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Review Article

Purishasangrahaniya Mahakashaya

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An In-Depth Literary Review on Purishasangrahaniya Mahakashaya

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According to Ayurveda, Dosha (basic physiological component), Dhatu (basic physiological and structural component) and Mala (physiological and metabolic waste products) are the basic components of Sharira (living body) and their typical function is to maintain homeostasis. Human body produces three types of Malas inside, i.e., Mutra (urine), Purisha (feces) and Sweda (sweat) which are known as Trimala together. 'Purisha' (feces) is considered as one of the important components which plays a vital role in maintaining the Jatharagni (digestive fire). Any imbalance in the quality or quantity of Purisha can lead to diseases. Due to Nidan Sevana (causative factors), the aggravated Apa (water content) diminish the intensity of Jatharagni (digestive fire), aggravates Vata and get mixed with the Purisha, result in increasing in its quantity. Further stimulated and aggravated Vata Dosha (gaseous component) forcefully brings down Mutra and Sweda to the colon, which liquefies the Purisha and move out in downward direction frequently causes Atisara (diarrhoea). In Charaka Samhita Sutrasthan 4th chapter (Shadavirechana Shatashiritiya Adhyaya) five hundred herbs have been classified into 50 groups (10 herbs in each group) on the basis of a specific pharmacological action which are known as Dashamani or Mahakashaya. The 10 herbs mentioned in Purishasangrahaniya Mahakashaya are mainly Kashaya Rasa (astringent taste) and Sita Virya (cold potency) predominant which acts as Sangrahi (astringent or anti-diarrheal) and control the Atipravritti (frequent expulsion) of Purisha by absorbing Jaliyansh (water portion).

Keywords:

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Introduction

Dosha Dhatu Mala Moolam Hi Shareeram || According to Ayurveda, *Sharira* (human body) is made up of *Dosha, Dhatu* and *Mala.*[1] In a living body, their typical function is to maintain homeostasis, so it is crucial that *Dosha-Dhatu-Mala* must remain within physiological limit to preserve good health as their imbalanced state (i.e., increased or decreased) produces illness. Here '*Mala'* means the physiological and metabolic waste products produced inside the human body. The body primarily produces three types of *Malas,* which are known as *Trimala.* These are *Mutra* (urine), *Purisha* (feces) and *Sweda* (sweat).[2] Although these are all waste products, they serve a role in maintaining health as long as they are normal in their quantity (*Pramana*), qualities (*Gunas*) and function (*Karma*). In Ayurveda '*Purisha'* (feces) is considered as one of the important components of *Trimala*, which plays a vital role in maintaining the *Jatharagni* (digestive fire). Any imbalance in the quality or quantity of *Purisha* can lead to diseases.[3] For example: An increase in *Purisha* causes abdominal unrest and any decrease in *Purisha* (feces), can lead to bloating, abdominal pain, back pain, asthma, hypocalcaemia etc.[4]

In Charaka Samhita Sutrasthan 4th chapter, Acharya Charaka has mentioned 50 *Mahakashaya.*[5] Total 500 *Kashaya* (10 herbs in each *Mahakashaya*) has been summarized under these 50 *Mahakashaya,* on the basis of a specific function and the name has been given to that particular *Mahakashaya* denotes that function. For example, the *Mahakashaya* which has *Mutra Virechana* (diuretic) property is termed as '*Mutravirechaniya Mahakashaya'.* In this work *Purishasangrahaniya Mahakashaya* from Charak Samhita is studied. Sensing the need for their identification, in the present study their pharmacognostical details are revealed.

In *Ayurveda*, '*Atisara'* (Diarrhoea) is considered as a defense mechanism of the body. It comprises of two words '*Ati* and '*Saranam*', *Ati* means excess and *Saranam* is *Gati* or flow. Therefore, *Atisara* is a condition where watery stools are passed several times a day to eject out any toxic material from *Mahasrota* (Gastrointestinal tract) through *Guda* (anus).[6] *Atisara* is quite a common problem of the present era, due to irregular and unhealthy habits related to *Ahara* (diet) and *Vihara* (life style).

Most important factor in the pathogenesis of *Atisara* is *Mandagni*[7] (reduced digestive fire). *Mandagni* is root cause of *Amadosha* (undigested food) formation and it is the crucial factor for manifestation of many diseases including *Atisara.*[8] So it is very much essential to learn & understand the *Purishasangrahaniya Karma* performed by the *Dravya* (plants / substances) mentioned by Charaka in *Purishasangrahaniya Mahakashaya*. The *Dravyas* used for *Purishasangrahaniya Karma* are mainly *Kashaya Rasa* predominant which control the *Atipravritti* of *Purisha* by absorbing *Jaliyansh.*[9]

The medicinal plants are mentioned in this *Mahakashaya* to arrest the excessive stool formation based on *Sangrahi*(astringent or anti-diarrhoeal) properties which are, *Priyangu*, *Ananta*, *Amra*, *Katvanga*, *Lodhra*, *Mocarasa*, *Samanga*, *Dhataki*, *Padma* & *Padma Keshar.*[10]

Objective of the Study

1. To review the *Purishasangrahaniya Mahakashaya* mentioned in *Charaka Samhita*.

Materials and Methods

1. All related texts available in the modern and Ayurvedic literature were reviewed.
2. Database available on internet and various research articles were also reviewed.
3. All the available information regarding the plants mentioned in the *Purishasangrahaniya Mahakashaya* were compiled from relevant sources.

Literature Review

Purishsamgrahaniya Mahakasaya

प्रियङ्ग्वनन्ताम्रास्थिकट्वङ्गलोध्रमोचरससङ्गाधातकीपुष्पपद्मापद्मकेशराणीतिदशेमानिपुरीषसंग्रणीयानिभवन्ति | (Charaka Sutrasthana 4/8/31)

Priyangu, Ananta, Amra, Katvanga, Lodhra, Mocharasa, Samanga, Dhataki, Padma, Bharangi, Padma Kesar - These *Dravyas* are mentioned as *Purishasangrahaniya* in *Charaka Samnita*, *Sutrasthana*, chapter 4.

Detailed description of plants:

***1. Priyangu*[11,12]**

Scientific name: *Callicarpa macrophylla* Vahl.

Family: Verbenaceae

English name: Velvety beauty berry.

Synonyms: *Gandhphali, Shyama, Phalini, Kanta, Angapriya, Gochandana*.

Parts used: Root, Bark, Flower, Fruit.

Habitat: North eastern parts of India and at 3000 ft. in the Himalayan ranges.

Botanical description: Habit - It is an evergreen shrub, about 5-15 ft. tall. **Stem -** Brown, thin, smooth, stem and branches obtusely 4 angular, young parts stellately woolly, glabrous when mature, internodes 1-5 cm long. **Leaves -** Opposite, simple, lanceolate-elliptic or lanceolate-oblong, 10**-**24 cm long, base acute, margin crenate-serrate except near the base and apex, acuminate at the apex, pubescent on the dorsal side, short petiole upto 2 cm long, slender, canaliculated, tomentose, exstipulate. **Inflorescence -** Corymbs, axillary, branched, peduncle 2-3 cm long. **Flowers -** Bisexual, numerous, fragrant, calyx 4 lobed, corolla infundibula, 4 lobed, rose pink, corolla tube narrow, about 2 mm long, pubescent, stamens 4, inserted near the base of corolla, anthers oblong, ovary superior, globose, 4 lobed, 4 loculed, 1 ovule in each locule, about 0.5 mm long, style glabrous, stigma capitate. **Fruit -** Drupe, globose or sub-globose about 2-2.5 mm in diameter, succulent, green and white or purple when ripe.

Chemical constitute: Calliterpenone, Monoacetate, Ursolic acid, Betulinic acid, fixed oil etc.

Indication: *Atisara, Raktatisara, Rakta Pitta, Prameha, Jwara, Trisna, Daha* etc.

***2. Ananta / Sariva*[13,14]**

Scientific Name: *Hemidesmus indicus* R.Br.

Family: Asclepidaceae

English name: Indian sarsaparilla

Synonyms: *Sariva, Utpalsariva, Sugandhimuli, Saradi, Sphota, Gopi, Gopivalli. Anantamoola, Karpoori*.

Variety: 1. *Sweta Sariva,* 2. *Krishna Sariva*

Parts used: Roots

Habitat: All over India

Botanical description: Habit - A slender twining or prostrate perennial or semi-erect shrub with terete stem.

Leaves - Opposite or in whorls of 4, varying from elliptic, oblong to linear-lanceolate, 1-4 in. x 0.3-1.5 in., short-petiole, often variegated with white above, some-times silvery white and pubescent beneath. **Flowers -** Greenish outside, purplish inside, crowded in sub-sessile axillary cymes; corolla lobes 5, flat, fleshy, valvate; corona scales 5, filaments free; anthers small cohering at tip, follicles slender, 4 in. long, cylindrical, sometimes curved, pods length 10-15.2 cm. tapering to apex.

Chemical constitute: p-methoxy salicylic aldehyde, B-sitosterol, A and B - amyrins (both free and as esters), lupeol, tetracyclic, triterpene alcohols, Essential oil, saponnin, resin, tannins, sterols, glycosides, fatty acids, ketone.

Indication: *Jwara, Kandu, Premeha, Swasa, Kasa, Pradara, Agnimandya, Aruchi.*

***3. Amra Ashthi*[15],16]**

Scientific Name: *Mangifera indica* Linn.

Family: Anacardiaceae

English name: Mango

Synonyms: *Rasal, Madhudoot, Sahakar, Chuta*,

Parts used: Stem bark, Leaf, Flower, Seed kernel

Habitat: All over India

Botanical Description: Habit - A large fruit tree, capable of growing to a height and crown width of about 30 meters. **Leaves -** The leaves are spirally arranged on branches, linear-oblong, lanceolate - elliptical, pointed at both ends, the leaf blades mostly about 25 cm long and 8 cm wide, sometimes much larger, reddish and thinly flaccid when first formed and release an aromatic odour when crushed. **Inflorescence -** occurs in panicles consisting of about 3000 tiny whitish - red or yellowish - green flowers. **Fruit -** Large drupe, but shows a great variation in shape and size. It contains a thick yellow pulp, single seed and thick yellowish – red skin when ripe. **Seeds -** Solitary, 3 to 4 cm long, 1 to 2 cm wide, ovoid or oblong, encased in a hard, compressed fibrous endocarp with wrinkled integument.

Chemical constitutes: Tanins, Mangiferin, Mangiferolic acid, Homonangiferin, Indicenol etc.

Indication: *Atisara, Rakta Pradara, Prameha, Hridroga, Chardi, Rakta Pitta*.

***4. Katvanga*[17,18]**

Scientific Name: *Oroxylum indicum* Vent

Family: Bignoniaceae

English name: Indian trumpet

Synonyms: *Shyonaka*, *Sukanasa*, *Sitapatala*, *Prithushimba*, *Putivriksha*, *Nata*, *Mandukparna*, *Mayurjangha*, *Tuntuk*, *Bhalluka*, *Kutannat*, *Dirghavrinta*.

Parts used: Root bark.

Habitat: Found in the warmer parts of India (upto 1000 m). Also cultivated as an avenue tree.

Botanical Description: Habit - Small deciduous or medium sized tree upto 12 meters in height; **Bark -** Light brown, soft with green juice and often with numerous corky lenticels. **Leaves -** Compound, very large,100 to 150cm long, 2 to 3 pinnate with opposite pinnae, rachis are very stout, cylindric, leaflets are 2 to 4 pairs, 6 to 12 cm long and 4 to 10 cm wide, ovate or elliptic, acuminate, glabrous, base is rounded, petiolules of the lateral leaflets 6 to 15 mm long. **Inflorescence -** Raceme, 30 to 60 cm long or even more. **Flowers -** Numerous, pedicels are0.5to 3 cm long. Calyx is2.5cm long, leathery, oblong companulate. Corolla is usually purple in colour, reaching upto 10 cm long, fleshy stamens are 5 filaments cottony at the base. **Fruit -** Capsule, 30 to 90 cm long. 5 to 9 cm wide, straight, flat, tapering at both the ends, 8 mm thick. **Seeds -** Numerous, 6 cm long, winged all round except at the base.

Chemical constitute: Baicalein, Tetulin, Oroxindin, Aloe emodin, Chrysin, Prunetin, several fatty acids esters like lauric, Myristic, Palmitic, Stearic and Amino acids.

Indication: *Atisara, Amavata, Aruchi, Vataroga, Vasti Vikara, Sotha*.

***5. Lodhra*[19,20]**

Scientific Name: *Symplocos racemosa* Roxb

Family: Symplocaceae

English name: Lodh tree

Synonyms: *Sthulavalkala, Aksibhaisajya, Nayanousudha, Bhilli, Sambara*

Variety: 1. *Lodhra,* 2. *Pattika Lodhra*

Parts used: Stem bark and flowers.

Habitat: Found in North-East India from Terai of Kumaon to Assam and plateau Chotonagpur.

Botanical Description: Habit - It is a medium size tree grows upto 6 mt. **Bark -** Dark grey and rough. **Leaves -** Simple, alternate, spiral, petiole up to 1.5 cm long, glabrous; oblanceolate to elliptic lamina, 6.5 to 12.5 cm long and 3 to 4.3 cm wide, apex narrowly acuminate, base acute to attenuate, margin serrate and slightly recurved, glabrous above, pubescent beneath. **Flowers -** white or whitish yellow in simple axillary racemes, up to 14 cm long, tomentose, bracts ovate, calyx glabrous. **Fruits -** drupe, 1 to 1.3 cm long, purplish black.

Chemical constitutes: Alkaloids (loturine, colloturine), red colouring matter, symposide, loturine, loturidine, colloturine

Indication: *Atisara, Pradara, Sotha, Jwara, Netra roga, Rakta pitta*

***6. Mochrasa*[21,22]**

Scientific Name: *Salmalia malabarica* DC.

Family: Bombacaceae

English name: Silk-cotton tree

Synonyms: *Salmali, Semal, Picchila, Sthirayu, Purani, Raktapuspa, Bahuvirya, Mocha, Tulphala, Chirajibika.*

Variety: 1. *Salmali - Salmalia malabarica* DC., 2. *Kuta Salmali - Ceiba pentandra*

Parts used: Exudate

Habitat: All over India

Botanical Description: Habit - A large deciduous tree, grows up to 60 meters in wet tropical regions armed with prickles. **Trunk -** Straight and buttressed, bears numerous conical spines particularly when young, but get eroded when older. **Leaves -** Deciduous, palmately compound, leaflets are 3 to 7 in number, entire, 7 to 18 cm long, glabrous, penninerved, reticulately veined, lanceolate or oval, acute at the base. Petioles are very long; 20 cm long, glabrous, petiolules 1 to2.5cm long, stipules are small, triangular and caducous. **Flowers -** Numerous, cup shaped, solitary or clustered, axillary or sub-terminal, appearing before the new leaves, near the ends of the branches, calyx is thick, usually 3-lobed;

Lobes are rounded, densely silky within, corolla is crimson red, petals are elliptic-oblong and re curved, stamens more than 60. **Fruits -** Capsule, 10 to12.5cm long, ovoid, 5-valved, lined within with white silky hair. **Seeds -** Many, globose, ovoid, black or gray in colour and packed in white cotton.

Chemical constitutes: Gallic acid, Tannic acid, Palmitic acid, Napthaquinone, b-sitisterol, Lupeol, Kaempferol, Quercitine etc.

Indication: *Atisara, Raktatisara, Raktapitta, Dourbalya, Daha, Gulma, Vibandha, Jwara* etc.

***7. Samanga*[23,24]**

Scientific Name: *Mimosa pudica Linn.*

Family: Leguminosae

English name: Touch me not plant

Synonyms: *Lajjawati, Lajjalu, Namaskari, Khadiraka, Shamipatra, Raktapadi, Jalakarika, Sparsharodhanika*.

Parts used: Whole plant

Habitat: All over India

Botanical Description: Habit - A thorny perennial herb or under shrub. **Stem -** Cylindrical, up to 2.5 cm in diameter; sparsely prickly, covered with long, weak bristles longitudinally grooved, bark fibrous; easily separable from wood. **Leaves -** Digitately compound with one or two pairs of sessile, hairy pinnae, alternate, petiolate, stipulate, linear lanceolate; leaflets 10–20 pairs, 0.6–1.2 cm long, 0.3–0.4 cm broad, sessile, obliquely narrow or linear oblong; obliquely rounded at base, acute, nearly glabrous; yellowish green. **Flower -** Pink, in globose head, peduncles prickly, calyx very small, corolla pink, stamens 4, ovary sessile, ovules numerous. **Fruit -** Lomentum, glabrous, dry, 1–1.6 cm long, 0.4–0.5 cm broad and straw colored. **Seed -** Compressed, oval-elliptic, brown to gray, 0–0.3-cm long, 2.5-mm broad, having a central ring on each surface. **Root -** Cylindrical, tapering rependant with secondary and tertiary branches, varying in length up to 2 cm thick, surface more or less rough or longitudinally wrinkled; grayish-brown to brown, cut surface of pieces pale yellow, fracture hard, woody.

Chemical constitutes: Mimosine, Orientin, Isoorientin, b-sitosterol, Tannin etc.

Indication: *Yoniroga, Raktapitta, Atisara, Jwara, Daha, Sotha, Vrana, Kustha*.

***8. Dhataki*[25,26]**

Scientific Name: *Woodfordia fruticosa* Kurz.

Family: Lytheraceae

English name: Fire flame bush

Synonyms: *Dhai phool, Gucchapuspa, Dhatupuspi, Tamrapuspi, Sidhupuspi, Madakara, Madyavasini, Madahetu, Bahupuspika.*

Parts used: Flowers

Habitat: Throughout India upto 1500 **-** 2000 mt.

Botanical Description: Habit - A deciduous shrubs upto 3 meter tall with spreading stems.

Leaves - Sub**-**sessile, 4 **–** 11 cm long, 2 **–** 4 cm wide, ovate **-** lanceolate or lanceolate, sub**-** coriaceous, whitish velvety tomentose and finely orange or black punctate beneath. **Flowers -** Crimson red, slightly zygomorphic, in 2-16 flowered axillary cymes; pedicels upto 1 cm long. Calyx tube 1-1.5 cm long, tubular; lobes 6, short, more or less triangular, petals 6, 3-4 mm long, lanceolate-acuminate. Stamens 12, 0.5-1.5 cm long. Ovary 4-6 mm long, oblong, 2 celled; ovules many; style 0.7-1.5 cm long. **Fruit** - Capsule 0.6 – 1 cm long, 0.25 – 0.4 cm wide, ellipsoid, included in the calyx. **Seeds -** numerous, trigonous-ovoid.

Chemical constitutes: Becogenin, Gallic acid, Ellagic acid, Ursolic acid, Tannin, glycoside, b-sitosterol, Kaempferol, Octacosanaol.

Indication: *Atisara, Raktatisara, Raktapitta, Prabahika, Trishna, Krimi, Raktarsha, Visarpa, Visavikara, Vrana.*

***9. Padma*[27,28]**

Scientific Name: *Clerodendrum serratum* Linn.

Family: Verbenaceae

English name: Glory bower

Synonyms: *Kharshakh, Bharangi, Brahmanyastika, Phanji, Hanjika, Angarvalli*

Parts used: Roots

Habitat: All over India

Botanical Description: Habit - A shrub, upto 1.5-3 mt. high.

Stem - Quadrangular, glabrous with hollow branches. **Leaves -** Opposite, big, upto 28 cm long, 5.5 - 6 cm wide, lanceolate, oblong or elliptic, acute, serrated, decussateorwhorled, glabrous with 6 mm long stout petioles. **Inflorescence -** Elongated terminal panicle, 15-20 cm long. **Flower -** Numerous, bluish to dark purple, bracts linear, calyx companulate, twisted pedicle, glabrous, corollared to yellow, pink, or white, corolla tube 5-lobed, stamens4, usually in 2 pairs of unequal length, ovules4,styleterminal on the ovary, bifid. **Fruits -** Drupes, 6 mm long, usually with 4 grooves or lobes, 4 seeded,blue in colour with oblong seed. **Roots -** Hard, cylindrical, gradually tapering, 2 to 5 cm in diameter, split longitudinally into half. External surface is rough, dark brown in colour, with scattered patches of small warts and circular scars. The centrally split pieces show a creamy yellow, longitudinally striated woody surface with a well-marked pith. Root is difficult to break and becomes fibrous, Root does not have any particular odour.

Chemical constitutes: D-mannitol, g-Sitosterol, Glucose, Stigmasterol, Saponins, Serratagenic acid, Oleanolic acid, Queretaroic acid, b-sitosterol.

Indication: *Aruchi, Agnimandya, Arsas, Swasa, Kasa, Gulma, Raktagulma, Sotha, Rajayakşıma, Vrana, Krimi, Jwara*.

***10. Padmakesar*[29,30]**

Scientific Name: *Nelumbo nucifera* Gaertn.

Family: Nymphaceae

English name: Lotus

Synonyms: *Padam, Pundrik, Pankeruha, Pankaj, Pushakar, Nalin, Kamal, Aravinda*, *Shatpatra*, *Tamarasa*.

Parts used: Whole plant, especially stamen.

Habitat: Himalaya, Kashmir, Bhutan, Sikkim upto 5000-7000 ft. high

Botanical Description: Habit - A Large perennial aquatic herb. **Stem** - Slender, elongate, branched, sending out roots from nodes. **Roots** - Adventitious. Leaves - Simple, solitary, membranous, 30 to 60 cm or more in diameter, orbicular, concave or cupped, erect, peltate, entire, radially nerved, stipulate, dark green above, paler beneath, petioles 2 mt. long, rough with small distant prickles. **Flowers** – Solitary, 10 to 25 cm in diameter, white or rosy in colour, petals are 5 to 12 cm long, elliptic, obtuse, finely veined, concave, expanding & emerging above water; corolla shorter than sepals, green outside, purplish inside. **Fruit** - Berry, 1-1.5 cm across. **Seeds** - Globose, 1 mm across, brown, spinulose;

Chemical constitute: Nuciferine, Nor-nuciferine, Roemerine, Quercetin, Saponin, Proteins, Sugars and Vitamins.

Indication: *Daha, Chardi, Visa, Trishna, Raktapitta, Mutrakriccha, Mutraghata, Dourbalya, Klaivya, Netraroga.*

Table 1: *Rasapanchaka* (Properties) of *Purishsangrahaniya Mahakashaya Dravyas*.

SN	Plants	Rasa	Guna	Virya	Vipaka	Dosh Karma
1.	Priyangu	Tikta Kashaya Madhur	Guru Ruksha	Seeta	Katu	Tridosha Samaka
2.	Sariva	Tikta Madhura	Guru Snigdha	Seeta	Madhura	Tridosha Samaka
3.	Amrasthi	Kashaya	Laghu Ruksha	Seeta	Katu	Vata Vardhaka
4.	Katvanga / Syonaka	Tikta Kashaya Madhur	Laghu Ruksha	Ushna	Katu	Kapha-Vata Samaka
5.	Lodhra	Kashaya	Laghu Ruksha	Seeta	Katu	Kapha-Pitta Samaka
6.	Mocarasa	Kashaya	Laghu Snigdha Pichchila	Seeta	Katu	Kapha-Pitta Samaka
7.	Samanga	Tikta Kashaya	Laghu Ruksha	Seeta	Katu	Kapha-Pitta Samaka
8.	Dhataki	Kashaya	Laghu Ruksha	Seeta	Katu	Kapha-Pitta Samaka
9.	Padma	Katu Tikta	Laghu Ruksha	Ushna	Katu	Kapha-Pitta Samaka
10.	Padma Keshar	Tikta Kashaya Madhur	Laghu Snigdha Pichchila	Seeta	Madhura	Kapha-Pitta Samaka

Table 2: Names of *Mahakashaya* where the same plant is mentioned

Plant Name		Names of Mahakashaya where the same plant is mentioned[31]
1.	Priyangu	Purishasangrahaniya, Shonitasthapan, Mutraviranjaniya, Sandhaniya, Prajasthapan
2.	Ananta	Purishasangrahaniya, Jwarahara, Varnya, Dahaprashamana, Kanthya, Stanyasodhana
3.	Amra	Purishasangrahaniya, Mutrasangrahaniya, Chardinigraha, Hridya
4.	Katvanga	Purishasangrahaniya, Sothahara, Sitaprashamana, Anuvasanapoga

	Plant Name	Names of Mahakashaya where the same plant is mentioned[31]
5.	Lodhra	Purishasangrahaniya, Shonitasthapan, Sandhaniya
6.	Mocharasa	Purishasangrahaniya, Purishviranjaniya, Shonitasthapana, Sandhaniya, Vedanasthapana
7.	Samanga	Purishasangrahaniya, Sandhaniya, Jwarahara, Vishaghna, Varnya
8.	Dhataki	Purishasangrahaniya, Sandhaniya, Mutraviranjaniya
9.	Padma / Bharangi	Purishasangrahaniya, Mutraviranjaniya
10	Padma Kesar	Purishasangrahaniya

Discussion

Literary review of *Purishasangrahaniya Mahakashaya* was done with the help of Charaka Samhita, various *Nighantus*, other available texts and documents. Complete compilation of references regarding *Purishasangrahaniya Karma* and ten *Dravyas* of *Purishasangrahaniya Mahakashaya* has been classified under various heads. Considering all the above references and observations probable mode of action of these ten *Dravyas* is discussed. The *Dravyas* mentioned in the *Purishasangrahaniya Mahakashaya* have their different and specific functions in different diseases. *Kapha Dosha* has predominance of *Apa* and *Prithvi Mahabhuta*. The drugs of *Purishaangrahaniya Mahakashaya* acts as *Sangrahi* and prescribed in the various diseases like *Atisara*, *Grahani* etc. which have *Atipravritti* (frequent expulsion) of *Drava Purisha. Purishasangrahaniya Dravyas* are mainly *Kashaya Rasa* predominant which absorb excessive *Udaka* or *Ambu* from the *Purisha* as they are *Prithvi* & *Vayu Pradhan.* So, to control this *Atipravritti* the drugs from *Purishasangrahaniya Mahakashaya* are advised. In *Atisara* excess and frequent *Drava Purisha* moves out of the body, so *Purishasangrahaniya Dravyas* are useful to absorb the excess water of *Drava Purisha* hence reduce *Atipravritti*.

- *Priyangu* - Due to its *Kashaya Rasa, Ruksha Guna, Sheet Virya* and *Katu Vipaka* it absorbs the moisture from the stool (*Kleda Shoshana)* and act as a *Sthambhaka* due to which *Purishasangrahaniya Karma* takes place and the symptoms of *Atipravritti reduces.*
- *Amrasthi* **-** Due to its *Kashaya Rasa*, *Laghu, Ruksha Guna*, *Sheet Virya* and *Katu Vipaka* it acts as *Sthambhaka* and Purishasangrahaniya.
- *Katvanga* / *Syonaka* – Due to its *Kashaya Rasa*, *Ruksha Guna, Ushna Virya* and *Katu Vipaka* it causes *Kleda Shoshana* and act as *Purishasangrahaniya,* hence used in *Atisara* and Prabahika.
- *Lodhra* **-** Due to its *Kashaya Rasa, Ruksha Guna, Sheet Virya* and *Katu Vipaka* it act as *Sthambhaka* and *Purishasangrahaniya* and used in *Atisara* and Prabahika.
- *Mochrasa* **-** Due to its *Kashaya Rasa Sheet Virya* and *Katu Vipaka* it acts as *Sthambhaka* and Purishasangrahaniya.
- *Samanga* - Due to its *Kashaya Rasa, Ruksha Guna, Sheet Virya* and *Katu Vipaka*, it acts as *Sthambhaka* and *Purishasangrahaniya* and used in *Atisara* and Prabahika.
- *Dhataki* **-** Due to its *Kashaya Rasa, Ruksha Guna, Sheet Virya* and *Katu Vipaka*, it acts as *Sthambhaka* and *Purishasangrahaniya* and used in *Atisara* and Prabahika.
- *Padma* **-** Due to its *Ruksha Guna* and *Ushna Virya* it absorbs moisture from the stool and act as *Sthambhaka* and Purishasangrahaniya.
- *Padma Keshar* **-** Due to its *Kashaya Rasa* and *Sheet Virya*, it act as *Sthambhaka* and Purishasangrahaniya.

Most of the *Dravya* of *Purishasangrahaniya Mahakashaya* are having *Kashaya Rasa, Ruksha Guna*, *Seeta Virya* and *Katu Vipaka* so they help in *Purishasangrahaniya karma.*

Kasaya Rasa is *Prithvi* and *Vayu Mahabhuta Pradhana,* which causes *Drava / Kleda Shoshana* and perform *Purishasangrahaniya Karma. Ruksha Guna* causes *Drava / Kleda Shoshana* and perform *Purishasangrahaniya Karma.*

Sheet Virya causes *Sthambhana* and perform *Purishasangrahaniya Karma. Katu Vipaka* is responsible for *Baddha-Vinmutra* hence perform *Purishasangrahaniya Karma.* The common chemical compounds such as Tannin, Essential oil and Glycosides were found in most of the plants which may be responsible for its *Purishasangrahaniya Karma*. Probable mode of action all the *Dravyas* from *Purishasangrahaniya Mahakashaya* can be explained in this way.

Conclusion

From the literary review and discussion, we can draw the following conclusion that these ten drugs of *Purishasangrahaniya Mahakashaya* mainly have *Kashaya Rasa, Laghu-Ruksha Guna, Sheeta Virya, Katu Vipaka* and are *Kapha-Pitta Shamaka* and *Vata vardhaka*. Hence, they help in rectifying *Atipravritti* of *Drava Purisha* either by *Sthambhana* or by *Drava Shoshana*. These drugs act as *Sangrahi* and prescribed in the various diseases like *Atisara*, *Grahani* etc. where *Atipravritti* of *Drava Purisha* takes place. These ten drugs of *Purishasangrahaniya Mahakashaya* have also been mentioned individually in different *Mahakashaya*. *Purishasangrahaniya Karma* can be defined as the activity that reduce frequent expulsion of *Drava Purisha,* thus maintain the normal water and electrolyte balance of the body. This study may be helpful to understand the probable mode of action of the drugs mentioned in *Purishasangrahaniya Mahakashaya* and an important guideline for practicing clinician and researcher to use these ten *Dravyas* effectively.

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