

## ◇ Charak Mahakashaya (Ten Mahakashayas)

Mahakashaya means "major group of herbs" that share similar therapeutic actions. Acharya Charaka divided single herbs into 10 groups, each containing 10 drugs, thus comprising 100 herbs.

### List of 10 Mahakashayas:

| S.No | Mahakashaya Name | Meaning / Therapeutic Action      |
|------|------------------|-----------------------------------|
| 1    | Jivaniya         | Life-promoting, Vitalizing        |
| 2    | Brimhaniya       | Bulk-promoting, Nourishing        |
| 3    | Lekhaniya        | Scraping, Anti-obesity            |
| 4    | Ropaniya         | Wound-healing, Tissue repair      |
| 5    | Kashaya          | Astringent action                 |
| 6    | Stambhana        | Styptic, Stopping bleeding        |
| 7    | Sandhaniya       | Union-promoting, Fracture healing |
| 8    | Varnya           | Complexion-enhancing              |
| 9    | Vishaghna        | Anti-toxic, Poison-neutralizing   |
| 10   | Krimighna        | Anti-parasitic, Wormicidal        |

## Detailed Explanation of Each Mahakashaya:

---

### 1. Jivaniya Mahakashaya (Life-promoting)

- **Purpose:** Promotes longevity, vitality, strength, and immunity.
- **Uses:** Rejuvenation therapy, convalescence, debility.

| Herb Examples |
|---------------|
| Jivaka        |
| Rishabhaka    |
| Meda          |
| Mahameda      |
| Kakoli        |
| Kshirakakoli  |
| Mudgaparni    |
| Mashaparni    |
| Jeevanti      |
| Bala          |

---

### 2. Brimhaniya Mahakashaya (Bulk-promoting)

- **Purpose:** Promotes weight gain, nourishes body tissues (*Dhatus*), useful in emaciation.
- **Uses:** Vata-kapha balance, malnourishment, post-illness recovery.

| Herb Examples      |
|--------------------|
| Ikshu (Sugarcane)  |
| Ikshuraka          |
| Shali (Rice)       |
| Godhuma (Wheat)    |
| Yava (Barley)      |
| Kola (Jujube)      |
| Kulattha           |
| Mudga (Green gram) |
| Masha (Black gram) |
| Payasya (Milk)     |

---

### 3. Lekhaniya Mahakashaya (Scraping/Anti-obesity)

- **Purpose:** Reduces fat, cholesterol, and excess *Kapha* and *Medas* (fat).
- **Uses:** Obesity, hyperlipidemia, atherosclerosis.

| Herb Examples      |
|--------------------|
| Musta              |
| Kushta             |
| Haridra (Turmeric) |
| Daruharidra        |
| Vacha              |
| Ativisha           |
| Chitraka           |
| Chirabilva         |
| Shilajatu          |
| Triphala           |

---

### 4. Ropaniya Mahakashaya (Healing/Wound management)

- **Purpose:** Promotes tissue repair, healing of ulcers and wounds.
- **Uses:** Skin disorders, ulcers, surgical recovery.

| Herb Examples      |
|--------------------|
| Madhuka            |
| Manjishtha         |
| Haridra            |
| Daruharidra        |
| Chandana           |
| Sariva             |
| Lodhra             |
| Kustha             |
| Kumari (Aloe vera) |
| Yashtimadhu        |

---

## 5. Kashaya Mahakashaya (Astringent)

- **Purpose:** Astringent taste, checks discharges and bleeding.
- **Uses:** Diarrhea, wounds, menorrhagia.

| Herb Examples |
|---------------|
| Lodhra        |
| Katphala      |
| Priyangu      |
| Badara        |
| Bilva         |
| Tinduka       |
| Jambu         |
| Amra          |
| Kapittha      |
| Dadima        |

---

## 6. Stambhana Mahakashaya (Styptic/Binding)

- **Purpose:** Arrests bleeding, diarrhea, and excessive secretions.
- **Uses:** Rakta-pitta, menorrhagia, loose stools.

| Herb Examples |
|---------------|
| Amalaki       |
| Bilva         |
| Lodhra        |
| Ashoka        |
| Durva         |
| Nagakesara    |
| Padmaka       |
| Kaseruka      |
| Chandana      |
| Udumbara      |

---

## 7. Sandhaniya Mahakashaya (Fracture-healing)

- **Purpose:** Helps in union of broken bones and ligaments.
- **Uses:** Fractures, bone disorders.

| Herb Examples  |
|----------------|
| Laksha         |
| Asthisamharaka |
| Guduchi        |
| Haridra        |
| Daruharidra    |
| Manjishtha     |
| Madhuka        |
| Yashtimadhu    |
| Shatavari      |
| Bala           |

---

## 8. Varnya Mahakashaya (Complexion-enhancing)

- **Purpose:** Enhances skin glow and complexion.
- **Uses:** Skin diseases, rejuvenation, cosmetic use.

| Herb Examples |
|---------------|
| Chandana      |
| Padmaka       |
| Yashtimadhu   |
| Manjishtha    |
| Sariva        |
| Lodhra        |
| Haridra       |
| Daruharidra   |
| Ushira        |
| Nalika        |

---

## 9. Vishaghna Mahakashaya (Anti-toxic)

- **Purpose:** Neutralizes poisons, detoxifying.
- **Uses:** Poisoning (Visha), allergies, skin disorders.

| Herb Examples |
|---------------|
| Haridra       |
| Daruharidra   |
| Guduchi       |
| Manjishtha    |
| Sariva        |
| Chandana      |
| Yashtimadhu   |
| Amalaki       |
| Katuki        |
| Triphala      |

---

## Krimighna Mahakashaya (Anti-parasitic)

- **Purpose:** Kills or expels intestinal and external parasites.
- **Uses:** Worm infestation, skin diseases.

| Herb Examples |
|---------------|
| Vidanga       |
| Krimighna     |
| Ajamoda       |
| Musta         |
| Shigru        |
| Nimba         |
| Haritaki      |
| Pippali       |
| Palasha       |
| Kutaja        |

---

## Summary Table:

| Mahakashaya | Action                | Primary Use Cases               |
|-------------|-----------------------|---------------------------------|
| Jivaniya    | Vitality promoting    | Rejuvenation, immunity boosting |
| Brimhaniya  | Nourishing            | Weight gain, malnourishment     |
| Lekhaniya   | Scraping/Anti-obesity | Obesity, dyslipidemia           |
| Ropaniya    | Wound healing         | Ulcers, skin wounds             |
| Kashaya     | Astringent            | Diarrhea, bleeding              |
| Stambhana   | Binding, Styptic      | Bleeding disorders              |
| Sandhaniya  | Fracture healing      | Bone injuries                   |
| Varnya      | Enhancing complexion  | Skin glow, fairness therapy     |
| Vishaghna   | Anti-toxic            | Poisoning, detox                |
| Krimighna   | Anthelmintic          | Worms, parasites, scabies       |

## CONCISE AND HIGH-YIELD LIST OF “MAIN MAIN DRUGS” AND IMPORTANT POINTS FROM VARIOUS AYURVEDIC BRANCHES THAT ARE FREQUENTLY ASKED IN AIAPGET 2025:

---

### ◆ 1. Rasashastra & Bhaishajya Kalpana (Pharmaceutics)

#### Main Drugs:

- **Ras Sindura** – Best Rasayana, quick-acting, made from purified mercury and sulphur.
- **Makardhwaja** – Aphrodisiac, rejuvenator, used in Vajikarana.
- **Abhraka Bhasma** – Rejuvenator, used in chronic respiratory diseases.
- **Tamra Bhasma** – Hepatoprotective, anti-obesity.
- **Shilajatu** – Rasayana, anti-diabetic, adaptogen.
- **Parada (Mercury)** – Base for Rasa preparations, requires proper shodhana.
- **Guggulu** – Anti-inflammatory, used in Sandhivata, Medoroga.

#### Key Points:

- 8 types of Parada Shodhana.
  - Bhasma Pariksha (Tests): Rekhapurnatva, Varitaratva, Nirdhuma, etc.
  - Panchavidha Kashaya Kalpana: Swarasa, Kalka, Kwatha, Hima, Phanta.
  - Avaleha: Chyawanprash, Agastya Haritaki.
  - Anjana Types: Snehana, Lekhana, Ropana.
- 

### ◆ 2. Dravyaguna (Pharmacognosy)

#### Main Drugs:

- **Ashwagandha** – Balya, Rasayana, Stress reliever.
- **Guduchi** – Rasayana, Jwaraghna, Immunity booster.
- **Haritaki** – Tridosahara, Best Anulomana drug.
- **Triphala** – Rasayana, Netra, Anulomana.
- **Shatavari** – Stanya janana, Rasayana for females.
- **Yashtimadhu** – Anti-ulcer, Netrya, Swarya.
- **Nimba** – Krimighna, Kushthaghna.



### Key Points:

- Rasa Panchaka: Rasa, Guna, Virya, Vipaka, Prabhava.
  - Doshagnata based classification.
  - Virya: Ushna vs Sheeta-based drug actions.
  - Grahi drugs: Nagakesara, Musta, etc.
  - Lekhaniya drugs: Musta, Vacha, Triphala.
- 

## ◆ 3. Kayachikitsa (General Medicine)

### Main Drugs:

- **Pippali** – Deepana, Jwaraghna, Rasayana in Kshaya.
- **Brahmi** – Medhya Rasayana, good for Manas Rogas.
- **Manjistha** – Raktashodhaka, used in Raktapitta, Kushtha.
- **Vacha** – Medhya, Lekhaniya, useful in Apasmara.
- **Kutaja** – Best for Atisara, especially Raktatisara.

### Key Points:

- Medhya Rasayana: Mandukaparni, Guduchi, Shankhpushpi, etc.
  - Rasayana Chikitsa: Preventive medicine for aging and immunity.
  - Atisara drugs: Kutaja, Musta, Bilva.
  - Rajayakshma Chikitsa: Use of Pippali Rasayana.
- 

## ◆ 4. Shalya Tantra (Surgery)

### Main Drugs:

- **Snuhi Ksheera** – Used in Kshara Sutra.
- **Haridra** – Ropana, anti-inflammatory.
- **Guggulu** – Healing, Vrana Ropaka.
- **Nimba** – Antiseptic, Vrana Shodhana.
- **Apamarga Kshara** – Best in Kshara Karma.

### Key Points:

- Kshara types: Mridu, Madhyama, Tikshna.
- Ksharasutra application in Bhagandara.
- Vrana Shodhana vs Ropana herbs.

- Raktastambhaka drugs: Lodhra, Durva, Nagakesar.
- 

## ◆ 5. Stri Roga & Prasuti Tantra (Gynecology & Obstetrics)

### Main Drugs:

- **Ashokarishta** – Best in Menorrhagia (Raktapradar).
- **Lodhra** – Raktastambhaka, Garbhasthapaka.
- **Shatavari** – Stanyajanana, Rasayana.
- **Pushpadhanva Rasa** – Infertility (Bandhyatva).
- **Patrangasava** – Raktapradar.

### Key Points:

- Stanyajanana drugs: Shatavari, Yashtimadhu.
  - Garbhasthapaka: Lodhra, Ashoka.
  - Drug for Bandhyatva: Putrajivaka, Shatapushpa.
- 

## ◆ 6. Kaumarabhritya (Pediatrics)

### Main Drugs:

- **Bala** – Balya, used in growth promotion.
- **Kshirakakoli** – Rasayana, nourishing.
- **Gokshura** – Mutrakrichra, Balya.
- **Jivanti** – Rasayana, Netrya.
- **Sankhapushpi** – Medhya, best for memory in children.

### Key Points:

- Suvarnaprashana: For immunity, intellect, and strength.
  - Drug of choice in Jwara: Guduchi, Musta.
  - Drug in Graharoga: Brahmi, Vacha, Kushtha.
-

## ◆ 7. Agad Tantra (Toxicology)

### Main Drugs:

- **Visha Bhesaja:** Haridra, Guduchi, Triphala, Shankhini.
- **Nimba** – Vishaghna, Krimighna.
- **Sariva** – Raktashodhaka, Vishaghna.
- **Triphala** – Detox, antioxidant.

### Key Points:

- Best Vishaghna group: Vishaghna Mahakashaya.
  - Jalavisha & Dushivisha – Chronic toxicity concept.
  - Important antidotes: Tankan, Haridra, Ghee.
- 

## ◆ 8. Panchakarma (Detox Therapies)

### Main Drugs:

- **Trivrit** – Best Rechana.
- **Eranda** – Virechaka, Vatashamaka.
- **Musta** – Deepana, Pachana.
- **Saindhava** – Used in Basti.
- **Pippali** – Nasyakarma and Rasayana.

### Key Points:

- Best Virechana Drug: Trivrit.
  - Best Basti oil: Eranda Taila, Balataila.
  - Raktamokshana: Jalaukavacharana for Pitta disorders.
-

## **Preparation Tips:**

1. **Revise frequently asked drugs** from past AIAPGET papers.
2. Focus on:
  - **Prabhava-based actions**
  - **Virya-Rasa correlation**
  - **Classical formulations**
3. Practice:
  - Drug identification based on Sanskrit synonyms.
  - Correlate diseases with classical drugs/formulations.
4. Make your own **flashcards** or use **table format** for revisions.
5. Revise **Charak Mahakashaya** and **Sushruta Yogas** frequently.