

## THE CONCEPTUAL STUDY ON CONTRIBUTION OF KASAHARA MAHA-KASHAYA DRAVYA IN KASA VYADHI

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### ABSTRACT

*Kasa* is a pathological condition in which *pranavaha strotasa dushti* occurs. It can be developed as a separate *Vyadhi Lakshana* or *updrava*. For therapeutic guidance, 50 *Mahakshaya* has been described by *Acharya Charaka*. *Kasahara Mahakshaya* is one of these 50 *Mahakashaya*. This study will discuss the *Guna* and *Karma* of these *Kasahara Kashaya Dravya*. It will also focus on the contribution of these *Dravya* in *kasa chikitsa*, described in *brihatrayee*.

**Keywords:** *Kasa, Kasahara, Kasahara\_- Mahakashaya, Kashaya, Mahakashaya, Pippali.*

### INTRODUCTION

Ayurveda is the most ancient healing science. Its prime aim is maintaining the health of healthy people and treating diseases. *Ayurveda* heals disease with the help of knowledge given in *brihatrayee*. *Mahakshaya*

is one of the essential concepts that guide *Vaidya* in choosing the proper *Dravya* for treatment. *Acharya Charaka* classified ten *Dravya* with the same *karma*. He described 500 *drugs* helpful in making *Kashaya*

and organised them into 50 groups, each containing 10 drugs. The topics described in Mahakshaya are helpful for every Vaidya with limited intelligence. Based on this foundation, intelligent, self-disciplined, and reasoning-capable individuals also gain knowledge of unexplained issues. In other words, explaining unexplained subjects is meant for the wise. Kasahara Mahakshaya is the 36th Mahakshaya among 50 Mahakshayas.

Acharya Sushruta has classified Substances into Sap-tatrishanta Gana, where the pharmacological action of each gana has also been described. The Guna karmas of Dravya are explained separately in Sutra Sthana of Sushruta Samhita. While discussing the treatment of Kasa, Acharya Sushruta has given equal importance to the Kasahara Mahakshaya Dravya mentioned by Acharya Charaka. Nighantus provided information regarding the Dravya, a traditional and correct identification of Dravya based on morphology and action. (2)

Kasa is one of the most prevalent health conditions affecting daily work badly. Kasa may be developed as an independent disease or as a lakshana or upadrava associated with other diseases. Kasa is praanavaha strotas vyadhi, in which the kapha dosha obstruct the flow of pranavayu, so the agitated prana vayu and udan vayu create kasa.

#### Literature-

The Drugs in Kasahara Mahakashaya: -

“द्राक्षाभयामलकपिप्पलीदुरालभाशृङ्गीकण्टकरिकावृश्चिर पूनर्नवातामलक्य इति दशेमानि कासहराणि भवन्ति” (च.सू.४/३६)

Draksha, Abhaya, Amalaka, Pippali, Duralabha, Shringi, Kantakari, Visscher, Punarnava, and Tamalaki, these 10 drugs are included in Kasahara Mahakashaya. (1)

The following table gives information about each Dravya of Kasahara Mahakashaya.

**Table 1:** Showing Rasa, Guna, Virya, Vipaka and dosha karama of Kasahara Mahakashaya dravyas.

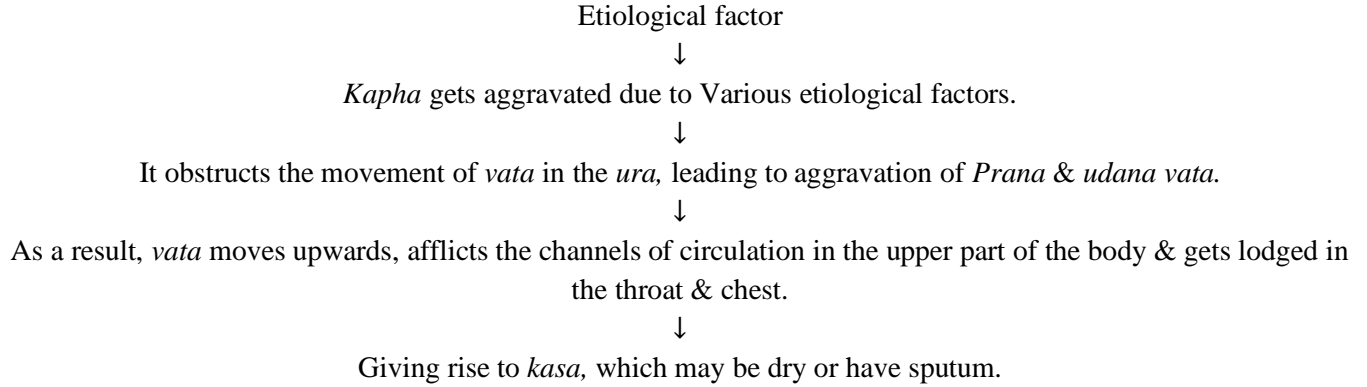
S.N.	DRAVYAS	RASA	GUNA	VIRYA	VIPAKA	DOSHA-KARMA
1.	Draksha	Madhura, Kashaya, Amla	Guru, Snigdha, Mridu	Sheeta	Madhura	Vata -Pitta Shamak
2.	Abhaya	Madhura, Amla, Katu, Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosha Shamak
3.	Amalaki	Madhura, Amla, Katu, Tikta, Kashaya	Laghu, Ruksha	Sheeta	Madhura	Tridosha Shamak
4.	Pippali	Katu, Tikta	Snigdha, Teekshna, Natisnigdha, Laghu, Ushna	Anushn, Natiushn, Atiushna	Madhura	Kapha- vata Shamak
5.	Duralabha	Madhura, Amla, Katu, Tikta, Kashaya	Laghu, Sara	Sheeta	Madhura	Vata-Pitta Shamak
6.	Shringi	Kashaya, Tikta	Guru	Ushna	Katu	Kapha- vata Shamak
7.	Kantakari	Katu, Tikta	Laghu, Sara Ruksha, Ushna	Ushna	Katu	Kapha- vata Shamak
8.	Vrishchir	Madhura, Katu, Tikta, Kashaya	Sara, Ruksha	Ushna	Katu	Tridosha Shamak
9.	Punarnava	Madhura, Tikta, Kashaya	Laghu, Ruksha, Ushna	Ushna	Madhur, Katu	Tridosha Shamak
10.	Tamalaki	Madhura, Amla, Tikta, Kashaya	Laghu, Sheeta	Sheeta	Madhura	Kapha -Pitta, Shamak

**Table 2** – Showing Pharmacological Actions and Chemical Composition of Kasahara Mahakashaya

Name	Latin name	Family	Part used	Pharmacological Actions	Chemical composition
Draksha	Vitis Vinifera Linn.	VITACEAE	Fruit.	Antioxidant, Antibacterial, anti-histaminic, Anti-inflammatory.	Flavonoids viz, quercetin, rutin, kaempferol, and luteolin. phenolic acids and $\beta$ -sitosterol.
Abhaya	Terminalia chebula Retz.	COMBRETACEAE	Fruit rind, tender fruits.	Anti-asthmatic, mast cell stabilizer, immunomodulatory, antibacterial, Anti-tussive	Tannins, gallic acid, chebulagic acid
Amalaki	Emblica officinalis	EUPHORBIACEAE	Fruit pulp/fruit rind	Anti-inflammatory, antioxidant, immunomodulatory, antitussive, antimicrobial, Anti-asthmatic.	Tannins, alkaloids, phenomenon acids, carbohydrates, vitamin C, Ethylgallic acids.
Pippali	Piper longum Linn.	PIPERACEAE	Fruit and root.	Antimicrobial, antiasthmatic, anti-inflammatory, immunomodulatory, mast cell stabiliser and Bronchodilator, anti-histaminic, anti-tubercular	Saponins, alkaloids, amino acids
Duralabha	Fagonia Cretica Linn.	ZYGOPHYLLACEAE	Whole plant, Yava Sarkara	Antioxidant, analgesic, anti-inflammatory, anti-allergic, anti-microbial.	Saponins, alkaloids, aminoacyls
Shringi	Pistacia integerrima Stewart exBrandis	ANACARDIACEAE	Galls	Analgesic, antiinflammatory, antioxidant, antimicrobial, anti-histaminic, expectorant.	Alkaloids, flavonoids, tannins, saponins, sterols, and essential oils.
Kantakari	Solanum xanthocarpum Schard &Wendl.	SOLANACEAE	Whole plant, root, fruit.	Antioxidant, anti-asthmatic, anti-histaminic, expectorant mast cell stabilizer.	Inorganic nitrate. Carp sterol, solamargine, solanocarpine, solasonine
Vrishchir	Boerhaavia verticillata Poir.	NYCTAGINACEAE	The whole plant, root, leaf.	Antipyretic, anti-cough.	Alkaloids, carbohydrates, tannins.
Punarnava	Boerhaavia diffusa Linn.	NYCTAGINACEAE	Whole plant, root, leaf	Immunomodulatory, anti-inflammatory, expectorant	Flavonoids, boeravinone, punarnavine, boeravinone, alkaloids.
Tamalaki	Phyllanthus niruri	EUPHORBIACEAE	Whole plant,	Anti-inflammatory, antioxidant,	Niruriside, lignans, phyllanthin,

	Hook f.		root.	anti-microbial, Immune modulatory, anti-asthmatic, anti-pyretic anti-spasmodic.	hypophyllanthi, flavonoids, tannins, alkaloids.
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**Samprapti of Kasa:**



**Contribution of Dravya's of Kasahara Maha Kashaya in different kalpas of kasa in bruhatrayee:**

Dravya	Acharya	Kalpa
Draksha	Charaka	Kasaardadi ghruta, Duralabhadi leha, Chitrakadi leha, Kasahara peya, Pippalyadi leha, Jivantyadi leha, Drakshyadi leha.
	Sushruta	Lehartha & Panartha
	Vagbhata	Vidaryadi ghruta, Duralabhadi leha, Madhukadi churna Eladi gutika, Punarnavadi churna, Amrutprasha ghruta, Samasaktu-madhukadi ghruta
Abhaya	Charaka	Tryushanadya ghruta, Prapaundarakadi dhumpna, Nagaradi yoga, Haritaki avleha, Padmakadi leha, Jivantyadi leha
	Sushruta	Kalyanaka guda, Agastya avleha
	Vagbhata	Vidaryadi ghruta, Agastya haritaki rasayana, vasishtha haritaki, Chavyakadi ghruta, Kasamardadi ghruta, Haritaki leha, Pathyadi gutika
Amalaki	Charaka	Tryushanadya ghruta, Padmakadi leha, Jivantyadi leha,
	Sushruta	Kalynaka guda
	Vagbhata	Vidaryadi ghruta, Amalaki churna, Dhatriphaladi ghruta, Chavyakadi ghruta
Pippali	Charaka	Pippalyadi ghruta, Tryushanadi ghruta, Kasamardadi ghruta, Vidangadi ghruta, dusparshadi leha, Vidangadi leha, Chitrakadi leha, Agastya haritaki leha, Kasahara peya, Pathadi ghruta, Pippalyadi ghruta, Dwipanchmuladi ghruta, Guduchyadi ghruta, Haritaki avleha, Drakshadi leha, Jivantyadi leha
	Sushruta	Pippalyadi leha
	Vagbhata	Ksharadi ghruta, Vidaryadi ghruta, Vidangadi leha,

		Dusparshadi leha, Pippali-shunthi leha, Yavanyadi peya, Dashmuladi peya, Mrudwikadi leha, Pippalyadi kshira, Pippalyadi leha, Pippali-Nagaradi leha, Dadimadya churna, Dipyadi kwatha, Pippalyadi kwatha, Dashmula ghruta, Vidang ghruta, Kantakari ghruta, Vyaghri leha, Pippali rasayana, Madhukadi churna, Eladi gutika, Yashtimadhinagabaladi ghruta, Amrutprasha ghruta, Madhukadi ghruta, Kushmandaka rasayana, Agastya haritaki rasayana, Vasishth haritaki, Chavyakadi ghruta, Kasamardadi ghruta, Pippaligudasiddha ghruta, Haritaki leha, Tryushan churna leha, Erandapatrakshara leha, Samasharkara churna
Duralabha	Charaka	Duralabhadi leha
	Sushruta	-
	Vagbhata	Duralabhadi leha, Devdarvyadi leha, Kantakari ghruta,
Shringi	Charaka	-
	Sushruta	Panartha & Lehartha
	Vagbhata	Dusparshadi leha, Duralabhadi leha, Devdarvyadi leha, Laja-sitopaladi leha, Vyaghri leha, Karkatakyadi ghruta, Chavyadi ghruta
Kantakari	Charaka	Kantakari ghruta, Pippalyadi ghruta, Rasna ghruta, Agastya haritaki avleha, Kasahara peya, Sharkaradi yoga, Dashmuladi ghruta, Dwipanchmuladi ghruta
	Sushruta	Agastya avleha
	Vagbhata	Guduchyadi ghruta, Ksharadi ghruta, Rasnadi ghruta, Vyaghri leha, Amrutprasha ghruta, Vasishtha ghruta, Chavyakadi ghruta, Vrushadi ghruta, Dashmuladi peya, Dashmula ghruta, Kantakari ghruta, Agastya haritaki, Mudgayusha
Vrushchira	Charaka	-
	Sushruta	-
	Vagbhata	Kantakari ghruta
Punarnava	Charaka	Jivantyadi leha
	Sushruta	-
	Vagbhata	Punarnavadi ghruta, Punarnavadi churna, Amrutprasha ghruta, Nagabala sarpi
Tamalaki	Charaka	Tryushanadya ghruta, Jivantyadi leha
	Sushruta	-
	Vagbhata	Vidaryadi ghruta, Kantakari ghruta, Nyagrodhadi shrutakshira Amrutprasha ghruta

## DISCUSSION

### Effect of Draksha on Kasa:

Draksha has the properties of *Madhura Rasa*, *Snigdha*, *Guru*, *Madhura Vipaka*, and *Vatapittahara*. It is beneficial in *Vata-pradhana Kaphaja Kasa* and acts as a *Rasayana*. Its anti-inflammatory activity is

due to high levels of flavonoids (quercetin, rutin, kaempferol, luteolin), phenolic acids, and  $\beta$ -sitosterol, all known for their anti-inflammatory effects. Its antioxidant activity is attributed to phenolic acids and flavonoids.

### **Effect of Abhaya on Kasa:**

Abhaya has the properties of *Madhura*, *Amla*, *Katu*, *Kashaya Rasa*, *Laghu*, *Ruksha Guna*, *Ushna Virya*, *Madhura Vipaka*, and *Tridosha Shamaka*. Known as 'Pathya,' it clears obstructions in the body's channels. Recent studies show that its ethyl acetate and methanolic extracts have significant antitussive activity. Traditionally, Abhaya is used to treat cough and respiratory disorders.

### **Effect of Amalaki on Kasa:**

*Amalaki* has *Amla Pradhana*, *Pancha Rasa*, *Guru*, *Ruksha Guna*, *Sheeta Virya*, *Madhura Vipaka*, and *Tridoshahara* and *Rasayana*. Its dry extract shows antitussive activity through antispasmodic antioxidant effects and mucus secretion regulation in the airways.

### **Effect of Pippali on Kasa:**

*Pippali*, with *Katu Rasa*, *Laghu*, and *Tikshna Guna*, alleviates *Kapha Dosha* by opposing *Madhura* and *Guru* properties. *Tikshna Guna* helps break up *Kapha* and blocks the *Srotas*. *Piperine*, the main compound in *Pippali*, has anti-inflammatory effects and is effective against gram-negative and gram-positive bacteria.

### **Effect of Duralabha on Kasa:**

*Duralabha* has *Madhura Rasa*, dominated by *Prithvi* and *Jala Mahabhuta*, which alleviates *Vata* and *Pitta* due to its *Brimhana*, *Balya*, *Snigdha*, *Sheeta*, and *Guru Guna*. It also contains *Katu Rasa*, composed of *Vayu* and *Agni Mahabhuta*, which decreases *Kapha*. Its *Tikta Rasa* alleviates *Pitta-Kapha*, and *Kashaya Rasa* relieves *Pitta-Kapha* due to *Prithvi-Vayu Mahabhuta*, making it useful for all types of *Kasa*. *Duralabha* is an antioxidant, anti-inflammatory, and antimicrobial, aiding cough relief caused by inflammation and bacterial infection in the respiratory tract.

### **Effect of Shringi on Kasa:**

*Shringi* alleviates *Pitta-Kapha* with its *tikta rasa* and *Laghu-Ruksha Guna*. *Guru Guna* strengthens the body, while *Ushna Virya* promotes the elimination of *Kapha*, aiding expectoration and clearing channels. This corrects *Vata* and relieves the cough. Modern research has proven that *Shringi* is an antioxidant, anti-inflammatory, and antimicrobial. It inhibits in-

flammation, bacterial infection, and histamine effects, effectively treating allergic cough.

### **Effect of Kantakari on Kasa:**

*Kantakari* has *Tikta* and *Katu Rasa*, *Ruksha* and *Laghu Guna*, *Ushna Virya*, and *Katu Vipaka*, so it helps in *agnidepana* for *kasa*. According to Acharya Vagbhatta, it is *Kasa's* preferred treatment. *Kantakari* powder is an antitussive that is effective in bronchial asthma and nonspecific coughs, while its root, due to its inorganic nitrate content, acts as an expectorant.

### **Effect of Vrishchir on Kasa:**

*Vrishchir* has *Katu Rasa*, composed of *Vayu* and *Agni Mahabhuta*, which breaks down *Kapha* accumulation. Its *Madhura Rasa* strengthens the body. *Tikta Rasa* (*Vayu* and *Aakasha Mahabhuta*) alleviates *Pitta-Kapha* through *Laghu-Ruksha Guna*. It also has *Kashaya Rasa* (*Prithvi-Vayu Mahabhuta*), relieving *Pitta-Kapha*, making it useful for *Vataj* and *Kaphaja Kasa*.

### **Effect of Punarnava on Kasa:**

*Punarnava* has *Ushna Virya*, which eliminates *Kapha*, promotes expectoration, clears channels, and corrects *Vata* vitiation. Its *Ruksha Guna* makes it *Kapha-hara*. It is immunomodulatory, regulating allergic responses and removing infections. As an expectorant, it promotes sputum secretion and treats cough.

### **Effect of Tamalaki on Kasa:**

*Tamalaki* has *Madhura Vipaka*, promoting *Dhatu* formation. It contains *Tikta Rasa* (*Vayu* and *Aakasha Mahabhuta*), which alleviates *Pitta-Kapha* with *Laghu-Ruksha Guna*. Its *Kashaya Rasa* (*Prithvi-Vayu Mahabhuta*) also alleviates *Pitta-Kapha*, curing *Pittaja* and *Kaphaja Kasa*. *Tamalaki* has antimicrobial and anti-inflammatory properties and is used for respiratory infections.

In *Kasa vyadhi*, aggravated *kapha dosha* obstructs the *prakrut* (normal) flow of *vaayu*. So, the *prakrut gati* of *vaayu* is disturbed, producing *kasa*. So, for treating the *kasa*, *dravya* having *kapha vaat shamak* properties are mostly chosen. *Pippali* is used in most of the *Kasahara kalpa*. *Vruschir Dravya* is the least used compared to the other nine *kasahara Dravya*.

## CONCLUSION

The formulation of *Kasahara Mahakashaya* is designed to treat *Kasa* effectively, either as a single drug or in a combination of different pharmaceutical forms, depending on the individual's needs. It has been observed through classical literature and modern clinical studies that these ten drugs work together to enhance each other's effects, promoting better respiratory health and addressing the root causes of *Kasa*. Among the 10 drugs of *kasahara mahakashaya*, *pip-pali* is commonly included in various preparations used in *kasa chikitsa*.

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