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A Critical Review of Kasahara Mahakashaya

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ABSTRACT

Charakacharya has described *Kasahara mahakashaya* in *shadavirechana-shatashritiya adhyaya* of *ausadh-chatushka* in *sutrasthana*. *Kasahara mahakashaya* consists of ten drugs which are effective against *kasa vega* (cough). *Charakacharya* has explained detail treatment of *kasa* in *chikitsasthana* but here he has given ten selected drugs as a *mahakashaya*.

Keywords: *Kasa* (Different types of cough), *Charakokta Mahakashaya*.

INTRODUCTION

Kasahara mahakashaya contains ten drugs which are herbal in origin. Their proportion in combination is not described i.e. *anukta* so as per *anukta mana* equal quantity of each drug to be taken. In this *adhyaya* *Charakacharya* has given no explanation about a) formulation of medication 2) period of treatment 3) *anupana* 4) disease conditions of *kasa*.

Contents of *Kasahara mahakashaya*

Sanskrit name	<i>Draksha</i>	<i>Abhaya</i>	<i>Amalaka</i>
Latin Name	<i>Vitis vinifera</i>	<i>Terminalia chebula</i>	<i>Embllica officinalis</i>
Family	<i>Vitaceae</i>	<i>Combrataceae</i>	<i>Euphorbiaceae</i>
Nature of plant	Climber shrub	Big tree up to 100 feet	Big tree
Useful part	Fresh/dried fruits	Dried fruits	Fresh/dried fruits
Rasa	<i>Madhura</i>	<i>Pancharasa</i> (main- <i>kashaya</i>)	<i>Pancharasa</i> (main- <i>amla</i>)
Vipaka	<i>Madhura</i>	<i>Madhura</i>	<i>Madhura</i>
Veerya	<i>Sheeta</i>	<i>Ushna</i>	<i>Sheeta</i>
Guna	<i>Snigdha, Mrudu, Guru</i>	<i>Laghu, Ruksha, Mrudu</i>	<i>Laghu, Ruksha, Mrudu</i>
Doshaghnata	<i>Vatapittaghna</i>	<i>Tridoshghna</i>	<i>Tridoshghna</i>
Karma/Action	<i>Virechana, Balya, Rasayana</i>	<i>Anulomana, Rasayana, Malashodhana</i>	<i>Anulomana, Rasayana, Balya</i>
Active principles	Carbohydrates, Tannins, Acids-Mallic, Tartaric	Tannins, Anthraquinones, Polyphenolic compounds	Ascorbic acid, Gallotannins

Sanskrit name	Pippali	Duralabha	Shrungi
Latin Name	<i>Piper longum</i>	<i>Fagonia Arabica</i>	<i>Pistacia integerima</i>
Family	<i>Piperaceae</i>	<i>Zygophyllaceae</i>	<i>Anacardiaceae</i>
Nature of plant	Climber shrub	Spiny shrub	Glabrous tree
Useful part	Dried fruits	<i>Panchanga</i>	Galls of leaves
Rasa	<i>Katu, Tikta</i>	<i>Madhura, Tikta Kashaya</i>	<i>Kashaya, Tikta</i>
Vipaka	<i>Madhura</i>	<i>Katu</i>	<i>Katu</i>
Veerya	<i>Anushna</i>	<i>Sheeta</i>	<i>Ushna</i>
Guna	<i>Laghu, Snigdha, Tikshna</i>	<i>Laghu, Ruksha, Mrudu</i>	<i>Laghu, Ruksha, Tikshna</i>
Doshaghnata	<i>Kaphavataghna, Pittavardhaka</i>	<i>Kaphavataghna</i>	<i>kaphavataghna</i>
Karma/Action	<i>Rasayana, Deepana</i>	<i>Balya, Jwaraghna</i>	<i>Vrushya, Grahi, Deepana</i>
Active principles	Alkaloids-Piperine, Piperacin	Galctocatechin, Salsodine, Hordenine	Pistacienoic acid, beta-sitosterol

Sanskrit name	Kantakari	Vrushchir	Punarnava	Tamalaki
Latin Name	<i>Solanum xanthocarpum</i>	<i>Trianthema portuala castum</i>	<i>Boerhavia diffusa</i>	<i>Phyllanthus fraternus</i>
Family	<i>Solanaceae</i>	<i>Ficoidaceae</i>	<i>Nyctaginaceae</i>	<i>Euphorbiaceae</i>
Nature of plant	Prickly herb	Creeping herb	Creeping herb	Small erect herb
Useful part	Roots	<i>Panchanga</i>	Roots	<i>Panchanga</i>
Rasa	<i>Tikta, katu</i>	<i>Katu, Kashaya</i>	<i>Madhura, Tikta, Kashaya</i>	<i>Tikta, Kashaya, Madhura</i>
Vipaka	<i>Katu</i>	<i>Katu</i>	<i>Katu</i>	<i>Madhura</i>
Veerya	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Sheeta</i>
Guna	<i>Laghu Ruksha Tikshna</i>	<i>Laghu Ruksha Tikshna</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Laghu, Ruksha, Mrudu</i>
Doshaghnata	<i>Kaphavataghna</i>	<i>Kaphavataghna</i>	<i>Kaphavataghna</i>	<i>Kaphapittaghna</i>
Karma/Action	<i>Deepan Pachana Mutrala</i>	<i>Deepana, Mutrala</i>	<i>Shothaghna, Deepana</i>	<i>Rochana, Raktashodhana, Deepana</i>
Active principle	Beta-carotene, Diosgenine, Carpesterol	Trianthemine, Ecdysterone	Punarnavarin, Hentriacontane	Phyllanthin, Niranthin, Hintetralin

Comparative properties of Kasahara Mahakashaya:

1. *Vipaka*- 5 drugs having *Madhura vipaka* and other 5 drugs having *Katu vipaka*.
2. *Veerya*- 5 drugs having *Ushna veerya* , 4 drugs having *Sheeta veerya* and 1 of *Anushna veerya*.
3. *Guna*-
 - a) *Snigdha-Ruksha*: 2 drugs having *Snigdha guna* and other 8 drugs having *Rukshna guna*
 - b) *Guru-Laghu*: 1 drug having *Guru guna* and other 9 drugs having *Laghu guna*
 - c) *Mrudu-tikshna*: 5 drugs having *Mrudu guna* and 5 having *Tikshna guna*.
4. *Doshaghnata*- 2 drugs are *Tridoshghna*.
6 drugs are *Kaphavataghna*.
1 drug *Vatapittaghna* and
1 drug is *Kaphapittaghna*

CONCLUSION

After studying all the drugs with their *rasa*, *vipaka*, *veerya* and *doshaghnata*, the following conclusions are derived-

1. *Samprapti bhanga* of *kasa* done by
 - a) *Kapha-vata pradhana tridoshashamana*.
 - b) *Malashodhana*, *murtavirechana* and *Apana vayu anulomana* resulting in *Udana vayu anulomana*. *Udana vayu anulomana* relieves severity of *kasa vega*.
 - c) *Ushna- Tikshna guna* of *Kasahara mahakashya* acts as a mucolytic and expectorent. d) *Snigdha* and *Mrudu* drugs act as soothing agents.
 - e) *Ushna-Tikshna-Laghu* drugs having *gamitva* (affinity) towards respiratory system act as bronchodilator.
2. *Balavardhana* and *Rasayana karma* of *pranvaha srotasa* (cardio-respiratory system)
 - a) *Mutrala* (diuretic) drugs relieving hydrostatic pressure act as cardio protective and anti congesant.
 - b) *Rasayana* and *balya* drugs maintaining balanced nutrition and efficacy act as immunomodulator of cardio-respiratory system. By this way *apunarbhavatva* (prevention in future) of *kasa* is achieved.

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