

**KASISADI CHURNA IN AYURVEDA: LITERARY REVIEW****Dr. Poonam\***

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**ABSTRACT**

Drug is the important tool of a physician. The word drug has been defined as any substance used for diagnosis, prevention and relief or cure of disease in man or animals. All Dravya are Panchbhautika in the world and body is also Panchbhautika.<sup>[3]</sup> So there is no Dravya which can not be used as medicines and administration of any substance or mixture of substances depends upon the Yukti of Vaidya.<sup>[1]</sup> In Classics, a lot of single as well as compound drugs are described in various contexts for internal as well as external use. Kasisadi Churna<sup>[4,7,9]</sup> is a compound drugs (Herbal and Mineral drugs) and used with Madhu<sup>[4,7,9]</sup> internally in form of Churna. Their actions have been explained on the basis of their Rasa, Guna, Veerya, Vipaka and Prabhav. Charaka<sup>[4]</sup>, Vagbhata<sup>[7,9]</sup> (Ashtanga Hridaya and Ashtanga Sangraha), Bhaisajya

Ratnavali<sup>[15]</sup>, Yoga Ratnakara<sup>[27]</sup> have mentioned same 'Chikitsa –Siddhanta' in Kaphaj Yoni Vyapad is 'Ruksha and Ushna Chikitsa'. Kasisadi Churna with Madhu Anupana follow same 'Ruksha and Ushna Chikitsa – Siddhanta'. So Kasisadi Churna with Madhu Anupana<sup>[4,7,9]</sup> orally is beneficial in Kaphaj Yoni Vyapad. Hence, study effort has been put forth to make a literary study covering almost all aspects of Kasisadi Churna as per Ayurveda.

**KEYWORDS:** Kasisadi Churna, Dravya, Kaphaj Yoni Vyapad, Ayurveda, Madhu.

**INTRODUCTION**

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं च ॥ २६ ॥ (च.सू. ३०)

The two main goals of Ayurveda are – To protect the health of healthy person to eradicate the disease.<sup>[2]</sup> These two goals will be achieved with the help of Dravya.

According to W.H.O., A drug is a substance or product that is used to modify or explore physiological systems or pathological states, for the benefit of the recipient. Drug is integral component of Trisutra<sup>[1]</sup> (Hetu, Linga and Aushadh). ‘Dhatu – Samya’<sup>[1]</sup> the sole motto of treatment in Ayurveda is achieved by proper usage of Drug and it adds more active functional years to total human life by its preventive, promotive and curative effects.

**सर्वद्रव्यं पाञ्चभौतिकमस्मिन्नर्थे (च.सू. २६)**

Ayurvedic Dravya (Drug or medicine) is based on the idea that the world is made up of five elements – Aakash (Space), Vayu (Air), Agni (Fire), Jala (Water) and Prithvi (Earth).<sup>[3]</sup>

Ayurvedic literature contains infinite number of herbs. Their actions have been explained on the basis of their Rasa, Guna, Veerya, Vipaka and Prabhav.<sup>[16,17,22]</sup>

Kasisadi Churna is a combination of Herbo – mineral drugs. Acharya Vagbhata has mentioned Kasisadi Churna (Kasis, Kankshi, Triphala, Amrasthi, Jambavasthi and Dhataki Churna) with Madhu Anupana orally and this drug is useful specially in Paicchilaya Yoni of Kaphaj Yoni Vyapad.<sup>[7,9]</sup>

Acharya Charaka also has mentioned Kasisadi Churna with Madhu same as Acharya Vagbhata but one change is that Samanga<sup>[4]</sup> (Iajjalu) Churna is taken in place of Jambavasthi.

According to Acharya Charaka, Lakshan of Kaphaj Yoni Vyapad is Picchilam, Sheetam, Kandugrastaam, Alpavedanaam along with Panduvarnata and Pandupicchil artava.<sup>[11,4]</sup> Acharya Sushruta has mentioned Picchila Yoni (Vaginal discharge) along with Yoni Kandu (itching in vulva and vagina) and Atisheetala.<sup>[5]</sup> Acharya Vagbhata has mentioned Yoni – Avedana along with lakshanas same as Acharya Charaka.<sup>[6]</sup> All Acharya has mentioned same ‘Chikitsa – Siddhanta’ in Kaphaj Yoni Vyapad is ‘Ruksha and Ushna Chikitsa’.<sup>[4,9,7,27,15]</sup> Kasisadi Churna with Madhu cures Kaphaj yoni vyapad (Pruritus vulvae).<sup>[12]</sup> According to Acharya Vagbhata and Acharya Charaka, Kasisadi Churna with Madhu is useful specially in Paicchilaya Yoni of Kaphaj Yoni Vyapad.<sup>[4,7,9]</sup>

So in this study an effort has been put forth to make a conceptual study covering almost all the aspects of Kasisadi Churna.

**AIM AND OBJECTIVE**

To study about the literary review of Kasisadi Churna.

**MATERIALS AND METHODS**

This conceptual study is made after reviewing all the available Ayurvedic classics as well as modern books thoroughly.

**DESCRIPTION****KASISADI CHURNA**

कासीसं त्रिफला कांक्षी समङ्गाऽऽमास्थि धातकी ॥१२१॥

पैच्छिल्ये क्षौद्रसंयुक्तश्चूर्णो वैशकारकः ॥ (च० सं० चि० ३०/१२१, १२२)

कासीसं त्रिफला कांक्षी सामजम्ब्वस्थि धातकी ॥५५॥

पैच्छिल्ये क्षौद्रसंयुक्तश्चूर्णो वैशकारकः । (अ० ह० उ० ३४), (अ० सं० उ० ३९)

Acharya Charaka and Acharya Vagbhata have mentioned Kasisadi Churna with Madhu Anupana and Kasisadi Churna is useful specially in Paicchilaya Yoni of Kaphaj Yoni Vyapad. Kasisadi Churna is a combination of Herbo – Mineral drugs.

**Herbal Drugs**

Triphala<sup>[10]</sup>, Amrasthi, Jambavasthi and Dhataki. (Acharya Vagbhata)<sup>[7,9,16,17]</sup>

Triphala<sup>[10]</sup>, Amrasthi, Samanga and Dhataki. (Acharya Charaka)<sup>[4,16,17]</sup>

**Mineral Drugs**

Kasis, Kankshi (Acharya Charaka and Acharya Vagbhata according).<sup>[20,21,23,25,26]</sup>

**Anupana:** Madhu.<sup>[19]</sup>

**HERBAL DRUGS**

DRUG NAME <sup>[16,17]</sup>	BOTANICAL NAME	FAMILY	RASA	GUNA	VEERYA	VEEPAK	PART USED
Haritaki	Terminalia chebula Retz.	Combretaceae	Pancharasa (Kashaya Rasa Pradhan, Lavana Rasa Varjit)	Laghu, Ruksha	Ushna	Madhur	Phala
Amalaki	Emblica officinalis Gaertn.	Euphorbiaceae	Pancharasa (Amla Rasa Pradhan, Lavana Rasa Varjit)	Guru, Ruksha, Sheeta	Sheeta	Madhur	Phala
Vibhitaki	Terminalia	Combretaceae	Kashaya	Ruksha,	Ushna	Madhur	Phala

	bellirica Roxb.			Laghu			
Amrasthi	Magnifera indica Linn.	Anacardiaceae	Kashaya	Laghu, Ruksha	Sheeta	Katu	Beej – Majja
Jambavasthi	Syzygium cumini Linn.	Myrtaceae	Kashaya	Laghu, Ruksha	Sheeta	Katu	Beej – Majja
Dhataki	Woodfordia fruticosa Kurz.	Lytheraceae	Kashaya	Laghu, Ruksha	Sheeta	Katu	Pushpa
Samanga	Mimosa pudica Linn.	Leguminosae	Kashaya, Tikta	Laghu, Ruksha	Sheeta	Katu	Beej

### Triphala



### Amrasthi



### Jambavasthi



**Dhataki****Samanga****MINERAL DRUGS**

DRUG NAME	ENGLISH NAME	VARGA	FORMULA	RASA	GUNA	VEERYA	DRUG - DOSE
Kasis	Ferrous Sulphate Or Green Vitriol	Uparasa Varga	$\text{FeSO}_4 \cdot 7 \text{H}_2\text{O}$	Amla, Tikta, Kashaya	Guru, Ruksha, Sara	Ushna	62.5 mg to 250 mg
Kankshi	Potash Alum	Uparasa Varga	$\text{K}_2\text{SO}_4 \cdot \text{Al}_2(\text{SO}_4)_3 \cdot 24 \text{H}_2\text{O}$	Kashaya, Katu, Amla, Madhur	Guru, Snigdha	Ushna	250 mg to 500 mg

**Kasis**

**Kankshi****ANUPANA**

ANUPANA	RASA	GUNA	VEERYA	VEEPAK
Madhu	Madhur, Kashaya	Laghu, Ruksha	Ushna	Madhur



- Haritaki is Rasayana, Tridosahara, Krimighna, Kaphaghna, Vrushya, Garbhasaya – Sothahara, Prajasthapana, Antimicrobial, Antifungal, Antibacterial, Anti stress, Hypotensive.
- Amalaki is Tridosahara, Alpa – Stambhanakari, Kaphaghna, Vrushya, Garbha – Sthapana, Mutrala, Deepaniya, Anulomaniya, Antimicrobial, Antioxidant, Antibacterial, Anti fungal, Anti ulcer.
- Bibhitaki is Tridosahara, Deepaniya, Anulomaniya, Vedana - Sthapana, Krimighna, Kaphahara, Antibacterial, Antifungal, Antistress and Blood pressure depressant.
- Amrasthi (Beej- Majja) is Kapha-Pitta Shamaka, Rakta – rodhaka, Vrana – ropana, Stambhana, Krimighna, Garbhashaya – sothahara, Mutra – sangrahaniya and internally useful in Atisara, Pravahika, Krimi, Raktapitta, Rakta - pradara, Sweta – pradara, Prameha, Puyameha and Antiseptic, Hypertension, Diuretic.

- Jambavasthi is Kapha – Shamaka (due to Ruksha Guna, Kashaya Rasa), Pitta – Shamaka (due to Sheeta Veerya, Kashaya Rasa), Vata – Vardhaka (due to Ruksha – Sheeta Kashaya), Stambhanakara, Twaka-doshahara, Daha – prashamana and Useful in Kapha – Paittika Vikara.

Beej – Majja Churna is also beneficial in Jeerna – Atisara, Pravahika, Rakta – Pradara, Raktatisara and used as a best medicine in Madhumeha and Udakmeha. PittaKapha-shamaka, Antiviral, Neuropsychological, Antifertility, Anorexigemic, Anti inflammatory.

- Dhataki is Daha – prashamana, Rakta - stambhana, Jantughna, Vrana – ropana, Stambhana, Sandhaniya, Raktapitta shamaka, Mutra virajniya, Kusthaghna, Jwaraghna and cures different types of Yoni – Srava (Vaginal discharges), Kaphapittahara, Vishaghna, Krimighna, Garbhashthapana, Antibiotic, Antifungal, Antiviral.
- Samanga is Kaphapitta shamaka, Sandhaniya, Rakta- Stambhana, Vrana – ropana, Stambhana, Vishaghna, Raktapitta shamaka, Rakta shodhaka, Shothahara.
- Kasis is Kandughna, Vishaghna, Mutrakricchahara, Ashmarihara, Svitra – nashak, Kshayaghna, Vranaghna, Pandu nashak, Jvaraghna, Pleecha – roga nashak, Gudabhransha, Visarpa nashak, VataKaphahara, Mutrala and its regular administration improves the haemoglobin percentage in the blood.

Kasis Bhasma is a clinically proven cure for anemia, liver disorders and spleen enlargement. Kasis Bhasma also eliminates toxins from the body thus rejuvenating the liver and spleen. It fortifies your liver and spleen against further bacterial or viral infections. Kasis Bhasma yields guaranteed results even in long-lingering problems.

- Kankshi is Vranaghna, Vishaghna, Svitra, Kustha nashak, Tridoshaja, Gara – Vishanashak and cures Kaphaj Roga, Netra roga, Urah – Kshata, Kshaya, Shula, Visarpa, Visham – Jvara, Pittaj roga, Kandughna, Astringent / Styptic, Anti-inflammatory, a Good healer of wounds and Antiseptic.
- Madhu is Tridosha – Shamaka (According to Acharya Sushruta), Kapha – Shamaka, Vata – Vardhaka (According to Acharya Charaka), Cchedana, Raktapitta – hara, Yogavahi, Vishaghna, Mehaghna, Kushthagghna, Krimighna, Chardighna, Shwasaghna, Kasaghna, Vrana -shodhana, Vrana sandhana, Vrana ropana, Lekhana Karma, Kaphasoshana Guna Karma, VataKaphahara and Antibacterial, Worm infestation, Antimicrobial, Excellent Wound healer. Madhu is a great source of anti oxidant that strengthens the immune system.

## DISCUSSION

There is no Dravya which can not be used as medicines and administration of any substance or mixture of substances depends upon the Yukti of Vaidya.<sup>[3]</sup> Kasisadi Churna is a combination of Herbo – Mineral drugs which are having properties of Tridosahara, Rasayana, Kaphaghna, Krimighna, Kandughna, Vishaghna, Netrya, Keshya, Shulaghna, Roga-nashak, Rakta sravarodhaka, Yoni sankochaka, VataKaphahara, PittaKapha-Shamak, Garbhashaya Sothahara, Garbhasthapana, Lekhana Karma, Kaphasoshana Guna Karma and Sthambhana Guna Karma etc. and have Anti fungal, Anti bacterial, Anti microbial, Anti viral, Anti septic, Anti ulcer, Anti fertility, Diuretic, Antibiotic, Neuropsychological, Worm infestation property and action. Madhu is taken as Anupana with Kasisadi Churna which have Ushna Veerya and Ruksha Guna act as Lekhana Karma, Kaphasoshana Guna Karma and VataKaphahara. Hence, Kasisadi Churna with Madhu Anupana plays important role in Kaphaj yoni vyapad (Pruritus Vulvae)<sup>[12]</sup> lakshana like Picchila Yoni (Vaginal discharge), Yoni Kandu (Itching in Vulva and Vagina) and Yoni Sheetala.<sup>[12, 6]</sup>

## CONCLUSION

Most of the drugs (herbal and mineral drugs) in Kasisadi Churna is Laghu, Ruksha Guna, Kashaya Rasa and Ushna Veerya and Madhu is also Kashaya Rasa, Laghu, Ruksha Guna and Ushna Veerya. Kapha – Soshana Guna Karma is due to Kashaya Rasa, Ruksha Guna and VataKaphahara is due to Ushna Veerya. All Acharya has mentioned same ‘Chikitsa – Siddhanta’ in Kaphaj Yoni Vyapad is ‘Ruksha and Ushna Chikitsa’. So Kasisadi Churna with Madhu Anupana follow same ‘Ruksha and Ushna Chikitsa – Siddhanta’. According to Acharya Vagbhata and Acharya Charaka, Kasisadi Churna with Madhu is useful specially in Paicchilaya Yoni of Kaphaj Yoni Vyapad.<sup>[4,7,9,11]</sup>

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