

**A PHARMACEUTICAL REVIEW ON KAKUBHADYA CHURNA – A
UNIQUE FORMULATION IN THE MANAGEMENT OF
RAJAYAKSHAMA**

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ABSTRACT

Ayurveda, the *Upaveda* of *Artharvana* deals with the holistic system of treatment. In *Bhaishajya Kalpana*, *Churna*, as an *Upkalpana* of *Kalka* is a concept which is highly accepted in *Ayurveda* offering a wide range of applicability. *Kakubhadya Churna* is one such herbal compound explained in *Brihat-Nighantu Ratnakara* under *Kshaya-Karma Vipaka Adhyaya* and is specifically indicated for *Kshaya* and *Kasa Roga*. **Aims and Objectives:** The primary aim is to prepare *Kakubhadya Churna* and review all its ingredients. **Materials and Methods:** The study involves preparation of individual *Churna* of all the herbal ingredients and finally the compound *Churna* preparation. **Result:** The preparation requires effective pounding and meticulous mixing to produce a fine homogenous *Churna*. **Discussion:** The review provides the knowledge about properties of each drug aiding in assessment of their potential mode of action. The study notes complexities faced due to varied hardness of drugs and challenges in size reduction. **Conclusion:** The study offers a comprehensive review on *Kakubhadya Churna* which could be adopted for use in respiratory ailments.

KEYWORDS: *Kakubhadya Churna, Rajayakshama, Arjuna, Amalaki, Shunthi, Bala, Eranda Beeja, Ayurveda.*

INTRODUCTION

Rasashastra is defined as the branch of *Ayurveda* which deals with study of *Rasadi* Dravyas whereas *Bhaishajya Kalpana* deals with the preparation of medicine.

The *Sthavara* based pharmaceuticals consider *Panchavidha Kashaya*^[1] *Kalpana* under the basic preparation that forms the outline for secondary formulations in the name of *Upkalpana*. *Churna*, as an *Upkalpana* of *Kalka*, is the concept which is highly accepted in *Ayurveda* prepared with a single drug or combination of different drugs by homogenous mixing offering a wide range of applicability.

Kakubhadya Churna is mentioned in *Brihat-Nighantu Ratnakara* under *Kshaya-Karma Vipaka Adhyaya* and is specifically indicated for *Kshaya* and *Kasa Roga*.^[2] The drugs have *Kshayaghna, Jwaraghna, Shwasaghna, Kasaghna, Sangrahi, Stambhana, Deepana, Daha-Prashamana, Vedana-Shamana* action and also have *Rasayana* effect.

Tuberculosis is a major health problem in the entire world. It is an infectious disease caused by *Mycobacterium tuberculosis*. Periodical development of drug-resistant traits in *Mycobacterium tuberculosis* has posed newer challenges in the treatment of the disease condition.^[3] Owing to the similarities in symptoms and chronicity of *Rajayakshama* and Tuberculosis, this study is intended to prepare *Kakubhadya Churna* and to assess its probable symptomatic therapeutic effect in the disease condition.

AIMS AND OBJECTIVES

The study deals with the preparation of *Kakubhadya Churna*, a poly-herbal formulation with a potential therapeutic action in *Rajayakshama* and other respiratory ailments and assessment of properties of its ingredients.

MATERIALS AND METHODS

- Raw Drugs for the preparation were obtained from Sri Dharmasthala Manjunatheshwara Ayurveda Pharmacy Udupi.

- The Preparation of *Kakubhadya Churna* was carried out in *Rasashastra* and *Bhaishajya Kalpana* Pharmaceutical Study Lab, Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital and Research Centre, Udupi.
- Preparation of Pre-formulation
 1. *Arjun Twak Churna*
 2. *Bala Churna*
 3. *Amalaki Churna*
 4. *Eranda Beeja Churna*
 5. *Shunthi Churna*
- Preparation of *Kakubhadya Churna*

Table 1: Ingredients of Kakubhadya Churna.

Drug name	Botanical name	Family name	Part used	Ratio ^[4]
<i>Kakubha</i>	<i>Terminalia arjuna</i>	Combrataceae	<i>Twak</i>	1 part
<i>Bala</i>	<i>Sida cordifolia</i>	Malvaceae	<i>Moola</i>	1 part
<i>Amalaki</i>	<i>Emblica officinalis</i>	Euphorbiaceae	<i>Phala</i>	1 part
<i>Shunthi</i>	<i>Zingiber officinale</i>	Zingiberaceae	<i>Kanda</i>	1 part
<i>Eranda</i>	<i>Ricinus communis</i>	Euphorbiaceae	<i>Beeja</i>	1 part

DRUG REVIEW

ARJUNA: *Terminalia arjuna*

SYNONYMS^[5]

Arjuna – Useful as *Hridya*.

Kakubha – The tree has spreading branches or the stem bark is whitish or because of its *Kashaya Rasa* which does *Dhatu Shoshana*.

Nadisarjah – Grows in vicinity of streams.

Indradruh – Having powerful properties.

Veeravruksha – A potent drug.

Shwetavaah – It has whitish outer bark.

Shwasaneshwara – Relieves Dyspnoea.

CLASSIFICATION

Charaka Samhita: Kashayaskanda, Udardaprashamana.^[5]

Sushruta Samhita: Nyagrodhadi gana, Salasaradi gana.^[5]

Bhavaprakasha: Vatadi Varga.^[6]

RASAPANCHAKA^[5]

Rasa : Kashaya

Guna : Ruksha, Laghu

Vipaka : Katu

Veerya : Sheeta

Prabhava : Hridya

Doshakarma: Kaphapittashamaka^[5]

Karma : Hridya, Kaphaghna, Kshayaghna, Raktavikarahara, Balya, Jwaraghna, Stambhana.^[6]

ROGAGHNATA

Hridroga, Raktapitta, Kasa, Shwasa, Asthibhagna, Kushta, Vrana.^[6]

BALA: *Sida cordifolia***SYNONYMS^[7]**

Bala – That which gives strength.

Vatya – Strong fibres.

Vatyalika – Occurs wildy.

Kharyashtika – Having hairy or rough stem.

Peetapushpi – Yellow flowers.

Bhadrodani – Seeds resemble cereals.

Vinaya – Promotes strength.

CLASSIFICATION

Charaka Samhita: Brimhaniya, Balya, Prajasthapana.^[7]

Sushruta Samhita: Vatasamshamana.^[7]

Bhavaprakasha : Guduchyadi Varga.^[8]

RASAPANCHAKA^[7]

Rasa : Madhura

Guna : Guru, Snigdha, Picchila

Vipaka : Madhura

Veerya : Sheeta

Doshakarma : Vatapittahara^[7]

Karma : Balya, Brmhana, Rasayana, Vrushya, Prajasthapana, Sangrahi, Nadibalya, Raktapitta Shamaka, Jwarghna, Hridya.^[8]

ROGAGHNATA

Rajayakshma, Kshaya, Raktapitta, Vrana, Pradara, Ardhang Vata, Ardita, Manystambha, Vataroga, Updamsha, Phiranga Roga, Netrabhishyanda, Garbhinishula.^[8]

AMALAKI: *Emblica officinalis*

SYNONYMS^[9]

Amalaki – Having *Amla Rasa* in predominance or that which removes all the *Mala* from the body or that which pacifies all *Doshas*

Vayasya – Improves longevity

Vrushya – Improves virility or vitality

Shivam – Auspicious like Lord Shiva

Dhatriphala – Promotes *Dhatus* and protects from diseases just like a mother

Amrutaphala – A good *Rasayana*

CLASSIFICATION

Charaka Samhita: Vayasthapana, Virechanopaga.^[9]

Sushruta Samhita: Parushakadi gana, Triphala.^[9]

Bhavaprakasha: Haritakyadi Varga.^[10]

RASAPANCHAKA^[9]

Rasa : Amla Pradhana Lavanavarjita Shadrasa

Guna : Ruksha, Laghu

Vipaka : Madhura

Veerya : Sheeta

Doshakarma : Tridosha Shamaka^[9]

Karma : Raktapittahara, Pramehaghna, Rasayana, Vrushya, Deepana, Yakruta Uttejaka, Dahaprashamana, Hridya, Chakshushya, Garbhasthapana, Medya.^[10]

ROGAGHNATA

Rasayana, Netra Roga, Amlapitta, Pandu, Kamala, Raktapitta, Hikka, Shwasa, Kasa, Khalitya, Vyanga, Vatrakta, Prameha.^[10]

ERANDA: *Ricinus communis***SYNONYMS^[11]**

Panchangula, Gandharvahasta – Palmate leaves

Vardhaman – Rapid growing plant

Deerdhadanda – Long petiole

Vaataari – Pacifies vitiated *Vata Dosha*

Vyaghrapuccha – Inflorescence resembles Tiger's tail

Shulashatru – Relieves pain

Snehaprada – Yields oil

CLASSIFICATION

Charaka Samhita: Bhedniya, Svedopaga, Angamardaprashamana, Madhuraskanda.^[11]

Sushruta Samhita: Vidarigandhadi, Adhobhagahara, Vatashamsamana.^[11]

Bhavaprakasha: Guduchyadi Varga.^[12]

RASAPANCHAKA^[11]

Rasa : *Madhura, Katu, Kashaya*

Guna : *Guru, Snigdha, Teekshna*

Vipaka : *Madhura*

Veerya : *Ushna*

Doshakarma : *Kaphavatahara*^[11]

Karma : *Shulaghna, Shothaghna, Jwaraghna, Shwasaghna, Kasaghna, Adhobhagahara, Vedanasthapana, Dahashamaka, Udararogahara, Shrishulahara.*^[12]

ROGAGHNATA

Vata Roga, Amavata, Arshas, JwaraJanya Vibandha, Gudavikara, Sandhishotha, Netrarogal.^[12]

SHUNTHI: *Zingiber officinale***SYNONYMS^[13]**

Naagara – *Shunthi* is available in the cities commonly in the shops.

Shingavera – Horn shaped rhizomes.

Katubhadram – *Shunthi* is one of the best *Katu Dravyas*.

Ushana – Rhizome causes burning sensation.

Mahaushadhi – *Shunthi* is very efficacious drug because of its strong actions.

Vishwa – Quickly enters circulation because of its strong potency.

Vishwabheshaja – Because of its quality and easy availability.

CLASSIFICATION

Charaka Samhita: Triptighna, Arshoghna, Deepaniya, Shulaprasamana, Sheetaprasamana, Trishna Nigrahana, Stanya Shodhana.^[13]

Sushruta Samhita: Pippalyadi Gana, Trikatu.^[13]

Bhavaprakasha: Haritakyadi Varga.^[14]

RASAPANCHAKA^[13]

Rasa : Katu

Guna : Laghu, Snigdha

Vipaka : Madhura

Veerya : Ushna

Doshakarma : Vatakapahara^[13]

Karma : Deepana, Pachana, Vrishya, Swarya, Kasahara, Shwasahara, Shoolahara, Grahi, Vibandhahara^[14]

ROGAGHNATA

Gulma, Udara, Kasa, Visha, Vatavyadhi, Galaganda, Shvitra, Grahani, Pandu, Atisara, Kustha, Ashmari, Jwara, Visha, Shopha, Sthaulya, Shwasa, Hikka, Yonivyapad, Shlipada, Pinasa, Prameha.^[14]

Preparation of pre-formulation

- Reference: *Sharangadhara*^[15]
- Apparatus: *Tulayantra, Khalva yantra*, Pulverizer, Sieve
- Method: Pounding, Grinding, Sifting

1. *Arjuna Twak Churna*

Ingredient: *Arjun Twak* – 500 grams

METHOD OF PREPARATION

- 500 grams of *Arjuna Twak* was weighed.
- *Arjuna Twak* was pounded in the *Khalva Yantra* into coarse powder.
- Coarse powder of *Arjun Twak* was grinded into fine powder.

- Sifting was done obtain fine powder of *Arjun Twak*.

2. *Bala Churna*

- Ingredient: *Bala moola* – 1500 grams

METHOD OF PREPARATION

- 1500 grams of *Bala moola* was weighed.
- *Bala moola* was pounded in the *Khalva Yantra* into coarse powder.
- *Bala moola* coarse powder was grinded into fine powder.
- Sifting was done of obtain fine powder of *Bala moola*.

3. *Eranda Beeja Churna*

- Ingredient: *Eranda Beeja* – 500 grams

METHOD OF PREPARATION

- 500 grams of *Eranda Beeja* was weighed.
- *Eranda Beeja* was pounded in the *Khalva Yantra* into coarse powder.
- *Eranda Beeja* coarse powder was grinded into fine powder.
- Equal quantity of *Eranda Beeja* and *Bala Moola Churna* was rubbed together.
- Sifting was done of obtain fine powder of *Eranda Beeja* along with *Bala Moola Churna*.

4. *Amalaki Churna*

- Ingredient: *Amalaki Phala* – 500 grams

METHOD OF PREPARATION

- 500 grams of *Amalaki* was weighed.
- *Amalaki* in the *Khalva Yantra* was pounded into coarse powder.
- *Amalaki* coarse powder was grinded into fine powder.
- Sifting was done to obtain fine powder of *Amalaki*.

5. *Shunthi Churna*

- Ingredient: *Shunthi Kanda* – 500 grams

METHOD OF PREPARATION

- 500 grams of *Shunthi* was weighed.

- *Shunthi* was pounded in the *Khalva Yantra* into coarse powder.
- *Shunthi* coarse powder was grinded into fine powder.
- Sifting was done to obtain fine powder of *Shunthi*.

Preparation of *Kakubhadya Churna*

- Reference: *Sharangadhara*^[10]
- Method: Homogenous mixing, Sifting

Table 2: Quantity of ingredients in *Kakubhadya Churna*.

Se. No.	Ingredients	Quantity
1	<i>Arjun Twak Churna</i>	100 Grams
2	<i>Bala Moola Churna</i>	100 Grams
3	<i>Eranda Beeja Churna</i>	100 Grams
4	<i>Amalaki Churna</i>	100 Grams
5	<i>Shunthi Churna</i>	100 Grams

PROCEDURE

- 100 grams each of all the ingredients were weighed.
- In a steel vessel the weighed ingredients were homogeneously mixed using a spatula.
- The *Churna* was subjected to sifting.

RESULTS

• Observation of Pre-formulation

1. *Arjuna Twak Churna*

No. of Days Taken – 1 day

Arjun Twak Taken – 500g

Churna obtained - 450g

Weight loss – 50 g

Table 3: Observation of *Arjun Twak Churna*.

Parameters	Before	After
Appearance	Bark	<i>Churna</i>
Colour	Pinkish Brown	Pinkish Brown
Smell	Odourless	Odourless

2. *Bala Moola Churna*

No. of Days Taken – 1 day

Bala Moola Taken – 1500g

Churna obtained - 1000g

Weight loss – 500g

Table 4: Observation of *Bala Moola Churna*.

Parameters	Before	After
Appearance	Thin branches along with the roots	<i>Churna</i>
Colour	Greyish Black	Grey
Smell	Odourless	Odourless

3. *Eranda Beeja Churna*

No. of Days Taken – 1 day

Eranda Beeja taken – 500g

Churna obtained – 400g

Weight loss – 100g

Table 5: Observation of *Eranda Beeja Churna*.

Parameters	Before	After
Appearance	Seed	Sticky Paste
Colour	Variegated seed	Greyish black paste
Smell	Odourless	Odour of <i>Eranda Taila</i>

4. *Amalaki Churna*

No. of Days Taken – 1 day

Amalaki taken – 500 g

Churna obtained - 450 g

Weight loss – 50 g

Table 6: Observation of *Amalaki Churna*.

Parameters	Before	After
Appearance	Dried fruit	<i>Churna</i>
Colour	Black	Greenish yellow
Smell	<i>Amalaki smell</i>	<i>Amalaki smell</i>

5. *Shunthi Churna*

No. of Days Taken – 1 day

Shunthi taken – 500g

Churna obtained – 400g

Weight loss – 100g

Table 7: Observation of *Shunthi Churna*.

Parameters	Before	After
Appearance	Dried rhizome	<i>Churna</i>
Colour	Pale white	Yellowish
Smell	<i>Strong Shunthi smell</i>	<i>Strong Shunthi smell</i>

6. *Bala Moola Churna* and *Eranda Beeja Churna*

No. of Days Taken – 1 day

Eranda Beeja Kalka – 400g

Bala Moola Churna – 400g

Weight loss – 100g

Table 8: Observation of *Bala Moola* and *Eranda Beeja Churna*.

Parameters	<i>Bala Moola Churna</i>	<i>Eranda Beeja Churna</i>	<i>Bala Moola and Eranda Beeja Churna</i>
Appearance	<i>Churna</i>	<i>Kalka</i>	<i>Churna</i>
Colour	Grey	Greyish black	Grey
Smell	Odourless	Smell of <i>Eranda Taila</i>	Slight smell of <i>Eranda Taila</i>

- Observation of Formulation - *Kakubhadya Churna***

Arjuna Twak Churna Taken – 100 g

Bala Moola Churna Taken – 100 g

Eranda Beeja Churna Taken – 100 g

Amalaki Churna Taken – 100 g

Shunthi Churna Taken – 100 g

Kakubhadya Churna obtained - 500 g

Table 9: Observation of *Kakubhadya Churna*.

Parameters	
Appearance	<i>Churna</i>
Colour	Grey
Smell	Strong <i>Shunthi</i> aroma



Figure 1: Arjuna Twak.



Figure 2: Arjuna Twak Churna.



Figure 3: Dried Amlaki Phala.



Figure 4: Amalaki Churna.



Figure 5: Shunthi.



Figure 6: Shunthi Churna.



Figure 7: Eranda Beeja.



Figure 8: Eranda Beeja and Bala Moola Churna.



Figure 9: Bala Moola.



Figure 10: Kakubhadya Churna.

DISCUSSION

Churna, as an *Upkalpana* of *Kalka*, is the concept which is highly accepted in *Ayurveda* prepared with a single drug or combination of different drugs by homogenous mixing. It could be herbal or herbo-mineral containing *Bhasma* of metal and minerals offering a wide range of applicability such as its convenience in both External use (*Pratisarana*, *Avadhulana*, *Lepana*) and Internal use, as *Anupana* and as a pre-formulation in the preparation of *Vati*, *Kashaya*, *Avaleha* etc.^[16] The formulation is named after its first drug *Kakubha* and the term *Kakubhadya* signifies *Kakubha* and other drugs *Bala*, *Amalaki*, *Eranda* and *Shunthi* which are the ingredients of this *Churna*.

As *Rajayakshama* manifests due to involvement of *Tridosha* and *Vividha Kriya* is mentioned to provide symptomatic treatment based on *Dosha Pradhanyata* and *Roga Avastha*, the pharmacodynamics of *Kakubhadya Churna* can be understood with regard to the *Karma* of its ingredients.

Kakubha or *Arjuna* is best known as a *Hridya Dravya*. It is *Kashaya Rasa Yukta* with *Laghu*, *Ruksha Guna* and *Sheeta Veerya*. It is *Kshayaghna*, *Raktavikarahara*, *Jwaraghna* and acts as *Kapha-Pitta Shamaka*. It is indicated in *Hridroga*, *Raktapitta*, *Kasa*, *Shwasa* and *Vrana*. Luteolin, a type of flavonoid found in *Arjuna* has shown proven antibacterial activity against wide range of bacteria.^[17] *Bala* is *Brihmaniyakara*, *Madhura Rasa Yukta*, *Guru*, *Snigdha*, *Picchila* and has *Sheeta Veerya*. It is *Balya*, *Rasayana*, *Vrushya*, *Prajasthapana*, *Sangrahi*, *Nadibalyaprada*, *Raktapitta Shamaka*, *Jwarghna*, *Hridya* and is indicated in *Rajayakshma*, *Kshaya*, *Raktapitta*, *Vrana*, *Pradara*, *Ardhanga Vata*, *Ardita*, *Manystambha*, *Vataroga*, *Updamsha*, *Phiranga Roga*, *Netrabhishyanda*, *Garbhinishula* acting mainly upon *Vata* and *Pitta Dosha*. Methanolic extract of *Bala Moola* possess considerable antibacterial and

antifungal activities due to presence of high values of Anthraquinone and Tannins.^[18] *Amalaki* is *Amla Pradhana Lavanavarjita Shadrasa Yukta, Ruksha, Laghu* and has *Sheeta Veerya*. It is *Raktapittahara, Pramehaghna, Rasayana, Vrushya, Deepana, Yakruta Uttejaka, Dahaprashamana, Hridya, Chakshushya, Garbhashthapana, Medya*. It is indicated in *Netra Roga, Amlapitta, Pandu, Kamala, Raktapitta, Hikka, Shwasa, Kasa, Khalitya, Vyanga, Vatrakta, Prameha* due to its *Tridosha Shamaka* action. Due to the presence of bioactive secondary metabolites and flavanoids like Tannins, Saponins, Cardiac Glycosides, Steroids and Phenols, *Amalaki* is a potent broad spectrum antimicrobial agent.^[19] *Eranda* is *Madhura, Katu, Kashaya Rasa Yukta, Guru, Snigdha, Teekshna* and has *Ushna Veerya* mitigating vitiated *Vata* and *Kapha Dosha*. It is *Shulaghna, Shothaghna, Jwaraghna, Shwasaghna, Kasaghna, Adhobhagahara, Vedanasthapana, Dahashamaka, Udararogahara, Shirashulahara* and is indicated in *Vata Roga, Amavata, Arshas, Jwarajanya Vibandha, Gudavikara, Sandhishotha, Netraroga*. Lectin which is a protien present in *Eranda Beeja* is a strong antibiotic established through pharmacological research studies.^[20] *Shunthi* is *Katu Rasa Yukta, Laghu, Snigdha* and has *Ushna Veerya*. It is extensively used for *Shamana* of *Kapha* and *Vata Dosha*. It is *Deepaniya, Pachaniya, Vrishya, Swarya, Kasahara, Shwasahara, Shoolahara, Grahi, Vibandhahara* and is indicated in *Gulma, Udara, Kasa, Visha, Vatavyadhi, Galaganda, Shvitra, Grahani, Pandu, Atisara, Kustha, Ashmari, Jwara, Visha, Shopha, Sthaulya, Shwasa, Hikka, Yonivyapad, Shlipada, Pinasa, Prameha*. Predominant Phenols like 6, 8 and 10 – Gingerol extracted from Ginger are identified as active inhibitors of *Mycobacterium* species in In-vitro studies.^[40]

After analyzing the *Guna* and *Karma* of ingredients, it is found that the synergistic action of the formulation *Kakubhadya Churna* would help in relieving the signs and symptoms of *Rajyakshama* and even other respiratory infections from the point of view of contemporary science.

Atisara observed in *Rajyakshama* is a major condition which requires immediate management and *Sangrahi Karma* of *Bala* and *Shunthi* control the excessive *Mala Pravrutti*. Also, *Shunthi* and *Eranda* are responsible for *Jatharagni Deepana* and *Ahara Pachana*. *Jihwashodhana Karma* of *Shunthi* helps in enhancing interest towards the food intake thereby relieving *Aruchi* in the patient. *Eranda* has *Dahashamana* and *Shulahara* properties which attribute in the management of *Amsa Santapa* and *Parshwa Shula*. The *Sheeta Veerya* of *Kakubha, Bala* and *Amalaki* helps to bring down *Jwara*. *Kantha Vishodhana Karma* of

Shunthi aids in the treatment of *Kasa*, *Shwasa* and *Vaiswarya*. *Rakta Chardana* or Hemoptysis which is evident in the disease condition is controlled by the *Rakta Sangrahi Karma* of *Kakubha*, *Bala*, *Amalaki* and *Avami karma* of *Shunthi* which controls the vomiting reflex.

Deepana, *Daha-Prashamana*, *Vedana-Shamana Karma* of drugs together mitigate the aggravated and vitiated *Tridosha*. The drugs are *Kshayaghna*, *Jwaraghna*, *Shwasaghna*, *Kasaghna*, *Sangrahi*, *Stambhana*, *Tridoshahara*. *Kakubhadya Churna* works as a *Rasayana* as it is *Hridya*, supports the *Pranavaha Srotas* while mitigating respiratory discomfort and strengthens the body by providing *Bala*.

CONCLUSION

The transformation of raw ingredients into fine powder through size reduction and separation yielded a poly-herbal formulation therapeutically effective against varied symptoms of respiratory ailment. The review provides the in-detail information regarding the drugs which is of substantial significance in understanding the pharmacodynamics of *Kakubhadya Churna*.

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