

**A CRITICAL REVIEW OF MRID (MRITPINDA- SOIL DOUGH) AS A
CHHARDINIGRAHAN DRAVYA W.S.R TO CHHARDINIGRAHAN
MAHAKASHAY OF CHARAK SAMHITA**

¹Dr. Sanjay R. Talmale, ²Dr. Mamta S. Talmale and ³*Dr. Rahul R. Gawali

¹Associate Professor, Dept. of Dravyaguna Vigyana, R.A. Podar Ayurvedic College,
Mumbai.

²Associate Professor, Dept. of Swasthwritt, Bhausahab Mulak Ayurved Mahavidyalaya,
Nagpur.

³PG Scholar, Dept. of Dravyaguna Vigyana, R.A. Podar Ayurvedic College, Mumbai.

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***Corresponding Author**

Dr. Rahul R. Gawali

PG Scholar, Dept. of
Dravyaguna Vigyana, R.A.
Podar Ayurvedic College,
Mumbai.

ABSTRACT

In Charak Samhita Sutrasthan Adhyay 4 Acharya Charak advised 50 groups of drugs having similar properties and named them as Mahakashay. The basis of making these Mahakashay is Pharmacological and Pharmacotherapeutical. In each Mahakashay Acharya introduced 10 drugs. It can't be said that all the drugs in each Mahakashay are having same action, however each drug performs its action in different but targeted manner. Chhardinigrhan Mahakashay comprises of 10 drugs – Jambupallav, Amrapallav, Matulunga, Amla Badar, Dadim, Yav, Mritytika, Ushir, Shashtik and Laja. Chhardi i.e. emesis is mainly caused by gastric mucosal irritation. Hyper-emesis

produces certain hazards as debility, tiredness, dehydration and electrolyte imbalance. In this article the authors are trying to discuss the efficacy of Mrit (Soil dough) in overcoming dehydration and electrolytic imbalance caused by hyper-emesis.

KEYWORDS: Mahakashay, Chhardinigrhan, Mrid, Mritpinda, Hyper-emesis.

INTRODUCTION

As far as Chhardi or Emesis is concerned, it is caused mainly by irritation of gastric mucosa. Hyper-emesis results into body fluid loss which results into rasakashay and profuse electrolyte imbalance i.e. lack of certain electrolytes and elements. Certain Dravya in Chhardinigrhan

Mahakashaylike Ushir, Yashtik, Dadim, Badar, Matulunga, Jambupallav and Amrapallavare Sheeta veerya (Potency) and Sheeta Sparsh (Feeling). Hence they are useful in relieving gastric irritation.

The drugs such as Laja (Mand), Matulunga, Dadim, and Yav(Saktu) are useful in overcoming the symptoms of rasakshay. Here the question arises about an inclusion of Mrid (Soil dough) in this group of Chhardinigrahan drugs.

In Charak Samhita Sutrasthan Adhyay 26 Charak advocates the supremacy of Mrid Bhrisht Jala in alleviation of Chhardi and Trishna (emesis and thirst). It is the base of inclusion of Mrid in this Mahakashay.

MATERIALS AND METHODS

In Ayurved three types of land or zones are discussed which are Anup desh, Jangal desha and Sadharan desha. For the experience the soil will be collected from 3 zones or Desha.

Required amount of distilled water in 100 gm of soil to be mixed to form dough (Mritpinda). Each dough will then put to dry. These dry dough will be then allowed to put in the furnace/oven to make hot. These hot dough will then dipped in 1 lit distilled water. This water is called as Mrid bhrishta Jala. It is the prime or expected drug for this study.

DISCUSSION

A] Modern View

Vomiting is a complex reflex involving both autonomic and somatic neural pathways. Synchronous contraction of the diaphragm, intercostal muscles and abdominal muscles raises intra-abdominal pressure and combined with relaxation of the lower oesophageal sphincter results in forcible ejection of gastric contents.

During repeated episodes of vomiting (Hyper-emesis) body fluid losses H^+ Cl^- , Na^+ Cl^- and K^+ Cl^- . The loss of these electrolytes respectively leads to Metabolic alkalosis, Hyponatraemia and Hypokalaemia. These causes debility, tiredness, dehydration and electrolytic imbalance.

Here we think that Mrid bhrisht Jal will be enriched with essential elements required to overcome symptoms of dehydration and electrolyte imbalance.

B] Ayurvedic View

According to Ayurved Chhardi is caused due to over consumption of Snigdha (more unctuous), Ruksha (more dry), Ahridhya, lavan ras, katu ras, amla rasatmak Aahar. These type of food consumption leads to Pitta Prakop. The properties of Pitta like Tikshna and Ushna guna causes Amashay kshobh (Gastric mucosal irritation). Amashay kshobh leads to continuous episodes of Chhardi and then Rasakshay signs and symptoms seen.

In this condition of Amashay kshobh and Rasakshay Mrid bhrisht Jal may be helpful in overcoming these conditions. Mrid bhrisht Jal (water) have properties like Sheeta, Guru, Snigdha, Madhur, Kashay Ras. These Guna (properties) of Jal will be act as a Pitta Shamak and Ras Tarpan.

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