

A Conceptual Analysis of Angamarda Prashaman Mahakashay

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Abstract- Angamarda is frequently reported and can result from prolonged standing, walking, heavy workouts, or overexertion. It is usually widespread and may be accompanied by symptoms like fatigue and stress. Such pain may interfere with day-to-day activities, rest, and movement. As a result, it can significantly affect one's overall functioning and well-being. Pain may range in severity—mild, moderate, or intense—and could be short-term (acute), recurring (intermittent), or persistent (chronic).

According to Acharya Charaka, in his classical Ayurvedic text Charaka Samhita, a group of ten herbs known as Angamarda Prashaman Mahakashaya is recommended for alleviating body pain. This group is described in the Sutrasthana, specifically under Shadvirechana Shatashritiya Adhyaya. Angamarda Prashaman Mahakashaya is very effective in treating Angamarda.

Charaka, in Sutrasthana, specifically in the fourth chapter titled Shad Virechana Shatashritiya Adhyaya, details 500 herbs categorized into 50 groups, each with 10 herbs. These 50 categories are referred to as Mahakashayas. They are beneficial for cleansing both inside and outside the body.

Every organism experiences different ailments. Besides illnesses, strenuous work, injuries, and aging are additional sources of different types of pain. Angamarda Prashaman Mahakashaya is a top herbal formulation sought after for its effectiveness in the pain relief market. The dravyas (herbs) in Angamarda Mahakashaya possess qualities that pacify Vata. Vata dosha is responsible for muscular spasms and body pain. The

formulation can be used both internally and externally and is highly effective in alleviating pain.

Keywords: Angamarda, Body pain, Pain, Mahakashay.

INTRODUCTION

The term Angamarda is derived from two Sanskrit roots: Anga, which denotes body parts, and Marda, which relates to pressure or pain, similar to grinding or squeezing. In Ayurvedic understanding, Angamarda signifies a widespread aching sensation throughout the body. This discomfort is often distressing and can hinder daily activities.

From a clinical perspective, Angamarda represents a non-specific, generalized body ache which can arise as a symptom of underlying pathological conditions or due to external strain and fatigue. Body pain, referred to as Angamarda in Ayurveda, is described as an uncomfortable physical sensation. This may be due to internal imbalances, illness, physical exertion, emotional disturbances, or environmental influences. This type of pain can either develop suddenly or progress gradually. It is often linked to dysfunction in the nervous system and is influenced by an individual's mental and emotional status. In today's fast-paced lifestyle, complaints of Angamarda are increasingly common—typically observed after long-

standing physical activities such as excessive walking, standing, or intense workouts that lead to overexertion.

Angamarda is usually felt across the entire body and may be accompanied by:

1. General fatigue
2. Physical and mental stress
3. Difficulty in movement or posture
4. Discomfort during sleep
5. Impaired ability to perform daily tasks

This condition can severely impact one's productivity and quality of life. It may present as:

1. Mild to moderate pain
2. Severe or chronic pain
3. Acute, intermittent, or long-lasting body aches

Acharya Charaka, a principal contributor to classical Ayurvedic texts, has discussed Angamarda in detail. He proposed a group of ten herbal formulations under the heading Angamarda Prashaman Mahakashaya,

specifically indicated for managing this kind of pain. This formulation is mentioned in the Sutrasthana of Charaka Samhita, particularly in the chapter Shadvirechana Shatashritiya Adhyaya.

The name Angamarda Prashaman is composed of:

1. Anga – meaning body parts
2. Marda – referring to pain or pressure
3. Prashaman – indicating pacification or therapeutic relief

AIM AND OBJECTIVE

1. To evaluate Angamarda Prashamana Mahakashaya in Charaka Samhita.
2. To provide scope for further study.

MATERIAL AND METHOD

References are collected from Ayurvedic classics such as *Charaka Samhita*, *Bhavaprakasha*, and various research journals.

DRAVYAS OF ANGAMARDA PRASHAMAN MAHAKASHAYA

Sr. No.	NAME	BOTANICALNAME	FAMILY	RASPANCHAK
1.	Vidharigandha	Desmodium gangeticum	Fabaceae	Ras- Madhura,tikta Guna - guru, sanigadha Virya -ushna Vipaka-madhura
2.	Prashniparni	Urariapicta	Fabaceae	Ras - Madhur,tikta Guna-laghu, sanigadha Virya-ushna Vipaka - madhura
3.	Brihati	Solanumindicum	Solanacea	Ras-katu. Tikta Guna-laghu, ruksha,tikshana Virya-ushna Vipaka-katu
4.	Kantakari	Solanumsurattense	Solanacea	Ras - tikta, katu Guna - laghu, ruksha,tikshana Virya-ushna Vipaka-katu
5.	Eranda	Ricinus communis	Euphorbiaceae	Ras-Madhura Guna-sanigdha, sukshama, tikshana, sara Virya-ushna Vipaka - madhura
6.	kakoli	Roscoeaprocera	zingiberaceae	Ras-madhura Guna-guru, snigdha Virya-sheeta Vipaka- madahura
7.	Chandan	Santalumalba	Santalinaceae	Ras – tikta Guna laghu, ruksha Virya sheeta Vipaka-katu
8.	Usheer	Vetiveriazizanioides	Poaceae	Ras - tikta, Madhura Guna-laghu, Sanigadha Virya- sheeta Vipaka-katu
9.	Ela	Elettariacardamomum	zingiberaceae	Ras- katu,Madhura Guna- laghu, ruksha Virya-sheeta Vipaka - Madhura

10.	Madhuk	Glycyrrhizaglabra	Fabaceae	Ras-madhura Guna- guru, sanigdha Virya-sheeta Vipaka - Madhura
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NEED OF STUDY

In today's fast-paced world, where dietary habits are constantly evolving and working hours are becoming increasingly demanding, body pain (Angamarda) has emerged as a common complaint. This persistent discomfort significantly hampers an individual's daily functioning.

To manage such pain, many people resort to allopathic medications. However, these treatments are not suitable for long-term use due to their potential side effects.

Ayurvedic texts, particularly the Charaka Samhita, mention various herbs known to alleviate body pain or Angamarda. The group of herbs termed as Angamarda Prashaman Mahakashaya has been specifically highlighted for its effectiveness.

This study focuses on Angamarda Prashaman Mahakashaya for the following reasons:

It addresses a frequently observed condition arising from sedentary lifestyles, physical overexertion, and poor dietary patterns.

It is widely prevalent in the general population and affects routine life.

The aim is to analyze the efficacy of Charaka-okta Angamarda Prashaman Mahakashaya in managing symptoms related to Angamarda.

This herbal formulation includes ingredients such as Vidarigandha, Prishniparni, Brihati, Kantakari, Eranda, Kakoli, Chandan, Ushira, Ela, and Madhuka—all known for their therapeutic benefits.

LITERARY REVIEW

Charaka has described the group of drugs in Sutrasthana, 4th chapter, as Angamarda Prashamana Mahakashaya. These include ten medicinal plants:

Vidarigandha

Prishniparni

Brihati

Kantakari

Eranda

Kakoli

Chandana

Usheera

Ela

Yasthimadhu

Other references from Charaka Samhita and other classics:

Charaka Sutrasthana Adhyaya 22 – Fasting for long periods causes \Ang amarda\.

Charaka Viman Sthana – Both fasting and overeating can cause Angamarda.

Charaka Siddhi Sthana – Excessive walking (Ati-Chankraman) can cause Angamarda.

Suppression of natural urges (Vega Dharana) such as sleep, hunger, and sexual urges leads to Angamarda.

Charaka Sutrasthana mentions that imbalance in Vata and Pitta with decreased Kapha also contributes.

Sangraha states Vata Prakopa causes Angamarda.

Shukra Kshaya and Rasa Pradoshaja Vyadhi are also linked to this condition.

Sushruta mentions Diva Swapa (day sleeping) and menstrual imbalances as triggers.

Improper Virechana (purgation therapy) in Panchakarma can also cause Angamarda.

DISCUSSION

Angamarda Prashamana drugs function to stabilize Vata dosha and possess the capability to restore body nutrients while aiding in the repair of Dhatus. These medications have properties opposite to Vata dosha.

Qualities such as Madhura Rasa, Madhura Vipaka, Guru Snigdha, and Ushna Veerya counteract Vata dosha. These herbs are bitter yet sweet in flavor and are strong in effectiveness. They act as neuromuscular stabilizers, energizers, anti-inflammatory agents, analgesics, and immune modulators. They also possess aphrodisiac and rejuvenating properties. These drugs nourish and calm the body and assist in alleviating pain in joints, muscles, or fibrous tissues—whether localized or generalized.

CONCLUSION

The discussion indicates that Angamarda Prashamana medications are primarily utilized for conditions such as body aches, arthritis, neuralgia, colic pain, asthma,

and chronic pain. These drugs function as anti-inflammatory agents, analgesics, immune modulators, stabilizers, restoratives, and adaptogens.

There is significant demand for pain relief products today. Additionally, analgesic oils are consistently in demand. Thus, utilizing these medications allows for the creation and sale of formulations such as decoctions, tablets, powders, oils, and ointments.

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