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Scope of *Varnya Mahakashaya* Drugs as A Key Component to Health From A Cosmetic Perspective

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ABSTRACT:

Good health is the ultimatum to longevity. *Varna* (Skin Complexion) is considered to be an important aspect of health in *Ayurveda*. Therefore, the quality of skin and its appearance is a key indicator of good health. Deplorable skin conditions impact mental health which may further lead to stress, low personal drive, lack of motivation, fear of communicability of transmitting it to others. At the outset, this article underpins *Varnya Mahakashaya* of *Ayurveda* that can be alternatively used as *Rasayana* and curative medicine than its current extensive use, i.e., cosmetic skin care. Based on analysis and review of classical texts about the application of *Varna Mahakashaya* (i.e., the formulations that had *Varna Mahakashaya* as a key ingredient) under three broad categories - *Rasayana*, *Vyadhihara* (curative), and *Varnya* (as a cosmetic) - About 24 formulations lead to effective rejuvenation (*Rasayana*); 54 formulations were a remedy to skin diseases such as *Kushta*, *Visarpa*, *Mukhadooshika* etc (*Vyadhihara*) and eight formulations were typically used for cosmetic purposes (*Varnya*). Among the group of drugs, *Vidari*, *Yashtimadhu*, *Chandana* and *Ushira* has been found to be incorporated more in the formulations under the said categories respectively. Therefore, we can conclude that *Varnya Mahakashaya* not only aids in providing healthy skin or cosmetic purposes, but also plays a vital role in treating a wide variety of skin disorders. This can effectively lead to a balanced, healthy, and stress-free life. In total, *Varna Mahakashaya* undoubtedly helps improve overall health.

KEY WORDS: *Varna*, *Dashemani*, *Rasayana*, *Vyadhihara*, *Ayurvedic cosmetics*, *Skin diseases*

INTRODUCTION

Longevity is something that everyone would wish for. In fact, it can also be due to the reason that everybody in the world wishes to live a long healthy life, the very first chapters of *Charaka Samhita* and *Ashtanga Hridaya* had

their chapter names as “*Deerghanjeeviteeyamadhyayam*” and “*Aayushkameeyamadhyayam*” where the *sutras* for achieving the goals of *Ayurveda* is being dealt. Also, in *Charaka Samhita*'s *Vimanasthana*, it has been said that the life span of a person gets reduced as every era pass by.¹ In



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the present era, as we can see, the life expectancy is definitely getting shortened. But here, when longevity is talked about, it does not only account to increased life span but also the quality of life which includes mental and social wellbeing. This is also in accordance with the famous health definition by the WHO that emphasizes mental health remarkably. Recent research showed that the mental factors such as stress and anxiety hamper life expectancy to a considerable extent. The study showed that 2.8 years is shortened from the normal life expectancy when a person is exposed to heavy stress.² One of the important causes for stress and anxiety in the lives of people is their cosmetic appearance. A study showed the interrelation between abnormal skin conditions and stress. These abnormal cosmetic appearances increases stress and results in further deterioration of overall health and vice versa.³ People with abnormal and deformed appearances in skin undergo a lot of stress in terms of low personal drive, lack of motivation, avoidance due to fear of disease spread etc., *Ayurveda* explains *Varnya Mahakashaya*: a group of ten easily available herbs mainly to improve and restore the normal colour of the skin. The concept of explaining *Mahakashayas* (group of drugs for a specific action) for various conditions is to have a basic understanding about the drugs and to have an appraised knowledge of the same drugs being used in many different conditions due to their properties. [4] Further, the drugs belonging to *Varnya Mahakashaya* is found as well in other *Mahakashaya* groups such as *Sandhaneeya* (for the purpose of healing of fractures), *Balya* (strength promoters), *Kandughna* (anti – pruritic), *Shukrashodhana* (semen purifiers), *Jeevaniya* (vitalizers), *Kantya* (demulcent) etc.,⁴ These drugs by virtue of their inherent properties they also exhibit rejuvenative and curative effects. The drugs too are indicated for the same apart from being useful in cosmetic care. Such properties of those drugs need to be analyzed so that a better knowledge of the same can be benefited. By doing so, these drugs can be adopted for *Rasayana* (rejuvenative) and *Vyadhihara* (curative) purpose with which the above stated problem can be resolved to provide a key to overall good health. This article aims at analyzing the possibility of *Varnya Mahakashaya* drugs to be used as *Rasayana* and *Vyadhihara* along with their heightened application in the context of Ayurvedic cosmetics.

MATERIALS AND METHODS

Materials:

Varnya Mahakashaya is mentioned as one among the fifty

Mahakashayas in the chapter of *Shadvirechana Shatashriteeyam Adhyayam* of *Sootrasthana* of *Charaka Samhita*.⁴ It is important to know about the pharmacological properties of the drugs selected before obtaining a deeper knowledge of the same. Hence the properties of the drugs along with their *Rasapanchaka* were studied and observed.

Methodology

Classical texts like *Charaka samhita*, *Ashtanga Hridaya*, *Ashtanga Sangraha*, *Susruta Samhita*, *Sahasrayogam*, *Sharngadhara Samhita* and *Vangasena Samhita* were reviewed. Drugs belonging to *Varnya Mahakashaya* were searched for their use in various formulations under four broad headings.

1. *Varnya Mahakashaya* drugs used as a major ingredient in *Rasayana kalpas* (Immunomodulatory formulations).
2. *Varnya Mahakashaya* drugs used as a major ingredient in *Bahya kalpas* (External Therapeutic Applications) for various abnormal skin conditions like *Kushta* (obstinate skin disease), *Visarpa* (Erysipelas), *Vrana*, *Mukhadooshika* (Acne vulgaris) etc.,
3. *Varnya Mahakashaya* drugs used as a major ingredient in *Abhyantara kalpas* (Internal Medicines) for various abnormal skin conditions like *Kushta*, *Visarpa*, *Vrana*, *Mukhadooshika* etc.,
4. *Varnya Mahakashaya* drugs used as a major ingredient in *Bahya kalpas* (External preparations) for the purpose of *Varnaprasadana* (complexion enhancing).

RESULTS

Table 01: *Varnya Mahakashayadravyas* And Their Pharmacological Properties. ^{6,7,8}

Totally 86 formulations were found where, one or more than one among the *Varnya Mahakashaya* drugs is used as the major ingredient either as a single drug or in combination with other drugs.

Varnya Mahakashaya Drugs as *Rasayana*:

12 out of 24 numbers of *Rasayana kalpas* contain *Vidari*. Thus, *Vidari* contributes to the *Varnya Mahakashaya* drug used for maximum number of times as *Rasayana*. *Yashtimadhu* and *Chandana* commit to the second and third most used drug as a *Rasayana*. On the other hand, drugs such as *Padmaka*, *Padmakesara*, *Manjishta* and *Durva* take the least stand in acting as *Rasayana*. *Naladadi ghrita* and *Daasa Rasayana* contains majority of *Varnya Mahakashaya* drugs as shown in Table. 2.

***Varnya Mahakashaya* Drugs as *Bahya Kalpas* for Skin Conditions:**

Out of 38 *bahyakalpas* for treating various abnormal skin conditions, *Yashtimadhu* is being used extensively in 19 formulations in comparison with other drugs. There are 17 formulations totally that contains *Chandana* and *Sariva* each thus turning to be the second most used drug in *bahyakalpas* to treat a variety of skin ailments. *Vidari* and *Padmaka* stand in the last in benefiting a cure when applied externally. *Baladhatryadi tailam* contains maximum number of drugs belonging to *Varnya Mahakashaya* as shown in Table 3.

***Varnya Mahakashaya* Drugs as *Abhyantara Kalpas* for Skin Conditions:**

Totally 16 *abhyantarakalpas* are enlisted where *Chandana* has been used for the maximum number of times, followed by *Yashti*, *Sariva* and *Ushira*. *Durva*, *Manjishta* and *Vidari* are not used widely in *Abhyantara Kalpas* to exhibit a curative effect. Out of 10 *Varnya Mahakashaya* drugs, 6 are included in *Kunkumadi taila*. Here it is to be understood that the mode of internal administration of *Kunkumadi taila* is through *Nasya* as shown in Table 4.

***Varnya Mahakashaya* Drugs as *Bahya Kalpas* for the purpose of *Varna Prasadana*:** *Chandana*, *Padmaka* and *Ushira* is used in majority as *bahyakalpa* for *Varna Prasadana*. Formulations such as *Lakshadi mukhalepa* and *Kumudadi mukhalepa* account for incorporation of highest number of *Varnya Mahakashaya* drugs as shown in Table 5.

DISCUSSION

Varnya Mahakashaya drugs are used extensively in treatment of various skin conditions and complexion enhancement. The current understanding of *Varnya Mahakashaya* is more towards the complexion enhancement rather than their role in various skin diseases. The present study has reviewed the scope from classical texts to emphasize the application of the drugs in various skin conditions by analyzing the formulations containing these drugs for internal and external applications. Firstly, in *rasayana kalpas* probable rationality for using *vidari* is more in the context of *rasayana* which can be attributed to its *rasayana* action, mainly by its *madhura rasa* (sweet taste) and *guru snigdha guna* (heavy and unctuous). The properties of *madhura rasa* are to increase the *varna* (complexion), *bala* (strength), *stanya* (breast milk) and *ojas* (immunity).⁹ Further, the action of *vidari* due to *madhura rasa* at the level of *rasa dhatu* is quite evident as

the basic component needed for both qualitative and quantitative formation of *varna*, *sthanya* and *ojas* is nothing but *rasa dhatu*.¹⁰ The phytochemicals present in *ksheeravidari* also exhibit properties to act as anti-oxidant, galactogogue, revitalizers, anti-diabetic.¹¹ *Yashtimadhu* owing to its *madhura rasa* acts typically as *varnya* (complexion enhancer) and *vranaropana* (wound healer). This justifies the extensive use of *yashtimadhu* externally to promote healing of abnormal skin colour. Phytochemicals of *yashtimadhu* such as Glycyrrhizic acid and glabridin are mainly responsible for reduction in erythema, edema, itching and inflammation which are the main symptoms present in almost all skin diseases. These phytochemicals also help to lighten solar lentigines.¹² *Chandana* has been widely used in various clinical trials of atopic dermatitis, psoriasis, eczema etc and it has found to be very effective in curing them as well.¹³ This can be due to the *tiktarasa* (bitter taste) of *chandana* since the functions of *tiktarasa* are *kushtahara* (anti-fungal), *dahahara* (reduces burning sensation), *kledashoshana* (moisture absorbent) etc.¹⁴ The pharmacological properties of *chandana* such as anti-oxidant, anti-inflammatory, anti-microbial, anti-proliferative etc, substantiates the comprehensive logical use of *chandana* in *bahyakalpas* for various skin diseases. *Ushira* being *tikta* and *madhura* in *rasa* acts extremely as a cooling agent. It acts as *vishahara* (removes toxins), *krimihara* (anthelmintic) and *kushtahara* that are justified by their action against *Candida albicans*, *E coli*, *Pseudomonas* species etc. It is extensively used as a cosmetic agent because of its antiseptic, tonic and detoxifying properties. Literature review also reveals its safe use for skin rejuvenation, prevention of stretch marks, and hydration of skin etc.¹⁵

Hence the use of *Varnya Mahakashaya* drugs divided into four components seems to be a logical progression in treatment aspect of stages of any skin condition. When a person is in need of cure for his or her skin ailment, rational selection of any of the *Varnya Mahakashaya* drug either as internal or external or both can be put into use based on the type of presentation and after considering certain important aspects of examination. Furthermore, in the later stages when the severity of the condition subsides and eventually attains complete cure, the same *Varnya Mahakashaya* drugs incorporated in *rasayana kalpa* can be considered to be adopted as a *Rasayana* in order to prevent the recurrence of the disease in future. For a person who is free from any such condition, who has no suffering due to any of the skin ailments, drugs of *Varnya Mahakashaya* would definitely be the ideal choice to maintain a consistent and healthy skin

colour. All the above stated diverse potential of *Varnya Mahakashaya* needs to be implemented in practice after thoroughly examining the other important points of consideration.

CONCLUSION

The concept of cosmetology in Ayurveda is much beyond the common understanding of temporary usage of drugs externally for improving complexion. Ayurveda attributes *varna* as an indicator of sound health along with other *Swastha-lakshanas* (signs of good health). By this, it becomes quite evident that complexion gets affected when a person succumbs to any disease. Also, complexion improves through *Rasayana* therapies whose ultimate aim is to provide longevity and remain free from disease. Thus, in a view of promoting life in a beneficial and happy one by means of *Ayurveda*, diverse application of drugs in all possible way is needed critically. This gives a wider potential for any drug to exhibit its multiple action by which utmost benefit from the drug shall be obtained. In this way, comprehensive use of *Varnya Mahakashaya* can be done by not only restricting its utility in cosmetic approach, but also in the sense of *Rasayana* and *Vyadhihara*, to help lead a healthy and stress-free life that makes both the quality and quantity of lifespan to be always lengthy.

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TABLE 01: VARNYA MAHAKSHAYADRAVYAS AND THEIR PHARMACOLOGICAL PROPERTIES. ^{5, 7, 8}

Sl.no	Drug	Rasa	Guna	Veerya	Vipaka	Karma	Pharmacological Properties
1.	<i>Chandana Santalum album</i> Linn.	Tikta	Laghu, Ruksha	Sheeta	Katu ⁶	Pittahara, Raktahara, Ahladana, Dahahara	Anti-inflammatory, anti-oxidant, anti-microbial
2.	<i>Tunga Calophyllum inophyllum</i> Linn.	Madhura, Kashaya	Laghu, ruksha ⁶	Sheeta ⁶	Madhura ⁶	Kaphahara, Pittahara, Vranaropana ⁶	Anti-inflammatory, anti-oxidant, wound healing, anti-microbial, anti-diabetic.
3.	Padmaka Prunus cerasoides D. Don.	Tikta, Kashaya	Laghu	Sheeta	Katu ⁶	Pittahara, Raktahara, Kaphahara, Visarpahara Dahahara, Kushtahara, Vranahara,	Anti-microbial, anti-oxidant, anti-inflammatory, cytotoxic
4.	<i>Ushira Vetiveria zizanioides</i> Linn.	Tikta, madhura	Laghu	Sheeta	Katu ⁶	Pachana, Sthambhana Visarpahar Krchravranahara, Dahahara, Vishahara	Anti-bacterial, anti-fungal, anti-septic, wound healing, anti-inflammatory.
5.	<i>Madhuka Glycyrrhiza glabra</i> Linn.	Madhura	Guru, snigdha	Sheeta	Madhura ⁶	Balakara, Varnakara, Shukrala, Vranahara, Vishahara, Kshayahara	Anti-inflammatory, anti-oxidant, anti-ulcerative, anti-microbial, anti-depressive.
6.	<i>Manjishta Rubia cordifolia</i> Linn.	Madhura, tikta, Kashaya	Guru	Ushna	Katu ⁶	Swarakara, Varnakara, Vishahara, Kushtahara, Visarpahara Vranahara	Anti-inflammatory, anti-bacterial, radio protective, anti-oxidant, anti-ulcerative, wound healing.
7.	<i>Sariva Hemidesmus indicus</i> R. Br.	Madhura	Guru, Snigdha	Sheeta ⁶	Madhura ⁶	Tridoshahara, Shukrakara, Vishahara	Antioxidant, anti-thrombotic, anti-inflammatory, anti-ulcerogenic, anti-venomic.
8.	<i>Payasya Ipomoea digitata</i> Linn.	Madhura	Guru, snigdha ⁶	Sheeta ⁶	Madhura ⁶	Varnakara, Deepana, Pachana, Pushtikara	Anti-oxidant, galactagogue, Anti-inflammatory, anti-stress, wound healing, anti-ulcerogenic
9.& 10.	<i>Sita and Lata Cynodon dactylon</i> Linn.	Kashaya, tikta, madhura	Laghu ⁶	Sheeta	Madhura ⁶	Pittahara, Raktahara, Kaphahara, Vranaya, Jeevaniya, Visarpahara Dahahara	Anti-oxidant, anti-allergic, anti-inflammatory, anti-microbial, immunological.

TABLE NO. 02: VARNYA MAHAKASHAYA DRUGS USED AS AN INGREDIENT IN RASAYANA KALPAS

Sl. No	Drug name	Formulations				
		Ch. S.	Su. S.	A. H	A. S	V. S.
1.	Chandana	<i>Chyavanaprasham</i> (Chi. 1.1/64) <i>Indrokta rasayanaparam</i> (Chi.1.4/16)	---	<i>Brahma rasyanam</i> (Ut. 39/17-18) <i>Chyavanaprasham</i> (Ut. 39/34-35) <i>Nalaadi ghrita</i> (Ut. 39/46) <i>Chandana rasyanam</i> (Ut. 39/155)	<i>Chandana rasayanam</i> (Ut. 49/74)	---
2.	Yashti	<i>Panchamoharitaki yoga</i> (Chi. 1.1/64) <i>Medhyarasayanam</i> (Chi.1.3/30)	<i>Vidangarasayanam</i> (Chi. 27/7) <i>Vidangakalpa</i> (Chi. 27/8) <i>Padmadirasyanam</i> (Chi. 28/23)	<i>Brahma rasyanam</i> (Ut. 39/17-18) <i>Medhyarasayanam</i> (Ut. 39/44) <i>Nalaadighrita</i> (Ut. 39/49) <i>Madhukarasayanam</i> (Ut. 39/60)	---	<i>Daasarasayanam</i> (77/470)
3.	Ushira	---	---	<i>Ushirarasyanam</i> (Ut. 39/155)	---	<i>Daasarasayanam</i> (77/462)
4.	Sariva	---	---	<i>Nalaadighrita</i> (Ut. 39/46) <i>Sariva Rasayanam</i> (Ut. 39/155)	<i>Sariva Rasayanam</i> (Ut. 49/74)	---
5.	Vidari	<i>Brahma rasayanam</i> (Chi. 1.1./42) <i>Chyavanaprasham</i> (Chi. 1.1/64) <i>Panchamoharitaki yoga</i> (Chi. 1.1/76) <i>Amalaka ghritam</i> (Chi. 1.2/4) <i>Indrokta Rasayanam</i> (Chi.1.4/6) <i>Indroktarasayanaparam</i> (Chi.1.4/15)	<i>Vidari Rasayanam</i> (Chi. 27/10)	<i>Chyavanaprasham</i> (Ut. 39/34-35) <i>Vidari Rasayanam</i> (Ut. 39/60) <i>Nalaadi ghritam</i> (Ut. 39/46)	<i>Vidari Rasayanam</i> (Ut. 49/74)	<i>Naarasimhachurnam</i> (77/424) <i>Daasarasayanam</i> (77/466)

* Note: Ch. S. - Charaka Samhita, Su. S. - Susruta Samhita, A. H. - Ashtanga Hridaya, A. S. - Ashtanga Sangraha, V. S. - Vangasena Samhita

TABLE NO. 03: VARNYA MAHAKASHAYA DRUGS USED AS AN INGREDIENT IN BAHYAKALPAS

Sl. no	Drug name	Formulations			
		Ch. S.	Sh. S.	A. H	S. Y.
1.	Chandana	<i>Yashtyadi yoga</i> (Chi. 7/131) <i>Chandanaditaila</i> (Chi. 7/133) <i>Kaleeyadilepa</i> (Chi. 21/74) <i>Sarivadilepa</i> (Chi. 21/76)	<i>Rasnadilepa</i> (Ut. 11/57) <i>Mrinaladilepa</i> (Ut. 11/58) <i>Madhukadilepa</i> (Ut. 11/80) <i>Nishadwayadilepa</i> (Ut. 11/82) <i>Payasyadilepa</i> (Ut. 11/94) <i>Raktachandanadilepa</i> (Ut. 11/96)	<i>Sarivadigana</i> (Soo. 15/11) <i>Priyavvadigana</i> (Soo. 15/ 37)	<i>Valiyachandanaditailam</i> (Tai. Pra) <i>Nalpamaraditailam</i> (Tai. Pra) <i>Panchavalkaditailam</i> (Tai. Pra) <i>Baladhatryaditailam</i> (Tai. Pra)
2.	Padmaka	<i>Yashtyadi yoga</i> (Chi. 7/131) <i>Kaleeyadilepa</i> (Chi. 21/74) <i>Sarivadilepa</i> (Chi. 21/76) <i>Naladaadilepa</i> (Chi. 21/77) <i>Triphaladilepa</i> (Chi. 21/87)	<i>Triphaladilepa</i> (Ut. 11/59) <i>Madhukadilepa</i> (Ut. 11/80) <i>Nishadwayadilepa</i> (Ut. 11/82) <i>Jatyaditaila</i> (Madh. 9/167)	<i>Triphaladilepa</i> (Chi. 18/14) <i>Priyavvadigana</i> (Soo. 15/37)	<i>Valiyachandanaditailam</i> (Tai. Pra)
3.	Yashti	<i>Yashtyadi yoga</i> (Chi. 7/131) <i>Chandanaditaila</i> (Chi. 7/133) <i>Kaleeyadilepa</i> (Chi. 21/74) <i>Naladaadilepa</i> (Chi. 21/77) <i>Madhukambuseka</i> (Chi. 21/94)	<i>Dashangalepa</i> (Ut. 11/4-6) <i>Rasnadilepa</i> (Ut. 11/57) <i>Madhukadilepa</i> (Ut. 11/80) <i>Raktachandanadilepa</i> (Ut. 11/96) <i>Jatyaditaila</i> (Madh. 9/166)	<i>Yashtikashaya</i> (Chi. 18/21) <i>Sarivadigana</i> (Soo. 15/11) <i>Jatyadighrita</i> (Ut. 25/67) <i>Ambashtadigana</i> (Soo. 15/ 38) <i>Nyagrodhadigana</i> (Soo. 15/ 41)	<i>Cheriyachandanaditailam</i> (Tai. Pra) <i>Valiyachandanaditailam</i> (Tai. Pra) <i>Panchavalkaditailam</i> (Tai. Pra) <i>Baladhatryaditailam</i> (Tai. Pra)
4.	Ushira	<i>Brihatyadi yoga</i> (Chi. 7/128) <i>Sarivadilepa</i> (Chi. 21/76) <i>Triphaladilepa</i> (Chi. 21/87)	<i>Mrinaladilepa</i> (Ut/ 11/58) <i>Triphaladilepa</i> (Ut. 11/59) <i>Madhukadilepa</i> (Ut. 11/80) <i>Nishadwayadilepa</i> (Ut. 11/82) <i>Payasyadilepa</i> (Ut. 11/94)	<i>Triphaladilepa</i> (Chi.18/14) <i>Sarivadigana</i> (Soo. 15/11) <i>Jatyadighrita</i> (Ut. 25/67)	<i>Cheriyachandanaditailam</i> (Tai. Pra) <i>Valiyachandanaditailam</i> (Tai. Pra) <i>Nalpamaraditailam</i> (Tai. Pra) <i>Nishoshiraditailam</i> (Tai. Pra) <i>Panchavalkaditailam</i> (Tai. Pra) <i>Baladhatryaditailam</i> (Tai. Pra)
5.	Sariva	<i>Brihatyadi yoga</i> (Chi.7/128) <i>Sarivadilepa</i> (Chi. 21/76) <i>Triphaladilepa</i> (Chi. 21/87)	<i>Mrinaladilepa</i> (Ut. 11/58) <i>Triphaladilepa</i> (Ut. 11/ 59) <i>Jatyaditaila</i> (Madh. 9/168)	<i>Triphaladilepa</i> (Chi. 18/14) <i>Sarivadigana</i> (Soo. 15/ 11) <i>Jatyadighrita</i> (Ut. 25/67)	<i>Cheriyachandanaditailam</i> (Tai. Pra) <i>Panchavalkaditailam</i> (Tai. Pra) <i>Baladhatryaditailam</i> (Tai. Pra)
6.	Manjishita	<i>Sarivadilepa</i> (Chi.21/76)	<i>Raktachandanadilepa</i> (Ut. 11/9) <i>Manjishitalepa</i> (Ut. 11/12) <i>Raktachandanadilepa</i> (Ut. 11/96)	<i>Manjishtalepa</i> (Ut. 32/27-30) <i>Jatyadighrita</i> (Ut. 25/67)	<i>Cheriyachandanaditailam</i> (Tai. Pra) <i>Nalpamaraditailam</i> (Tai. Pra) <i>Baladhatryadi tailam</i> (Tai. Pra)
7.	Vidari	---	<i>Payasyadilepa</i> (Ut. 11/94)	---	---
8. & 9.	Sita durva Lata durva	<i>Naladaadilepa</i> (Chi. 21/77) <i>Durvaghrita</i> (Chi. 21/96)	<i>Durvadilepa</i> (Ut. 11/55) <i>Nishadwayadilepa</i> (Ut. 11/82)	<i>Durvaghrita</i> (Chi. 18/36) <i>Durvadigana</i> (Soo. 15/ 6)	<i>Durvaditailam</i> (Tai. Pra)

*Note:S. Y. – Sahasra Yoga, Sh. S. - Sharngadhara Samhita

TABLE NO. 04: VARNYA MAHAKASHAYA DRUGS USED AS AN INGREDIENT IN ABHYANTARAKALPAS

Sl. no	Drug name	Formulations			
		Cha. S.	Su. S.	A. H	A. S
1.	Chandana	<i>Yashtyadi yoga</i> (Chi. 7/131) <i>Mahatiktaka ghruta</i> (Chi. 7/144-146) <i>Mahatiktaka ghruta</i> (Chi. 21/62)	<i>Mahatiktakaghrita</i> (Chi. 9/8)	<i>Kunkumadi tailam</i> (Ut. 27-30) <i>Mahatiktaka ghrutam</i> (19/8-9) <i>Sarivadi gana</i> (Soo. 15/11) <i>Patolakaturohinyadi gana</i> (Soo. 15/15) <i>Priyangvadi gana</i> (Soo. 15/37) <i>Eladi gana</i> (Soo. 15/43)	<i>Chandanadi kashayam</i> (Chi. 20/14)
2.	Padmaka	<i>Yashtyadi yoga</i> (Chi. 7/131) <i>Mahatiktaka ghruta</i> (Chi. 7/144-146) <i>Mahatiktaka ghruta</i> (Chi. 21/62)	<i>Mahatiktakaghrita</i> (Chi. 9/8)	<i>Kunkumadi tailam</i> (Ut. 32/27-30) <i>Mahatiktaka ghrutam</i> (Chi. 19/8-9) <i>Priyangvadigana</i> (Soo. 15/37)	---
3.	Padma keshara	---	---	<i>Kunkumadi tailam</i> (Ut. 32/27-30)	---
4.	Yashti	<i>Yashtyadi yoga</i> (Chi. 7/131) <i>Mahatiktaka ghruta</i> (Chi. 7/144-146) <i>Mahatiktaka ghruta</i> (Chi. 21/62)	---	<i>Kunkumadi taila</i> (Ut. 32/27-30) <i>Mahatiktaka ghrutam</i> (Chi. 19/8-9) <i>Sarivadi gana</i> (Soo. 15/11) <i>Ambashtadi gana</i> (Soo. 15/ 38) <i>Nyagrodhadi gana</i> (Soo. 15/41)	---
5.	Ushira	<i>Brihatyadi yoga</i> (Chi. 7/128) <i>Mahatikataka ghruta</i> (Chi. 7/144-146) <i>Mahatiktaka ghruta</i> (chi. 21/62)	<i>Mahatiktakaghrita</i> (Chi. 9/8)	<i>Sarivadi kashaya</i> (Chi. 18/5) <i>Kunkumadi taila</i> (Ut. 32/27-30) <i>Sarivadi gana</i> (Soo. 15/11)	<i>Mahatiktaka ghruta</i> (Chi. 20/14)
6.	Sariva	<i>Brihatyadi yoga</i> (Chi. 7/128) <i>Mahatikataka ghruta</i> (Chi. 7/144-146) <i>Mahatiktaka ghruta</i> (Chi. 21/62)	<i>Mahatiktakaghrita</i> (Chi. 9/8)	<i>Sarivadi kashaya</i> (Chi. 18/5) <i>Kunkumadi taila</i> (Ut. 32/27-30) <i>Sarivadi gana</i> (Soo. 15/11)	<i>Mahatiktaka ghruta</i> (Chi. 20/14)
7.	Manjishta	---	---	<i>Kunkumadi taila</i> (Ut. 32/27-30)	---
8.	Sita durva Lata durva	---	---	<i>Durvadi gana</i> (Soo. 15/6)	---

TABLE 05: VARNYA MAHAKASHAYA DRUGS USED IN VARNAPRASADANA BAHYAKALPAS

Sl. No	Drug name	Formulation		
		Su. S.	A. H	Sh. S.
1.	<i>Chandana</i>	<i>Lakshadi mukhalepa</i> (Soo. 25/38)	<i>Darbhaadi mukhalepa</i> (Soo.22/20) <i>Kumudaadi mukhalepa</i> (Soo. 22/20)	---
2.	<i>Padmaka</i>	<i>Lakshadi mukhalepa</i> (Soo. 25/38)	<i>Kaleeyakadi mukhalepa</i> (Soo. 22/21) <i>Lodhradi gana</i> (Soo. 15/26)	---
3.	<i>Padma keshara</i>	---	<i>Eladi gana</i> (Soo.15/43)	---
4.	<i>Yashti</i>	---	<i>Kumudaadi mukhalepa</i> (Soo. 22/20)	---
5.	<i>Ushira</i>	---	<i>Darbhaadi mukhalepa</i> (Soo.22/20) <i>Kaleeyakadi mukhalepa</i> (Soo. 22/21) <i>Taleesadi mukhalepa</i> (Soo. 22/21)	---
6.	<i>Manjishta</i>	<i>Lakshadi mukhalepa</i> (Soo. 25/38)	---	<i>Raktachandanadi lepa</i> (Ut. 11/9)
7.	<i>Sita durva</i> <i>Lata durva</i>	---	<i>Kumudaadi mukhalepa</i> (Soo. 22/20)	---