

**CRITICAL ANALYSIS OF KASAHARA MAHAKASHAY OF CHARAK SAMHITA ON  
THE BASIS OF RASAPANCHAKA: A REVIEW**\*<sup>1</sup>Vd. Nitin Bhirud and <sup>2</sup>Vd. Nitin C. Jadhav<sup>1</sup>Principal & Professor Panchkarma Dept. Noble Ayurveda College, Research Center Junagad, Gujrat.<sup>2</sup>Asso. Professor, HOD Kayachikista Dept. G. S. Gune Ayurved College Ahmednager(M.S.).

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**ABSTRACT**

An Ayurvedic physician observed many more cases of respiratory disorders in his routine OPD as well as IPD practice. In which kasa is the most prominent symptoms observed in respiratory disorders. As we all know the criticalness of current scenario of pandemic COVID 19 very well. The whole world is looking toward this completely unsolved problem and many more medical sciences trying their best to solve this problem. Kasa is one of the most important symptoms in pandemic COVID 19. Kasa is a pranavahasrotos vyadhi having origin in amashaya. As we look into the samprapthi of kasa there is obstruction to movement of pranavata by nidanas like dhoomarajaadi which in-turn becomes the mechanical or chemical irritant to pranavahasrotas. The samprapthi explained in the Samhita are indicating the cough reflex, which has both sensory and motor pathway, involving both prana and udanavata. Here is an attempt made to explain that the therapeutic use of kasahara mahakashay explain by the Acharya Charak regarding different aspects of Ayurveda.

**KEYWORDS:** Ayurveda, kasahara mahakashay, respiratory disorders, Charaka Samhita.**INTRODUCTION**

Ayurveda today is recognised worldwide as a system of medicine that provides sound mind in sound body. This traditional system of medicine of India has an unenviable position in the field of providing remedies for the ailments, as it provides satisfactory answers to all the problems the world is facing today. Ayurvedic classics have many efficacious herbs to be evaluated for its own identify. In order to have a perfect understanding of the plants it is therefore most essential to be well acquainted with the branch of Ayurvedic pharmacology. It enables us to know the scientific knowledge of the fundamentals of Ayurvedic pharmacology and the plants.

Mahakashay of Charak Samhita is the important classification where ten dravya are included doing particular action. These ten dravya are to be understood to apply clinically in various conditions of Kasa. Kasahara mahakashay deals with maintaining health of respiratory disorders. Thus the review has been taken from Brihatrayi to get valuable information about properties and therapeutic uses of these ten dravya. Review also has been taken from modern research available on internet on websites, e-journals, libraries, etc. to obtain data. This review has been highlighted in this article. Charakokta Mahakashay is the classic example of this deep thought of Ayurved. In this article, Literary Review of Charakokta Kasahara Mahakashay

has been taken.<sup>1</sup>this review will be useful to explain the role of each Kasahara dravya on various bases of gunakarma and therapeutics.

Following table gives dravya of Charakokta Kasahara Mahakashay dravya with their Prayojyanga, Botanical name and Family. Fruit is the useful part of these 10 dravya.

**AIMS AND OBJECTIVES**

To enlist the dravyas mentioned in Charakokta Kasahara Mahakashay and also classify the dravyas on the basis of Rasadi properties, Doshagnata and also specific pharmacological action as anti-tasuq and to recommend the specific type wise effective Kasahara dravyas.

**MATERIALS**

- 1) Charak Samhita – Charak Chandrika Vyakhya (Hindi) Writer – Dr. Brahmanand Tripathi Foreword – Dr. Gangasahay Pandey Published by – Chaukhambha Surbharati Prakashan, Varanasi, Edition – 2010.
- 2) Sushrut Samhita – Ayurved Tattva Sandipika Vyakhya Writer – Dr. Ambika Datta Shastri Foreword – Dr. P. M. Mehata Published by – Chaukhambha Sanskrit Sansthan, Varanasi Edition – 2012

- 3) Ashtanga Sangraha – with Indu Teeka Editor – Vd. Anant Damodar Athavale Published by – Shrimad Atreya Prakashan Edition – 1980
- 4) Bhavaprakasha Nighantu with Chunekar Commentary.
- 5) Pub Med and Google web search regarding Prameha
- 2) The review of the selected Charakokta Kasahara Mahakashay dravyas from Bhavaprakash Nighantu for their Rasadi properties, Doshagnata, part used, Sanskrit names, Latin names and its activity were taken.
- 3) The PubMed and Google web search of enlisted pramehaghna dravyas was done
- 4) Critical analysis of these dravyas was done to enlist the type wise effective Charakokta Kasahara Mahakashay dravyas on the basis of their Rasadi properties, Doshagnata, and review of Kashara karma.

### METHODOLOGY<sup>[1-9]</sup>

One by one each detail of Charakokta Kasahara Mahakashay from Charaka-Samhita will be studied according to following points:

- 1) Drugs its Properties described in Charakokta Kasahara Mahakashay.

### OBSERVATIONS

**Table 1: Drugs of Kasahara Mahakashay dravya.**

Sr. No	Sanskrit Name	English Name	Latin Name	Family	Habit	Part Use
1)	Darksha	Grapes	Vitisvinifera	Vitaceae	Climber	Fruit
2)	Abhaya	ChebolicMyrobalan	Terminalia chebula Retz	Combretaceae	Tree	Fruit
3)	Amalaka	Indian goose-berry	Embllica officinalis Gaertin	Euphorbiaceae	Tree	Fruit
4)	Pipali	Long Pepper	Piper Longum	Piperaceae	Climber	Fruit,Root
5)	Duralabha	Camel thron or Persian manna plant	Alhagi camelorum Fisch	Fabaceae	Shrub	Whole plant
6)	Shrungi	Wax Tree	Rhus succedanea	Anacardaceae	Tree	Gall
7)	Kantakarika	Yellow berried Nightshade	Solanum surattense Burm.	Solanaceae	Herb	Whole Plant, root, Fruit
8)	Vrushchira	Horse purslane	T. portulacastrum	Nyctaginaceae	Herb	Whole Plant, root, Leaf
9)	Punarnava	Spreading Hogweed	Boerhavia diffusa	Nyctaginaceae	Herb	Whole Plant, root, Leaf
10)	Tamalaki		Phyllanthus niruri	Euphorbiaceae	Herb	Whole Plant, root,

**Table 2: Properties of drugs of Kasahara Mahakashay dravya.**

Sr. No	Name of plant	Rasapanchaka	Chemical Constituents	Pharmaceutical action / karma	
1	Darksha	Rasa	Madhura	Catechin, Epicatechin, Beta- sitosterol,	Kanhya Kasaghna, Dahanashak, Trushnahar
		Virya	Shit		
		Vipak	Madhura		
		Guna	Snighdha,, Guru, Mrudur		
2	Abhaya	Rasa	Pancharasa (except lavan) Kashay mainly	Anthraquinone glycoside, Chebulic acid, Tannic acid, Terchebin, Vit C,	Jwaraghna, Arshoghna, Kushtaghna, Prajasthapan. Kasa-swasahara
		Virya	Usna		
		Vipak	Madhura		
		Guna	Laghu,, Ruksha,		
3	Amalaka	Rasa	Pancharasa (except lavan) Amala mainly	Vit C, Phyllembin, Linoleic acid, Certic acid, Corilagin.	Rasayana, Pramehaghna, Dahshaman, Vayasthapan, Jwaraghna. Kasaghna.
		Virya	Shit		
		Vipak	Madhura		
		Guna	Laghu,, Ruksha,		
4	Pipali	Rasa	Katu	Essential oil, Mono-and sesquiterpenes, Caryophyllene,	Antitubercular activity. Antispasmodic, Hypotensive, Anti-inflammatory,
		Virya	Usna		
		Vipak	Madhur		

		Guna	Laghu, Snighdha, Tikshna	Piperine, Piplartine, piperlonguminine, Beta- sitosterol.	Jwaroghna, Pihoghna, Kruminghna.
5	Duralabha	Rasa	Madhura, Tikta, Kashay	Galacto catechin. Epgalocatechin, Leudodelphinidin, Beat – phentylamine	Jwarahara, Balya, Medohra, Kasahara
		Virya	Shit		
		Vipak	Katu		
		Guna	Laghu		
6	Shrunqi	Rasa	Kashay, Tikta	Essential oils, Resin, Pistacienoic acids, A, B, and Beta sitosterol, Camphene.	Kasahara, Grahi, Dipan,
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Ruksha,		
7	Kantakari	Rasa	Katu, Tikta	Beta- carotone, Diosegenin, Carpesterol, Solasodine, Solamargine, Beta- solamargine, Solasonine.	Dupanpachana, Kasahara, Soothhara, Pratisyakagna.
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Ruksha, Tikshna,		
8	Vrushchira	Rasa	Madhura, Tikta, Kashay,	Trianthemine, Ecdysterone.	Soothhara, Kasahara, Dipana, Vishroghara, kushtagna
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Ruksha,		
9	Punarnava	Rasa	Madhura, Tikta, Kashay,	Hentriacotane, Beta- sitosterol, Oxalic acid, D-glucose, Punarnavoside, Punarnavine, Boravinones A,B, C	Soothhara, Kasahara, Dipana, Vishroghara, kushtagna
		Virya	Usna		
		Vipak	Katu		
		Guna	Laghu, Ruksha,		
10	Tamalaki	Rasa	Tikta, Kashay Madhura.	Phyllanthin, Hypophyllanthin, Niranthin, Nirtetrlin,	Raktapittahar, Kasahara, Pramehgna,
		Virya	Shit		
		Vipak	Madhura		
		Guna	Laghu,, Ruksha,		

**Table 3: Dosha dhatu mala karma of Kasahara Mahakashay dravya.**

DRAVYA	DOSHAKARMA	DHATUKARMA	MALAKARMA
Darksha	Vaat-Pitta Hara	Vrushya	Virechanopaga
Abhaya	Tridoshagna	Rasayana, Lekhan,	Anulomana, Mutral.
Amalaka	Tridosh hara,	Vayasthapan, Rasayana, Vrushya.	Mutrakruchhar.
Pipali	Kapha-vaat hara	Rasayana,, Vrushya.	Malavishoshani
Duralabha	Kapha hara	Balya	
Shrunqi	Kapha-vaat hara	Vrushya	
Kantakarika	Kapha-vaat hara	Sukra recaka	Mutrakrcchra
Vrushchira	Kapha-vaat hara pittapramardini	Vrushya.	
Punarnava	Kapha-vaat hara	Rasayani	
Tamalaki	Kapha-Pittahar		

**Table 4: Distribution of rasa in Kashara Mahakashay.**

RASA	NO. OF DRAVYA
Madhura	01
Pancharasa (except lavan) Kashay mainly	01
Pancharasa (except lavan) Amala mainly	01

Katu	01
Madhura, Tikta, Kashay	03
Kashay, Tikta	01
Katu, Tikta	01
Tikta, Kashay Madhura.	01

**Table 5: Distribution of virya in Kashara Mahakashay.**

VIRYA	NO. OF DRAVYA
Ushna	06
Shit	04

**Table 5: Distribution of vipaka in Kashara Mahakashay.**

VIPAK	NO. OF DRAVYA
Madhur	05
Katu	05

**Table 5 Distribution of Doshagnata in Kashara Mahakashay.**

DOSHAGHNATA	NO. OF DRAVYA
Vaat-Pitta Hara	01
Tridoshagna	02
Kapha hara	01
Kapha-vaat hara	05
Kapha-Pittahar	01

**Table 5: Ayurvedic karm-vivechan of Kashara Mahakashay.**

DRAVYA	KARM-VIVECHAN
Darksha	By increasing Kapha dosha decrease the dry cough.
Abhaya	Action on Vaat Dosha(Vaatanulomana) stabilise aapan vayu.
Amalaka	Action through ruksha guna by reducing kapha Dosha.
Pipali	Reduce the inflammatory action of respiratory system.
Duralabha	Action through ruksha guna by reducing kapha Dosha.
Shruni	Reduce the inflammatory action of respiratory system.
Kantakarika	Due to ushna vipaka act as Kaphashaman.
Vrushchira	Reduce Kasa because of Pittaa and Vaat shaman.
Punarnava	Reduce Kasa because of Pittaa and Vaat shama
Tamalaki	Acting by stabilisation of Pittaand Vaat Dosha.

## RESULT AND DISSCUSSION

Acharya Charaka stated that 10 dravyas as a kasahar Mahakashay in surasthan adhyaya 4. Hence these dravyas were considered for screening therasadi properties, doshagnata and pharmacological kasahara property. It was observed that most of the drugs possessed Madhura, Tikta,,Kashay, Katu, Ushna Veerya , Katu Vipaka & Laghu, Ruksha guna. Most of them exhibited Kapha-Vaataghna property.

Pharmacologically they were Antitussives, mucolytic, ant allergic, and immune stimulating actions.

On the basis of their rasadi properties and doshagnata the dravyas were classified as Shushkakaasahar dravyas and kaphaj Kasahara dravyas which is mention in table no 6 & 7.

**Table 6: Shushka kaasahar dravyas.**

DRAVYA	RASA	VIRYA	VIPAK	GUNA	DOSHAKARMA
Darksha	Madhura	Shit	Madhura	Snighdha,, Guru, Mrudur	Vaat-Pitta Hara
Abhaya	Pancharasa (except lavan) Kashay mainly	Ushna	Madhura	Laghu,, Ruksha	Tridoshagna
Amalaka	Pancharasa (except lavan) Amala mainly	Shit	Madhura	Laghu,, Ruksha	Tridosh hara,

Tamalaki	Tikta, Kashay Madhura.	Shit	Madhura	Laghu,, Ruksha	Kapha-Pittahar
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**Table 7: Kaphaj kaasahar dravyas.**

DRAVYA	RASA	VIRYA	VIPAK	GUNA	DOSHAKARMA
Pipali	Katu	Usna	Madhur	Laghu, Snighdha, Tikshna	Kapha-vaat hara
Duralabha	Madhura, Tikta,	Shit	Katu	Laghu,	Kapha hara
Shruni	Kashay, Tikta	Usna	Katu	Laghu, Ruksha,	Kapha-vaat hara
Kantakarika	Katu, Tikta	Usna	Katu	Laghu, Ruksha, Tikshna	Kapha-vaat hara
Vrushchira	Madhura, Tikta, Kashay,	Usna	Katu	Laghu, Ruksha,	Kapha-vaat hara
Punarnava	Madhura, Tikta, Kashay,	Usna	Katu	Laghu, Ruksha,	Pittapramardini

According to Ayurveda Kapha and Vaat doshas plays an important role in the Kaasa samprapti. There is two ways to complete the pathophysiology of Kasa first is Kaphajanya Avarodh which produces the resistance in conduction of vaat dosh. And other path is aggravation of vaat dosha due to the increase in laghu, ruksha guna of vaata. Both pathways create distress in rhythm of inspiration and expiration due to that pattern vaat dosha ready to expel from pranavaha strotasa which produces hissing, wheezing like sound called as Kaas. Katu, Tikta, Kashay rasa possess guna like laghu and ruksha also does the shoshan of drava padartha, kleda, kapha present in body. As kapha and kleda have sheeta guna, ushna virya being opposite does samprapti bhedana. Katu vipaka also helps to destroy kleda and kapha. So dravya mentioned in Kaphaj Kasa.

In vataja kasa, vata is dushta due to ruksha, laghu and sheeta guna. So madhura rasa and vipaka and snigdha gunatmaka, tridoshaghna, and vaat – pittahara karma dravya may work well.

### CONCLUSION

- In kaphaja Kasa: Pipali, Duralabha, Shruni, Kantakarika, Vrushchira, Punarnavacan be recommended.
- In vatja Shuska kasa: Darksha, Abhaya, Amalaka, Tamalak can be used.

### SCOPE FOR STUDY

- Pharmacological screening of these drugs can be further done to analyse their kasahar karma.
- Clinically the different types of kasa can be identified and treated with these dravyas

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