

LITERATURE REVIEW OF MUSTAK IN VARIOUS AYURVEDIC TREATISE

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ABSTRACT

Cyperus rotundus Linn., commonly known as nut grass or *Mustak*, a highly valued rhizome widely used in Ayurvedic medicines. The plant rhizomes have been traditionally employed in the treatment of various ailments, such as fever, diarrhoea, diabetes, piles, inflammation, obesity, and skin disorders. In Ayurveda, *Mustak* considered as potent herb due to its broad therapeutic properties and value. *Mustak* described under several Ayurvedic groups such as *Lekhaniya Mahakashaya*, *Triptighna Mahakashaya*, and *Kandughna Mahakashaya*. The *guna-karma* (properties and actions) are also explained as *laghu*, *ruksha guna*; *tikta*, *katu*, and *kashaya rasa*; *katu vipaka* and *sheet veerya*. *Mustak* indicated as an ingredient in numerous Ayurvedic formulations such as *Sadangapaneeya*, *Phaltrikadi kwath*, *Brahama Rasayan*, *Chavyanprash*, *Gangadhar churn*, *Chandraprabha Vati*, *Navayas lauh* and used in the treatment of *Jwar*, *Pipasa*, *Madhumeh*, *Kash*, *Sangrahani* and *Shoath*. The therapeutic importance of *Mustak* well defined in classical texts including the *Vedas*, *Samhitas*, *Kosha Granthas*, and various *Nighantus*.

KEYWORDS: *Cyperus rotundus* Linn, *Mustak*, Medicinal plant, Ayurveda herb, Sedge family (Cyperaceae).

INTRODUCTION

Cyperus rotundus Linn., commonly known as nut grass, purple nut sedge; *Musta*, *Mustak*, *Nagarmotha* in Ayurveda, a perennial herb under the Cyperaceae family.^[1] *Mustak*, typically flowers and fruits between June and October.^[2] The plant is distributed widely across India up to elevations of 1800 meters, from Kashmir to Shimla, Garhwal, and the Khasi Hills, as well as the plains and mountainous regions extending from Mount Abu and Pune to the Nilgiri Hills.^[3]

In classical Ayurvedic literature, *Mustak* is referred to by numerous synonyms, including *Jalad*, *Nagarmusta*, *Ghan*, *Shishira*, *Bhadra*, *Gudagranthi*, *Sugandhi*, *Hima*, *Varid*, *Gundra*.^[4] *Mustak* extensively described in major Ayurvedic texts such as the *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Bhavaprakasha Samhita*, *Bhela Samhita*, *Harita Samhita*, and *Kashyapa Samhita*, and indicated with efficacy in treating “leprosy, fevers, thirst, blood diseases, dysentery, vomiting, epilepsy, ophthalmia, and antihelmintic”.^[5] *Mustak* is often recommended in *Pitta* and *Kapha*-related disorders, particularly in inflammation, fever, and metabolic disturbances. It is classified under *Lekhaniya*, *Triptighna*, *Kadughan*, *Sanyashodhan*, *Trishnanigrahan*, *Sangrahaniya*, *Deepaniya* *Dravya*, *Jwaraghana*, *Sothahar Mahakashaya*.^[6] In this article, a detailed literature review of *Mustak* has been covered and

compiled from *Samhitas*, *Nighantus*, *Rasa Granthas* as *Rastarangini* and *Rasaratnasamuccaya*. The ancient literature review, synonyms, formulations, with *Mustak*, its raspanchak and efficacy explained that the plant *Mustak* is highly potential, effective, commonly available, economical and widely accepted drug of Ayurveda.

MATERIAL AND METHODS

Mustak in Samhita kala Charak Samhita^[6]

Mustak has been referenced extensively in several chapters of the *Sutra Sthana* and *Chikitsa Sthana*, of the *Charaka Samhita*. Its use in a variety of disorders, as well as its inclusion as a key ingredient in numerous Ayurvedic formulations, highlights its therapeutic significance in classical Ayurvedic literature. The *Mustak* formulations and their indications are as follows.

S. NO	PREPARATION	INDICATION	REF.NO
1.	<i>Musta swaras</i>	<i>Santarpan janya vyadi</i>	<i>Ca.Su.23/12</i>
2.	<i>Agraya dravaya</i>	<i>Sangrahi, Dipan, Pachan</i>	<i>Ca.Su.25/40</i>
3.	<i>Brahma Rasayan</i>	<i>Rasayan karma</i>	<i>Ca.Ci.1-1/48</i>
4.	<i>Chyavanprasa</i>	<i>Kasa, Shwasa,</i>	<i>Ca.Ci.1-1/64</i>
5.	<i>Indrokt rasayana</i>	<i>Rasayan karma</i>	<i>Ca.Ci.1-4/14</i>
6.	<i>Shadanga Paniya</i>	<i>Pipasa, Jwara</i>	<i>Ca.Ci.3/145</i>
7.	<i>Musta parpataka kashyaya</i>	<i>Jwara</i>	<i>Ca.Ci.3/197</i>
8.	<i>Trayamanadya ghrta</i>	<i>Gulma</i>	<i>Ca.Ci.5/119</i>
9.	<i>Asthapana Basti with sneha</i>	<i>Kustha</i>	<i>Ca.Ci.7/46</i>
10.	<i>Mustadi churna</i>	<i>Kustha</i>	<i>Ca.Ci.7/65</i>
11.	<i>Kanakbindvarista</i>	<i>Kustha</i>	<i>Ca.Ci.7/77</i>
12.	<i>Siddharthaka snana</i>	<i>Kustha</i>	<i>Ca.Ci.7/91</i>
13.	<i>Mustadi Taila</i>	<i>Kustha</i>	<i>Ca.Ci.7/102</i>
14.	<i>Kanakakhsiri taila</i>	<i>Mandala Kustha</i>	<i>Ca.Ci.7/113</i>
15.	<i>Tiktashatpala ghrta</i>	<i>Kustha</i>	<i>Ca.Ci.7/142</i>
16.	<i>Mahatiktaka ghrta</i>	<i>Kustha</i>	<i>Ca.Ci.7/144</i>
17.	<i>Kshara Gudika</i>	<i>Svayathu</i>	<i>Ca.Ci.12/43</i>
18.	<i>Pippalyadi kshara</i>	<i>Udraroga</i>	<i>Ca. Ci 13/159</i>
19.	<i>Hriveradi Ghrta</i>	<i>Arsha</i>	<i>Ca.Ci.14/231</i>
20.	<i>Sunishannaka Changeri Ghrta</i>	<i>Arsha</i>	<i>Ca.Ci.14/236</i>
21.	<i>Chandanadya Ghrta</i>	<i>Pittaja Grahani</i>	<i>Ca. Ci 15/126</i>
22.	<i>Nagaradya churna</i>	<i>Pittaja Grahani</i>	<i>Ca. Ci 15/129</i>
23.	<i>Kiratadya Churna</i>	<i>Grahani roga</i>	<i>Ca.Ci.15/138</i>
24.	<i>Mulasava</i>	<i>Dipana, Raktapitta</i>	<i>Ca.Ci.15/158</i>
25.	<i>Haridradya Kshara</i>	<i>Agnivardhnam</i>	<i>Ca.Ci.15/182</i>
26.	<i>Pancham Kshara</i>	<i>Grahani</i>	<i>Ca.Ci.15/188</i>
27.	<i>Katukadya Ghrta</i>	<i>Raktapitta, Jwara, Daha,</i>	<i>Ca.Ci 16/47</i>
28.	<i>Vishaladi Phanta</i>	<i>Pandu roga</i>	<i>Ca.Ci.16/60</i>
29.	<i>Navayasa Churna</i>	<i>Pandu roga</i>	<i>Ca.Ci.16/70</i>
30.	<i>Mandurvataka</i>	<i>Pandu roga</i>	<i>Ca.Ci.16/73</i>
31.	<i>Punarnava mandura</i>	<i>Pandu roga</i>	<i>Ca. Ci. 16/94</i>
32.	<i>Vyoshadya Ghrta</i>	<i>Pandu roga</i>	<i>Ca.Ci.16/119</i>
33.	<i>Shatiyadi churna</i>	<i>Tamak Svasa, Hikka</i>	<i>Ca.Ci.17/123</i>
34.	<i>Duhsparsadi leha</i>	<i>Vatika Kasa</i>	<i>Ca.Ci.18/51</i>
35.	<i>Manahashiladi Dhuma</i>	<i>Kasa</i>	<i>Ca.Ci.18/69</i>
36.	<i>Sharkaradi leha</i>	<i>Kasa caused by pitta</i>	<i>Ca.Ci.18/90</i>
37.	<i>Tvagadi leha</i>	<i>Kasa</i>	<i>Ca. Ci. 18/92</i>
38.	<i>Jivantyadi leha</i>	<i>All five varieties of Kasa</i>	<i>Ca.Ci.18/176</i>

Sushruta Samhita^[7]

In *Sushruta Samhita*, *Mustak* is also described in various therapeutic contexts and uses. *Acharya Sushruta* provides a detailed account of its pharmacological

properties and medicinal actions for different ailments. The text documents the use of *Mustak* in the treatment of several disorders and its inclusion as an ingredient in numerous *Ayurvedic* formulations as follows.

S. NO	PREPARATION	INDICATION	REF.NO
1.	<i>Trivrtastaka modaka</i>	<i>Pittaja vyadhi</i>	<i>Su.Su.44/54</i>
2.	<i>Vardhamana pippali yoga</i>	<i>Vatarakta</i>	<i>Su.Ci.5/12</i>
3.	<i>Mahatiktaka Ghrta</i>	<i>Kustha</i>	<i>Su.Ci.9/8</i>
4.	<i>Tiktaka Ghrta</i>	<i>Kustha</i>	<i>Su.Ci.9/9</i>
5.	<i>Navayasa loha</i>	<i>Shofa</i>	<i>Su.Ci 12/11</i>
6.	<i>Dashmuladi basti</i>	<i>Kaphaja roga,</i>	<i>Su.Ci.38/64</i>
7.	<i>Sanshamana basti</i>	<i>Dosha Shamana</i>	<i>Su.Ci.38/95</i>
8.	<i>Mustadi raja yapana basti</i>	<i>Vatarakta, Prameha etc.</i>	<i>Su.Ci.38/106</i>
9.	<i>Tarksya Agada</i>	<i>Taksaka Sarpa visha</i>	<i>Su.Ka.5/65</i>
10.	<i>Maha sugandhi agada</i>	<i>Sarpa visha</i>	<i>Su.Ka.6/19</i>
11.	<i>Mustadi Kwatha</i>	<i>Jwara</i>	<i>Su.Ut.39/208</i>
12.	<i>Kalyanaka Ghrta</i>	<i>Jirna Jwara</i>	<i>Su.Ut.39/229</i>

13.	Panchgavya Ghrita	Vishama Jwara	Su.Ut.39/241
14.	Kalyanaka Ghrita	Apasmara	Su.Ut.62/22

Astangahrdaya^[8] (7th century A.D.)

In *Ashtanghrdaya Samhita*, *Mustak* is described under *Kaphagna gana*, *Mustadi Gana*, *Vachadi Gana* and *Tikata gana*. The *Acharyas* rigorously observed the

pharmacological properties and actions of *Mustak* and introduced it as an ingredient in different formulations as follows.

S.NO	PREPARATION	INDICATIONS	REF. NO.
1.	Drakshadi phanta	Jvara	Ah.Ci.1/56
2.	Pippalyadi Ghrita	Jvara	Ah.Ci.1/90
3.	Mustadi Basti	Jvara	Ah.Ci.1/120, 122
4.	Kasamardadi Ghrita	Kasa Shosha, Jvara, Pliha roga,	Ah.Ci.3/162
5.	Jivantyadi Ghrita	Parshvaruka, Jvara, Kasa, Hikka	Ah.Ci.4/43
6.	Trayamanadi Ghrita	Vidradhi	Ah.Ci.13/15
7.	Tikta Ghrita	Kustha	Ah.Ci.19/4
8.	Mahatiktaka Ghrita	Kustha	Ah.Ci.19/10
9.	Bala Taila	Vata Vyadhi	Ah.Ci.21/76
10.	Siddha Basti	Vatarakta, Moha etc.	Ah. Ka. 4/37
11.	Patoladi Ghrita	Shukra, Timira, Naktandhya,	Ah.Ut.13/8
12.	Kshara Taila	Karna Badhira	Ah.Ut.18/28
13.	Bramha Rasayana	Tandra, Shrama, Klama	Ah.Ut.39/17
14.	Cyavanaprasha	Kasa, Svasa etc.	Ah.Ut.39/33
15.	Agryasangraha	Jvara	Ah.Ut.40/48

Astangasangraha^[9] (7th century A.D.)

In *Astangasangraha Samhita*, *Mustak* has been mentioned in different contexts. *Acharya Vagbhata*

thoroughly observed the pharmacological properties and actions of *Mustak* and recommended in various disorders and as an ingredient in different formulations as follows.

S.NO	PREPARATION	INDICATION	REF.NO
1.	Anu Taila	Keshya, Tvachya, Kanthya,	As.Su.29/9
2.	Kalyanaka Kshara	Garvisha	As.Ci.10/51
3.	Agastya ghrita	Grahani	As.Ci.12/9
4.	Dashmulasava	Grahani	As.Ci.12/15
5.	Mahatiktaka Ghrita	Kustha	As.Ci.21/4
6.	Raj yapana basti	Asragdara, Unmada, Shoph	As.Ka.5/10
7.	Ghrita yoga	Balagraha	As. U. 4/10
8.	Sanjivana agada	Visha chikitsa	As.U.40/59
9.	Yapana agada	Visha chikitsa	As.U.40/68
10.	Brahma rasayana	Tandra, shrama, klama	As.U.49/26
11.	Cyavana prakasha	Kasa, shvasa	As.U.49/39

Sharangdhara^[10] (13th century A.D.)

In *Sharangdhara Samhita*, *Mustak* has also been

described in different contexts, and indicated in various disorders and as an ingredient of various formulations.

S.N.	PREPARATION	INDICATION	REF. NO.
1.	Katphaladi kwath	Pttaj jwar	Sh.Ma.kh.2/12
2.	Panchbhadra kwath	Vatptaj jwar	Sh.Ma.kh.2/20
3.	Abhayadi kwath	Sannipat jwar	Sh.Ma.kh.2/32-34
4.	Katphaladi kwath	Hikka, kas, jwar	Sh.Ma.kh.2/43
5.	Devdardadi kwath	Prasuta stri shool, kas,jwar, murchha	Sh.Ma.kh.2/47-49
6.	Nagaradi kwath	Jwaratisar	Sh.Ma.kh.2/61
7.	Hiberadi kwath	Jeern atisar, jwar	Sh.Ma.kh.2/67-68
8.	Triphaladi kwath	Krimi	Sh.Ma.kh.2/74
9.	Phaltrikadi kwath	Prameh	Sh.Ma.kh.2/109
10.	Davryadi kwath	Prader	Sh.Ma.kh.2/110
11.	Vasadi kawath	Swarbhed,Pinas,Swas	Sh.Ma.kh.2/146-147
12.	Sadangpaniya	Pipasa, Jwar, Daah	Sh.Ma.kh.2/158

13.	Navayas churn	Pandurog,Hridyarog,Bhagandar, Shoth	Sha.Ma.kh.6/161-163
14.	Bahushal gud	Gulm, Vatjanit udar rog, Aamvat	Sh.Ma.kh.7/6-12
15.	Mandur vatak	Kamla,Pandu,prameh, shoth	Sh.Ma.kh.7/34-36
16.	Chandraprabha vati	Prameh, Mutraghat, Mutrakrich	Sh.Ma.kh.7/40-49
17.	Triphala Modak	Kusth, Vat,pitta,kaph rog, Bhagandar,pleeha, gulm	Sh.Ma.kh.7/88-94
18.	Kantkari Avaleh	Hikka,shwas,kas	Sh.Ma.kh.8/5-9
19.	Kasisadi ghrita	Kustha, Dadru, Pama, Visharp	Sh.Ma.kh.9/51-57
20.	Phalagrita	Bandya,Shukradosh, Artavdosh	Sh.Ma.kh.9/51-57
21.	Marichyadi tail	Kusth, Vicharchika,Shwetakusth	Sh.Ma.kh.9/148-152
22.	Vacha tail	Gandmala	Sh.Ma.kh.9/192-194
23.	Kumaryasav	Dhatuwardhak, Shukrardhak, Kshayrog, Udar rog, Prameh	Sh.Ma.kh.10/20-29
24.	Dashmularist	Grahani,Shwas,Kas,Gulm,Bhagandar,	Sh.Ma.kh.10/79-94

Bhavaprakasa^[11] (16th century A.D.)

Bhavaprakasa Samhita, the *Mustak* has been described in different contexts and formulation. Acharya minutely

observes the pharmacological properties and actions of *Mustak* and describe as an ingredient in different formulations as follows.

S. N	PREPARATION	INDICATION	REF. NO.
1.	Sudarshan churn	Ras rakdadi dhatugat jwar, Mnas jwar	Bha.Ci.1/125-135
2.	Drakshadi kwath	Mukhshos, Pralap, peeda, Daah,	Bha.Ci.1/344-345
3.	Mahadrakshadi kwath	Jwar, Dah, Pralap, Raktpit,Bhram	Bha.Ci.1/352-355
4.	Kantkaryadi kwath	Pittakaphaj jwar, Daah, Aruchi, vaman,	Bha.Ci.1/432-433
5.	Nagaradi kwath	Pittakaph jwar, Grahi	Bha.Ci.1/434
6.	Astadashang kwath	Snnipat jwar, pralap,Tandra, Aruchi,	Bha.Ci.1/578
7.	Mustadi kwath	Pralapak, Snnipat jwar	Bha.Ci.1/647
8.	Kakadashrigyadi kwath	Prameh, Karnshool, Sannipat jwar,	Bha.Ci.1/658
9.	Vachadi kwath	Sannipat jwar, Bhram, Pakshaghat	Bha.Ci.1/662
10.	Kiratkatukadi kwath	Kanthkubajannipat jwar	Bha.Ci.1/694
11.	Drakshapatoladi	Anyedhusak visam jwar	Bha.Ci.1/764
12.	Dwatrinsatkwath	Sannipat,jwar,Gudrog,Shwas,Hridyarog,	Bha.Ci.1/846
13.	Vatsakadi kwath	Atisar,Amatisar,Raktastisar	Bha.Ci.2/22
14.	Dhanyadipanchakkwath	Amashool,Vibandha,deepak	Bha.Ci.2/23
15.	Gangadhar kwath	Pravahyukt atisar	Bha.Ci.2/29
16.	Bilvadi kwath	Aamdoshyukt pittaj atisar	Bha.Ci.2/46
17.	Kutajadi kwath	Raktatisardaah, shool, atisar	Bha.Ci.2/52-53
18.	Chatusamamodak	Sampurn atisar, aamaatisar, vibandha	Bha.Ci.2/88-89
19.	Vrihatguduchiyadi kwath	Aruchi,Trishna,Daah,Vaman	Bha.Ci.3/10
20.	Bahushal gud	Udar rog, Gulm, Prameh,Pandu,	Bha.Ci.5/81-90
21.	Brihadagnimukh churn	Ajeern, Gulm,Pleeha,Antravidhi,udar	Bha.Ci.6/45-52
22.	Asthadashang lauh	Pandu, Halimak, Shoth, Prameh, Grahani,Shwas rog	Bha.Ci.8/35-38
23.	Navayas lauh	Pandu, Shoth, Hridya rog, Udar rog,	Bha.Ci.8/55-57
24.	Narikelkhand	Amlapit, Raktpita, Kshay, Parinam shool	Bha.Ci.10/23-26
25.	Vrihannarikel khand	Amlapita,Jwar,Raktpit,Vatrakt,	Bha.Ci.10/27-35
26.	Eladichurn	Kaph,Vaat, pitaj vaman	Bha.Ci.18/15
27.	Punarnavadv tail	Ashmari, Mutrakrichh, Antravidhi	Bha. Ci. 37/ 95-99
28.	Gokshuradi churn	Prameh, Shoth, Arsh, Pandu, Halimak	Bha.Ci 38/81-87
29.	Laghumarichyadi tail	Shwitrakusth,Kandu,pama, Siddhma,Vicharchika,pundrik	Bha.Ci.54/ 107-111
30.	Adarakakhand	Deepan,Vaatgulm,Kas,Shwas,	Bha.Ci.54/ 115-117

Bhela Samhita^[12]

Bhela Samhita, described *Mustak* in different contexts as well as in the formulations. Acharya Bhel thoroughly observed the pharmacological properties and actions of *Mustak* and recommended in the formulations as ingredients such as *Mustadi kwath* (Bhel.Ci.12/6), *Dashmuladi tail* (Bhel.Ci.14/18), *Changeri ghritam*

(Bhel.Ci.16/39-50), *Rasna tail* (Bhel. Ci.24/29-31), *Vibhitakadi churn* (Bhel. Ci.24/29-31).

Harita Samhita^[13]

The use of *Mustak* in various disorders and as an ingredient in various formulations were found in *Harita Samhita* as mentioned follows.

S.NO	PREPARATION	INDICATION	REF.NO
1.	Panchabhadra kwatha	Jwara	H.S.3/2/89
2.	Sunthyadi kwatha	Jwara	H.S.3/2/91
3.	Panchmoola kwatha	Vatika Jwara	H.S.3/2/162
4.	Kutaja Putpaka	Atisara	H.S.3/3/29
5.	Kaligadi kalka	Raktaatisara	H.S.3/3/52
6.	Vatsakadi kwatha	Atisara	H.S.3/3/53
7.	Darkshadi pindi	Pittaja Grahani	H.S.3/3/105
8.	Hingavadi kwatha	Shoola	H.S.3/7/26
9.	Brijamanduka vataka	Pandu	H.S.3/8/25
10.	Bhallataka avaleha	Gudaroga	H.S.3/11/80
11.	Katphaladi kwatha	Kasa	H.S.3/12/28

Kasyapa Samhita^[14] (600-1000B.C)

Kasyapa Samhita considered one of the also oldest classical texts of Ayurveda. *Mustak* has been described as an ingredient in multiple formulations such as *Katuka sarpi* (Kas.Ka.8/141), *Phala taila* (Kas.Khi.8/92), *Eranda basti* (Kas.Khi.8/100).

Siddhasara Samhita^[15] (7th century A.D.)

The author of this manuscript Acharya Ravigupta, has described *Mustak* in various disorders and as an ingredient of formulations as in following chart.

S.N.	PREPARATION	INDICATION	REF. NO.
1.	Vachadi gana	Amatisar, Pachan, Stanyadosh	Sid.Sa.2:26
2.	Mustadi gana	Vatnashak, Hridhya, Trishnahar	Sid.Sa.2:41-42
3.	Vatsakadi ghrit	Kshay, Dah, Kas, Halimak	Sid.Sa.5:91-92
4.	Dhavaniyadi tail	Sarvjwar, vatvikar	Sid.Sa.5:98-100
5.	Lakshadi tail	Jwar, kashayrog, Unmad	Sid.Sa.5:117-119
6.	Dahtrishnahar tail	Trishnahar, Dah	Sid.Sa.5:124-126
7.	Vatasakadi churn	Grahani, Kamla, Prameh, Atisar	Sid.Sa.6:68-69
8.	Shigrudarvyadi kwath	Krimi	Sid.Sa.6:76
9.	Chandanadi Paniya	Raktapita	Sid.Sa.7:7
10.	Raktapitta nasak ghrit	Basti, Anjjan, Navan	Sid.Sa.7:23-24
11.	Laghu chayavanprash	Hridrog, Kas, Shwas, Vatrakt	Sid.Sa.8:26-31
12.	Triphladi kwath	Prameh	Sid.Sa.11:12
13.	Kaphshoolhar yog	Udavart, Kaphjany shool	Sid.Sa.21:15
14.	Kaphjvisharp lep	Kaphjany visharp	Sid.Sa.23:13
15.	Ghanadi gana	Stanyashuddhi	Sid.Sa.29:34

Mustak in other Ayurvedic treatise**Vaidyaprasarakam^[16] (9th century A.D.)**

This unique treatise was written by Vaidya Acharya

Gadadhara and he observed the pharmacological properties and actions of *Mustak* in various disorders and formulations.

S.N.	PREPARATION	INDICATION	REF. NO.
1.	Devdarushtak	Pravahika, Atop, Jwar, Atisar	Vai.Pr.1: pag.17
2.	Mustachatuskam	Trishnahar, pittajwarshamak	Vai.Pr.1: pag.23
3.	Durvadyam	Sannipat jwar, Gulm, Raktapitta	Vai.Pr.1: pag.56
4.	Mustatrikam	Sarvjwar, Atisar, Hrillas	Vai.Pr.1: pag.58
5.	Panchkarsham	Vatajwar, kaphajwar	Vai.Pr.1: pag.69
6.	Shunthyadyam	Jwar, Atisar, Gulm	Vai.Pr.1: pag.72
7.	Pathadyam	Gudrog, Atisar, Raktdosh	Vai.Pr.1: pag.114
8.	Dashango guggul	Kaph, Vaat, Tridoshaj vikar	Vai.Pr.1: pag.131
9.	Saptvinshati guggul	Gulm, Pleeha, Udar, Arsh, Bhagandar, Shosh, Vaatvyadhi	Vai.Pr.1: pag.137
10.	Abhyadh Gutika	Arsh, Mudhvaat	Vai.Pr.1: pag.182
11.	Gudtrikatukam	Ajeern, Kas, Kshay, Shosh, Panduta	Vai.Pr.1: pag.195
12.	Vyoshadhyam	Mutrakrich, Jwar, Vaman, Shwas	Vai.Pr.1: pag.196
13.	Madhutailika vastaya	Vatrakt, Moh, Aondvridhi	Vai.Pr.1: pag.401

Chikitsakalika^[17] (10th century A.D.)

It is an important treatise written by Tistacharya he was

the son of Vagbhata. In this treatise many formulations with *Mustak* in various disorders and formulations has

been described. Mustak mentioned in *Chikitsakalika* formulation such as *Pippalyadi ghr̥it* (*Chi.Ka.2:120*) *Mandoor vatak* (*Chi.Ka.19:222-223*), *Saptvinshati guggul* (*Chi.Ka.25:258-260*), *Chayavanprash rasyan* (*Chi.Ka.28:266-269*).

Vaidyarahashya^[18] (13th Century A.D.)

Vaidyarahashya is a popular treatise written by *Bhishgavara Vidyapati*. In this treatise *Mustak* has been described in different formulations as an ingredient for the treatment of various disorders as follows.

S.N.	PREPARATION	INDICATION	REF. NO.
1.	<i>Drakshadi kwath</i>	<i>Trishna, Murchha, Jwar, Dah</i>	<i>Vd.Rh.1:51</i>
2.	<i>Heeveradi kwath</i>	<i>Vaman, Trishna, Jwar, Dah</i>	<i>Vd.Rh.1:54</i>
3.	<i>Shringyadi kwath</i>	<i>Sannipat jwar, Mutrakrichha, Dah</i>	<i>Vd.Rh.1:92-97</i>
4.	<i>Dhanyapanchak</i>	<i>Shool, Vibandh, Mandagni</i>	<i>Vd.Rh.2:14</i>
5.	<i>Kutajavaleh</i>	<i>Amlapitt, Atisar, Pandurog</i>	<i>Vd.Rh.6:38-45</i>
6.	<i>Navayas churn</i>	<i>Kusth, Udar, Mandagni</i>	<i>Vd.Rh.9:12</i>
7.	<i>Eladi churn</i>	<i>Vataj, Pittaj, Tridoshaj, Chhardi</i>	<i>Vd.Rh.17:9</i>
8.	<i>Vartiktadi kwath</i>	<i>Vatvyadhi</i>	<i>Vd.Rh.21:14</i>
9.	<i>Rasnadi kwath</i>	<i>Pakshaghat, Ardit, Grah-dasi, Hanugrah</i>	<i>Vd.Rh.21:35</i>
10.	<i>Yograj guggul</i>	<i>Aamvat, Apasmar, Kusth, Vatrakt, Krimi</i>	<i>Vaid.Rh.21:99-108</i>
11.	<i>Chandraprabha vati</i>	<i>Pandu, SHool, Katishool, Anah, Mutrakriccha</i>	<i>Vaid.Rh.34:4-8</i>
12.	<i>Pugpak</i>	<i>Veeryavardhak, Raktpradar</i>	<i>Vaid.Rh.34:21-23</i>
13.	<i>Marichyadi tail</i>	<i>Pama, Kandu, Shidhm, Vicharchika</i>	<i>Vaid.Rh.51:46-50</i>
14.	<i>Avipatkar churn</i>	<i>Malvibandh, Kosthbadhhata, Aamvat</i>	<i>Vaid.Rh.54:12-14</i>
15.	<i>Kiratatikadi kwath</i>	<i>Visphot, Vatrakt</i>	<i>Vaid.Rh.55:3-4</i>
16.	<i>Triphala kwath</i>	<i>Timir, Kanch, Andhya</i>	<i>Vaid.Rh.58:51</i>
17.	<i>jeerakavleh</i>	<i>Pradar, Aruchi, Shwas, Trishna</i>	<i>Vaid.Rh.64:9-12</i>
18.	<i>Saubhagyashunthi avleh</i>	<i>Sutika</i>	<i>Vaid.Rh.65:20-25</i>

Vaidyajivanam^[19] (16-17th Century A.D.)

Vaidyajivanam by *Lolimbajara* described in verse with shringer ras of different diseases and principles. In this

treatise *Mustak* has been described in different formulations as an ingredient for the treatment of various disorders as follows.

S.N.	PREPARATION	INDICATION	REF. NO.
1.	<i>Panchmulyadi kwath</i>	<i>Vatapittaja jwara</i>	<i>Vaid.Jee.1:34</i>
2.	<i>Katphaladi kwath</i>	<i>Kaphaj jwar, Kas, Mukhrog</i>	<i>Vaid.Jee.1:38</i>
3.	<i>Patoladi kwath</i>	<i>Visham jwar</i>	<i>Vaid.Jee.1:63</i>
4.	<i>Kulkadi kwath</i>	<i>Vishasam jwar</i>	<i>Vaid.Jee.1:64</i>
5.	<i>Amritadi kwath</i>	<i>Atisar, Jwaratisar</i>	<i>Vaid.Jee.2:1</i>
6.	<i>Panchmuladi kwath</i>	<i>Jwaratisar, Vaman, Kas, Shwas, Shool</i>	<i>Vaid.Jee.2:3</i>
7.	<i>Devdaruadi kwath</i>	<i>Atisar, Shokatisar</i>	<i>Vaid.Jee.2:5</i>
8.	<i>Kutajadi kwath</i>	<i>Raktatisar, Aamatisar</i>	<i>Vaid.Jee.2:11</i>
9.	<i>Pathadi churn</i>	<i>Raktatisar</i>	<i>Vaid.Jee.2:20</i>
10.	<i>Adrakpak</i>	<i>Kas, Arsh, Bhagandar, Jwar, Gulm, Peenas</i>	<i>Vaid.Jee.3:36</i>
11.	<i>Pradarpratikarmah</i>	<i>Udararog, Pradar</i>	<i>Vaid.Jee.3:34</i>
22.	<i>Dhanyadi kwath</i>	<i>Garbhani, Raktatisar, Aamatisar</i>	<i>Vaid.Jee.3:46</i>

Arkaprakash^[20]

Arkaprakasha a popular treatise by *Ravana*. In this book a lot of formulations are described. As named, this treatise covered *Arka* (tincture) *Chikitsa*. The *Arka* obtained from medicines have been used in the treatment of various diseases. *Mustak* has been described under *Ajeernashakark* (*Arka.5:19*), *Haleemakrognasakark* (*Arka.5:31*), *Trishaghnoark* (*Arka.5:52*), *Rajoavrogharark* (*Arka.7:74*), *Skandapasmaraharark* (*Arka.7:7984*).

formulations from different books and *Samhitas*. There are numerous therapeutic formulations under different *adhikar varga* of diseases. It is used as reference book for formulations and the formulation having *Mustak* are as follows.

Bhaisajyaratnavali^[21] (18th Century A.D.)

This book is a highly acclaimed *Ayurvedic* treatise written by *Govinda Das* for specialized compilation of

S. N	PREPARATION	INDICATION	REF. NO.
1.	Drakshadi kwath	Pitajwar, Pralap, Mukhshosh, Daah	Bh.R.5/95-96
2.	Ghanachandanadi kwath	Jwar, Vaman, Aruchi, Daah	Bh.R.5/156
3.	Panchbhadra kwath	Vaat pitta jwar	Bh.R.5/157
4.	Kantkaryadi kwath	Pittashwesmaj jwar	Bh.R.5/166-167
5.	Vrihadkatphaladi kwath	Gandmala, Swarbheda, Kaphavaatjwar	Bh.R.5/248-251
6.	Tagaradi kwath	Pralapak sannipata jwar	Bh.R.5/276
7.	Patoladi kwath	Visham jwar	Bh.R.5/340
8.	Sudarshan churn	Jwar, Pleea, Yakritvridhi,	Bh.R.5/446-457
9.	Jwar bharav churn	Visham jwar, Satatasantatadi, Manas	Bh.R.5/446-457
10.	Agnikumar ras	Aamjwar, Kaphjwar, Peenas, Pratisyay	Bh.R.5/530-535
11.	Sarvjwarhar lauh	Vaataj, Pittaj, Kaphaj jwar	Bh.R.5/1153-1157
12.	Lohasav	Aganivardhak, pandu, shoth, gulm,	Bh.R.5/1235-1238
13.	Laghupanch mulayadi kwath	Atisar, jwar, chhardi, shoolyukt atisar, shwas rog	Bh.R.6/15-16
14.	Kiratiktadi kwath	Aamatisar, jwaratisar	Bh.R.6/27
15.	Vidangadi kwath	Jwaratisar, aamatisar, shoth	Bh.R.6/29
16.	Shunthadi kwath	Jwaratisar, aamatisar	Bh.R.6/29
17.	Kutajavaleh	Atisar, Grahani, Raktatisar, Pravahika	Bh.R.6/44-49
18.	Amritarvan ras	Atisar, grahani dosh, arsh, amlapitt	Bh.R.6/88-93
19.	Shothghnyadi kwath	Shothyukt atisar	Bh.R.7/77
20.	Chaturbhadra kwath	Grahi, Agnideepak, Aamdosh	Bh.R.8/12
21.	Gangadhar churn	Atisar, Grahani Shool, Sutikarog,	Bh.R.8/43-45
22.	Lavangadi vati	Jwar, Atisar, Grahani, Mandagni	Bh.R.8/64-74
23.	Jeerakadi churn	Grahani, Atisar, Aamatisar	Bh.R.8/108-112
24.	Mundyadi gutika	Vaataj, Pittaj, Kaphaj grahni	Bh.R.8/127-130
25.	Kanchta avleh	Atisar, Sangrahani, Amlapitt, Udar rog	Bh.R.8/131-135
26.	Methi modak	Sangrahani, Prameh, Mutraghat	Bh.R.8/171-177
27.	Mustakadi modak	Sangrahani, Atisar, Darun, Paandurog	Bh.R.8/185-191
28.	Panchamrit mandur	Grahani, Atisar, Shoth, Pandu	Bh.R.8/528-534
29.	Mustakrist	Ajeern, Agnimand, Visuchika, Grahni	Bh.R.10/269-272
30.	Parshiyadi churn	Kas, Jwar, Ugratisar, Vaman	Bh.R.11/15
31.	Haridrakhanda	Sheetpitt, Dustvran, Kusth, Naadivran	Bh.R.11/51-58
32.	Paribhadra avleh	Krimi, Shool, Vaman, Mandagni	Bh.R.11/51-65
33.	Vrihat vasa avleh	Raktapitt, Vataj, Pittaj Shwas	Bh.R.14/40-45
34.	Swalpchandanaadi tail	Rajyakshma, Kas, Gardosh	Bh.R.14/282-285
35.	Vijay bhairav ras	Kas, Shwas, Kshay, Gulm, Prameh,	Bh.R.15/80-83
36.	Nagaradi churn	Atisar, Agnimand, Visuchika,	Bh.R.18/25-31

Mustak in Rasa Grantha Rasaratnasamuchchaya^[22]

Rasaratnasamuchchaya a very important treatise by Vagbhata, but evidently, he is another Vagbhata, and has

no any concern with Ashtanga Hridaya or Ashtanga Sangraha. Mustak mentioned as an ingredient of various formulations for the treatment of different ailments.

S.N.	PREPARATION	INDICATION	REF. NO
1.	Sharangsathadi varg	Jwar	R.R.S.12:90-91
2.	Chandrakala ras	Antardah, Vahadah, Raktashrav, Raktpit	R.R.S.13:5-8
3.	Neelkanth ras	Raktpit	R.R.S.13:60
4.	Hansmandoor	Pandu, Halimak, Urustambh, Kamla, Arsh	R.R.S.19:42-44
5.	Pitapanduvariras	Pitta, Pandu	R.R.S.19:75-76
6.	Kameshwar ras	Shoth, Pandu	R.R.S.21:98-101
7.	Yograj guggul	Aamvat, Adhyavat, Udar rog, Anah, Arsh	R.R.S.21:141-146
8.	Rasendrachudamani ras	Vajikaran	R.R.S.27:85-94
9.	Madan Modak	Vajikaran	R.R.S.27:116-126
10.	Lauh kalp	Rasayan	R.R.S.28:35-51
11.	Kandvishanam	Vish	R.R.S.29:12-13
12.	Chandanadi tail	Nadi vran, Apachi	R.R.S.31:76-77
13.	Jayagudikakhyo vishkalp	Jwar	R.R.S.31:117-118

Rasatarangini^[23]

Mustak has been described in Rastarangini for processing and trituration of limited formulations such as

Abhrak bhasm (R.T.10:38), Lauh bhasm (R.T.20:108), Mandur bhasm (R.T.21:138).

Classification of Mustak in different Nighantus

Sr.	Nighantu	Gana/Varga	Reference
1.	Sausruta Nighantu ^[24]	Vachadi gana	Su.Ni. Vachadigana: 188 (pg.56)
2.	Astanga Nighantu ^[25]	Vachadi-Haridradi Gana	As.Ni Vachadi-Haridradi gana:151 (pg.60)
3.	Paryayaratnamala ^[26]	Not included in any Gana	Pary:112 (pg.33)
4.	Dhanwantari-Nighantu ^[27]	Guducyadi	Dh.Ni.Guduchyadi varga:36-41(pag-23)
5.	Shodhal-Nighantu ^[28]	Guducyadi Varga	Sho. Ni. Guduchyadi varga:125(pg.27)
6.	Abhidhan Ratnamala ^[29]	Kasayadravya Skand	Abi.Rat.Kasayadravya skand:9 (pg.92)
7.	Hridyadipaka-Nighantu ^[30]	Dvipada-Varga	Hr.ni.Dvipadavarga:52(pag-32)
8.	Madanapala-Nighantu ^[31]	Abhayadi	Mad. Pa.ni.Abhayadi varga:210(pag-137)
9.	Raj-Nighantu ^[32]	Pippalyadi Varga	Raj.Ni.Pipalyadi varga:141-143 (pg.131)
11.	Kaiyadeva-Nighantu ^[33]	Oshadhi Varga	Kai.Ni.Oshadhi varga:1359-1361(pag-252)
12.	Bhavprakash-Nighantu ^[34]	Karpuradi Varga	Bha.Ni.Karpuradi varga:92-93 (pg.232)
13.	Gunaratanmala ^[35]	Karpuradi Sugandha Varga	Gu.Rat.Karpuradi Sugandh.pg.118
14.	Sarwati Nighantu ^[36]	Chandanadi Varga	Sar. Ni. Chandanadi varga:34 (pg.69)
15.	Laghu-Nighantu ^[37]	Not included in any Gana	La. Ni slok.96 (pg.24)
16.	Paryayamuktavali ^[38]	Jeerakadi Madhyagandha Varga	Par. Mu. Jeerakadi Madhyagandh varga:8 (pg.14)
17.	Shaligram-Nighantu ^[39]	Karpuradi Varga	Sha.Ni.Karpuradi Varga(pag-55)
18.	Nighantu-Adarsh ^[40]	Mustadi Varga	Ni.A.Mustadi.pg.707
19.	Shankara-Nighantu ^[41]	No any description of Gana	Sha.ni.Nagarmotha(pag-141)
20.	Abhidhanamanjari ^[42]	Madanadigana Varga	Abhi.Man.Madanadigana varga.pg-81
21.	Priya-Nighantu ^[43]	Shatapuspadadi	Pr.Ni.Shatpuspadadi varga:42(pag-82)

Sanskrit synonyms of Mustak described in different Nighantus

Musta, Ambudhar, Megha, Ghana, Rajakaseruka, Bhadramusta, Varaha, Abda, Gangeya, Kuruvindaka, Jimuta, Vrishdhvankshi, Jalada, Balahaka, Must, Varidhara, Mustaha, Meghakaya, Pindamusta, Vishadvansi, Bhadra, Varida, Ambhoda, Nirada, Amra,

Vrahi, Gunja, Granthi, Bhadrakasi, Kaseru, Krodeshta, Kuruvinda, Sugandhi, Granthila, Hima, Vanya, Rajkaseru, Kacchotha, Mustak, Varida nama, Nagara, Bhadramusta, Meghnama, Vrishabhaksha, Kroda, Gangeyi, Bhadramust, Vrahaad, Pithar, Pindamustaka, Purnakoshtha, Bhadrahansa, Prachya, Kalapadhra, Paripelava, Valey.

Sanskrit synonyms of Mustak in different Nighantus

S.N.	NAME	NIGHANTUS															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1.	Musta	+		+		+	+				+				+	+	
2.	Megh	+		+			+						+				
3.	Abda	+		+								+		+	+		
4.	Ambudhar	+										+	+				
5.	Ghan	+	+	+			+				+		+	+			
6.	Rajakaseruka	+	+			+	+						+				
8.	Vraha	+				+											
9.	Bhadramusta	+		+							+		+	+			+
10.	Gangey	+		+		+						+	+			+	
11.	Jimuta	+		+													
12.	Kuruvindaka	+	+			+	+						+				
13.	Jalada	+													+		
14.	Vrishdhvankshi	+													+		
15.	Balahaka	+															
16.	Must	+	+		+						+	+		+			
17.	Varidhara		+														
18.	Mustaha		+														
19.	Meghakaya		+									+					
20.	Pindmusta		+			+									+		

21.	Vishadhvansi		+														
22.	Bhadra			+													
23.	Varida			+	+												
24.	Ambhoda			+									+				
25.	Nirada			+													
26.	Amra			+													
27.	Vrahi			+													
28.	Gunja			+													
29.	Granthi			+													
30.	Bhadrakasi			+													
31.	Kaseru			+													
32.	Krodeshta			+													
33.	Kuruvinde			+	+			+	+			+					+
34.	Sugandhi			+													
35.	Granthila			+													
36.	Hima			+													
37.	Vanya			+													
38.	Rajkaseru			+											+		
39.	Kacchotha			+					+								
40.	Varida nama				+				+		+						
41.	Nagara					+											
42.	Bhadramustaka					+						+					
43.	Meghnama					+									+		
44.	Vrishabhaksha					+											
45.	Kroda					+									+		
46.	Gangeyi						+										
47.	Bhadramust						+										
48.	vrahaad						+										
47.	Pithar						+										
48.	Pindamustaka						+										
49.	Purnakoshtha						+										
50.	Bhadrahansa						+										
51.	Prachya						+										
52.	Kalapadhra								+								
53.	Paripelava								+	+							
54.	Veleva									+							
55.	Mustak				+					+		+				+	+

1)Dhanvantri Nighantu 2) Madanpala Nighantu 3) Raj Nighantu 4) Bhawprakash Nighantu 5) Shodhal Nighantu 6) Kaiyadev Nighantu 7) Mahaushadha Nighantu 8) Shaligram Nighantu 9) Priya Nighantu 10)

Saushrut Nighantu 11) Sarswati Nighantu 12) Chandra Nighantu 13) Hridaya Deepak 14) Laghu Nighantu 15) Gunaratan maala.

Properties and actions of the Mustak according to Nighantus

	Nighantu	Rasa Panchak	Doshkarma	Rog Shamak	Reference
1.	Dhanvantari Nighantu	Rasa- Tikta, Kashay Veerya- Sheet	Kaph, Pitta, Rakta	Jwar, Atisar, Trishna	Dh.Ni.Guduchyadi varga. Slok 39-41
2.	Sodhal Nighantu	Rasa- Tikta, Katu	Kaphaghna	Grahi, Pachan, Trishana, Daha, Jwar	So.Ni. Guduchyadi varga. slok130
3.	Madanapal Nighantu	Rasa-Tikta, Katu, Kashay Guna- Laghu, Ruksha Veerya- Sheet Vipak- Katu	Kaph-pittanasak	Jwar, Atisar, Vaman, Visuchika, Madatya, Trishna, Daha, Garbhasay vikar, Krimi, Vranaropa, Sangrahani	Mad. Ni.Abhayadi varga. Slok.212
4.	Raj Nighantu	Rasa-Katu, Kasay, Tikta	Pittahar, Kaphahar	Jwar, Atisar, Aruchi, Trishna, Daahnasan	Raj.Ni.Pippalayadi varga, slok:140-143

		Veerya-Sheet			
5.	Kaiyadev Nighantu	Rasa- Tikta, Katu, Kashay Veerya-Sheet	Kaph, Pitta, Rakta vikar nasak	Grahi, Agni Deepak, Jwar, Trishna, Aruchi, Krimi	Kai. Ni. Slok. 1357-1358
6.	Bhavprakash Nighantu	Rasa- Katu, Tikta, Kashay Veerya- Sheet	Kaph, Pitta	Raktakop, Trishna, Jwar, Aruchi, Krimi	Bh.Ni.Karpuradi varga. slok. 92-94
7.	Gunaratanmala	Rasa- Katu, Tikta, Kashay Veerya- Sheet	Kaph, Pitta, Rakta vikar	Jwar, Aruchi, Trishna, Jantu nasak, Deepan, Pachan	Gu. Ra. Karpuradi varga. (pg.117)
8.	Laghu Nighantu	Rasa- Tikta, Katu, Kashay	Kaph, Pitta, Rakta	Sangrahi, Agni Deepak, Twak rog, Shosh, Arsh, Atisar	La.Ni.96-98 (pg.24)
9.	Saligram Nighantu	Rasa- Kashay	Kaph, Pitta, Rakta	Medhya, Jwar, Krimi, Atisar, Vrana, Daha, Kandu, Aam shool, Gharmah	Sa. Ni. Karpuradi varga. (Pg-57)
10.	Nighantu Adarsh	Rasa- Katu, Tikta, Kashay Veerya- Sheet Vipak- Katu	Kaph, Pitta	Jwar, Atisar, Aruchi, Trishna, Daha	Ni.Ad. Mustadi varg (pg.707)
11.	Shankara Nighantu	Rasa- Kashay	Kaph, Pitta, Rakta	Jwar, Krimi, Atisar, Vrana, Daha, Aam shool	Sh.Ni. (pg.141)
12.	Priya Nighantu	Rasa- Tikta, Katu		Grahi, Deepan, Pachan, Aam pachan, Jwar, Aruchi, Grahani	Pr. Ni. Shatpushapadi varga. slok.42
13.	Rajaballabha Nighantu	Rasa- Tikta, Katu	Vataghna	Grahi, Deepanam	Raj.Ba.6.Aushadhashraya parikshed slok.71

RESULT AND DISCUSSION

In *Charak Samhita*, *Mustak* described under various classes and varga such as *Mahakshasyas* (multifunctional) *Lekhaniya Mahakashaya* (reducing and eliminating excess fats and toxins), *Stanyashodhana Mahakashaya* (improper lactation and disorders), *Trishna Nigrahana Mahakashaya* (Morbid thirst retaining), *Tripathighna Mahakashaya* (Pseudo contentment). *Musta* a very potential plant carries potential qualities and used in various formulations to pacify doshas and rejuvenate systems. Therefore, the plant is used singularly and in combinations for formulations such as *Chyavanprasha*, *Sadangapaniya*, *Navayas Churna*, *Punarnava Mandura*, etc. *Sushruta Samhita* well explained the formulations as *Kalyanaka Ghrita*, *Mahatikta Ghrita*, and *Navayas Lauha* indicated in *Pittaja* disorders, anaemia, and chronic fevers. *Ashtanga hridaya* and *Ashanga Sangraha* also recommended in various formulations such as *Pippalayadi ghrut*, *Jivantayadi ghrut*, *Bala tail*, and *Brahma Rasayan*. Other *Samhitas* and *Chikitsa Grantha*, *Rasaratna Sammucchaya*, as *Chandrakala rasa*, *Neelkanth rasa*, *Yograj guggul* have been recommended in disorders. During review *Mustak* was found with description of *Tikta*, *Katu*, *Kasaya rasa* in all *Nighantus*, *Laghu - ruksha guna*, *Sheet veerya* and carry *Kapha* and *Pitta Shamaka* properties.

CONCLUSION

The review of classical *Ayurveda* focuses the *Mustak* (*Cyperus rotundus* Linn.) as a highly valued and potential herb known for its multifaceted quality and

therapeutic applications. Across various *Ayurvedic* treatise such as the famous *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and *Bhavaprakash Nighantu*. *Mustak* consistently illustrated as *Deepana*, *Pachana*, *Grahi*, and *Tridosahara* properties. *Mustak* particularly praised for efficacy in managing disorders related to the gastrointestinal tract, fever, and abnormal gynaecological conditions. The classical texts also recognize *Mustak*'s utility in external applications for inflammatory conditions and as a part of various polyherbal formulations. Its *Rasa* (taste) is primarily *Tikta* and *Katu*, with *Laghu* and *Ruksha Guna* and a *Katu Vipaka*, making it suitable for managing *Kapha* and *Pitta* disorders. Consequently, *Mustak* holds a prominent place in *Ayurvedic* pharmacopeia, not only as a stand-alone drug but also as a supportive herb in compound formulations. This literature review reinforces the herb's broad spectrum therapeutic utility and provides a strong foundation for further scientific validation and clinical exploration of its traditional uses.

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