



# International Research Journal of Integrated Medicine & Surgery

## LITERARY REVIEW OF AJA WITH SPECIAL REFERENCE TO BRAHATATRAYE

Dr. Sachin S.Sheth<sup>1</sup>, Dr.Gangaprasad Asore<sup>2</sup>, Dr.Yashoda P. shinde<sup>3</sup>

1. Assistant Professor ,Dept. of Rasashastra & Bhaishajya Kalpana, Sion , Mumbai.

2. Associate Professor, Dept. of Rasashastra & Bhaishajya Kalpana, Sion , Mumbai.

3. PG scholar, Dept. of Rasashastra & Bhaishajya Kalpana, Sion , Mumbai.

Correspondance address- yashodagolekar@gmail.com

### Abstract:

In ayurveda various medicinal formulation are used which are of animale origin like cow, goat , sheep etc. In Brahatatrayee various therapeutic properties and nutritive value of Aja and its product was explained. present research study reviwed on effective / functional characteristics of Aja and its product on digestive , respiratory , blood formation and immune system. Which explained in brahatatrayee

**Keywords :** Aja , Brahatatraye , kalpa .

### Introduction :

Natural product have been important resources for maintaining life and becoming increasingly impotent as alternative medicine. In ayurvedic medicine found that drug has various origin like herbal, animal, mineral. Various animal and its product was used for medicine formation .

Aja , Chhaga means goat. Aja products (ksheer, dadhi, ghrut, mutra, shakrut ) is used in medicine formation. Good properties of Aja nicely elaborated in Brahatatraye. These are major classics - Charak Samhita, Sushrut Samhita ,Ashtang Hridya are explored to compile information regarding Aja.

### Aim and Objectives:

**Aim:** Literary review of Aja with special reference to Brahatatraye.

**Objectives:** Objective of this paper is to review literature regarding Aja that used in

Medicine

### Materials and Methods:

Information regarding Aja is reviewed from Charak Samhita, Sushrut Samhita, Ashtang Hridya .

References found in Charak Samhita regarding to Aja has been tabulated as below

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## CHARAK SAMHITA

Aja	Guna	Rogagnata	Reference
Aja ksheer	Kashayamadhur, sheet, grahi, laghu	Raktapitta, atisara, kshaya, kasa, jvara hara	Ch.sut.27/221
	stanya satmya, sangrahi	shosh, Raktapitta hara	Ch.sut25
Aja Mansa	semicold, heavy, fatty, pittakapha hara, anabhishyandi, sharir dhatu guna samanyad, branhan	Adoshala	Ch.sut.27/61
Aja Mutra	Kashayamadhur, pathya	Tridosha hara	Ch.sut.1/102

Aja product	Kalpa	Rogaghnta	Reference
Aja ksheer	Anutail	Nasya	Ch.sut.3/63,-70
	Aja ksheer with panchaguna jala	Raktapitta	Ch.chi.5/83
	Priyaladi ksheer-Nasya	Raktapitta	Ch.chi.5/101
	Shali with ksheer	Gulma	Ch.chi.133,134
	Ksheer	Rajayakshama	Ch.chi.8/116
	Ksheer+mansarasa with yusha	Kshatakshin	Ch.chi.11
	Aja ksheer -pana	Uadar	Ch.chi.13/107
	Aja ksheer+marich	Uadar	Ch.chi.13/152
	Kutajadi rasakriya-anupanarth	Arsha	Ch.chi.14/188,189,190
	Nilotpaladi churn with ksheer	Arsha	Ch.chi.14/193
	Vastuk swaras with ksheer	Arsha	Ch.chi.14/194
	Aja ksheer-bala vardhan	Atisara	Ch.chi.11/57
	Aja ksheer+madhu+sharkara	Atisara	Ch.chi.11/71
	Drashtipada varti	Eye disorder	Ch.chi.26/254,255
	Aja ksheer pathya	Vatarakta	Ch.chi.29/93
	Aja ksheer with tail	Vatarakta	Ch.chi.29
	Madhuchchhishta pralepa	Vatarakta	Ch.chi.29/141,142,143,144

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	Sahachar lepa	Vatarakta	Ch.chi.29/193
	Black teel lepa	Vatarakta	Ch.chi.29
	Tittiradi basati	Bruhan	Ch.chi.12
	Chatusneha basati	Putrakara	Ch.sidhi.1
	Brahatiyadi ksheer basati	Jivadana	Ch.sidhi.10/39-42
	Godhumadi yavagu	RaktaAtisara	Ch.sut.3/23
	Pippaliguda sadhit ksheer	Kasa	Ch.chi.18/166
Aja Mansa	Mansa Rasa wita yusha	Kshatakshin	Ch.chi .11
	Antaradhi Mansa with plandu,rudhir	Arsha	Ch.chi.14/209
	Navanitteeladi mansarasa	Arsha	Ch.chi14/211
	Patol yush with mansarasa	Madatya	Ch.chi24/139
	Aja shir mansa	Vatavyadhi	Ch.chi28/107
	Aja shir mansa upanaha	Vatavyadhi	Ch.chi28/108
	Baladi niruha basati	Bruhan	Ch.sidhi.3/13 to19
	Dashamuladi Niruha	Basati	Ch.sidhi.3/35
Aja Rakta	Aja Rakta pana	Vaman virechan vyapada	Ch.sidhi.6/82
Aja Mutra	Gandhahasti namak agada		
	Amarut ghrita		
	Dhatakyadi tail		

### SUSHRUT SAMHITA

Aja product	Guna	Rogagnata	Reference
Aja	small sized,mountain dwelling,consume lot of pungent,bitter leaves,drink less water,	sarva vyadhi hara	Sh.Su.45/52
Aja ksheer	Aja milk properties similar to cow milk	Shosha	Sh.Su.45/51
	Dipan,laghu,sangrahi	shwas,kasa,raktapitta	Sh.Su.45/51
	Aja milk can use alternative to mother milk		Sh.Sha.10/48
Aja Dadhi	kaphapittaghna,laghu,vata hara,again dipan	kshaya,shwas,kasa	Sh.S.45/68
Aja Ghrita	Dipan,chakshushyam,bala vardhanam,pathya,laghu	kshaya,shwas,kasa	Sh.S.45/98
Aja Mutra	Katu tikta rasa,little vata prakopak	kasa,shwas,shofa,ka mala,pandu hara	Sh.S.45/237
Aja Mansa	semicold,heavy,fatty,pittak apha hara,anabhishyandi,	pinasa nashana	Sh.S.45/87

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Aja product	Kalpa	Rogaghnta	Reference
Aja ksheer	Rohini phala kept in Aja kshir for 7day	Pandukarma	Sh.Chi.1/94
	sahadeva,vishvadeva,saind hava,Ajaksheer for lepa	karna vyadha bandhan	Sh.Chi.16/15
	kansyadi anjan in ksheer	Rakta abhishandya	Sh.Ut.12/50
	Manashiladi varti	Night Blindness	Sh.Ut.17/18
	payasyadi lepa,drakshadi lepa in ksheer	Eye disorder-pain,redness	Sh.Ut.17/89,90,91
	shatavari,prathakparnyadi ksheer	Brahan, Eye - redness,pain	Sh.Ut.17/93
	Prasadan anjan	Drashati sthairya	Sh.Ut.17/96,97,98,99
	Kansyadi Varti	Eye disorder-shulahara	Sh.Ut.18/103,104
	Madhukadi ksheer	Atisara	Sh.Ut.40/120
	Manjishthadi ksheer	Rakta Atisara	Sh.Ut.40/121
	Utapladi four yoga in ksheer	Rakta Atisara	Sh.Ut.40/122
	Bimbiyadi tail	karna puran-Badhirya	Sh.Ut.21/36,37
	Rhiberyadi ksheer	Vata Abhishandya-shul hara	Sh..Ut.9/13
	Madhukadi lepa in ksheer	Abhishyandya	SH.Ut.9/14
	Kantakarryadi ksheer	Karna shula	Sh.Ut.21/13
Aja Ghrita	Aja Ghrita parishek	after surgery of krakatika karna vyadhi	Sh.Chi.2/33
	Aja,utpaladi ghrita	Netra Abhighat	Sh.Chi.2/44
	Madhuradi sidhaAja ghrita	Nasya in eye disorder	Sh.Ut.17/
	Sthiradi sidha Ghrita	Snehan in shosha vyadhi	Sh.Ut.41/32,33
	Yavagu with Ghrita	shosha vyadhi	Sh.Ut.41/33
	Aja ghrita with masha	shosha vyadhi	Sh.Ut.41
	Yavaksharadi churna with ghrita-3yoga	Vataj Swarbheda	Sh.Ut.53/11
Aja Mutra	Aja mutra,madhu,taila karnapuran	Karna shula	Sh.Chi.5
	Strotanjan Varti	Kapha vidagdha drashati	Sh.Ut.17/16



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	Saindhavadi Anjan varti	Graha Badhahara	Sh.Ut.60/45,46
	Aja Mutra Smell	Hikka shaman	Sh.Ut.50/23
	Mutra bhavit Lashunadi churna smell	Hikka shaman	Sh.Ut.50/24
	Vanshadi Ghrita pak in mutra	Karna shula	Sh.Ut.21/19
	Aja mutrayadi tail - abhyanga	Sheetputana pratishedha	Sh.Ut.34
	Pippali mula churna with mutra	Krimighna	Sh.Ut.54/32
	Kharashvadi tail pak in mutra	Grahabadha hara	Sh.Ut.60/41,42
	Mahishyadi Varti	visuchika hara	Sh.ut.56/24,25
Aja Mansa	Aja mansa +Dudha	Sanyoga Virudha dravya	Sh.Su.20/8
	Aja mansa is pitta prakopaka		Sh.Su.21/21
Aja Mutra	Aja mutra,madhu,taila karnapuram	Karna shula	Sh.Ut
	EnaavyaAja mansa+vata patra	Pravahika	Sh.Ut.40/147
	Aja mansa with yusha	Pravahika	Sh.Ut.40/148
Aja Rakta	Aja rakta-Pichhasati	Niruha krama	Sh.Chi.38/85
	Aja asrugachandanadi mantha	Vaman,virechan vyapada	Sh,Ch.34
	Aja rakta pana with madhu	Raktapitta	Sh.Chi.48/28
Aja yakruta	Apakva yakrut yukta pitta	Raktapitta	Sh.Chi.48/28
	Aja meda,yakrutadi pak-kshudraAnjan	Eye disorder	Sh.Ut.17/21,22
	Aja yakrut+pippali churn pak	Naktandhya	Sh.Ut.17/25
	Yakrut with tail ghrita pak on loha shalaka	Naktandhya	Sh.Ut.17/26
Aja charma,Roma	Ajachmaromadi dhupan	Visham Jvarhara	Sh.Ut.39/261
	Aja dhupan	GrahaShanti	Sh.Ut.60/38,39
Ajj Shakrut	Shakrutrasadi ghrita	Shosha	Sh.Ut.41/44,45
	Aja shakrutadi churna with madhu	Pandu	Sh.Ut.44/22

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### ASHTANG HRIDYA

Aja product	Guna	Rogagnata	Reference
Aja	mountain dwelling, consume lot of pungent, bitter leaves, drink less water,	Shosha, shwas, kasa, raktapitta jita	As.h.Su.5/25
Aja ksheer			
Aja Mutra	Katu tikta rasa, little vata prakopak	Krimi, shopha pandu kushathadi	Ast.Hr.Su.5/81
Aja Mansa	semicold, heavy, fatty, pittak apha hara, anabhislyandi, sharir dhatu guna samanyad, brnahan	Adoshala	Ast.Hr.Su.6/62

Aja product	Kalpa	Rogaghnta	Reference
Aja ksheer	Anutail pak	Nasya	Ast.Hr.Su.20/38
	Aja milk+panchguna jala pak	Raktapitta	Ast.Hr.Chi.36
	Pippali ksheer pak	Kasa	Ast.Hr.chi3/164
	Dhatryadi Ghrita	Kasa	Ast.Hr.chi3/107, 108
	Chaturguna jala sidha ksheer	Ksheer	Ast.Hr.chi4/36
	Aja ksheer, ghrita, mansa	shosha	Ast.Hr.chi5
	Kutaja avaleha anupan - Aja ksheer	Arsha	Ast.Hr.chi8/105, 106, 107
	Rodhradi with ksheer	Arsha	Ast.Hr.chi8/112
	Nvaneet, ksheer, mansa with shali	Arsha	Ast.Hr.chi8/119, 120
	Aja ksheer	Niram dosha, Atisara	Ast.Hr.chi.9/66
	Aja ksheer	Drun Gudapak	Ast.Hr.chi9/82
	Ksheer+ardha jala+utpaladi churna	RaktaAtisara	Ast.Hr.chi.9/85
	Teeladi ksheer	RaktaAtisara	Ast.Hr.chi9/92
	Shali with gavyadi ksheer		Ast.Hr.chi14/74
	Gavyadi ksheer with ghrit, tail	Vatarakta	Ast.Hr.chi22/25
	Sahacharadi lepa in ksheer	Vatarakta	Ast.Hr.chi22/33



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	Alternative to mother milk		Ast.Hr.ut.3/20
	Pundaryadi Vartyanjan	sandhisitaAsita vyadhi	Ast.Hr.ut.11/49,50
	Mhatrphala Ghrita	Timir	Ast.Hr.ut.13/12,13
	Bhaskar anjan	Timir	Ast.Hr.ut.13/28,29
	Shashdantadi varti	Timirshukra jita	Ast.Hr.ut.13/72
	Drakshayadi varti	Timir	Ast.Hr.ut.13/74
	Kalanusaritrikatuadi varti	RatriAndhya	Ast.Hr.ut.13/87
	Payasyadi lepa	Linganasha-eye disorder	Ast.Hr.ut.29
	Rodhradi Aschotanam	Linganasha-eye disorder	Ast.Hr.ut.26,27
	PindaAnjan	Eye disorder	Ast.Hr.ut.31
	Tarunadiksheer	VatajAbhishyandya	Ast.Hr.ut.16/10
	Bilvadi ksheer-ashchotan	VatajAbhishyandya	Ast.Hr.ut.16/11,12
	Pundrayashati ksheer ashchotan	VatajAbhishyandya	Ast.Hr.ut.16/15
	Aja madhya	Purish kshaya	Ast.Hr.sut.11/32
	Amla mansarasa	Madatya	Ast.Hr.sut.7/27
	Shali with mansarasa	Madatya	Ast.Hr.sut.7/21
	Shushkamulak with mansarasa	Madatya	Ast.Hr.sut.7/37
	Shali with mansarasa	Arsha	Ast.Hr.sut.7/37
	Baladi kalpa	Brnahan,Jivaniya	Ast.Hr.klp.4/12,13
	Dashamiladi basati	Basati	Ast.Hr.klp.4/12,13
	Baladi kalpa	Brnahan,Jivaniya	Ast.Hr.klp.4/5,6
Aja Yakrut	Pittayukta yakrut	Raktapitta	Ast.Hr.Chi.8/30
	Pippali+yakrut pak anjan	Nishaandhya	Ast.Hr.Ut.13/88
Aja shakrut	GoAjadi leha	shwashikka	Ast.Hr.Ut.4/38
Aja Mutra	Haridra kshar	Grahani	Ast.Hr.chi.10/57
	Tuthhanjan	Timir	Ast.Hr.ut.13/33
	Strotoanjan	Timir	Ast.Hr.ut.13/86
Ajameda	Sura bharjit meda	Kasa	Ast.Hr.Chi.3/85
	Mansa rasa	Atisara	Ast.Hr.chi.9/33,34

### Results:

Studies indicate that Aja and its products are used in different medicine formation and treating various disease e.g. respiratory, digestive, eye disorder, blood disorder.

### Discussion:

All properties of Aja was mentioned in detail in Brahatatraye.



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### Conclusion:

Studies have found various products of Aja exhibit variety of therapeutic effect . These results are very encouraging and indicate this Aja product should be studied more extensively .

### Acknowledgement:

We express my profound sense of gratitude sincere regards and humble thanks to Prof. Dr. Baban M. Rathod sir (HOD of Rasashastra and Bhaishajya kalpana) Ayurved Mahavidyalaya , sion , Mumbai -22.

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