceae

It is a perennial rhizome herbaceous plant occurring in the Himalayas particularly Nepal. 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.<sup>[5]</sup> For Therapeutic purpose the useful part of plant used Tuberous root. Its therapeutic uses are : *Raktapitta, Sosa, Jawara, Swasa, Kasa, Ksaya, Daha*.<sup>[6]</sup> *Roscoea purpurea* is one of a group of eight plants, known collectively as '*Astavarga*' in India, whose underground parts are seen in *Ayurveda* as general tonics that can strengthen the vital force in the body, improve cell regeneration capacity and boost the immune system. They can each be used on their own, and they are also used in the preparation of different types of rejuvenating tonics in traditional *Ayurvedic* medicine. One of the most important of these is '*Chyavanprash*', a polyherbal formulation comprising more than 50 different plant ingredients, which is widely used in India as a general tonic, energy booster, immune system strengthener and aphrodisiac.

## 6. *Kshirakakoli*

Botanical name : *Lilium polyphyllum*

Family : Aliaceae

*Kshirakakoli* consists of the dried whole bulb of *Fritillaria roylei* Hook. (Fam. Liliaceae), a glabrous herb 6-24 m in height, found in Western temperate Himalayas from Kumaon to Kashmir at an altitude of 2500-4000 m: It is a perennial, herbaceous plant. Whole bulbs are hard, conical 1.5 to 2.5 in width and 3 to 3.5 cm in length, translucent with slight longitudinal ridges, covered with hard membranous scales arranged in a concentric manner and breaking readily with a short fracture; cut surface white to creamish-yellow and starchy; scars of adventitious roots seen; odour is pleasant; taste is bitter.<sup>[7]</sup> The leaves are narrow and lanceolate. They are distributed around the stem. <sup>[8]</sup> Stem is hollow, grows up to 1 meter in height. Flowers are large, fragrant with 5 tepals which are creamish or dull yellowish colour outside and inside white along with purple streaks. Fruits is oblong capsule with 3 longitudinal grooves and it contains over 100 brown seeds.

Follicle are woody, turgid. *Ayurveda* recommended the usage of bulbs of *kshirakakoli* to treat general debility, bleeding disorders, fever, bronchitis and other such diseases which are mainly related to *Vata* and *Pitta* dosha. It is also used in *Raktapitta, Daha, Sosa, Ksaya, Raktadosa, Raktaroga, Hrdroga, Śvasā, Kasa, Vāatarakta, Yoni Vyapad, Vātavyadhi, Vatapittaraja, Kṣaya, Hrdroga* Seminal weakness.<sup>[9]</sup>

## 7. *Mudgaparni*

Botanical name: *Phaseolus trilobus*

Family: Fabaceae

*Phaseolus trilobus* is annual, spreading, and herbaceous runner plant. Numerous deep purple stem emerge out from a woody root stock, which reach the length of 50-60 cm. The stem is prostrate, wiry, slender. It is a diffuse, prostrate or trailing herb. Leaves 3-foliolate, leaflets membranous, shallowly lobed, middle lobe largest, spatulate, lateral leaflets spatulate with subacute or obtuse apex, hairy on both sides; petiole upto 7.5 cm long.<sup>[10]</sup> The whole plant is used in *Ayurveda* for treating various disease. *Mudgaparni* balances all three *Doshas Vata Pitta and Kapha*. It has sweet taste and cool potency. It help to protect and heal the liver. According to *Ayurveda* it is *Chakshushya* that means it improves vision and eyesight and treating eye disorders. *Mudgaparni* is very useful in the treatment of low digestive power. It improves the secretion of digestive acids in the stomach and supports digestion. *Mudgaparni* is loaded with anti-inflammatory properties and use in different type of inflammation and swollen conditions.<sup>[11]</sup>

## 8. *Masaparni*

Botanical name: *Teramnus labialis*

Family: Fabaceae

*Masaparni* is found throughout India. The whole plant including the root and stem is used in *Ayurveda* for its medicinal properties. A widely spreading twining herb, stems slender, more or less appressedly hairy. Leaves 3-foliolate, leaflets membranous or sub-coriaceous, ovate-oblong or oblong lanceolate, hairy beneath, base rounded or acute, stipules subulate, stipule ovate - lanceolate, deciduous. Flowers reddish, bisexual.<sup>[12]</sup> According to *Ayurveda* it balances *Vata* and *Pitta Dosha* and increases *Kapha Dosha*. The fruit is bitter, cooling and sweet. It also has immunomodulatory, antipyretic, antioxidant, anabolic properties. Its antioxidant property has helped it to fight against harmful free radicals in the body and thus improves its immunomodulatory ability and protect the body from

diseases. The fruit is bitter, cooling and sweet. It is also used as aphrodisiac, stomachic, nervine tonic, astringent to the bowels, inflammation, biliousness, blood diseases, gout, bronchitis, thirst, burning sensation, paralysis, rheumatism, affections of the nervous system, haemoptysis, tuberculosis .

### 9. *Jeevanti*

Botanical name : *Leptadenia reticulata*

Family: Asclepiadaceae

It is found in Sub-Himalayan tracts from Jammu eastwards to Gorakhpur, It is a important herbal medicinal plant, belongs to the family Asclepiadaceae. This plant has been known for its medicinal uses since 4500 BC. Presently this is an endangered species. There is a need for applying non-conventional methods of propagation for conservation and sustainable utilization of biodiversity of *Leptadenia reticulata*. Leaves are thinly coriaceous, ovate, cordate, glabrous above, more or less finely pubescent beneath. Flowers greenish-yellow, in lateral or subaxillary, many flowered, hoary-puberulous, globose cymes. Follicles sub-woody, 6-9 cm long, turgid. Seeds narrowly ovate-oblong, acute, comose. The plant is stimulant, galactagogue, restorative and tonic. It is used in nasal and ear disorders. The leaves and roots are used in skin affections and wounds. The leaves are useful in asthma, cough and ringworm. <sup>[13]</sup>

### 10. *Madhuka*

Botanical name: *Glycyrrhiza glabra*

Family: Fabaceae

Liquorice or licorice is the common name of *Glycyrrhiza glabra*, a flowering plant of the bean family Fabaceae, from the root of which a sweet, aromatic flavouring can be extracted. The liquorice plant is an herbaceous perennial legume native to Western Asia, North Africa, and Southern Europe. It is a perennial under shrub, reaching up to 120 cm height under cultivation. The stolon crown gives rise to a number of long semi-woody stems which bear compound pinnate leaves. Stolon is nearly cylindrical, upto 2 cm in diameter. Outer surface is yellowish-brown or longitudinally wrinkled with patches of cork. Its odour is characteristics and taste is sweet. Flowers are pale blue in colour and flowering occurs from 2-3 years of planting onwards. Pod is 2.0 - 2.5 cm long with 2 to 5 seeds. The plant root is a demulcent, mild expectorant and anti-

inflammatory agent. An extract of the root provide relief in treating peptic ulcers. It has glycyrrhizic acid as main constituent and this has showed anti-viral and anti-inflammatory actions. The plant extract is used as a sweetener in tonic, laxative and given in sore throat and in cough remedies. Table 1 shows Properties and Actions of the *Dravya* of *Jivaniya Mahakashaya*

## RESULT

The drugs of *Jeevaniya Mahakashaya* enhance *Ojas* thereby increasing vitality and strength. Because of this beneficial effect, these drugs can be used to promote health that is *Swasthasyaswasthyarakshnana*” which is the foremost aim of *Ayurveda*. These drugs are being very essential for the proper functioning of body by providing energy, sustaining life activities. It has a very good ability of rebuilding which can be compared to nutrients and immunity. The common features of these group of drugs are its *Kapha* promoting actions, nutritive qualities. There by strengthening and promoting the *Rasa dhatu*, the first tissue in the body that can nourishes all other tissues ensuring proper tissue formation and strength.

As it is known that the drugs of *Jeevaniya Mahakashaya* have not been evaluated scientifically till this date. Thus the entire studies regarding the phytochemicals and pharmacological properties are of very much need.

## DISCUSSION

Drugs of *Jeevaniya Mahakashaya* are predominantly of *Madhura Rasa*, *Madhura Vipaka*, and *Sheeta Virya*. The drugs *Jeevak*, *Rishabhak*, *meda*, *Mahameda*, *Kakoli* and *Kshirakakoli* and *Madhuashiti* are with *Guru guna*, where as, *Mashaparni* and *jeevanti* are *Laghu Snigdha* in *Guna* and *Mudgaparni* is *Laghu Ruksha*. All the drugs of *jeevaniya Mahakashaya* are *Vattapitta shamaka* except *Jeevanti* and *Mudgaparni*, which are *Tridosha shamaka*. These forms the Pharmacodynamics of the drugs. Thus the *Jeevaniya karma* of these drugs seems to be, due to *Dravya Guna Prabhava*. Further the *Jeevaniya Guna* shows its more relation to *Ojas* or energy. <sup>[11]</sup> *Jeevaniya karma* of some of the drugs acts as a good *Rasayana* action. The Rejuvenating power of these drugs are useful in promoting energy, healing fractures, seminal weakness and works as Antioxidants in the body. The Ten drugs told in this group *Jeevaniya Mahakashaya* are vegetable drugs. 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 *Jeevaniya Mahakashaya*) are found in the Himalaya region, and being their short life span, makes its availability difficult. Therefore bringing into existence the tradition of *Pratinidhi Dravyas*.<sup>[14]</sup>

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**Table 1 Showing Properties Of Drugs Of *Jeevaniya Mahakashya***

<b>S.no</b>	<b>Dravya Name</b>	<b>Latin Name</b>	<b>Rasa</b>	<b>Guna</b>	<b>Virya</b>	<b>Vipaka</b>	<b>Dosha Karma</b>
1.	<i>Jeevaka</i>	<i>Microstylis Wallichii</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-Shamaka</i>
2.	<i>Rihshavka</i>	<i>Microstylis Muscifera</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-Shamaka</i>
3.	<i>Meda</i>	<i>Polygonatum Verticillatum</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-Shamaka</i>
4.	<i>Mahameda</i>	<i>Polygonatum Cirrhifolium</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-Shamaka</i>
5.	<i>Kakoli</i>	<i>Roscoea Procera</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-Shamaka</i>
6.	<i>Kshirkakoli</i>	<i>Lilium Polyphyllum</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-Shamaka</i>
7.	<i>Mudagparni</i>	<i>Phaseolus Trilobus</i>	<i>Madhura Tikta</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosh-Shamaka</i>
8.	<i>Mashaparni</i>	<i>Teramnus Labialis</i>	<i>Madhura Tikta</i>	<i>Laghu Singdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-Shamaka</i>
9.	<i>Jeevanti</i>	<i>Leptadenia Reticulata</i>	<i>Madhura</i>	<i>Laghu Singdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosh-Shamaka</i>
10.	<i>Madhuyashti</i>	<i>Glycyrrhiza Glabra</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-Shamaka</i>