



Study of *Kushthaghna Dravya* on the basis of *Rasadi* properties from *Bhavaprakash Nighantu*: A literal review.

Uma Thatte^{*1}, Sambhaji Tike²

P.G. Scholar¹, Professor and H.O.D²

Department of Dravyaguna,

GD Pol Foundation's YMTAyurvedic College, NaviMumbai, Maharashtra.

*Corresponding author: umuthatte@gmail.com

ABSTRACT

All the skin diseases in *Ayurveda* have been described under the umbrella term of "*Kushtha*". *Kushtha* is considered as a one of the *Ashtamahagada*¹ (group of diseases which are difficult to treat). *Kushtha* is a chronic disease that has substantial psychological as well as social impact on a patient's life. Hence each and every *Kushtha* should be treated successfully. Only symptomatic relief is achieved with the modern allopathy medication which is not satisfactory. Therefore, by screening *Kushthaghna dravyas* from *Bhavaprakash Nighantu* can give the effective solutions for *Kushtha Chikista*. Literal review of *Rasadi* properties of *Kushthaghna dravyas* from *Bhavaprakash Nighantu* concludes that there are about 84 herbal *dravyas*. Critical analysis of *Rasadi* properties states that, the line of treatment should include *Katu*, *Tikta*, *Kashaya Rasa*; *Ushna Veerya*; *Laghu*, *Ruksha*, *Tikshna Gunas* mainly.

Keywords: *Bhavaprakash Nighantu*, *Rasapanchak*, *Kushthaghna*

INTRODUCTION

In *Ayurveda*, *Kushtha* is defined as "*Kushnati Vapu Iti Kushtham*"². The disease which distinctly leads to discoloration of skin is termed as *Kushtha*, "*Tvacha Kurvanti Vaivarnyayam*"³. Discoloration or disfigurement of skin is not just a social embracement but two main points should be taken into consideration related to skin, that are B and B. Barrier and Beauty. Skin acts as a barrier between internal and external environment. Skin is considered as the standard for beauty, so it has got cosmetic importance in individual's life. Hence each and every *Kushtha* should be treated successfully. In current scenario, steroids and antihistamines are used in management of most of skin diseases which gives only symptomatic relief. Therefore, an attempt is made to search out *Kushthaghna* herbal *Dravyas* mentioned in *Bhavaprakash Nighantu* according to *Rasapanchak*.

MATERIALS AND METHODS

- *Bhavaprakash Nighantu* with *Chunekar Commentry*

METHODS

- The review of *Kushthaghna Dravyas* from *Bhavaprakash Nighantu* for their – Sanskrit name, Latin name, Family, *Rasapanchak* was done.
- Classification of *Dravyas* according to – *Rasa*, *Veerya*, *Vipak*, *Guna* was done
- Critical analysis of these *Dravyas* was done to categories *Kushthaghna* herbal *Dravyas* on

the basis of *Rasadi* properties.

INCLUSION

- Herbal *Dravyas* mentioned as “*Kushthaghna*” in *Bhavaprakash Nighantu* from *Haritakyadi* *varga* to *Amradiphala* *varga*

EXCLUSION

- *Dravyas* mentioned as “*Kushthaghna*” from *Datvadi* *varga* are excluded (reason: to focus on herbal *Dravyas* only)

OBSERVATIONS

CLASSIFICATION ACCORDING TO TASTE-

<i>Tikta</i>		<i>Kashay</i>	<i>Madhur</i>	<i>Lavan Varjit Pancharas</i>	<i>Katu</i>
<i>Kiratatikta</i>	<i>Karanj</i>	<i>Laksha</i>	<i>Vanshalochan</i>	<i>Haritaki</i>	<i>Ardrak</i>
<i>Kutaki</i>	<i>Gunja</i>	<i>Nagakeshar</i>	<i>Aaragwadh</i>	<i>Rason</i>	<i>Pippali</i>
<i>Tumbaru</i>	<i>Vansh</i>	<i>Dhattur</i>	<i>Madanphal</i>		<i>Chitrak</i>
<i>Manjishta</i>	<i>Patha</i>	<i>Kanchanar</i>	<i>Chakramarda</i>		<i>Indrajav</i>
<i>Haridra</i>	<i>Kumari</i>	<i>Meshashruni</i>	<i>Bhallatak</i>		<i>Kushtha</i>
<i>Karpur</i>	<i>Kakamachi</i>	<i>Bruhat Bakul</i>	<i>Durva</i>		<i>Bakuchi</i>
<i>Agaru</i>	<i>Shankhapushpi</i>	<i>Damanak</i>	<i>Duralabha</i>		<i>Arka</i>
<i>Padmak</i>	<i>Brahmi</i>	<i>Kakodumbar</i>	<i>Murva</i>		<i>Sehunda</i>
<i>Guggul</i>	<i>Mallika</i>	<i>Vijaysaar</i>	<i>Bahuvar</i>		<i>Langali</i>
<i>Jatamansi</i>	<i>Saireyak</i>	<i>Babbul</i>			<i>Danti</i>
<i>Shaileya</i>	<i>Khadir</i>	<i>Tuni</i>			<i>Bhrungaraj</i>
<i>Kachora</i>	<i>Irimed</i>	<i>Palash</i>			<i>Dugdhika</i>
<i>Guduchi</i>	<i>Ingud</i>				<i>Markandika</i>
<i>Vartaki</i>	<i>Kutaj</i>				<i>Chikkani</i>
<i>Karavir</i>	<i>Saptaparna</i>				<i>Karnikar</i>
<i>Neem</i>					<i>Tilak</i>
<i>Aparajita</i>					<i>Tulasi</i>
<i>Nirgudi</i>					<i>Shinshipa</i>
<i>Kutaj</i>					<i>Katabhi</i>

CLASSIFICATION ACCORDING TO VIPAK

Madhur			Katu			
Haritaki	Kakodumbar	Rason	Chitrak	Haridra	Chorak	Karnikar
Ardrak	Bahuvar	Bhallatak	Tumbaru	Bakuchi	Vartaki	Saireyak
Pippali	Durva	Padmak	Vanshalochan	Agaru	Arka	Tilak
Madanphal	Duralabha	Guduchi	Kutaki	Guggul	Sehunda	Tulasi
Aaragwad	Shankhapushpi		Kiratatikta	Nagakeshar	Langali	Damanak
			Indrajav	Jatamansi	Manjishtha	Shinshipa
			Kushtha	Kachora	Markandika	Vijaysar
			Karavir	Kakamachi	Chhikkani	Gunja
			Dhattur	Meshashrungi	Bruhad Bakul	Aparajita
			Murva	Dugdhika	Mallika	Nirgudi
			Khadir	Babbul	Tuni	Katabhi
			Irimed	Ingud	Palash	Saptaparna
			Kutaj	Vansha	Danti	Brungaraj
			Karanj	Patha	Kumari	

CLASSIFICATION ACCORDING TO VEERYA

Ushna				Sheet		Anushnasheet
Katabhi	Gunja	Karanj	Dugdhika	Dhamasa	Kutaki	Pippali
Saptaparn a	Vansha	Bhallatak	Markandika	Shankhapushpi	Kiratatikta	Bruhad Bakul
Haritaki	Patha	Agaru	Chhikkani	Brahmi	Indrajav	Laksha
Chitrak	Danti	Guggul	Dugdhika	Kakodumbar	Laksha	
Tumbaru	Bhrungaraj	Nagakeshar	Bakuchi	Vijaysar	Chakramarda	
Madanphal	Murva	Kachora	Rason	Khadir	Karpur	
Kushtha	Meshashrungi	Guduchi	Dhattur	Irimed	Padmak	
Manjishtha	Haridra	Arka	Gunja	Babbul	Jatamansi	
Mallika	Damanak	Vartaki	Vansha	Bahuvar	Shaileya	
Karnikar	Shinshipa	Sehund	Patha	Vanshalochan	Chorak	
Saireyak	Ingud	Langali	Danti	Kutaj	Neem	
Tilak	Tuni	Nirgudi	Bhrungaraj	Aparajita	Kanchanar	
Tulasi	Palash	Karanj				

CLASSIFICATION ACCORDING TO GUNA

Laghu	Guru	Snigdha	Ruksha	Tikshna	Sara	Sukshma	Vishad	Picchil
Haritaki	Ardrak	Pippali	Haritaki	Tumbaru	Vanshalochan	Guggul	Guggul	Kumari
Chitrak	Aaragwad	Rasin	Ardrak	Bakuchi	Kiratatikta			Shankhapu

	ha							shpi
Tumbaru	Manjishtha	Bhallatak	Chitrak	Bhalltak	Guggul			
Vanshalo chan	Rason	Duralabha	Tumbaru	Chorak	Vansha			
Kutaki	Danti	Kumari	Vanshalo chan	Karanj	Murva			
Kiratatikt a	Kumari	Kakamachi	Kutaki	Patha	Shankhapu shpi			
Madanap hal	Murva	Shankhap uspi	Kiratatikt a	Danti	Brahmi			
Kushtha	Shankhapu shpi	Palash	Madanph al	Markan dika				
Chakram arda	Dugdhika	Saptapar na	Haridra	Chhikka ni				
Bhallatak	Bakula	Ingud	Chakram ard					
Karpur	Babul		Guggul					
Agaru			Nagakesh ar					
Padmak			Aparajita					
Guggul			Nirgundi					
Nagakesh ar			Kutaj					
Shaileya			Gunja					
Kachora			Danti					
Chorak			Bhrungar aj					
Guduchi			Meshashr ungi					
Arka			Dugdhika					
Sehunda			Markandi ka					
Vasa			Tulasi					
Neem			Damanak					
Kanchana r			Kakodum bar					
Aparajita			Shinshipa					
Nirgudi			Khadir					
Karanj			Irimed					
Gunja			Babbul					
Patha			Katabhi					
Duralabha								
Bhrungar aj								
Meshashr ungi								
Brahmi								

Markandi ka								
Chhikkani								
Mallika								
Karnikar								
Saireyak								
Tulasi								
Damanak								
Kakodum bar								
Shinshipa								
Khadir								
Irimeed								
Vijaysar								
Ingud								
Tuni								
Palash								
Saptaparn a								

DISCUSSION

Acharya Charak has explained the samprapti of *Kushtha*, in which group of 7 elements (*Saptadushyasangraha*) of body play important role⁴. These 7 elements are 3 *Doshas* – *Vat*, *pitta*, *Kapha* and 4 *Dushyas* – *Twak*, *Mansa*, *Rakta*, *Lasika*(*Ambu*). When these 7 elements get disturbed, it leads to the genesis of *Kushtha*. Further this vitiation of *Tridoshas* causes *Dhatushaithilya* and hence the disease *Kushtha* gets manifested.

Depending on this *Dosha Dushhya Sangraha*, one needs to treat *kushtha* with *Laghu*, *Kledaghna*, *Pachan*, *Anuloman*, *Sukshma*, *Raktaprasadan* and *Rasayan Dravyas*. Along with these basic properties one should use *Sheeta/Ushna*, *Lekhan*, *Swedahara/Swedakara*, *Kandughna*(*Manas* And *Sharir* both) *dravyas* as per

Doshadhikya.

It is observed that from total identified *Dravyas* from *Bhavaprakash Nighantu* there are total 87 *Dravyas* having *Kushthaghna* effect.

- 12 Number of *Dravyas* has *Kashay rasa*
- 19 Number of *Dravyas* has *Katu rasa*
- 34 Number of *Dravyas* has *Tikta rasa*
- 51 Number of *Dravyas* has *Ushna Veerya*
- 28 Number *Dravyas* has *Sheeta Veerya*
- 4 Number of *Dravyas* have *Anushnasheet Veerya*
- 55 Number of *Dravyas* has *Katu Vipak*
- 14 Number of *Dravays* has *Madhur Vipak*
- 0 Number of *Dravyas* has *Amla Vipak*
- 49 Number of *Dravyas* has *Laghu Guna*
- 29 Number of *Dravyas* has *Ruksha Guna*
- 9 Number of *Dravyas* has *Tikshna Guna*

Rasaran Dravyas- Rason, Haritaki, Bhallatak, Chitrak, Guggul, Guduchi, Palash, Vijaysar,

As per Ayurveda most of the disease manifests due to Agnimandya. Therefore *Katu Rasa* and *Ushna Veerya* are important to treat Agnimandya. Similarly, *Laghu* and *Ruksha Guna* plays key role in *Samprapti Bhang*.

Following properties of *Rasa*, *Veerya*, *Vipak*, and *Guna* will help us to explain *Kushthaghna* activity of *Dravyas*.

1) *Katu Rasa*: Vayu+ Agni mahabhut is dominant⁵

- *Katu rasa* has *Laghu*, *Ruksha*, *Tikshna*, *Ushna Gunas*⁶.
- *Katu rasa* has got *Kledahar*, *Snehahar*, *Swedakar* action along with *Kushtha Kandughna* activity⁷.

2) *Tikta Rasa*: Vayu+ Akash mahabhut dominant⁸

- *Tikta rasa* has *Ruksha*, *Sheet*, *Laghu Guna*⁹.
- *Tikta rasa* has *Kledopashoshan*, *Swedopashoshan*, *Raktaprasadan* and *Kandughna* activity¹⁰

3) *Kashay Rasa*: Pruthvi + Vayu mahabhut dominant¹¹

- *Kashay rasa* has *Ruksha*, *Sheeta*, *Guru Gunas*¹²
- *Kashay rasa* has *Kledashoshan*, *Tvak prasadan* and *Varnya* activity¹³.

4) *Katu Vipak*: *Katu vipak* has *Ruksha* and *Laghu Gunas*¹⁴.

It increases *Vaat* and *Pitta Dosha*, whereas decreases *Kapha Dosha*¹⁵.

5) *Laghu Guna*: *Laghu Guna* has *Ropan* activity¹⁶.

Laghu Guna decreases *Kapha Dosha*¹⁷

6) *Ruksha Guna*: Chief activity of *Ruksha Guna* is , it mainly decreases *Kapha Dosha*¹⁸

- In above *Dravyas* drugs with *Pradhan Amla* and *Lavan Rasa* are not included, possible reason could be that these *Rasas* increase *Kleda* in body.
- For *Pittashaman* , instead of using *Madhur Rasa*, *Kashay* and *Tikta Rasas* are used (eg *Kiratatiktika*, *Kutaki*).
- *Madhur Vipak Dravyas* are either *Rasayan* (eg *Guduchi*) or *Shodhan Dravya* (eg. *Aaragwadh*) or *Dravyas* which have *Katu Rasa* (eg *Adrak*).
- *Sheeta Veerya* dravays are mostly those who have direct *Kushthaghna* property (*Prabhav* of *Dravya*)(eg *Khadir*) or they have *Jwaraghna* effect (eg *Dhamasa*) or these *Dravyas* have *Manovaha Srotas Gamtva*.(eg *Jatamansi*).
- For *Vishad* and *Sukshma Guna* only *Guggul* is said to be *Kushthaghna*.

CONCLUSION

We know 7 elements (3 *doshas*, 4 *dushyas*) plays complex interplay in the *Kushtha samprapti*. *Katu-Tikta- Kashay Rasa*, *Ushna Veerya*, *Laghu- Ruksha-Tikshna Gunas* has got exactly opposite properties of 4 *dushyas* (*Tvak*, *Mansa*, *Rakta*, *Lasika*).

According to the *Ayurvedic Sidhanta* “*Vruddhi Samanaihi Sarvesham Viparitaihi Viparyayaha*”¹⁹. Equal qualities lead to increase, and opposing qualities lead to decrease. Hence all the *Rasadi* properties discussed above plays important

role in the *Sampraptibhanga* of *Kushtha*. Can conclude that, the line of treatment should include *dravyas* having *Ushna Veerya*, *Tikta/Katu/Kashaya rasa, katu/madhur vipak*, *Laghu/Ruksha Guna* along with *Rakta prasada* activity.

As *Ayurveda* keep holistic approach towards treatment of diseases, one should go for detailed *Rugna Pariksha* and then choose *Dravyas* from above mentioned *Rasadi* properties. *Bhavaprakash* enlightens *Rasadi* as well as *Rogaghna* properties of most of *Dravyas* in detail especially herbal drugs. Therefore while mentioning *Dravyas* as *Kushthaghna*, he not only looked at outer appearance of disease but at root cause of *Rog* that is *Agni and Manas Bhav* of patient. It is clear from classical text that in *Kushtha*, *doshas* attains *tiryak gati* and then causes *Twakvikruti*. Therefore he has mentioned *Dravyas* which causes *Anuloman* of *Doshas* leading them to return in *mahasrotas*.

From all above discussion we can say that, detailed study of *Bhavaprakash Nighantu* enlightens all aspects of *Kushtha Chikitsa* and many paths to achieve *Kushthaghna* property. Therefore this study will help physician to make his treatment more pin point in aspect of selection of drugs.

Further scope of study:

In this we have studied *Rasadi* properties of *Kushthaghna Dravyas*. In further studies, one can research on direct *Doshagnata*, *Rogagnata* and many other *Karyakaritva* of *Dravyas*. Next step of study can be actual observations of different effects of *Dravyas* on patients.

REFERENCES

1. Kaviraja Ambikadutta Shastri, Aavaraniya (33/4), Sushrut Samhita Sutra Sthan, Chaukhamba Sanskrit Sansthan, Varanasi, Edition 2012, Pg no 163
2. Dr Brahmanand Tripathi, Kushtha, Madhavnidan Madhukosh Tika, Chaukhamba Surbharati Prakashan 2013
3. Dr. Jyotimitra Acharya, Kushtha Nidan (14), Ashtang Sangraha Nidan sthan, Chaukhamba Sanskrit Series Office, Varanasi 2014
4. Vd Y.G. Joshi, Kushtha Nidan (5/3), Charak Samhita Nidan Sthan, Vaidyamitra Prakashan, Pune, Pg no 468
5. Vd Y.G. Joshi, Atreyabhadrapyaya (26/40), Charak Samhita Sutra Sthan, Vaidyamitra Prakashan, Pune, Pg no 326
6. Vd Y.G. Joshi, Atreyabhadrapyaya (26/43), Charak Samhita Sutra Sthan, Vaidyamitra Prakashan, Pune, Pg no 330
7. Vd Y.G. Joshi, Atreyabhadrapyaya (26/43), Charak Samhita Sutra Sthan, Vaidyamitra Prakashan, Pune, Pg no 330
8. Vd Y.G. Joshi, Atreyabhadrapyaya (26/40), Charak Samhita Sutra Sthan, Vaidyamitra Prakashan, Pune, Pg no 326

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>9. Vd Y.G.Joshi, Atreyabhadrakapyiya (26/43), Charak Samhita Sutra Sthan , Vaidyamitra Prakashan , Pune, Pg no 330</p> <p>10. Vd Y.G.Joshi, Atreyabhadrakapyiya (26/43), Charak Samhita Sutra Sthan , Vaidyamitra Prakashan , Pune, Pg no 330</p> <p>11. Vd Y.G.Joshi, Atreyabhadrakapyiya (26/40), Charak Samhita Sutra Sthan , Vaidyamitra Prakashan , Pune, Pg no 326</p> <p>12. Vd Y.G.Joshi, Atreyabhadrakapyiya (26/43), Charak Samhita Sutra Sthan , Vaidyamitra Prakashan , Pune, Pg no 330</p> <p>13. Vd Y.G.Joshi, Atreyabhadrakapyiya (26/43), Charak Samhita Sutra Sthan , Vaidyamitra Prakashan , Pune, Pg no 330</p> <p>14. Kaviraja Ambikadutta Shastri, Dravyavisheshvidnyaniya (41/15), Sushrut Samhita Sutra Sthan,</p> | <p>Chaukhamba Sanskrit Sansthan, Varanasi, Edition 2012, Pg no 200</p> <p>15. Kaviraja Ambikadutta Shastri, Dravyavisheshvidnyaniya (41/15), Sushrut Samhita Sutra Sthan, Chaukhamba Sanskrit Sansthan, Varanasi, Edition 2012, Pg no 200</p> <p>16. Kaviraja Ambikadutta Shastri, Annapanavidhi (46/526), Sushrut Samhita Sutra Sthan, Chaukhamba Sanskrit Sansthan, Varanasi, Edition 2012, Pg no 289</p> <p>17. Ayurvedacharya Purushottam Nanal, Mishra Varga (40/214) Bhavprakash Purva Khanda, Raghuvanshi Publication , Pune, Edition 2010, Pg no 90</p> <p>18. Ayurvedacharya Purushottam Nanal, Mishra Varga (40/214) Bhavprakash Purva Khanda, Raghuvanshi Publication , Pune, Edition 2010, Pg no 90</p> <p>19. Shritarapanta Ayurvedacharya, Ayushkamiya (1/14), Ashtang Hriday Sutra Sthan, Chaukhamba Sanskrit Series Office, Varanasi, Edition 2008, Pg no 3</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Conflict of Interest: Non / Source of funding: Nil

Cite this article: Study of Kushthaghna Dravya on the basis of Rasadi properties from Bhavaprakash Nighantu: A literal review; Uma Thatte

Ayurlog: National Journal of Research in Ayurved Science- 2022; (10) (01): 01-8