

Review Literature of *Kaphakuthar Rasa* – A Herbo-mineral Ayurvedic FormulationAlka V. Bharati¹, Veena H. Sharma², Balaji D. Kattevar³, Prajakta D. Pansare⁴¹Associate Professor, B. R. Harne Ayurveda College, Vangani, Maharashtra²HOD & Associate Professor, Department of Shalakya Tantra, MSM Institute of Ayurveda, Delhi³HOD & Professor, Dhanvantari Ayurved Medical College, Udgir⁴Post Graduate Scholar, Dept. of Rasashastra and Bhaishajya Kalpana, APM's Ayurved Mahavidyalaya, Sion, Maharashtra

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Abstract

Rasashastra and *Bhaishajya kalpana* is the branch of Ayurveda, deals with the preparation of Ayurvedic medicines using various herbal and herbo-mineral drugs. *Rasashastra* deals with minerals, metallic medicines and *Bhaishajyakalpana* includes herbal medicines. *Kaphakuthar Rasa* is a *Kharaliya Rasayan*. A *Kharaliya Rasayan* is prepared in *kharal* (Mortar and pestle) and triturated under pressure which allows the sustained release of active molecules. This type is the most widely used, has prolonged shelf life, can be transformed in the form of *vati* (tablets, pills) etc. *Kaphakuthar Rasa* is a herbo-mineral formulation mentioned in texts of *Rasashastra*. *Kaphakuthar Rasa* is commonly indicated in *Kasa Vyadhi*. *Kasa* is such diseases in which we observe chronic condition (*Jirna avastha*). Variation is observed in preparation of this formulation.

Keywords:

Kaphakuthar Ras, *Kaphaj kasa*, *Chronic cough*, *Jirna avastha of Kaphaja Kasa*, *Kharaliya Rasa*

Introduction:

Ayurveda is an ancient science of life and is superior than other medical sciences. In today's era and competitive world there has been a negative impact on eating habit and lifestyle. Because of that we are exposed to various types of diseases. Nowadays our diet has become more synthetic and artificial than the natural one. Which gives us various disorders and diseases. *Kasa* is not only mentioned as a symptom in various diseases but also it is an independent *Vyadhi* with its pathogenesis, signs and symptoms, types and treatment. If we don't treat *kasa vyadhi* in primary stage it can give rise to life threatening diseases like *Shwasa*, *Urakshata*, *Arbuda in respiratory tract*, *Shosha*, *Rajyakshma*, *Raktapitta*, *Granthi* etc. *Prana* is the most important in *vayu* and is related with life, therefore any abnormality leads to disturbance of all the functions as *Prana* is *sarvagata*. '*Kasa*' is one of the primary diseases of *Pranavaha strotosa*, if not treated can affect '*Sarvagat Prana*'.

Rasashastra deals with the use of minerals and herbs together for the preparation of various medicinal formulations. Based on

the difference in the preparation method, all *Rasa Aushadhi* are classified into 4 types: 1. *Kharaliya Rasayan* 2. *Parpati Rasayan* 3. *Kupipakwa Rasayan* 4. *Pottali Rasayan*

A *Kharaliya Rasayan* is prepared in *kharal* (Mortar and pestle) and triturated under pressure which allows the sustained release of active molecules. This type is the most widely used, has prolonged shelf life, can be transformed in the form of *vati* (tablets, pills) etc. *Kaphakuthar Ras* is a *Kharaliya Rasayan* indicated in *Kaphaj kasa* (Chronic cough).

Dhatuksheenata, *Vegopdharana*, *Raja*, *Ruksha anna*, *Vayu vimargagamana*, *Vidahi-Guru-Vishtambhi anna*, *Amladosha*, *Shita gunatmak ahara-vihara*, *Abhighata*, *Ashamashayana* are various general etiological factors of *Kasa*. Because of etiological factors *Vayu* gets vitiated. Vitiating *Apana vayu* pushes *Udana vayu* upwards. *Udana vayu* reverts normal *Gati* of *Prana* results in *Kasa*. *Vamana*, *kavalgraha*, *katu ruksha ushna ahar*, *Nasya*, *Dhuma*, *Ushna leha* and *Kaphaghna* drugs are advised for management of *Kaphaja Kasa*. this study is an attempt to go through references of *KaphakutharRasa* formulations in literature in order to have better understanding of these formulations in terms of their

composition, indications and contribution of various texts regarding this drug.

Aim:

The aim of the study is to compile all available references of *Kaphakuthar Rasa* available in texts and to study them in comparative manner in terms of their composition, method of preparation, dose, indications and contribution of various ayurvedic texts regarding this particular formulation.

Materials and methods

References of *Kaphakuthar Rasa* will be compiled from various *Rasashastra* text and compendium and particular contribution of each text will be noted. Online available information was also compiled and studied. Research works conducted at various institutes were not available hence published data was compiled to interpret the classical information.

Literature review:

Kaphakuthar Rasa is not mere a single formulation but a variety of formulations across different texts have been quoted as *Kaphakuthar Rasa*. Name of drug itself throws light on the action of the compound. Following citations have been found in text such as *Rasa Chandanshu*, *Bharat Bhaishajya Ratnakar Part 1*, *Rasayogsagar*.

Table no. 1. List of Name of Ingredients mentioned in various *Rasa Aushadhi* text as *Kaphakuthar Rasa*

| Name of ingredients | R.Cha. | Bh. Bh.R. | Rasayogasagar I | Rasayogsagar II | Rasayogsagar III |
|----------------------|--------|-----------|-----------------|-----------------|------------------|
| <i>Parad</i> | + | + | + | + | + |
| <i>Gandhak</i> | + | + | + | + | + |
| <i>Suntha</i> | + | + | + | - | - |
| <i>Mire</i> | + | + | + | - | - |
| <i>Pippali</i> | + | + | + | - | - |
| <i>Tamrabhasma</i> | + | + | + | - | + |
| <i>Lohabhasma</i> | + | + | + | + | - |
| <i>Vatsanabh</i> | - | - | - | + | - |
| <i>Suvarnabhasma</i> | - | - | - | + | - |

| | | | | | |
|--------------------|---|---|---|---|---|
| <i>Tankan</i> | - | - | - | + | - |
| <i>Jatipushpa</i> | - | - | - | + | - |
| <i>Akarkarabh</i> | - | - | - | + | - |
| <i>Vangabhasma</i> | - | - | - | + | - |

Table no.2. Properties of *Kaphakuthar Rasa*

| Content | Latin/ English Name | Rasa | Virya | Vipaka | Guna | Karma & Rogaghната |
|----------------------|-----------------------------|--------------------|-------------|-------------|---|---|
| Parada | Mercury | Shadras a | Ushna | - | - | Vrushya, Tridosahara, Rasayan, Medhya. Indication: <i>Sarva roga</i> |
| Gandhak a | Sulphur | Madhur a | Ushna | Katu | Ushna | Dipana, Pachana, Ama-nashaka,, Yog-vahi, Rasayana. Indication: <i>Kshaya,</i> <i>Kasa, Shwasa, Pandu</i> etc. |
| Sunth | Zingiber officinala e | Katu | Ushna | Madhur a | Ushna, Tikshna , Snigdha , Laghu | Dipana, Pachana, Kaphava-tahara, Grahi. Indication: <i>Shula, Shotha, Shlipad</i> <i>a, Vibandha, Kasa, Shwasa,</i> <i>Jwara, Aavata</i> etc |
| Pippali | Piper longum | Katu | Anushn a | Madhur a | Ushna, Tikshna , Snigdha | Dipana, Pachana, Kaphava-tahara, Rasayana, Vrushya. Indication: <i>Udara, Kushtha,</i> <i>Prameha, Agnimandya, Shotha,</i> <i>Shwasa, Jwara, etc</i> |
| Marich | Piper nigrun | Katu | Ushna | Katu | Ushna, Tikshna , Ruksha | Dipana, Pachana, Kaphav-ataghna. Indication: <i>Shula, Shotha,, Kasa,</i> <i>Shwasa, Jwara, Aavata</i> etc. |
| Loha | Iron | Kashaya , Tikta | Ushna | Katu | Ushna, Tikshna , Ruksha | Dipana, Pachana, Lekhana, Rasayana, Brihan. Indication: <i>Pandu, Kapharo-ga,</i> <i>Yakritvikara, Prameha,</i> |
| Tamra | Copper | Tikta | Ushna | Katu | Ushna, Tikshna , Ruksha | Dipana, Pachana, Lekhana, Shothaghna. Indication: <i>Udara, Pandu,</i> <i>Yakritvikara, Atisara, Arbu-da,</i> <i>Prameha</i> etc. |

Table No. 3: List of various drugs used for triturating and method of preparation of *Kaphakuthar Rasa* mentioned in various *Rasa Aushadhi* text

| Sr. No. | Text Name | Drugs used for triturating | Method of Preparation |
|---------|-----------------------------------|-----------------------------------|------------------------|
| 1 | <i>Rasachandanshu</i> | <i>Kantakari, Kutaki, Dhatura</i> | <i>Kharaliya</i> |
| 2 | <i>Bharat Bhaishajya Ratnakar</i> | <i>Kantakari, Kutaki, Dhatura</i> | <i>Kharaliya</i> |
| 3 | <i>Rasayogsagar I</i> | <i>Kantakari, Kutaki, Dhatura</i> | <i>Kharaliya</i> |
| 4 | <i>Rasayogsagar II</i> | - | <i>Kharaliya</i> |
| 5 | <i>Rasayogsagar III</i> | <i>Nagvelli Rasa</i> | <i>Kharaliya, Puta</i> |

Indications of *Kaphakuthar Ras*:

Rasa Chandanshu, Rasayogsagar, Bharat Bhaishajya Ratnakar have indicated *Kaphakuthar Rasa* in all types of *Kaphaj Rogas*.

Table no.4: shows list of *Matra* and various *Anupan* with of *Kaphakuthar Rasa* mentioned in various texts.

| Sr. No. | Text Name | Matra | Anupan |
|---------|-----------------------------------|---------|--------------|
| 1 | R. Ch. | 1 Gunja | Nagvelli |
| 2 | <i>Bharat Bhaishajya Ratnakar</i> | 2 Ratti | Nagvelli |
| 3 | <i>Rasayogsagar I</i> | 2 Ratti | Nagvelli |
| 4 | <i>Rasayogsagar II</i> | 1 Ratti | Jala |
| 5 | <i>Rasayogsagar II</i> | 1 Ratti | Guda, Aadrak |

Discussion:

By reviewing all above tables, the ingredients of formulation, *parad* is having *shadarasa*, *gandhak* having *madhura rasa*, *shuntha* having *katu rasa*, *maricha* having *katu rasa*, *Pippali* having *katu rasa*, *loha* and *tamra* having *katu rasa*, all drugs havinh *Ushna Virya*. 2 drugs have *Madhur Vipaka*, rest all have *Katu Vipaka*, it suggests that each *kalpa* contains *Deepan, Pachan, Agnivardhan dravyas* and *Chedanhnna, Kaphahar, Strotavrodhnashak* and *Rasayana* properties.

Conclusion:

Kaphakuthar Rasa is an effective and very commonly prescribed formulation. It can be

concluded that it can be used in *virja avstha* of *Kaphaj Kasa* and *Jwara*.

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