

**KANDUGHNA MAHAKASHAYA- A CRITICAL REVIEW****Padma Lochan Naik<sup>1\*</sup>, Mita Kotecha<sup>2</sup> and Sumit Nathani<sup>3</sup>**<sup>1</sup>MD Scholar, Department of Dravyaguna, National Institute of Ayurveda, Rajasthan, India.<sup>2</sup>Professor, Department of Dravyaguna, National Institute of Ayurveda, Rajasthan, India.<sup>3</sup>Associate Professor, Department of Dravyaguna, National institute of Ayurveda, Rajasthan, India.Article Received on  
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Institute of Ayurveda,  
Rajasthan, India.**ABSTRACT**

The term "*Kandughna Mahakashaya*" (Anti-pruritic) refers to a class of ten medications that work on the *Kandu*. *Kandu* is a sign of several skin conditions indicated in *Ayurveda*. *Acharya Charak* listed *Chandana*, *Nalada*, *Kritamala*, *Naktamala*, *Nimba*, *Kutaja*, *Sarsapa*, *Madhuka*, *Daruharidra*, and *Musta* as the ten elements that make up *Kandughna Mahakashaya*, which is the fourteenth of the fifty *Mahakashaya Gana*. These ten ingredients, each of which is efficient on its own, combine their efforts to increase output. These plants have properties such as *Snigdha*, *Ruksha*, *Guru*, *Laghu*, & *Tikshna Guna*, *Madhura*, *Katu*, *Tikta*, *Kashaya Rasa*, *Ushna* & *Sheeta Virya*, *Katu* &

*Madhura Vipaka* and *Tridoshaghna* properties. They heal *Kandu* because of these characteristics. The goal of this essay is to describe *Kandu* therapies using *Kandughna Mahakashaya*.

**KEYWORDS:** *Kandughna Mahakashaya*, *Kandu*, Itching, *Ayurveda*.**INTRODUCTION**

The skin is the largest organ in the body and covers the body entire external surface. It includes sweat gland, hair and nails. According to ancient *Ayurved* literature *Twacha* (skin) is place of *Bhrajaka pitta* which resides beneath the skin which is responsible for *kanti*. When it gets vitiated it leads to many *Twak Vikar* (skin disorder). General clinical manifestation of skin disorder are *Kandu* (itching), *Ruja* (pain), *Vaivarnya* (discolouration) etc. Itching or Pruritus can be considered as *kandu* in *Ayurveda*. It is not mentioned as a separate entity in *Ayurveda*. It is either a symptom or a *Poorvarupa* or an *Updrava* or an *Asadhya Lakshana* of

one or the other disease. As far as *Doshik* involvement is concerned, *Acharya* haven't clearly mentioned about *Doshas* causing *kandu*.

*Acharya Chakra* mentioned *Kandu* in *Udumbara Kustha (Dosha-Pitta)*, *Dadru*, *Charmadal*, *Pama*, (*Dosha-Pittakapa*), *Vicharchika (Dosha-Kapha)*.<sup>[1]</sup>

*Acharya Sushruta* mentioned *Kandu* in *Pundrika*, *Daadru*, *Raksha*, *Sidhma (Dosha-Kapha)* *Charmadal*, *Vicharchik*, *Vipadika*, *Ktibha*, *Pama*, *Kachchu*, *Kaphajakilasha*, *Twachagat And Raktagat Kushtha*.<sup>[2]</sup>

*Acharya Vagbhat* mentioned *Kandu* in *Mandal*, *Pundrika*, *Vicharchika*, *Kitibha*, *Alshaka*, *Vipadika*, *Dadru*, *Pama*, *Charmadal*.<sup>[3]</sup>

*Kandu* (itching) is mainly due to *Kapha Dosha*.<sup>[4]</sup> Its management explained as *Sanshodhana* and *Sansaman Chikitsa* respectively *Antahparimarjan* and *Bahya Parimarjan Chikitsa* and *Nidhan Parivarjana*. *Tridosha -Vata, Pitta, Kapha Doshas* are responsible for *Kandu* in different way. Some physiological condition in which itching is present i.e., in old age, in winter season which is particularly due to dryness of skin(due to decrease in *Snehansh* of body. Also there are some group of medications which can provoke itching under some adverse condition these are Antibiotics i.e. erythromycin, tetracyclines, rifamcin, vancomycin Cardiovascular i.e. dilitiazem, verampil, captropil Psychotropic medicine i.e. Amitriptyline, sertaline, phenytoin Opioids i.e. Morphine, Codeine, Tramadol.

**Table 1: List of *kandughna dravya*.**<sup>[5]</sup>

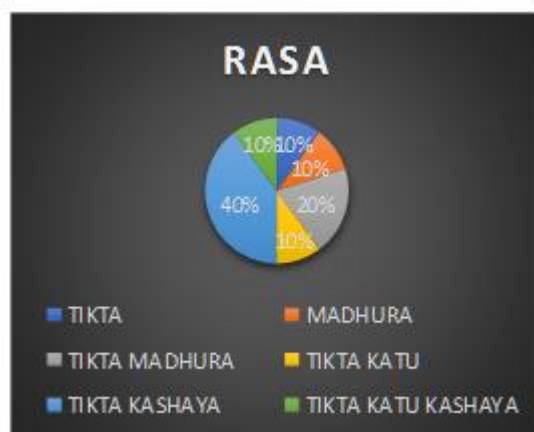
S No.	Name of drugs (parts used)	Botanical name family	Habit	Rasa	Guna	Virya	Vipaka	Doshaghnta (Karma)
1.	<i>Chandana</i> Heart wood	<i>Santalum album</i> Linn. santalaceae	Tree	<i>Tikta, madhura</i>	<i>Ruksha, laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pittakapha</i>
2.	<i>Nalada</i> Rhizome	<i>Nardostachys jatamansi</i> DC Valerianaceae	Herb	<i>Tikta, Kashaya</i>	<i>Laghu, snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosha</i>
3.	<i>Kritamala</i> Fruit	<i>Cassia fistula</i> Linn. Caesalpinaceae	Tree	<i>Madhura, Tikta</i>	<i>Guru, snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosha</i>
4.	<i>Naktamala</i> Seed	<i>Pongamia pinnata</i> Pierre Papilionaceae	Tree	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata kapha</i>

5.	<i>Nimba</i> Leaf & Bark	<i>Azadirachta indica</i> Juss Meliaceae	Tree	<i>Tikta,</i> <i>Kashaya</i>	<i>Laghu,</i> <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pittakapha</i>
6.	<i>Kutaja</i> Bark & seed	<i>Holarrhena antidysenterica</i> Wall. Apocynaceae	Tree	<i>Tikta,</i> <i>Kashaya</i>	<i>Laghu,</i> <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pittakapha</i>
7.	<i>Sarshapa</i> Seed	<i>Brassica campestris</i> Linn. Brassicaceae	Herb	<i>Katu,</i> <i>Tikta</i>	<i>Tikshna,</i> <i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata kapha</i>
8.	<i>Madhuka</i> Root & stolon	<i>glycyrrhiza glabra</i> Linn. Papilionacea	Herb	<i>Madhura</i>	<i>Guru,</i> <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta</i>
9.	<i>Daru haridra</i> Root	<i>Berberis aristata</i> DC. Berberidaceae	Shrub	<i>Tikta</i>	<i>Ruksha,</i> <i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapitta</i>
10.	<i>Musta</i> Tubers	<i>Cyperus rotundus</i> Linn. Cyperaceae	Herb	<i>Tikta,</i> <i>Kashaya</i>	<i>Laghu,</i> <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pittakapha</i>

## DISCUSSION

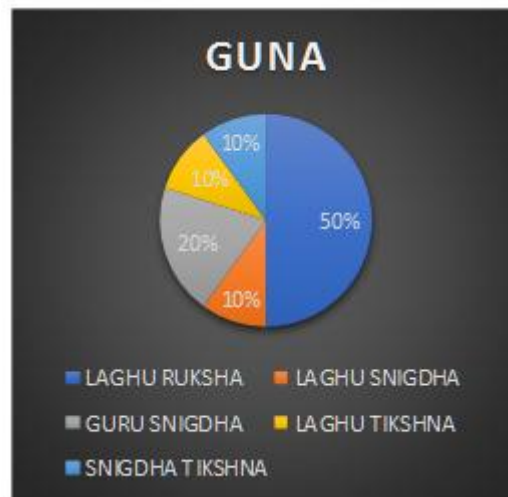
The Dravyas are evaluated based on the Rasa, Guna, Virya, Vipaka, and Karma on the Dosha from the recognised Dravyas and the qualities of them that are tabulated as indicated in Table No. 1

Based on the *Rasa*, it has been noted that out of the 10 *Dravyas*, *Madhura Rasa* has been seen in one, *Tikta Rasa* in two, *Tikta, Madhura Rasa* in two, *Tikta, Katu Rasa* in one, *Tikta, Kashaya Rasa* in four, and *Tikta, Katu, Kashaya Rasa* in one *Dravya*. (Graph 1)



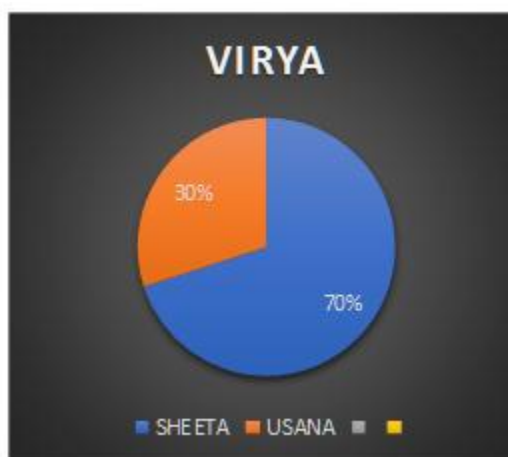
**Graph 1: Showing the distribution of *kandughna mahakashaya dravyas* as per *rasa*.**

Based on the *Guna*, it has been found that among the 10 *Dravyas*, 5 of them have *Laghu, Ruksha guna*, 1 of them have *Laghu, Snigdha Guna*, 2 of them have *Guru, Snigdha Guna*, 1 of them have *Laghu, Tikshna Guna* and 1 of them have *Snigdha, Tikshna Guna Dravyas*. (Graph 2)



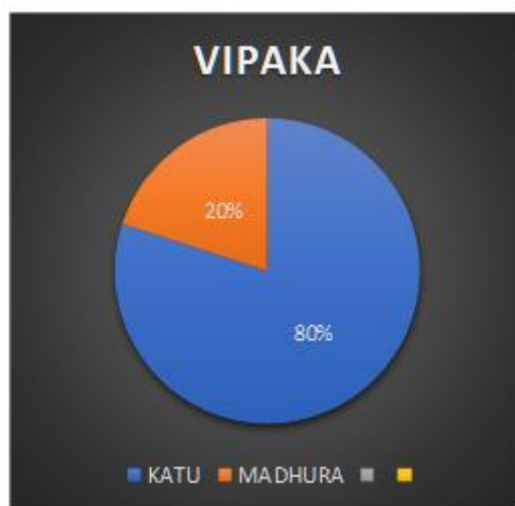
**Graph 2: Showing the distribution of *kandughna mahakashaya dravyas* as per *guna*.**

Based on the *Virya*, it has been found that among 10 *Dravyas*, *Ushna Virya* is noted in 3 *Dravyas* whereas *Sheeta Virya* is noted in 7 *Dravyas*. (Graph 3)



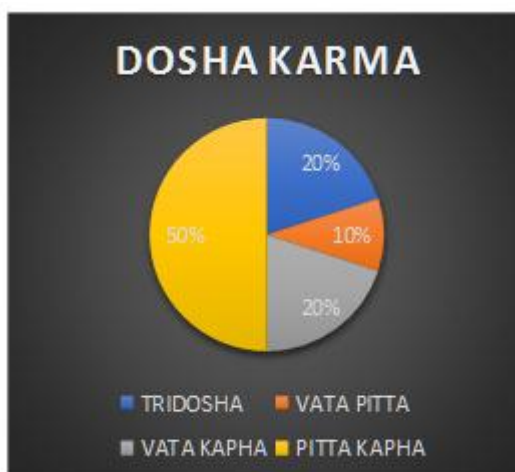
**Graph 3: Showing the distribution of *kandughna mahakashaya dravyas* as per *virya*.**

Based on the *Vipaka* has been observed that out of the 10 *Dravyas* identified, it has been observed that *Madhura Vipaka* is observed in 2 *Dravyas* and *Katu Vipaka* in 8 *Dravyas*. (Graph 4)



**Graph 4: Showing the distribution of *kandughna mahakashaya dravyas* as per *vipaka*.**

Based on the *karma* it has been found that among the 10 *Dravyas* identified, it has been noted that 1 *Dravya* is *Vatapittahara*, 5 *Pittakaphahara*, 2 *Vatakaphahara*, and 2 *Tridosha hara*. (Graph 5)



**Graph 5: Showing the distribution of *kandughna mahakashaya dravyas* as per *dosha karma*.**

*Kandu* (itching) is a major symptom in skin diseases. Its mainly due to *Kaphadosha*, *Vata* and *Pitta Dosha* are also responsible for *Kandu*.

According to modern science Itching (*pruritus*) is an unpleasant sensation that leads to scratching or rubbing. Itching is a earliest manifestation of most of the skin diseases. Itching perceives in the skin by unspecialized free unmyelinated nerve ending located in and around

the dermo-epidermal junction as well as intra epidermal. Signals are transmitted through unmyelinated slow conducting C fibers through spinothalamic tract.<sup>[6]</sup>

As *Kandu* (Itching) is a symptom of many skins disorder, so we need to interpret the above *Kandughna Mahakashaya* drugs not only for *kandughna* properties but also for their effect on *Twacha* (skin).

### Rasa and Their general properties on skin

S No.	Rasa	Karma on Twacha
1.	Madhura	Varnakara (Gives good complexion), Daha-prasamaka (Reduces burning sensation), Twachya (Good for skin)
2.	Katu	Kanduvinarsayati (Alleviates itching), Vrana-vasadayati (Stops excess growth of wound), Kushthagha (Good for skin disorders)
3.	Tikta	Daha, Kandu, Kushtha Prashamana (Relieves from burning sensation, itching, skin diseases)
4.	Kashaya	Ropana (Heals up), Soshana (Dries up), lekhana (Scrapes out unwanted tissue), Asravisodhana (Purifies the blood)

### Guna and Their general properties on skin

S. No.	Guna	Karma on Twacha
1.	Guru	Upalepa
2.	Laghu	Lekhana, Ropana
3.	Snigdha	Kledana, Snehana, varnya
4.	Ruksha	Soshana, Kathinyakara
5.	Tikshna	Sodhana, Pakakara, Sravana, Lekhana

### Virya and Their general properties on skin

S. No.	Virya	Karma on Twacha
1.	Sheeta	Kledana (Moistening), Raktaprasadaka (Good for blood)
2.	Ushna	Dahana (Burning sensation), Swedana (Induce sweating)

### Vipaka and Their general properties on skin

S. No.	Vipaka	Guna of Vipaka
1.	Madhura	Snigdha, Guru
2.	Katu	Ruksha

Here *Vipaka* will act on skin according to their *Gunas* present within it.

### Therapeutic indications of kandughna mahakashaya dravya<sup>[7]</sup>

#### 1. Chandana (*Santalum album* linn)

Daha, Raktavikara, Kustha, Visarpa, Varna Vikara

#### 2. Nalada (*Nardostachys jatamansi* DC)

*Kustha, Daha, Twak Vikara, Visarpa*

**3. Kritamala (*Cassia fistula* Linn.)**

*Kustha, Krimi Nashak*

**4. Naktamala (*Pongamia pinnata* Pierre)**

*Kushtha, Kandu, Jantu Vikara, Vrana, Sotha*

**5. Nimba (*Azadirachta indica* Juss)**

*Kusthaghna, Krimighna, Kandughna, Rakta Sodhak*

**6. Kutaja (*Holarrhena antidysenterica* Wall)**

*Kusthaghna, Krimighna,*

**7. Sarsapa (*Brassica campestris* Linn.)**

*Kushtha, Kandu, Krimi, Twak Vikara, Sula*

**8. Madhuka (*Glycyrrhiza glabra* Linn.)**

*Varnya, Vranahara*

**9. Daruharidra (*Berberis aristata* DC.)**

*Kandu, Kustha, Rakta Dosh, Vaivarnya, Vrna*

**10. Musta (*Cyperus rotundus* Linn.)**

*Daha, Krimi*

Trans epidermal drug penetration occurs either intracellularly or intercellularly. Transport of hydrophilic or polar solutes is made possible via intercellular penetration/absorption through the stratum corneum layer, which contains keratinocytes. Diffusion of lipophilic or non-polar solutes through the continuous lipid matrix is made possible by intercellular gaps. Molecules go via sweat glands and hair follicles via the trans appendage pathway.

## CONCLUSION

We can infer from the study above that Kandu is a kapha dosha pradhana vyadhi, but that they are classed and handled in accordance with their Doshaja preponderance. As Kandu is a sign of numerous skin disorders, certain Kandughna Mahakashaya medications are primarily Vata Shamaks, some Pitta Shamaks, and some Kapha Shamaks. Utilizing all of the Kandughna Mahakashaya's medications simultaneously affects every Dosha and results in Dosha Samprapti Vighatana. It shows that our Acharyas have approached all types of Kandu with a broad perspective and an integrated methodology. One can choose from a variety of Kandughna Mahakashaya medications that are effective against all sorts of Kandu based on the aforementioned critical review.

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