

**A COMPREHENSIVE DRUG REVIEW ON KAPIKACCHU (*MUCUNA PRURIENS*)****Dr. Anurag Mishra\*<sup>1</sup> and Dr. Kavita Tiwari<sup>2</sup>**

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**ABSTRACT**

Kapikacchu, is an important Vajikarana drug mentioned in Ayurveda, an integral part of Indian System of Medicine. It is used mainly for its Balya, Vrishya and Tridosahara properties. It is the best natural source of L-DOPA, which is precursor to the neurotransmitter dopamine, widely used in Parkinsonism, muscular disorders and also in spermatogenesis. This review has highlighted the importance of Kapikacchu in various Samhitas and Nighantus. The review summarized the classical names, classification, properties, uses of drug and its Yogas (formulations). The literature survey showed that in India, Kapikacchu species are widely used to treat the patients of various disorders since ancient times. This review evaluates the rich heritage of traditional drug, "Kapikacchu".

**INTRODUCTION**

Ayurveda is a comprehensive scientific system of medicine evolved in India. Initially, it was developed through ancient wisdom, clinical experiences and experimentation in scientific, technological and medical parameters.

Kapikachu, is a one of the well known Vrishya (Spermatogenetic activity) drug mentioned in Ayurvedic texts right from Caraka and Sushruta samhita period. It is also used as a drug for balya (promotes muscle mass and body weight) and advocated to use for vajikarana chikitsa (Aphrodisiac).<sup>[1]</sup> Every part of the plant have medicinal value. Seeds and roots are mentioned as most important parts, which are good source of giving vital energies. According to the

traditional and scientific data available, legumes have promising potential source in terms of nutrition, medicine and agricultural development in developing countries.

The roots are bitter, sweet, thermogenic, emollient, stimulant, purgative, aphrodisiac, diuretic, emmenagogue, anthelmintic, febrifuge and tonic. They are useful in vitiated conditions of vata and pitta, constipation, nephropathy, strangury, dysmenorrhoea, amenorrhoea, elephantiasis, dropsy, neuropathy, ulcers, helminthiasis, fever, cholera and delirium. The leaves are aphrodisiac, anthelmintic, tonic and are useful in ulcers, inflammation, helminthiasis, cephalagia and general debility. Seeds are astringent, laxative, anthelmintic, aphrodisiac, alexipharmic and tonic. They are useful in gonorrhea, consumption, sterility and general debility. The pods are used as anthelmintic. The hairs of legume and flowers are vermifuge to expel ascarids. The roots are useful in hemiparesis and facial palsy. Seed powder is useful in parkinson disease. Seeds are useful in Apabahuka (Frozen shoulder) to increase the strength of arm and also as aphrodisiac. An ointment prepared with pod hair acts externally as a local stimulant and mild vesical. Pod hairs are useful in krimi. In addition, *Mucuna* is also traditionally used in various other applications like, dye. Treatment of pain and numbness of joints and irregular menstruation.<sup>[2,3]</sup>

## HISTORICAL REVIEW

### Kapikachu In Vedic Literature

In Vedic literature, Kapikachu is not mentioned. Even in Brihatrayi the term Kapikachu is not widely used. All 3 Samhitas (Caraka, Sushruta, Vagbhata) described this plant majorly with the terms like Atmagupta, Svayam gupta and also Markati.

### Kapikachu in samhitas

- **Caraka samhita (1000 BC – 4 AD)**<sup>[4,5]</sup> Among the existing old medical texts of India, *Caraka samhita* is considered as the oldest one. This *samhita* was composed by Agnivesa (1000 BC), redacted by Caraka (2<sup>nd</sup> BC) and reconstructed by Dridhabala (4<sup>th</sup> AD). Caraka samhita is mainly focused on the medical management of diseases that is Kayachikitsa, branch of Ayurveda. Acharya Caraka has mentioned Kapikachu with the name of Rishabhi in balya dasaimani varga; as Kachura in PurisaViranjaniya dasaimani varga and as Rishyaprokta in madhura skanda dasaimani varga kashayas. He also used the term Adhyanda (C.S.Chi.3/266) for Kapikachu. Caraka mentioned different yogas (formulations) of Kapikachhu to treat the diseases such as Bramha rasayana in Medho vridhi (Obesity) (C.S.Chi.1/1-58); Vrisha pupalika for Vrishya (spermatogenetic activity)

(C.S.Chi.2/2; 2/3-15); Maha paisachika Ghrita indicated in Fever, Insanity, Seizures (C.S.Chi.9/45-48); Swadamstradi Ghrita in Vata Pitta hara diseases (C.S.Chi.11/44-47); Tryusanadya Ghrita used in Kasa (cough), Jwara, Gulmahara (C.S.Chi.18/39-42); Medicated Ghrita for Svasa, Kasa, Grahani (C.S.Chi.26/80-82); Jivantyadi Anuvasana Yamakam indicated in Brimhana, Vata pitta nasaka, Balya, Sukra Agnivardhaka (C.S.Si.4/9-11).

- **Sushruta Samhita (1000 BC – 4<sup>th</sup> AD)**<sup>[6,7]</sup> This Samhita is composed by Vridha Sushruta which is chiefly dealt with different aspects of *Shalya chikitsa* (surgical and parasurgical mode of treatment) in Ayurveda. It again redacted by Sushruta in 2<sup>nd</sup> AD. Later, probably revised by Acharya Nagarjuna, the greatest scientist in 5<sup>th</sup> AD. In the existing form, it appears to be much later than Caraka samhita, because its paatha sudhi was done by Chakradata in 10<sup>th</sup> century. *Kapikachu* is mentioned in *Vidarigandhadi* and *Vata samsamana ganas*. Susruta has used Kisimbivalli (S.S.Su 46/46) and Languli (S.S.Su 19/29) as synonyms for *Kapikachu*. Properties of *Kapikachu* beeja were mentioned separately for the first time in this Samhita (S.S.Su 46/36). Preparations and indications in which *Kapikachu* are mentioned such as *Vrishya* yoga for *Vrishya* action (S.S.Chi26/30-35); *Jeevantyadi Anuvaasana Yamakam* indicated in *Vrishya*, *Deepana* (S.S.Chi37/23-26); *Kapikachu churna* used in *Pitta*, *kapha* *vidaghda drishti* diseases (S.S.U17/7); *Kapikachu Madhuyashti* yoga for *Vamana hara* (S.S.U49/29); *Kapikachu Ikshurasa Pippali Ghrita* yoga in *Mutraghata* (urinary obstruction), *Vandhyatwa* (infertility) (S.S.U58/53-57).
- **Ashtanga Sangraha**<sup>[8]</sup> This Samhita is composed by Vridha Vagbhata in 6<sup>th</sup> AD. *Kapikachu* is mentioned in *Durvadi* and *Vidaryadi ganas* (A.S.Su-16/2). Vagbhata mentioned different yogas of *Kapikachhu* in various diseases such as *Kapikachu siddha Ghrita* used for Nasal drops to *Garbhini* (pregnant) (A.S.Su.29/11 and A.S.Su.7/31); *Kapikachu mardana* for *Sannyasa* (total loss of consciousness) and *Madatyaya* (condition caused by the excessive use of alcohol) (A.S.Chi9/125); *Nagabala ghrita* in *Kshata kshaya*, *Pitta rakta* diseases (A.S.Chi5/69; A.S.Chi 5/53); *Amrita taila* for *Vata vyadhi chikitsa*, *Agnideepana* (A.S.Chi.23/72; A.S.Chi23/86); *Kashaya* preparation in *Pittaja Chardi* (vomiting) (A.S.Chi.8/19); *Raja Yapana Basti* and *Yapana Basti* for *Vrishya* (Aphrodisiac) activity (A.S.Ka.5/23; A.S.Ka5/34); Medicated Oil for *Abhyanga*, *Paalitya Chikitsa* (premature greying of hair) and *Vata Pitta* diseases related to *Shukra* and *Rajas* (A.S.U.1/80, A.S.U.28/46; A.S.Ka.5/49); *Maha kalyana Ghrita* for *Sannipaata vyadhis*, *Sthoulya* (Obesity) (A.S.U.9/30); *Maha paishachaka ghrita* in *Unmada*, *Apasmara*,

Sannipata Jwara (A.S.U.9/32); Maha mayura Ghrita cures different Indriya vyadhis, Sirorogas (A.S.U.28/73); Saradi Ghrita and Medicated Ghrita in Vrishya Chikitsa (A.S.U.50/26,30; A.S.U.50/62); Ksheera (milk) preparation with Beeja churna used in Vrishya, Visha (A.S.U.48/57; A.S.U.50/39,47); Kapikachu mulasiddha Ksheera and Ghee for Vrishya (A.S.U.50/64); Svayamgupta Churna Yoga in Vrishya (A.S.U.50/58,60); Kapikachu sidha Poopalika with Ghrita and Padalepa Yoga indicated in Vrishya (A.S.U.50/65, 68,69; A.S.U.50/106, 108).

- **Ashtanga Hridaya**<sup>[9]</sup> This samhita is written by Laghu Vagbhata during 7<sup>th</sup> AD. Kapikachu is mentioned in *Vidaryadi Gana* (A.H.Su-15/9) both Vagbhatas have also mentioned different yogas of Kapikachu keeping its Vrishya activity in mind. These are Vidaryadi Ghrita in Vrishya (A.H.U.2/21, 31, 1/23); Medicated Ghee for Cough (A.H.Chi 3-38); Amrita prasa ghrita in Cough, Hiccup (A.H.Chi 3/94-101); Svadamshtadi Ghrita in Vata pitta Hridya sula, Dysuria (A.H.Chi.3/102-103). Agastya and Vashishta Rasayana (Hareetaki Rasayana) for Rasayana purpose (A.H.Chi 3/127- 132,133); Jeevantiyadi Kalpa (Vata pitta hara kalpa) in Asthapana basthi (Retention enema) (A.H.Ka.4/60); Medicated oil Lepana for Karna pali Sandhana (A.H.U.40/17); Beeja churna, masha flour with Ksheera; Kapikachu beeja churna along with svadamshttra, ikshuras, satavari in milk indicated in Vrishya (A.H.U.40/31, 34); Kapikachu used as diet for Vrishya (A.H.Su.6/22).
- **Laghutrayi and Chikitsa grantha** Like in Samhitas, Kapikachu is also mentioned in Chikitsa granthas as a synonyms viz *Atmagupta*, *Kandura* etc. and in the management of several diseases.
- **Chakra Datta (Chakrapani in 11<sup>th</sup> Cent A.D.)**<sup>[10]</sup> Kapikachu is mentioned for different diseases apart from its vajikarana activity along with other drugs. For Vatavyadi Balamuladi Nasya, Chatushtayam Mashadi Kashaya (Maha Baladi kwath) (C.D.22-27, 28) were used. Svaguptadi leha in Mutraghata (C.D.33-17,18); Svayamguptadi churna, Gokshuraadi churna and Godhumadiya ghrita used for Vrishya.
- **Vangasena Samhita**<sup>[11]</sup> *Kapikachu* is mentioned in Vajikarana activity along with other drugs such as Brihad Aswagandhadhi ghrita (V.S.84/22-27); Medicated Ghrita (V.S.84/65-66); Gokshura Kapikachu beeja sidha ksheera (V.S.84/73); Masha Ghrita (V.S.84/75-79); Godhumaadi Ghrita (V.S.84/80-89) and Jeevanti Yamaka indicated in Anuvasana, Nasya, Panarthas, Urdhva jatrugata roga (diseases of head and neck, throat) (V.S.84/93-95).
- **Yoga Ratnakar**<sup>[12]</sup> In this text, Kapikachu is described in Uttarakahanda, Vaajikarana

adhyaya. Preparations and indications in which Kapikachu is mentioned for Vajikarana purpose like Vanari gutika (Y.R.Ut.11/27-31); Kesar paka (Y.R.Ut.11/49-56); Rati modaka (Y.R.Ut.11/57-60); Kameswara modaka (Y.R.Ut.11/68); Kameswar samdi paka modaka (Y.R.Ut.11/77-83). Madana kamadeva rasa (Y.R. Ut. 11/117); Rativallabha Pugapaka (Y.R. Ut. 11/61,67); Satavaryadichurna (Y.R.Ut. 11/146); Kapikachu paka (Y.R.Ut. 11/156-160).

- **Bhaishajya Ratnavali (Govinda Das In 18<sup>th</sup> cent A.D.)<sup>[13]</sup>** Kapikachu preparations along with other drugs such as Gokshuradi yoga ( B.R. 70/15); Godhumadya ghritam (B.R.70/18); Brihadaswagandha ghritam (B.R.70/19); Bricchatavari modaka (B.R.70/21-24); Rativallabha modaka (B.R.70/25); Mahakameswara modaka (B.Ra.70/26); Kamagni sandipana modaka (B.R70/27); Manmadhabhra rasa (B.R70/29) were used in vajikarana activity. Preparation of Svayam gupta, Ikshuraka yoga used in *Dhaatukshaya* (depletion of body tissues) (B.R.70/14). Preparation like Yavana krit yoga (Mophara-Mopharava) was consumed by Kings for *vrishya* purpose and also in all diseases (B.R.70/30).
- **Gada Nigraha<sup>[14]</sup>** Gada Nigraha mentioned different yogas (formulations) of Kapikachhu for Vaajikaranartha such as Mashadi Ghritam (G.Ni.9-12); Vajikaropayas Yoga (G.Ni.14); Vajikaram Masha parnyadi churnam (G.Ni.16); Vajikaram Svayamguptadi churnam (G.Ni.19; G.Ni.29); Vajikaram Svayamguptadi Modakam (G.Ni.31-35,37); Vajikaram Sharmuladi Yoga (G.Ni.40-42); Vajikari Godhumadi Pupalika (G.Ni.43-44); Vajikaram Ikshurkadi Churnam (G.Ni.49).
- **Harita Samhita<sup>[15]</sup>** Harita Samhita mentioned preparations (formulations) of Kapikachhu like Visadi churna (H.Sa.47/9); Guduchyadi Churna (H.Sa.47/13,14) for Veerya vardhaka and Vajikaran purpose.

## KAPIKACCHU IN NIGHANTUS

Nighntus are just like Ayurvedic pharmacopoeia which explain the characters of medicinal plants in the form of classical name, Ayurvedic properties (Rasa panchaka), uses, actions and formulations.

### □ **Ashtanga Nighantu (8<sup>th</sup> cent A.D.)**

In this Nighantu, Acharya Vahata has described maximum group of drugs on the basis of classification of Ashtang Sangraha and Ashtanga Hridaya. Following synonyms are mentioned i.e. Markati, Atmagupta, Kapikachhura, Vrishyabeeja, Kandukari and Shardula vigraha.

□ **Dhanvantari Nighantu (10<sup>th</sup> -13<sup>th</sup> cent AD)<sup>[16]</sup>**

Kapikachu is mentioned in *Guduchyadi varga* along with its classical names like Kapikachu, Atma gupta, Svyam gupta, Maharshibhi, Languli, Kandula, Chanda, Markati, Durabhigraha. Kapikachu is having madhura, tikta rasa, sheeta virya, and vata nashaka, vrishya (Aphrodisiac), dushta vrana nasini (indolent ulcers). Atmagupta beeja taila is mentioned with having Madhura, Kashay rasa and Guru Ushna, Snigdha guna.

□ **Sodhala Nighantu (12<sup>th</sup> cent. AD)<sup>[17]</sup>**

This Nighantu was composed by Sodhala in two parts named as Naamasangraha dealing with synonyms and Guna-Sangraha dealing with properties and actions. Kapikachu is classified in two vargas namely *Guduchyadi* and *Laxamanadi varga*. *Guduchyadi varga* mention the classical names like Atmagupta, Svayamgupta, Ajaharsini, Languli, Kandura, Vyanda, Markati, Durabhigraha, Badari, Kapiroma phala, Dusparsha, Kacchura, Kharju, Romalu, Vanasukari and in Laxmanadi varga, classical names like Laghukacchu, Cara, Malu, Lomasha, Alpakacchuka, Vatavidhvansini and Santativardhini. It was useful in *Balya* and *vrishya* activity. Sodhala also mentioned that *atiyoga* (excess use) increases pitta and causes mada and *vibhrama* (inebriant state).

□ **Madanapala Nighantu (Madana Vinoda) (14<sup>th</sup> Cent AD)<sup>[18]</sup>**

Kapikachu is mentioned in *Abhayadi varga*. Madanapala enumerated Kapikachu with its classical names like Svayamgupta, Kandula, Duravagraha, Canda, Atmagupta, Languli, Markati, Praharshini with properties Madhura rasa, Guru guna and actions like Vrishya and Brimhana. Kapikacchu is said as best for Vajikarana.

□ **Kaideva Nighantu (Pathya Pathya Vibhodaka) (15<sup>th</sup> Cent)<sup>[19]</sup>**

In *Kaideva Nighantu*, Kapikachu is described under classical names such as Rhushyaprokta, Sukasimbhi, Kapiromphala, Rhushabhi, Kapikacchu, Atmagupta, Kandura, Kandukari, Pravrushyani, Ajaha, Gupta, Svayam gupta, Markati, Kapiloma, Vrusya, Adhyanda, Vamani, Durabhigraha and having properties like Madhura, Tikta rasa, Seeta virya, Guru guna, Vata pitta kapha and Rakta dosha nashaka. He has mentioned that, this drug has the properties similar to Masha and possesses *Brimhana* (improves weight), *Vrishya*, Raktapitta hara and Vrana shodhana qualities.

□ **Bhavaprakasha Nighantu (16<sup>th</sup> Cent A.D.)<sup>[20]</sup>**

The period of Bhavamisra is at the junction of the medieval and modern periods and an



important landmark in the history of Indian medicine. He classified the Kapikachu in *Guduchyadi varga*, with the synonyms like Ajada, Atmagupta, Dusparsha, Kandura, Languli, Markati, Pravrshayani, Sukasimbi, Vrishya and Vyanga. It posses Madhura, Tikta rasa, Guru guna, with the actions of tridosha samaka, vrishya. He mentioned the Kapikachu beeja was best drug for Vajjikanana (aphrodisiac).

#### □ **Rajanighantu of Pandit Narahari (17<sup>th</sup> Cent A.D.)<sup>[21]</sup>**

Kapikachu is mentioned in *Guduchyadi varga* and described this drug with its synonyms like Vaanari, Languli, Atmagupta, Kandura, Markati, Sukasimbi, Svayam gupta, Kundali, Canda, Durabhigraha, Maharshabhi, Karpi, Romphala, Gupta, Dusparsha, Kacchura, Jaya, Pravarushyani, Badari, Guru, Aarshabhi, Shimbhi, Vaarahika, Tikshna, Romalu, Vanshukari, Kisharoma, Romavalli. It is mentioned that this drug possess Madhura rasa, Virya Vardhaka and useful in Vataroga, Kshaya, Shita pitta, Raktapitta and Vrana nashaka.

### **KAPIKACHU IN MODERN ERA**

Saligrama nighantu, Nighantu Adarsha and Priya nighantu, Ayurvedic Materia Medica, Wealth of India and other books written by recent Acharyas which provide the information about its habit, habitat, morphology, chemical composition etc.

#### □ **Saligrama nighantu (19<sup>th</sup> Cent AD)<sup>[22]</sup>**

He has quoted the kapikachhu in *Guduchyadi varga* with classical names Vaanari, Languli, Adhyanda, Atmagupta, Ajada, Kapiprabha Kandura, Jada, Markati, Sukasimbi, Sukapindi, Svayam gupta, Rhushyaprokta, Sadhyashotha, Suka, Sukvati, Gatrabhanga, Kacchumati, Rhushabhi, Ajahba, Vyaghra Canda, Durabhigraha, Maharshabhi, Kundali, Romphala, Gupta, Dussparsha, Kacchura, Jaya, Pravarushyani, Badari, Guru, Aarshabhi, Shimbhi, Vaarahika, Tikshna, Romalu, Vanshukari, Kashiaroma, Romavalli, Vyanga, Vryshya.

#### □ **Priya Nighantu (P.V.Sharma)<sup>[23]</sup>**

Priyavrat Sharma mentioned Kapikachu in Pippalyadi varga with the synonyms like Atma gupta, Markati, Shuka simbhi and also mentioned the guna karma of Kapikachu as Madhura, Tikta rasa, Guru guna, with Brunhana, Vata shamaka, Balavardhaka karmas.

### **CLASSIFICATION OF KAPIKACCHU**

Samhitas and Nighantus classified a Kapikachu in different Ganas or Varga as follows (Table 1).

**Table 1: Classification of Kapikachu.**

S.No.	Texts	Gana / Varga	References
1.	Caraka Samhita	Balya, Madhura Skanda, Purisa Viranjaniya Vidarigandhadi,	Ca.Su-4/7, Ca.Vi-8/139, Ca.Su-4/32 Su.Su- 38/4,
2.	Sushruta Samhita	Mudgadvarga,	Su.Su- 46/36,
3.	Ashtanga Sangraha	Vidaryadi, Durvadi,	A.S. Su-16/2
4.	Ashtanga Hridaya	Vidaryadi	A.H. Su-15/9
5.	Ashtanga Nighantu	Vidaryadi	A.N. 13
6.	Dhanvantari Nighantu	Guducyadi	D.Ni.46/159
7.	Kaiyadeva Nighantu	Ausadhi	K.Ni.154/11
8.	Bhavaprakasa Nighantu	Guducyadi	B.P.Ni. 57/131
9.	Raja Nighantu	Guducyadi	R.Ni.50/52
10.	Sodhal Nighantu	Guducyadi, Laxmanadi	S.Ni. 171-172 /; 199-200 S.Ni. 648
11.	Madanpal Nighantu	Abhayadi	M.Ni.271-
12.	Priya Nighantu	Pipalyadi	P.Ni.21/48-50
13.	Nighantu Adarsh	Palashadi	Pg 453

**CLASSICAL NAMES OF KAPIKACHU AND THEIR MEANING<sup>[24]</sup>**

The authors of different Ayurvedic texts have mentioned several classical names to the medicinal plants and minerals, while explaining their morphology and properties. In the same way for *Kapikachu* also different classical names were given by scholars (Table 2).

**Table 2: Classical names of Kapikachu and their meaning.**

Classical Names	Its meaning
Atma gupta	Protects self with the help of its hair.
Ajada	Potent Aphrodisiac
Durabhigraha	The fruits are difficult to handle
Dusparsha	Produces irritable sensation on touching the fruit
Markati	Hairy like monkeys tail
Kacchura	Causes itching
Kandura	The hairs produce intense itching
Kapikachu	Causes itching to monkeys also
Kapiromphala	Pod hair like that of monkey's hair
Languli	Legume shape is like that of monkey's tail
Pravrishayana	Climber growing in rainy season
Suka simbhi	Pods with hairs
Vanshukari	Climber grows wildy
Vrishya	Acts as an aphrodisiac
Vrushabhi	A potent aphrodisiac



### RASA PANCHAKA OF KAPIKACHU

According to Ayurveda the knowledge of *Rasa panchaka*, that is *Rasa*, *Guna*, *Virya*, *Vipaka*, *Prabhava* are very essential to understand the activity and potency of any drug. *Guna* and *Karma* are Ayurvedic pharmacodynamics of the plant. *Rasapanchaka* and *dosha karma* of *kapikacchu* mentioned by different *Nighantus* are given below in Table 3.

**Table 3: Rasa Panchaka of Kapikachu.**

Rasa Pancaka		References							
		D.N.	M.N.	K.N.	B.N.	R.N.	S.N.	P.N.	API
RASA	Madhura	+	+	+	+	+		+	+
	Tikta	+		+	+		+	+	+
GUNA	Guru		+	+	+	+	+	+	+
	Snigdha				+		+		+
VIRYA	Sita	+		+		+			+
VIPAKA	Madhura						+		+
DOSHA KARMA	Vatahara	+	+	+	+	+	+	+	+
	Kaphahara				+				+
	Pittahara	+	+	+	+	+	+		+

### YOGAS (FORMULATIONS) OF KAPIKACHU<sup>[25]</sup>

Kapikachu in different yogas mentioned by various samhitas.

**Table 14: Yogas (Formulations) of Kapikachu.**

S. No.	Name of the preparation	Indication	Reference
1.	Bramha rasayana	Medho vridhi	C.S.Chi1/1-58
2.	Vrishya yoga pupalika	For Vrishya action	C.S.Chi. 2/2; 2/3-15
3.	Maha paisachika Ghrita	Fever, Insanity, Seizures	C.S.Chi9/45-48
4.	SwadamstradiGhrita	Vata Pitta hara	C.S.Chi.11/44-47
5.	TryusanadyaGhrita	Kasa, Jwara, Gulmahara	C.S.Chi.18/39-42
6.	MedicatedGhrita	Svasa, Kasa,Grahani	C.S.Chi.26/80-82
7.	Jivantyadi Anuvasana Yamakam	Brimhana, Vatapitta nasaka, Bala, Sukra Agnivardhaka.	C.S.Si4/9-11
8.	Vrishya yoga	Vrishyata	S.S.Chi26/30-35
9.	JivantyadiAnuvasana Yamakam	Vrishya, Deepana.	S.S.Chi37/23-26
10.	Kapikachu churna	Pitta, kapha vidaghda drishti	S.S.U17/7
11.	Kapikachu Madhuyashti Yoga	Vamana hara	S.S.U49/29
12.	Kapikachu, Ikshurasa, Pippali Ghritayoga	Mutraghata, Vandhyatwa	S.S.U.58/53-57
13.	Kapikachu sidda Ghrita	Nasal drops to Garbhini	A.S.Su.29/11and A.S.Su.7/31
14.	Kapikachu Mardana	Sanyasa/ Madatyaya	A.S.Chi9/125
15.	Nagabala ghrita	Kshata khaya, Pittarakta	A.S.Chi5/69

16.	Amrita Taila	Vata vyadhi chikitsa, Agnideepana	A.S.Chi.23/72
17.	Taila	Vatavyadhi chikitsa	A.S.Chi23/86
18.	Ghrita	Kshta Kshaya	A.Su.Chi 5/53
19.	Kashaya Preparation	Pittaja Chardi	A.S.Chi.8/19
20.	Raja Yapana Basti	Aphordisiac / Vrishya	A.S.Ka.5/23
21.	Yapana Bati	Vrishya / Vitality	A.S.Ka5/34
22.	Medicated Oil	Vata Pitta diseases related to sukra, Rajas.	A.S.Ka.5/49
23.	Medicated Oil	Abhyanga	A.S.U.1/80
24.	Maha Kalyana Ghrita	Sannipaata vyadhis, Sthoulya	A.S.U.9/30
25.	Maha paishachaka ghrita	Unmada, Sannipat Apasmara, a Jwara	A.S.U.9/32
26.	Medicated Oil	Paalitya Chikitsa	A.S.U.28/46
27.	Maha mayura Ghrita	Cures Different vyadhis Indriya, Sirorogas.	A.S.U.28/73
28.	Ksheera Preparation	Vrishya, Visha	A.S.U.48/57
29.	Saradi Ghrita	Vrishya	A.S.U.50/26,30
30.	Beeja Churna with Ksheera	Vrishya	A.S.U.50/39,47.
31.	Svayam Gupta Churna Yoga	Vrishya	A.S.U.50/58,60
32.	Medicated Ghrita	Vrishya	A.S.U.50/62
33.	Kapikachu mulasidda Ksheera & Ghee	Vrishya	A.S.U.50/64
34.	Kapikachu sidha Poopalika With Ghrita	Vrishya	A.S.U.50/65, 68,69
35.	Padalepa Yoga	Vrishya	A.S.U.50/106, 108
36.	Medicated Ghee	Cough	A.H.Ci 3-38
37.	Amrita prasa ghrita	Cough, Hiccup	A.H.Ci 3/94-101; AFI(I)
38.	Svadamshtradi Ghrita	Vata pitta Hrid sula, Dysuria.	A.H.Ci.3/102-103
39.	Agastya Rasayana (Hareetaki Rasayana)	Rasayana,	A.H.Ci3/127-132; AFI (I)
40.	Vashishta (Hareetaki) Rasayana	Rasayana,	A.H.Ci3/133
41.	Jeevantya Kalpa(Vaata Dipitta hara kalpa)	Asthapana vasthi (Retention enema)	A.H.Ka.4/60
42.	Medicated oil	Lepana for Karna pali Sandhana	A.H.Ut.40/17
43.	Beeja churna, masha flour With Ksheera	Vrishya	A.H.Ut.40/31
44.	Kapikachu Beeja churna, svadamshtra, ikshuras, satavari with milk	Vrishya	A.H.Ut.40/34
45.	Vidaryadi Ghrita	Vrishya	A.H.Ut.2/21,31,1/23
46.	Mahakalyan Ghrta	Kasa, Buddhidaaurabalya, Apasmar Vandhyatva, Jvara	A.H.Ut. 6/27-28, 32-33

		Dourblya	
47.	Kapikachu as diet	Vrishya	A.H.Su.6/22
48.	Balamuladi Nasya Chatushtayam	Vatavyadi	C.D.22-27
49.	Mashadi Kashaya (Maha Baladi kwath)	Vatavyadi	C.D.22.28
50.	Svaguptadi leha	Mutraghata	C.D.33/17,18
51.	Svayam guptadi churna	Vrishya	C.D.67/6
52.	Godhumadiya Ghrita	Vrishya	C.D.67/26-36
53.	Gokshuraadi Churna	Vrishya	C.D.66/26-34
54.	Brihad Aswagandhadhi Ghrita	Vajikarana purpose	V.S.84/22-27
55.	Medicated Ghrita	Vajikarana purpose	V.S.84/65-66
56.	Gokshura Kapikachu beeja Siddha Ksheera	Vajikarana purpose	V.S.84/73
57.	Masha Ghrita	Vajikarana purpose	V.S.84/75-79
58.	Godhumaadi Ghrita	Vajikarana purpose	V.S.84/80-89
59.	Jeevanti Yamaka	Anuvasa Panarthana, Nasya, urdhva jatrugataroga.	V.S.84/93-95
60.	Vanari gutika	Vajikarana	Y.R.Ut.11/27-31
61.	Kesar paka	Vajikarana	Y.R.Ut.11/49-56
62.	Rati modaka	Vajikarana	Y.R.Ut.11/57-60
63.	Kameswara Modaka	Vajikarana	Y.R.Ut.11/68
64.	Kameswaar samdi paka Modaka	Vajikarana	Y.R.Ut.11/77-83.
65.	Madana kamadeva Rasa	Vajikarana	Y.R.Ut.11/117
66.	Rati vallabha Pugapaka	Vajikarana	Y.R.Ut.11/61-67
67.	Satavaryadi churna	Vajikarana	Y.R.Ut.11/146
68.	Kapikachu paka	Vajikarana	Y.R.Ut.11/156-160
69.	Svayam gupta Ikshuraka Yoga	Dhaatukshaya	B.R.70/14
70.	Gokshuradi yoga	Vajeekarana purpose	B.R.70/15
71.	Godhumadya Ghritam	Vrishya purpose	B.R.70/18
72.	Brihadaswagandha ghritam	Vrishya purpose; Vandhyatva	B.R.70/19; AFI (II)
73.	Bricchatavari Modaka	Vrishya purpose	B.R.70/21-24
74.	Rativallabha Modaka	Vrishya purpose	B.R.70/25
75.	Mahakameswara modaka	Vrishya purpose	B.R.70/26
76.	Kamagni sandipana modaka	Vrishya purpose	B.R.70/27
77.	Manmadhabhra Rasa	Rasayana Vrishya purpose; Vajikaran	B.R.70/29; AFI (II)
78.	Mophara-(Yavan Mopharavaa krit yoga)	All diseases, consumed by Kings Vrishya purpose.	B.R.70/30
79.	Masabaladi kvatha Churna	Pakshagata, Manyastambha, Karnanada, Arditavata	B.R.62-63 (Vatavyadhikara)
80.	Manikya rasa	Kustha; Vataroga; Jvara	B.R.300-308 (Kusthadhikara)
81.	Mrtasanjivanisura	Jvara; Dourblya; Karasya	B.R.694-703 (Javaradhikar)
82.	Brhatmasa Taila	Ardita; Apabahuk; Grdhrsi; Urdhva jatrugata roga	B.R.241-242 (Vatavyadhikara)
83.	Mashadi Ghritam	Vaajikaranartha	G.Ni.9-12

84.	Vajikaro payas Yoga	Vaajikaranartha	G.Ni.14
85.	Vajikaram Mashaparnyadi Churnam	Vaajikaranartha	G.Ni.16
86.	Vajikaram Swaguptadi Churnam	Vaajikaranartha	G.Ni.19
87.	Vajikaram Swayamguptadi Churnam	Vaajikaranartha	G.Ni.29
88.	Vajikaram Swayamguptadi Modakam	Vaajikaranartha	G.Ni.31-35,37.
89.	Vajikaram Sharmuladi Yoga	Vaajikaranartha	G.Ni.40-42
90.	Vajikari Godhumadi Pupalika	Vaajikaranartha	G.Ni.43-44
91.	Vajikaram Ikshurkadi Churnam	Vaajikaranartha	G.Ni.49.
92.	Visadi Churna	Veerya vardhaka, Vajikara	H.Sa.47/9
93.	Guduchyadi Churna	Vajikara	H.Sa.47/13,14
94.	Kumaryasa Va	Jvara, Krmi, Daurbalya, Karsya, Ksaya, Mutrakrcchra	AFI (I)
95.	Vastyamayantaka Ghrita	Mutrakrcchra, Prameha, Ashmari	AFI (I)

### DOSAGE OF KAPIKACHU<sup>[26]</sup>

Appropriate dosage of any drug is very important in the treatment of any disease. Physician should decide the dosage of any drug based on the patient condition age, strength, time, state of vitiated doshas and lastly disease.

**Seed powder:** 3-6 gms, **Pod hairs**-125mg, **Root decoction:** 50 – 100ml.

### DISCUSSION

Parkinsonism is a syndrome of chronic progressive disorder of motor function and is clinically characterized by tremors which are most conspicuous at rest and worsen with emotional stress. Kapikachhu mentioned in Ayurvedic classics, which is abundantly available and cost effective may satisfy the need of present day situation by acting as potent herbal karpavatahara.

Kapikacchu has properties like Madhura, Tikta Rasa, Madhura Vipaka and Ushna Virya some Acarayas described Virya of Kapikacchu as Seeta and Snigdha Gunas and Balya, Brmhana and Vrsya properties of drugs these properties alleviates vitiated Vata and due to Tikta Rasa it acts as Kaphahara as Vata is main culprit in the vitiation of Karpavata tremor is due to vitiation of Vata especially of Vyana Vayu by its Chala Guna and probably due to Avarana of Kapha and Dhatukshaya Kapikacchu hold Vata Kaphara property and thereby

probably it help in alleviating the Avarana. Kapikacchu having Guru, Snigdha Balya, mitigates the Vata especially of its ChalaGuna and provides nourishment to Dhatus, thus acts as Rasayana also in other way probable action of Kapikacchu on Kampa presumably due to its Sthira Guna, which antagonises the ChalaGuna of Vata Moreover due to Snigdha, Balya Brmhana property it replenish is the Shirsatha Majja also and consequently it correct the specific Indriya Pranavana Srotas which are found impaired in Kampavata. Kapikacchu contains L-dopa, which acts as anti-parkinsonian due to replenishing action of Kapikacchu on Sukra and Rasadhatu and also its anti-parkinsonianactivity.

## CONCLUSION

Kapikacchu is one of the most powerful rasayana in ayurveda. It is a nutritive tonic mostly used in ayurvedic medicine as an aphrodisiac and to support reproductive system by increasing sexual energy and strengthens the reproductive organs.in women it promotes a healthy libido and fertility. Seeds are excellent source of L-DOPA which is precursor of dopamine a neurotransmitter used in the treatment of Parkinson's disease. Almost all the species are reported to contain L-3,4-dihydroxy phenylalanine (L-DOPA), a non-protein amino acid which acts as a neurotransmitter. So it can be proved that a magical drug due to its multidirectional work and It is our moral responsibility to search for an ideal remedy from the Ayurvedic treasure of therapeutics.

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