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Jivaniya mahakashaya as dietary supplement

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Abstract

Jivaniya mahakashaya of *Caraka Saïhita* is the foremost *mahakashaya* among fifty *Mahaka Òaya*. Ten important vegetable drugs are enumerated under this section. It is a well-known fact that drugs mentioned under *Jivaniya mahakashaya* are become endangered now a days. Because these drugs are of great efficacy and potency *Jivaniya karma* of some of the drugs is evident by researches showing them as a very good *Rasayana* with rejuvenating and health-promoting properties. Further these drugs are useful in promoting body fat, healing fractures and also reported to restore health immediately and work as antioxidants in the body, therefore a comprehensive review of drugs of *Jivaniya mahakashaya* was presented in this paper which highlight important aspects of *Jivaniya mahakashaya* that it can act as dietary supplement and performance enhancing supplements for sport person

Keywords: Jivaniya mahakashaya

Introduction

The drug promoting vitality are called *jivaniya*. Ten important vegetable drug are enumerated under this mahakashaya are *jivaka*, *risabhaka*, *meda*, *mahameda*, *Kakoli*, *Ksirakakoli*, *mudgaparni*, *Mashaparni*, *jivanti* and *madhuka* respectively. It is well known that drug mentioned under *jivaniya mahakashaya* are not easily available and also endangered now a day. Because these drug have great potency and efficacy. There is regular loss of energy during extra physiological process in sports going on inside body and these drugs maintain this energy loss through increase metabolic process [1, 3, 4].

Material and methods

Comprehensive review of drugs under *Jivaniya mahakashaya* of *Caraka Samhita* was done. Each drug mentioned under *Jivaniya mahakashaya* was reviewed from *Bhavaprakash nighantus* and *Namarupa Janam*. Further present scientific research work regarding each drug was gathered. All information was then critically analysed, discussed and concluded.

Observations

Jivaka

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

Family: Orchidaceae

Jivaka consist of pseudo bulb of *Malaxis acuminata* D. Don. syn. *Microstylis wallichii*. Lindl. (Fam. Orchidaceae). A terrestrial, herb, up to 25 cm high. Leaves 3-5, elliptic acuminate, sheathing at base. Flower; deep pink, terminal dense to lax racemes, bracts deflexed. Bulbs of different orchids like *Microstylis muscifera* Ridley, Alliaceae are sold market by this name.

Risbhaka

Botanical name: *Microstylis muscifera* Ridley

Family: Orchidaceae

Herb 30-50 cm, Leaves ovate lanceolate, flowers, yellowish-green (July-September) *Microstylis wallichii* Lindl. Alliaceae an orchid is being used by this name at present.

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Uses: Seminal weakness, burning and emaciation. Herb 30-50 cm, Leaves ovate lanceolate, flowers, yellowish-green (July-September) *Microstylis wallichii* Lindl. Alliaceae an orchid is being used by this name at present.

Uses: Seminal weakness, burning and emaciation.

Meda

Botanical name: *Polygonatum verticillatum* L. All. Syn. *Convallaria verticillata* L. *Evallaria verticillata* Necker

Family: Alliaceae

Botanical description: *Polygonatum verticillatum* is a perennial growing to 0.45-1.2m. The leaves four to eight in a whorl; the flowers, two to three in a bunch in the axils of the leaves, are greenish-white. The fruits are red when ripe and remain hanging after the leaves have fallen. The flowers are hermaphrodite.

Phytochemistry: Digitalis glucoside [8] Steroidal saponin, Ethanol (55%) [11] At present *Polygonatum verticillatum* Allioni, Alliaceae and *P. cirrhifolium* Royle. Are sold in market as medÁ.

Mahameda

Botanical name: *Polygonatum cirrhifolium* (Wall.) Royle

Family: Alliaceae

In market an orchid *Habenaria intermedia* D. Don, Orchidaceae is sold by this name.

Phytochemistry: Steroidal saponins, lectins, polysaccharides [5]

Kakoli

Botanical name: *Roscoea procera* Wall. Syn-*Roscoea purpurea*; or *Fritillaria roylei* Hook. f

Family: Zingiberaceae

Botanical description: *Roscoea procera* is a large plant, forming clumps of thick, fleshy leaves from where fat stems arises topped by one or two purple hooded flowers in summer.

Fritillaria roylei Hook. f

Common name: Himalayan fritillary.

Family: Alliaceae.

Botany: Bulb growing to 0.6m. The flowers are hermaphrodite, Market drug which is being used at present is probably *Rosacea procera* Wall. (Zingiberaceae). Other orchids reported as being used, are-*Fritillaria roylei* Hook. f (Uniyal M.R.).

Phytochemistry: Alkaloids: peimine, peiminine, peimisine, paymyfine, pyrimidine and peimitidine, neutral principle: propeimin and sterol. [8] Sipeimine [10].

Kshir Kakoli

Botanical name: *Lilium polyphyllum* D. Don.

Family: Alliaceae

English name: White lily. Herb 30-90 cm, Leaves narrow lanceolate, flower pendulous creamish white, speckled pink (June-July) *Rosacea alpina*, Zingiberaceae and some other orchids are being sold in the market by this name.

Uses: Seminal weakness [15].

Mudgaparni

Botanical name: *Phaseolus trilobus* Ait.

Family: Fabaceae In Kerala *Vigna pilosa* Baker. And two other species of *Vigna* are used.

Properties: Hepatoprotective and antioxidant [14]

Mashaparni

Botanical name: *Teramnus labialis* Spreng.

Family: Fabaceae

Phaseolus sublobatus Roxb. Is used in Kerala in place of this. *P. dalzelli* Goens T. Cooke and *P. calcaratus* Roxb. Are also in use.

Phytochemistry: Seeds of *T. labialis* yielded a water-soluble gallactomannan Bioassay-guided fractionation of aqueous and alcoholic extract of *T. labialis*, yielded fraxidin as the major active constituent [9].

Uses- Rheumatism, tuberculosis and nerve disorders [7].

Jivanti

Botanical name: *Leptadenia reticulata* W&A.

Family: Asclepiadaceae

Botanical Description

Twining climber with yellowish, corky, deeply cracked bark. Leaves ovate-lanceolate, base cordate. Flowers greenish-white, in cymes. Follicle woody, turgid.

Variety: *Dendrobium macraei* Lindl. Is said as 'Swarnajivanti' which is mostly found in Bengal.

Madhuka

Botanical name: *Glycyrrhiza glabra* Linn

Family: Leguminosae

Botanical Description

Perennial herb and under shrub distributed in subtropical and warm temperate regions of the world. In India Baramulla, Srinagar, Dehradun and Delhi. Leaves multifoliate, flowers in axillary spikes lavender to violet in color. The dried, peeled or unpeeled underground stems and roots constitute the drug known as *Liquorice*. Other varieties are-*G. glabra* var. *typica* Regel & Hard-Spanish liquorice. *G. glabra* var. *Glanduliflora* Waldst & Kit -Russian liquorice. *G. glabra* var. *violaceae* Boiss-Iraq licorice.

Discussion

Ten vegetable drugs are mentioned in *Jivaniya mahakashaya* among them eight drugs are enumerated as *Astavarga* nighantu period. Natural habitat of most of the drugs present in *Jivaniya mahakashaya* is Himalayan range and they are herbs with short life span, therefore they are not easily available and with passes of time tradition *Pratinidhi dravya*

come in to existence. Dravya of *Jivaniya mahakashaya* are predominantly of *madhura rasa*, *Madhur vipaka*, *Sita virya* and *guru snigdha guna*. *Jivaniya karma* of these drugs is seems to be due to *Dravyaguna prabhava*. Further the properties of drugs in *Jivaniya mahakashaya* is similar to the *Oja*, therefore these drugs also helps to enrich *Oja* which is said to be the vital essence for life. *Jivaniya karma* of some of the drugs is evident by researches showing them as a very good *Rasayana* with rejuvenating and health-promoting properties. Further these drugs are useful in promoting body fat, healing fractures, seminal weakness and also reported to restore health immediately and work as antioxidants in the body [12]. Sports nutrition is the study and practice of nutrition and diet with regards to improving anyone's athletic performance. Thus *Jivaniya mahakashaya* can be used as dietary supplements to assist in improving their athletic performance

Conclusion

In ancient times, all living being were very near to the nature, therefore they were well acquainted with plant drugs. But with passage of time urbanization has change the scenario and now due to destruction of forests the plants became less known. The drugs of *Jivaniya mahakashaya Oja* thereby vitality and strength. Because of this beneficial effect those drugs can be used to promote health i.e. '*Swasthaya swasthya Raksnama*', which is the foremost aim of *Ayurveda*. Thus, proper use of drugs of would help to live long healthy life and to combat the challenges to fight frightening diseases of day and future. All the drugs of this mahakashaya have not been evaluated scientifically till date, only a few researches were conducted on the drugs of this group. Therefore studies regarding phytochemicals and pharmacological properties is the need of time. So that drug of *jivaniya mahakashaya* can established as dietary supplements to assist in improving their athletic performance

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