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Shothahara Mahakashaya - A Critical Review

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ABSTRACT

Shothahara Mahakashaya denotes group of ten medicines which acts on *Shotha Roga*. *Shotha* is also known as *Svayathu* in Ayurveda. Swelling anywhere on body can be called as *Shotha* so *Shotha Roga* can be correlated with the term oedema / swelling of modern medicine. Acharya Charak has described *Shothahara Mahakashaya* in *Sutrasthana* as 38th *Gana* of the 50 *Mahakashaya Gana*. *Patala*, *Agnimantha*, *Bilva*, *Shyonaka*, *Kashmariya*, *Kantakari*, *Brihati*, *Shalaparni*, *Prishaniparni*, *Goksura* are included as ten ingredients under this category. These 10 plants which are effective individually, work together and results into enhanced output. These plants having *Katu*, *Tikta*, *Kashaya Rasa*, *Ushna Virya*, *Katu Vipaka*, *Ruksha*, *Laghu Guna* and *Tridoshaghna* properties. Due to these qualities, they cure *Shotha*. This article is an attempt to describe symptoms, pathogenesis and treatments of *Shotha Roga* through *Shothahara Mahakashaya*.

Key words: *Shothahara Mahakashaya*, *Nidana*, *Samprapti*, *Chikitsa*.

INTRODUCTION

Shothahara Mahakashaya presents collection of ten medicinal plants which are effective against *Shotha Roga*. *Shotha Roga* which is also known as *Svayathu*, can be correlated with the term oedema of modern medicine. As such swelling anywhere in body due to accumulation of fluid can be called as *Shotha* or *Svayathu*. *Shotha* is an independent disease as well as symptoms. It may be causes of other disease. Ayurveda, describes various types of *Shotha Roga* which can be categorized as -

1. According to *Dosha Bheda*^[1]

- *Vataja Shotha*

- *Pittaja Shotha*

- *Kaphaja Shotha*

2. According to source or etiology

- *Nija Shotha* - Swelling due to individually vitiation of *Vata*, *Pitta* and *Kapha Dosha* (*Ekdoshaja*), *Dvandaja* and *Tridoshaja* vitiation.

- *Agantuja Shotha* - Due to trauma, injuries, toxins and poisons etc.

3. According to extent of body effected

- *Ekanga Shotha*

- *Sarvanga Shotha*

4. Four types - *Vataja*, *Pattaja*, *Kaphaja* and *Agantuja*

5. Seven types - *Vattika*, *Pattika*, *Shlaismika*, *Sannipatik*, *Vata-Pattika*, *Vattashlaismika*, *Pittashlaismika*.

6. Eight types - *Vattika*, *Pattika*, *Shlaismika*, *Sannipataja*, *Vata-Pattika*, *Vattashlaismika*, *Pittashlaismika*, *Agantuja*.

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Nidana^[2]

Regular intake of *Ksharaiya*, *Amla*, *Tikshna*, *Ushna* and *Guru Ahara* by those who are emaciated due to improper *Shodhana (Pancha Karma)* procedures and due to effects of other diseases of heart, kidney and brain etc.

Samprapti^[2]

Bahya Sira Prapya Yada Kaphasrikapitani Samdushayati |

Tairbadhamarga Sa Tada Visharpatyutsedhalinga Shawatham Karoti || (C. Chi. 12/8)

Because of above cited etiological factors - *Tridosha* get vitiated and in turn vitiate *Rakta Dhatu* and settle in *Raktavaha Srotases* i.e. Blood vessels, causing avarodha or obstruction in them. As a result *Doshas* get diverted (*Vimargagamana*) and start accumulating under the skin and muscle.

Premonitory Sign and Symptoms^[1]

1. *Ushma* (Hyper pyrexia)
2. *Davathu* (Burning sensation)
3. *Siranam Ayama* (Local dilatation of the vessels)

General Sign and Symptoms^[3]

1. Heaviness
2. Variability
3. Rise in Temperature (Local)
4. Thinning of vessels, horripilation
5. Discoloration of skin over the limbs.

List of Shothahara Dravya^[4-7]

SN	Name	Botanical name	Family	Useful part
1.	<i>Patla</i>	<i>Sterospermum saueolens</i> DC	Bignoniaceae	Root bark, flower, seed, leaf, Kshara
2.	<i>Agnimanth</i>	<i>Clerodendrum phlomidis</i> Linn.	Verbenaceae	Root bark, bark,

				panchang a, leaves
3.	<i>Shyonaka</i>	<i>Oroxylum indicum</i> Vent.	Bignoniaceae	Root bark
4.	<i>Bilva</i>	<i>Aegle marmelos</i> Corr.	Rutaceae	Fruit, leaves, root
5.	<i>Gambhari</i>	<i>Gmelina arborea</i> Linn.	Verbenaceae	Root, fruit, flower, leaves
6.	<i>Kantkari</i>	<i>Solanum surattense</i> Burm./S.	Solanaceae	Whole plant, root
7.	<i>Brihati</i>	<i>Solanum indicum</i>	Solanaceae	Root, fruit
8.	<i>Shalaparni</i>	<i>Desmodium gangeticum</i> DC	Leguminosae	Whole plant, root
9.	<i>Prishniparni</i>	<i>Ureria picta</i> Desv.	Leguminosae	Root
10.	<i>Gokshura</i>	<i>Tribulus terrestris</i> Linn	Zygophyllaceae	Root, fruit

List of Shothahara Dravya Guna Karma^[8]

Name	Guna	Rasa	Virya	Vipaka	Dosh karma	Mukhya Karma
<i>Patla</i>	Laghu, Ruksha	Tikta, Kasha ya	Ushna	Katu	Tridosh ahara	Shothah ara
<i>Agnimanth</i>	Laghu, Ruksha	Tikta, Katu, Kasha ya, Madhur	Ushna	Katu	Kaphav atahar	Shothah ara
<i>Shyonaka</i>	Laghu, Ruksha	Madhur, Tikta, Kasha ya	Ushna	Katu	Kaphav atahar	Amahara (Upsona)
<i>Bilva</i>	Laghu, Ruksha	Kasha ya, Tikta	Ushna	Katu	Kaphav atahar	Grahi
<i>Gambhari</i>	Guru	Tikta, Kasha ya, Madh	Ushna	Katu	Tridosh ahara	Shothah ara

		ur				
Kantkari	Laghu, Ruksha, Tikshna	Katu, Tikta	Ushna	Katu	Kaphav atahar	Kasahar a
Brihati	Laghu, Ruksha, Tikshna	Katu, Tikta	Ushna	Katu	Kaphav atahar	Kasahar a
Shalpar ni	Guru, Snigdha	Madhur, Tikta	Ushna	Madhur	Tridosh ahara	Angama eda Prashma n
Prishnip arni	Laghu, Snigdha	Madhur, Tikta	Ushna	Madhur	Tridosh ahara	Angama eda Prashma n
Gokshur a	Guru Snigdha	Madhur	Sheet	Madhur	Vatapit tahara	Mutra Virechniy a

DISCUSSION

Shotha Roga is caused by vitiation of *Tridosha*. Under this disease, all the *Tridosha* of body get vitiated but according to its *Doshaja Bheda*, a particular *Dosha* is mainly vitiated. According to mainly vitiated *Dosha* treatment protocol is followed. As *Vataja Shotha* has primary vitiation of *Vata Dosha*, *Vata Shamak Dravya* like *Shalparni*, *Prishniparni* and *Gambhari* are used for treatment. Due to their *Guru*, *Snigdha* properties and *Madhura Rasa* and *Vipaka*, above mentioned drug cause *Vata Shamana*. *Gokhura* and *Bilva* are used for treatment of *Pitta Pradhan Shotha* due to *Tikta*, *Kashaya Rasa*, *Katu Vipaka* and *Sheet Virya*. *Gokhura* and *Bilva* cures *Pittaja Shaman*. *Patala*, *Shyonaka* and *Kantakari* are used manily treatment of *Kaphaja Shotha* because of *Laghu*, *Ushna* and *Ruksha Guna*, *Katu*, *Tikta Rasa* and *Katu Vipaka* also. All types of *Shotha* are treated according to their *Dosha* predominance and medicinal plants are used for treatment that was *Rasa*, *Guna*, *Virya* and *Vipaka* opposite to *Dosha* vitiated in a particular disease.

CONCLUSION

From above study, we can conclude that all *Shotha* are *Tridoshaja* but are classified and treated according to their *Doshaja* predominance. As we see some drugs of *Shothahara Mahakashaya* are mainly *Vata Shamak*, some are *Pitta Shamak*, some are *Kapha Shamak*. When all the drugs of *Shothahara Mahakashaya* are used, it works concomitantly on all *Dosha* and causes *Dosha Samprapti Vighatana*. It indicates broad spectrum and holistic approach of our *Acharyas* overing all type of *Shotha*. So *Shothahara Mahakashaya* is effective against all types of *Shotha Roga*.

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