Dravyaguna Vidhyan – Jivaniya Mahakashaya: Review Article

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ABSTRACT
Jivaniya Mahakashaya signified drugs beneficial for life. Charaka enlist this ten such medicament which can be used as Jivaniya. All of these herbs have their natural habitats basically in Himalaya region hence these drugs occur only in small pockets. Jivaniya ganas being very essential in functioning of the body in terms of providing energy, sustaining life activities and rebuilding can be compared to nutrients and immunity booster. Although some work has been done on identification of medicinal herbs mentioned under Jivaniya Mahakashaya, but still there is a need to identify the true representatives of this Jivaniya gana. The present article deals with taxonomical and medicinal properties of these Jivaniya Mahakashaya.

Keywords – Jivaniya Mahakashaya; Ayurveda; Medicinal plant; Herbs.

INTRODUCTION

- Ayurveda is consciousness based science for health and healing and it’s simply states that in order for us to feel good and healthy. Group based classification of Dravya is well describe specially in Samhita i.e Charaka Samhita and Sushruta Samhita , two separate chapters C.Su.4 and S.Su.38 respectively grouping .[1],[2]
- The herbs listed in the group Jivaniya Mahakashaya those herbs that have life promoting action . All of these plants have their natural habitats in Himalaya particularly the north-west Himalaya in J & K, Uttarakhand & Himachal Pradesh between elevations of 1500 and 4000m as. Their natural habitats are specific in ecological environment.
- Jivaniya Dravyas are based on their excellence in providing energy and strength.

\[
\text{Jivan} + \text{iya(pratyaga)} = \text{Jivaniya (Life)} + \text{(for the benefit)}
\]

- The Jivaniya Mahakashaya signified drugs beneficial for life.
- Jivaniya gana is important ingredient of various Ayurvedic formulations although some work has been done on identification of medical plant mentioned under Jivaniya gana but still their need to identify the true representatives of this Jivaniya Group.
- The present communication deal with the taxonomical and medicinal properties of this herbal medicinal plant each with common action.

MATERIAL AND METHOD

Each drugs mentioned under Jivaniya Mahakashaya was reviewed from Bhavaprakash nighantus and Charaka Samhita. All information was critically analyzed discussed and concluded.[3]
OBSERVATION- Jivaniya Mahakashya-

JIVAKA

**Botanical name:** Malaxis acuminate D. Don, syn. Microstylis wallichii Lindl, syn. Malaxis wallichii Deb.

**Family:** Orchidaceae

**Botanical Description:** A terrestrial herbs, up to 25 cm high. Leaves: 3-5, elliptic acuminate, sheathing at base, flower: deep pink, terminal dense to lax racemes. Bulbs of different orchids like.[4]

**Upyuktaanga:** Pseudo bulb

**Chemical constituents:** Alcohol (ceryl alcohol), Glucose, Rhamnose and Diterpenes.

**Therapeutically uses:** Raktapitta, Daha, Ksaya, Raktavikara, Karsya, Svasa, Kasa, Sosa.

**Dose:** 5-10gm

RISHABHAKA

**Botanical name:** Microstylis muscifera Ridley

**Family:** Orchideaceae

**Taxonomical identification**

- **Kingdom**  
  - Plantea
- **Sub kingdom**  
  - Viridaeplantae
- **Phylum**  
  - Tracheophyta
- **Class**  
  - Magnoliopsida
- **Subclass**  
  - Lilidae
- **Order**  
  - Asparagales
- **Genus**  
  - Microstylis
- **Species**  
  - Microstylis muscifera

**Botanical Description:** Herb 30-50 cm. Leaves: ovate, lanceolate. Flowers: yellowish green.[5]

**Upyuktaanga:** Pseudo bulbs

**Therapeutically uses:** Seminal weakness, burning and emaciation.

MEDA

**Botanical name:** Polygonatum verticillatum L

**Family:** Aliaceae

**Taxonomical classification**

- **Kingdom**  
  - Plantae
- **Clade**  
  - Angiosperm
- **Clade**  
  - Monocots
- **Order**  
  - Asparagales
- **Family**  
  - Asparagaceae
**Subfamily**: Nolinoideae  
**Genus**: Polygonatum  
**Species**: Polygonatum verticillatum  

**Botanical Description**: Polygonatum verticillatum is a plant species of genus polygonatum. It is widespread in the Himalaya region. It’s a perennial growing to 0.45-1.2 m. Leaves: four to eight in a whorl. Flowers: 2-3 in bunch, in axils of the leaves; Fruits are red when ripe and remain hanging after the leaves have fallen.

**Upyuktaanga**: Rhizome

**Chemical constitutes**: Steroidal Saponins (Diosgenin), Protein and Resins.

**Therapeutically uses**: Balroga, Bhagandara, Gulma, Kamla, Karsya, Kasa, Naktatandhya, Netrasrava, Rajyaksma, Raktapitta, Sosa, Svasa, Timira, Visarpa. [7]

**Dose**: 3-6 gm curna

**MAHAMEDA**

**Botanical name**: Polygonatum cirrhifolium (Wall) Rolye

**Family**: Aliaceae

**Taxonomical identification**

- **Kindom**: Plantea  
- **Division**: Cycadophyta  
- **Class**: Liliopsida  
- **Order**: Asparagales  
- **Family**: Asparagaceae  
- **Genus**: Polygonatum  
- **Species**: Polygonatum cirrhifolium

**Botanical Desription**: The polygonatum cirrhifolium covered kahenera polygonatum relatives Asparagaceae. [8]

**Chemical constituents**: Glucose, Sucrose

**Upyuktaanga**: Rhizome, Root

**Therapeutically uses**: Jvara, Raktavikara, Ksaya, Daha, Raktapitta, Balroga, Kamala, Krsisna. [9]

**Dose**: 3-6gm.

**KAKOLI**

**Botanical name**: Roscoea purpurea Smith

**Family**: Zingiberaceae

**Taxonomical identification**
Kingdom - Plantea
Clade - Angiosperm
Clade - Monocots
Order - Zingiberales
Family - Zingiberaceae
Genus - Roscoes
Species Roscoea purpurea

**Botanical Description:** A perennial rhizome herbaceous plant occurring in the Himalayas particularly Nepal.[10] 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.[11]

**Upyuktaanga:** Tuberous root

**Therapeutically uses:** Raktapitta, Sosa, Jawara, Swasa, Kasa, Ksaya, Daha.[12]

**Dose:** 3-6gm

KSHEERAKAKOLI

**Botanical name:** Lilium polyphylum D.Don.
**Family:** Aliaceae

**Taxonomical identification**
- Kingdom - Plantea
- Division - Cycadophyta
- Class - Liliopsida
- Family - Liliaceae
- Genus - Lilium
- Species - Lilium polyphylum

**Botanical Description:** It is a perennial, herbaceous plant that reaches heights of growth between 60 and 120 cm. occasionally up to 240 cm. In Himalayas at altitudes from 1800 to 3700m endemic. The leaves are narrow and lanceolate. They are distributed around the stem.[13] Flowers: greenish-white, in cymes. Follicle: woody, turgid.

**Therapeutic use:** Seminal weakness.[14]

MUDGAPARNI

**Botanical name:** Phaseolus trilobus Ait
**Family:** Fabaceae

**Taxonomical identification**
- Kingdom - Plantea
- Phylum - Tracheophyta
- Class - Magnoliopsida
Order: Fabales  
Family: Leguminosae  
Genus: Phaseolus  
Species: Phaseolus trilobus [15]

**Botanical Description:** Phaseolus trilobus is 30 to 60 cm long herbs spreading on the ground, Roots sprouts from each node on the stem. Leaf oblong, Flowers 0.5 cm long yellow.

**Upyuktaanga:** Whole plant  
**Chemical constituent:** Sterols  
**Therapeutically uses:** Daha, Jwara, Vatarakta, Pittadaha, Musikavisa, Ksaya, Krimi, Pradara, Kushta. [16]  
**Dose:** 3-5gm.

**MASHAPARNI**

**Botanical name:** Teramnus labialis Spreng.  
**Family:** Fabaceae

**Taxonomical identification**
- **Kingdom:** Plantae  
- **Division:** Cycadophyta  
- **Class:** Magnoliopsida  
- **Family:** Fabaceae  
- **Genus:** Teramnus  
- **Species:** Teramnus labialis

**Botanical Description:** Teramnus labialis is creeper resembling that of masha, Leaf having three leaflets compound 5 to 10 cm long oval, Fruit 2 to 5 cm long, cured pods with fur contains 8 to 10 seeds.

**Upyuktaanga:** Seed

**Chemical constituent:** Seed of watersoluble Gallactomannan Bioassayguided fractionation of aqueous and Alcoholic extract of Teramnus labialis yielded fraxidin [17]

**JEEVANTI**

**Botanical name:** Leptadenia reticulate W& A  
**Family:** Asclepiadaceae

**Taxonomical identification**
- **Kingdom:** Plantae  
- **Sub kingdom:** Tracheotionta  
- **Division:** Magnoliophyta  
- **Class:** Magnoliopsida  
- **Subclass:** Asteridae  
- **Order:** Gentinales  
- **Family:** Apocynaceae
Genus - Leptadenia
Species - Leptadenia reticulate

Botanical Description: A Twining climber shrub with branches numerous, younger ones, glabrous. Stem: yellowish, corky, deeply cracked bark. Leaves: coriaceous, ovate, acute, glabrous above finely pubescent; base cordite. Flower: greenish-white or yellow in lateral or sub-axillary. Fruit: follicles, sub woody 6-9 cm tapering seeds 6mm [18].

Upyuktaanga: Root

Chemical constituents: Henriciaontanol, Alpha-Beta Amyrin, Stigma sterol, Beta- Sit sterol and Flavonoids-Diosmetin and Luteolin.[19]


Dose: 3-6g

MADHUKA

Botanical name: Glycyrrhiza glabra Linn.
Family: Fabaceae

Taxonomical identification
- Kingdom - Plantea
- Subkingdom - Tracheobionta
- Sub division - Spermatophyta
- Division - Magnoliophyta
- Class - Magnoliopsida
- Subclass - Rosidae
- Order - Fabales
- Family - Fabaceae
- Genus - Glycyrrhiza
- Species - Glycyrrhiza glabra

Botanical Description: Glycyrrhiza glabra is a herbaceous perennial, growing to 1m in height distributed in subtropical and warm temperate region with pinnate leaves about 7-5 m long, with 9-17 leaflets. Flowers are 0.8-1.2 cm long, purple to pale whitish blue produced in loose inflorescence. Fruit is an oblong pod, 2-3cm long containing several seeds. Roots are stoloniferous [20][21]

Upyuktaanga: Root

Chemical constituent: Glycyrrhizin, Glycyrrhizin acid, Glycyrrhetinic acid, Asparagines, Sugars, Resin and Starch.

Therapeutic uses: Kasa, Svarabheda, Ksaya, Varna, Vatarakta.[22]

Dose: 2-4g Churna

IMPORTANT OF JIVANIYA MAHAKASHAYA

According To Modern-
- The herbs listed in the group Jivaniya gana are those herbs that have life promoting actions. The major aspect that sustains life is Prana; the essence of oxygen that revitalizes the body’s energy and
feeds the mind. The tissues of the body are sustained by oxygen the gross aspect of Prana, but at the level of cell it is Prana that nourishes the cellular function. When there is no Prana or a stagnation of Prana disease or death occurs. Hence to sustain life one must maintain the function of breath that takes in Prana, the circulation that transport Prana and the digestive tract that absorbs Prana as part of the digestive function. (23)a

- **According To Doshas**- The Doshas must also be balanced as the Doshas according to Charaka are the ultimate cause of death, as it is the doshas having been aggravated that gives rise to decay of the tissues. To promote the longevity of the tissues the properties to Kapha that are nourishing and strengthening are utilized to counter the catabolic effect of Vata. The effect of the herbs in the groups Jivaniya are anabolic in their nature, having the quality of Kapha, hence they are building, nourishes and strengthening. (23)b

- **According To Dhatu** - In order to strengthen the tissue of the body one must first sustain Rasa Dhatu, the first tissue in the body that nourishes all other tissue establishing tissue strength and proper tissue formation Rasa Dhatu has similar qualities to Kapha and as such agent that increase Kaphain the body nourish and strengthen Rasa Dhatu. By strengthen and promoting strong Rasa Dhatuthe other tissue that are nourished by Rasa Dhatu will also be strengthen.(23)c

The common feature of the herbs listed in Jivaniya Mahakhashaya is their Kapha promoting action nutritive qualities and Shukra increasing effect upon body.

**Karma**-

- An incredible body energizer that improve body’s endurance and immunity.
- Support and maintains healthy systemic adequacy for physical performance and fight fatigue.
- Promotes healthy circulation and oxygen rich blood flow to all system in the body and eliminating the toxins which leads to a more balanced hormonal system.
- Promotes routine cellular health and support defense against pathogens.
- Contain nature’s richest source of vitamins, iron, calcium, magnesium, folic acid, potassium and aluminum in small traces along with antioxidants. **Pratinidhi Dravya of Jiviniya Mahakhashaya**

It is difficult for a person to procure their genuine drugs from Himalayan habitat. Now a day there are listed under endangered plant. Therefore the tradition of suitable substitutes had started

**Table 1. Pratinidhi Dravya of Jiviniya Mahakhashaya**

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Bhavprakasha Nighantu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jivaka</td>
<td>Vidari (Pueraria tuberose DC.)</td>
</tr>
<tr>
<td>Rhishabhaka</td>
<td>Vidari (Pueraria tuberose DC.)</td>
</tr>
<tr>
<td>Meda</td>
<td>Shatavari (Asparagus racemosus Willd.)</td>
</tr>
<tr>
<td>Mahameda</td>
<td>Shatavari (Asparagus racemosus Willd.)</td>
</tr>
<tr>
<td>Kakoli</td>
<td>Ashvagandha (Withania somnifera Dunal.)</td>
</tr>
<tr>
<td>Ksheerakakoli</td>
<td>Ashvagandha (Withania somnifera Dunal.)</td>
</tr>
</tbody>
</table>
Table 2. Properties and Actions of the Dravya of *Jivaniya Mahakashaya*

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Doshkarma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Jivaka</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>V-P ↓</td>
</tr>
<tr>
<td>2.</td>
<td>Rishabhaka</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>V-P ↓</td>
</tr>
<tr>
<td>3.</td>
<td>Meda</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>P-R-V ↓</td>
</tr>
<tr>
<td>4.</td>
<td>Mahameda</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>P-R-V ↓</td>
</tr>
<tr>
<td>5.</td>
<td>Kakoli</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>V-P ↓</td>
</tr>
<tr>
<td>6.</td>
<td>Kshirakakoli</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>V-P ↓</td>
</tr>
<tr>
<td>7.</td>
<td>Mudgaparni</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Tridosha↓</td>
</tr>
<tr>
<td>8.</td>
<td>Mashaparni</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>V-P ↓</td>
</tr>
<tr>
<td>9.</td>
<td>Jivanti</td>
<td>Madhura</td>
<td>Laghu, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>V-P ↓</td>
</tr>
<tr>
<td>10.</td>
<td>Madhuka</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>V-P ↓</td>
</tr>
</tbody>
</table>

V=Vata, P=Pitta, K=Kapha, R=Rakta, ↓=Decrease

DISCUSSION-

- In the emerging scenario the health policies in India and across the globe have been emphasizing on reproductive and child health care and also exploring the flasibility of introduction traditional systems of medicine such as *Ayurveda*, to achieve better health care.
- Ten vegetable drugs are mentioned in *Jivaniya Mahakashaya*. 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 *Jivaniya Mahakashaya*) is in the Himalaya region, which complied with their short life span makes their avability difficult, therefore bringing into existence the tradition of Pratinidhi Dravyas.
- Drugs of *Jivaniya Mahakashaya* are predominantly of Madhura rasa, Madhura vipaka, Sheeta virya and Snigdha guna. *Jivaniya karma* of these drugs seems to due to Dravyaguna Prabhava. Further the *jivaniya guna* shows to the Oja.
- *Jivaniya karma* of some of the drugs is good *Rasayana* with rejuvenating and further, these drugs are useful in promoting body fat, healing fractures, seminal weakness and works as antioxidant in the body.

CONCLUSION-

- Now the world is moving towards the plants base medicine or phytochemical medicine that strengthening bodily systems (especially the immune system or *Oja* which can fight foreign bodies) and help to destroy against pathogen without toxic side effect.
- The drugs of *Jivaniya Mahakashaya* enhance *Oja* thereby increasing vitality and strength. Because of this benificial effect those drugs can be used to promote health i.e ‘ *Swasthasya swasthya rakshnama*’ which is the foremost aim of *Ayurveda*. 

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Page 3263
• All the drugs of this Mahakashaya have not been evaluated scientifically till date only a few researchers were conducted on the drugs of this group. Therefore studies regarding phytochemicals and pharmacological properties are the need of time.
• The above discussion clearly indicates that Jivaniya Mahakashaya are one of the important ingredients of increase vitality of life according to Ayurveda which has become endangered. The special laws must be planned by the government to plan it is cultivation and collection in order to protect it from getting loss from our planet.

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