



IJPPR

INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH
An official Publication of Human Journals

ISSN 2349-7203




Human Journals

Review Article


June 2022 Vol.:24, Issue:3

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Classical Approach on Kushthaghna Mahakashya Drugs: A Conceptual Review



IJPPR
INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH
An official Publication of Human Journals



ISSN 2349-7203

¹Shivani Pandey, ²*R.S. Hiremath

¹ PG Scholar, Department of Rasashastra & Bhaishajya Kalpana, KAHER'S Shri B.M. Kankanwadi Ayurveda Mahavidyalaya, Shahapur, Belgavi, Karnataka, India.

² Professor & H.O.D., Department of Rasashastra & Bhaishajya Kalpana, KAHER'S Shri B.M. Kankanwadi Ayurveda Mahavidyalaya, Shahapur, Belgavi, Karnataka, India.

Submitted: 25 May 2022
Accepted: 31 May 2022
Published: 30 June 2022

Keywords: *Ayurveda, Kushthaghna Mahakashya, Kushtha, Skin, Wound.*

ABSTRACT

Background: *Kushthaghna Mahakashaya* is one among the fifty *Mahakashaya* mentioned by *Acharya Charaka*. This is less widely used as a formulation in *Ayurvedic* practices.

Objective: To review and highlight the therapeutic importance of this *Mahakashaya* from classical literature.

Materials and Methods: The present work has a compilation of therapeutic actions of *Kushthaghna Mahakashaya* drugs mentioned in various *Samhitas* and *Nighantus*. **Result:** Data were collected from the critical review of the classical texts. **Conclusion:** The present paper highlights various therapeutic properties of individual drugs of *Kushthaghna Mahakashaya*, specifically those properties that aid in its *Kushthaghna* property.



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INTRODUCTION

Skin is the largest organ of the human body. It is the vital boundary between the surroundings and the human organs thus, it performs particular functions that facilitate the survival of human beings.^[1]In 2019, WHO has reported a high frequency (21-87%) of skin diseases in the general population of developing nations of the world, after assessing 18 prevalence studies.^[2]Skin ailments are the 4th leading cause of non-life-threatening disorders worldwide.^[3]

In modern treatment, topical steroids are included in the main treatment plan for many skin disorders, which causes side effects like striae, and telangiectasis^[4]. In some cases, topical steroids can even worsen the condition.^[5] Thus, there is a need for some *Ayurvedic* medicaments which can be very helpful in various skin conditions. Such a formulation is mentioned in classical texts which is helpful in *Kushtha* conditions.

Kushthaghna Mahakashaya is a group of 10 drugs (*dashemani*), used in the form of *kashaya*(decoction) indicated for the management of *Kushtha*, administered internally through an oral route^[6]. The present study highlights the importance of all the 10 drugs of *Kushthaghna Mahakashaya* when, comparing the various *ganas* and *vargas* mentioned by different *Acharayas* in the classical texts. This study shows that the importance of these drugs for the skin ailments were known to the various *Acharyas* of that era.

MATERIALS AND METHODS

In the present work, the *Ayurvedic* literature was reviewed and compiled for the detailed description of *Kushthaghna Mahakashaya*, *Samhitas* like *Sushruta Samhita*, *Charak Samhita*, and *Ashtang Hrudayam*. *Nighantus* like *Bhavaprakash Nighantu*, *Kaiyadeva Nighantu*, *Madanpala. Nighantu* and *Raj Nighantu*.

REVIEW: Table no. 1: *Rasa panchaka* of ingredients [7,8]

<i>Drug</i>	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	<i>Karma</i>
<i>Khadira</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kandughna, Krimighna, Vranaghna, Shwitraghna, Shothaghna, Kushthaghna,</i>
<i>Abhaya</i>	<i>Pancha rasa (lavanavarjit), Kashayapradhana</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kushthaghna, Shothaghna, Krimighna, Kandughna, Shoolghna, Vranaghna</i>
<i>Amalaki</i>	<i>Pancha rasa (lavanavarjit), Amlapradhana</i>	<i>Guru, Ruksha, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshghna</i>
<i>Haridra</i>	<i>Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Krimighna, Varnya, Twagdosahar, Shothahar, Vranapaha</i>
<i>Bhallataka</i>	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vranaghna, Kushthaghna, Shothahar, Switrahara, Krimighna,</i>
<i>Saptaparna</i>	<i>Tikta, Kshaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vranaghna, Kushthaghna, Raktaprasadan, Jantujita</i>
<i>Aragwadha</i>	<i>Madhura</i>	<i>Guru, Mridu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Shoolaghna, Kushthaghna,</i>
<i>Karvira</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vranaghna, Kushthaghna, Krimighna, Kandughna</i>
<i>Vidanga</i>	<i>Katu, Kshaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Krimighna, Shoolaghna, Kushthaghna,</i>
<i>Jati</i>	<i>Tikta, Kshaya</i>	<i>Laghu, Snigdha, Mridu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushthaghna, Vranaghana, Raktaprasadana</i>

Table no. 2: Chemical Composition & Therapeutic Activity ^[9,10]:

S.N.	Drug	Latin name	Part used	Chemical composition
1	<i>Khadira</i>	<i>Acacia catechu</i> Willd.	Bark	Catechin
2	<i>Abhaya</i>	<i>Terminalia chebula</i> Retz.	Fruit	Tannin
3	<i>Amalaki</i>	<i>Embelica officinalis</i> Gaetrn.	Dried Fruit	Gallic acid, Ellagic acid
4	<i>Haridra</i>	<i>Curcuma longa</i> Linn.	Rhizome	Essential oils
5	<i>Bhallataka</i>	<i>Semecarpus</i> <i>anacardium</i> Linn.	Dried fruit	Biflavanoids, phenols, bhillavanols
6	<i>Saptaparna</i>	<i>Alstonia scholaris</i> R.Br.	Bark	Ditamine, echitamine
7	<i>Aragwadha</i>	<i>Cassia fistula</i> Linn.	Bark	Tannins
8	<i>Karvira</i>	<i>Nerium indicum</i> Mill.	Root	Phenols, glucoside, essential oil
9	<i>Vidanga</i>	<i>Embeliaribes</i> Burm.f.	Fruit	Embelin, Quercitol, tannin and essential oil.
10	<i>Jati</i>	<i>Jasminum officinale</i> Linn.	Leaf	Salicylic acid, Jasminine

KUSHTHAGHNA DRAVYAS FROM DIFFERENT SAMHITAS & NIGHANTUS

Table No. 3: Consideration of *Kushthaghna Mahakashaya* drugs acc. to *Sushruta Samhita*^[11]

S.N.	Gana	Name of drug	Action
1.	<i>Salsaraadi</i>	<i>Khadira</i>	<i>Kushtha-vinashanah, Kaphavishoshana</i>
2.	<i>Mushakaadi</i>	<i>Abhaya/Haritaki, Amalaki</i>	<i>Medoghna</i>
3.	<i>Vachaadi</i>	<i>Abhaya/Haritaki</i>	<i>Amapachana</i>
4.	<i>Parushakaadi</i>	<i>Abhaya/Haritaki</i>	<i>Anilavinashana, Pipasaghna, Ruchiprada</i>
5.	<i>Mustaadi</i>	<i>Abhaya/Haritaki, Amalaki, Haridra, Bhallataka</i>	<i>Sleshmanisoodanah, Amapachana</i>
6.	<i>Triphala</i>	<i>Abhaya/Haritaki, Amalaki</i>	<i>Kapha-pittaghna, Kushthavinashani, Deepani, VishamaJwara</i>
7.	<i>Amlayakaadi</i>	<i>Abhaya/Haritaki, Amalaki</i>	<i>SarvaJwarapaha, Deepana, Kapha-aroachakanashanah</i>
8.	<i>Haridraadi</i>	<i>Haridra</i>	<i>Amapachana</i>
9.	<i>Nyaghrodaadi</i>	<i>Bhallataka</i>	<i>Vranayah –sangrahi, Daha-medoghna,</i>
10.	<i>Aragwadhaadi</i>	<i>Aragwadha</i>	<i>Shleshma-vishapaha, Kushtha-Jwara-Vameeka-Kandughna, Vranashodhana</i>
11.	<i>Shyamaadi</i>	<i>Aragwadha</i>	<i>Vishapaha</i>
12.	<i>Sursaadi</i>	<i>Vidanga</i>	<i>Kaphahrita, Krimisoodanah, Vranashodhana</i>
13.	<i>Pippalyaadi</i>	<i>Vidanga</i>	<i>Kaphahara, Agnideepana, Amapachana</i>
14.	<i>Lakshaadi</i>	<i>Aragwadha, Karavira, Haridra, Saptaparna</i>	<i>Kaphapitta-aratinashanah, Kushtha-krimihara, Dushtavranavishodhana</i>
15.	<i>Valli-panchamoola</i>	<i>Haridra</i>	<i>Shopha-trayavinashanah</i>

Table No. 4: Sanshodhana- Sanshamaniyadravya^[12]

S.N.	Varga	Name of drug	Part used
1.	Urdhwabhagahara/ Vamakadravya	Vidanga	Fruit
2.	Adhobhagahara/ Virechakadravya	Haritaki, Amalaki, Bibhitaki	Fruit
		Aragwadha	Leaf
		Saptaparna	Milk
3.	Shirovirechakadravya	Vidanga	Fruit
		Karavira	Root
		Jati	Flower
4.	Vatasanshamana	Haridra	
5.	Pittasanshamana	Nyaghrodaadigana (Bhallataka)	
6.	Kaphasanshamana	Haridra, Jati, Vallipanchamoola (Haridra), Pippalayadigana (Vidanga), Mushakaadigana (Abhaya/Haritaki, Amalaki), Vachaadigana (Abhaya/Haritaki), Surasaadigana (Vidanga), Aragwadhaadigana (Aragwadha)	

Table No. 5: Consideration of Kushthaghna Mahakashaya drugs acc. to Charaka Samhita^[13]

S.N.	Mahakashaya	Name of drug
1.	Lekhaniya, Vishaghna	Haidra
2.	Deepaniya	Bhallatakaasthi
3.	Mutra-sangrahaniya	Bhallataka
4.	Triptighna, Krimighna, Shirovirechanopaga	Vidanga
5.	Arshoghna, Hikkaniyagrahana, Virechanopaga, Kasahara, Jwarahara, Prajasthapana, Vayahsthapana	Haritaki
6.	Virechanopaga, Kasahara, Jwarahara, Prajasthapana, Vayahsthapana	Amalaki
7.	Udarda-prashamana	Khadira, Saptaparna,

Table No. 6: Consideration of *Kushthaghna Mahakashaya* drugs acc. to *Ashtang Hrudayam*^[14]

S.N.	Gana	Name of drug	Action
1.	Vamana	Vidanga	Vamana
2.	Virechana	Triphala, Aragwadha	Virechana
3.	Nasya	Vidanga,	Shiroshodhana (nasya)
4.	Sleshmanashak	Aragwadhaadi, Mushakaadi, Mustaadi	Kaphanashak
5.	Parushakaadi	Triphala	Trishna, mutraroga, vatanashaka
6.	Aragwadhaadi	Aragwadha	Dushtavranavishodhana
7.	Asanaadi	Khadira	Shwitra, kushtha, kapha, krimi, medoroganashak
8.	Surasaadi	Vidanga	Kapha, meda, krimi, vranashodhaka
9.	Mushakaadi	Triphala	Meda, kapha
10.	Vatsakaadi	Vidanga,	Kapha, Meda,
11.	Vachaadi	Haritaki	Meda, Kapha
12.	Haridraadi	Haridra	
13.	Mustaadi	Haridra, Bhallataka, Triphala,	Malapachana
14.	Shyamaadi	Aragwadha	Visha, Kapha

Table No. 7: Consideration of *Kushthaghna Mahakashaya* drugs acc. to *Bhavaprakash Nighantu*^[15]

S.N.	Varga	Name of drug	Action
1.	Haritakyadi	Haritaki	Kustha, krimi, kandunashayeta
2.	Haritakyadi	Amalaki	Tridoshajita,
3.	Haritakyadi	Vidanga	Krimighna, jantunashanah, vahnikaram, shoola, kriminuta
4.	Haritakyadi	Aragwadha	Shoolanuta, kushtha, pitta-kaphapah,
5.	Haritakyadi	Haridra	Kapha-pittanuta, varnya, twakadoshapaha
6.	Haritakyadi	Bhallataka	Vahnikaram, kapha-vatavranodaram, kushtha, shopha, krimi, vata-pittaha, keshya, shwitra, krimivrana
7.	Pushpa	Jati/malati	Doshajita, kushtha, anilajita
8.	Vatadi	Khadira	Kandu, shwitra, shotha, pitta, asra, kushtha, kaphahara

Table No. 8: Consideration of *Kushthaghna Mahakashaya* drugs acc. to *Kaiyadeva Nighantu*^[16]

S.N.	Varga	Name of drug	Action
1.	<i>Aushadhi</i>	<i>Haritaki</i>	<i>Kushtha-vaivarnya, shopha, krimi, tridosha</i>
2.	<i>Aushadhi</i>	<i>Amalaki</i>	<i>Kapha-pittahrita, vata-pittahara, sarvadoshaghna</i>
3.	<i>Aushadhi</i>	<i>Bhallataka</i>	<i>Pitta-kapha-asraghna-anilaprada, kapha-vata-vranodaram, kushtha,shopha, krimi</i>
4.	<i>Aushadhi</i>	<i>Haridra</i>	<i>Varnya, vranashodhana, ropana</i>
5.	<i>Aushadhi</i>	<i>Jati/malati</i>	<i>Doshanashini, visha-kushtha-vrana-asra-jita</i>
6.	<i>Aushadhi</i>	<i>Rakta, peetaKaravira</i>	<i>Krimi-kandughna, visha,</i>

Table No. 9: Consideration of *Kushthaghna Mahakashaya* drugs acc. to *Madanpala Nighantu*^[17]

S.N.	Varga	Name of drug	Action
1.	<i>Abhayadi</i>	<i>Haritaki</i>	<i>Kushtha, shopha, krimi, kandu, shoola,</i>
2.	<i>Shuntayadi</i>	<i>Vidanga</i>	<i>Jantuhanan, krimighna, vahnikaram, kriminuta</i>
3.	<i>Karpuradi</i>	<i>Jati</i>	<i>Vrana-raktajita</i>
4.	<i>Vataadi</i>	<i>Khadira</i>	<i>Krimi, vrana, shwitra, shotha, kushtha,</i>
5.	<i>Vataadi</i>	<i>Saptaparna</i>	<i>Vrana, Shleshma-Vatahara, kushthahara,</i>
6.	<i>Vataadi</i>	<i>Haridra</i>	<i>Kaphahara, VranaShodhana, Vrana-Ropana</i>
7.	<i>Paniyaadi</i>	<i>Narikelataila</i>	<i>Pitta-vatahara, keshya, guru,shleshmakara,hima</i>

Table No. 10: Consideration of *Kushthaghna Mahakashaya* drugs acc. to *Dhanwantari Nighantu*^[18]

S.N.	Varga	Name of drug	Action
1.	<i>Guduchyaadi</i>	<i>Khadira</i>	<i>Kshatakhamah, hima-pitta-kapha-asra-nuta, kushtha, kandu, krimi, doshahara, krimi-kushthaghna,</i>
2.	<i>Guduchyaadi</i>	<i>Haridra</i>	<i>Gauri, varnavati, varavarnini, vishaghi, visha-kushthanuta, kandu, dehavarnavidhayani, vishodhani, krimihara</i>
3.	<i>Guduchyaadi</i>	<i>Haritaki</i>	<i>Tridoshaghi, kushtha, vrana, shopha, vata-asra-kricchajita,</i>
4.	<i>Guduchyaadi</i>	<i>Amalaki</i>	<i>Tridosahrita</i>
5.	<i>Guduchyaadi</i>	<i>Aragwadha</i>	<i>Krimishoolanuta, tridoshajita</i>
6.	<i>Karaviraadi</i>	<i>Karavira</i>	<i>Kushtha-kandughna, savisham-kushthajita</i>
7.	<i>Amraadi</i>	<i>Jati/ malati</i>	<i>Kapha-pittasya-rukapaka-vrana-kushthajita, kapha-pittajita</i>

Table No. 11: Consideration of *Kushthaghna Mahakashaya* drugs acc. to *Raj Nighantu*^[19]

S.N.	Varga	Name of drug	Action
1.	<i>Pippalyaadi</i>	<i>Vidanga</i>	<i>Jantughni, vata-kapha-arti-nuta, agnimandya, krimi, doshavinashani</i>
2.	<i>Pippalyaadi</i>	<i>Haridra</i>	<i>Gauri Janishthavara, varnya, pavitra, vishaghi, varavarnini, shopha, kapha-vata-asra-kushtha-nuta, kandu-vranahanti, deha-varnyavidhayani</i>
3.	<i>Shyamalyaadi</i>	<i>Khadira</i>	<i>Kushthaari, shita-pitta-kaphapah, kushtha, asra, shopha-kandu-vranapaha</i>
4.	<i>Shyamalyaadi</i>	<i>Khadirasara</i>	<i>Kapha-vatahrita, vranaghna,</i>
5.	<i>Prabhadraadi</i>	<i>Aragwadha</i>	<i>Kandughna, kushthasoodanah, shoolapaharaka, kandu-kushthanashanah</i>
6.	<i>Karaviraadi</i>	<i>Karavira</i>	<i>Kushtha-kandu-atinashanah, vrana-arti-visha-vishphota-shamano</i>
7.	<i>Amraadi</i>	<i>Haritaki</i>	<i>Twakamyaghi,</i>

DISCUSSION

Different Acharyas mentioned above have listed these drugs in various ganas or vargas with the common effect like Kushthanashana, Kriminashana, Varna shodhana, Vishanashana, Virechana, Vamana, Shirorchana, Shothanashana and specific effect like Shwitra, Dushtavranavishodhana effect. All the drugs of Kushthaghna Mahakashaya drugs especially have Tikta, Katu, Kashaya properties, have Ushnaguna in maximum drugs. This shows that the effect of these drugs on various skin ailments was known to different Acharyas for the treatment of skin disorders. Thus, it confirms the importance of these 10 drugs in various skin ailments.



CONCLUSION

The present paper concludes the various therapeutic properties of individual drugs of *Kushthaghna Mahakashaya* are *Kushthaghna* and are included in various ganas and vargas by different acharyas specifically highlighted with those properties which shows their *Kushthaghna* property.

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	<p>Dr. R.S. Hiremath – <i>Corresponding Author</i> Professor & H.O.D., Department of Rasashastra & Bhaishajya Kalpana KAHER'S Shri B.M. Kankanwadi Ayurveda Mahavidyalaya, Shahapur, Belgavi, Karnataka, India.</p>
	<p>Dr. Shivani Pandey PG Scholar, Department of Rasashastra & Bhaishajya Kalpana, KAHER'S Shri B.M. Kankanwadi Ayurveda Mahavidyalaya, Shahapur, Belgavi, Karnataka, India.</p>