



Review Article

A COMPREHENSIVE REVIEW OF KASAHARA DRAVYAS DOCUMENTED IN DHANWANTHARI NIGHANTU

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ABSTRACT

Respiratory disorders, particularly cough (*Kasa*), are highly prevalent globally. It is considered as a symptom and an independent disease. A significant portion of the population relies on traditional medicines for healthcare. Ayurvedic Nighantus (materia medica texts), such as the Dhanwanthari Nighantu (Dh. Ni), serve as vital resources for identifying and understanding these traditional remedies. **Aim:** The primary objective of the study is to conduct an exhaustive literary review of the *Kasahara dravyas* (cough-alleviating drugs/herbs) mentioned in the Dh.Ni. The research aims to compile details about their properties (*Rasa Panchaka* -taste, qualities, potency, etc) and therapeutic indications to highlight their relevance in clinical practice. **Materials and Methods:** The study involves a meticulous screening and collection of relevant information from all seven *Vargas* (sections) of the Dh.Ni. This collected data is then systematically organized and presented, detailing the properties (*Guna* and *Karma*), and specific actions related to managing *Kasa*. **Result and Discussion:** After thorough screening of Dh.Ni, *Kasahara dravyas* were analysed. It was observed, out of 373 drugs mentioned in the Dh.Ni, 52 drugs show *Kasahara* property. The presentation discusses how these drugs primarily act by balancing the *Kapha* and *Vata Doshas*, the primary *Nidana* (etiological factors) in *Kasa* (cough) *Samprapthi* (pathogenesis), based on their inherent properties like *Tikta* (bitter), *Kashaya* (astringent) *Rasa* (taste), and *Ushna virya* (hot potency). **Conclusion:** The comprehensive review validates the rich repository of effective herbal remedies for *Kasa* (cough) found within the Dh.Ni. This research attempts to provide a clear, scientifically correlated resource for practitioners, researchers, and pharmaceutical industries for the development of safe and effective plant-based medicines to manage respiratory ailments.

INTRODUCTION

Kasa is one of the most prevalent health conditions which triggers day to day activities. If patient of *Kasa* drops the treatment, disease aggravates again with more severity^[1]. Respiratory disorders, especially *Kasa* (cough), represent a significant global disease burden. Patho- physiologically identified as a *Pranavaha Srotodushti*-type disorder. *Kasa* is clinically significant for its dual presentation as both a primary disease entity and a pathognomonic symptom of broader respiratory dysfunction.

Kasa caused due to vitiation of *Tridoshas* (Three body constituent). The vitiated *Prana Vayu* along with *Udana Vayu* which further gets aggravated in association with other *Doshas* and expelled out abruptly with a "coughing sound" like the broken-bronze vessel, called as *Kasa* ^[2].

A significant portion of the population relies on traditional medicines for healthcare. Ayurvedic Nighantus (materia medica texts), such as the Dhanwanthari Nighantu (Dh. Ni), serve as vital resources for identifying and understanding these traditional remedies.

The primary objective of the study is to conduct an exhaustive literary review of the *Kasahara dravyas* (cough-alleviating drugs/herbs) mentioned in the Dhanwanthari Nighantu (Dh.Ni)^[3]. The research aims to compile details about their properties (*Rasa*

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Panchaka -taste, qualities, potency, etc.) and therapeutic indications to highlight their relevance in clinical practice.

METHODS

Dhanvantari Nighantu of Lord Dhanvantri, edited by Prof. Priyavat Sharma, translated by Dr. Guru Prasad

Sharma, published by Chaukhambha Orientalia, Varanasi was critically analysed.

OBSERVATIONS

Dravya mentioned under different *Varga* in Dhanwantahri Nighantu for *Kasa Roga*.

Table 1: Guduchyadi varga

S.No.	Drug Name	Rasa	Guna	Virya	Vipaka	Karma	Reference
1	<i>Ativisha (Aconitum heterophyllum)</i>	Katu, Tikta	-	Ushna	-	Kapha pitha hara, Kasahara	Dh. Ni 1/9-10
2	<i>Vasaka (Adhatoda vasica)</i>	Tikta	-	Sheetha	-	Pitha Sleshma hara, Kasahara	Dh. Ni 1/22-23
3	<i>Khadira (Acacia catechu)</i>	Tikta	-	Sheetha	-	Pitha Kapha hara, Kasahara	Dh. Ni 1/24-25
4	<i>Kiratatikta (Swertia chirata)</i>	Tikta	Laghu	Anushna Sheetha	-	Pitha Kapha hara, Kasahara	Dh. Ni 1/33-35
5	<i>Shati (Hedychium spicatum)</i>	Tikta	Tikshna	Ushna	-	Kasaghni	Dh. Ni 1/60-62
6	<i>Pushkaramoola (Inula racemose)</i>	Katu, Tikta	-	Ushna	-	Vata Kapha hara, Kasaghna	Dh. Ni 1/65-66
7	<i>Bharangi (Clerodendrum serratum)</i>	Tikta	-	Ushna	-	Kasapaha	Dh. Ni 1/67-68
8	<i>Kathrunam (Cymbopogon martini)</i>	-	-	-	-	Kapha Pitha hara, Kasahara	Dh. Ni 1/78-79
9	<i>Shringi (Pistacia integririma)</i>	Tikta	Guru	-	-	Kasaghna	Dh. Ni 1/83-84
10	<i>Ajasringi (Shringi visesha)</i>	Madhura	-	Sheetha	-	Kasahara	Dh. Ni 1/85-86
11	<i>Prishniparni (Uraria picta)</i>	Madhura	Laghu	Ushna	-	Tridosha hara, Kasahara	Dh. Ni 1/90-91
12	<i>Kantakari (Solanum xanthocarpum)</i>	Katu, Tikta	-	Ushna	-	Vata vikara hara, Kasajith	Dh. Ni 1/95-97
13	<i>Shyonaka (Oroxylum indicum)</i>	Tikta	-	Sheetha	-	Pitha Sleshma hara, Kasa hara	Dh. Ni 1/111-113
14	<i>Ksheera Kakoli (Roscoea sp.)</i>	-	-	-	-	Vata Pitha hara, Kasahara	Dh. Ni 1/130-131
15	<i>Katukalambuni (Lagenaria vulgaris)</i>	Katu, Tikta	-	-	-	Kapha nashaka, Kasa hara	Dh. Ni 1/167-169
16	<i>Jeemutaka (Luffa echinate)</i>	-	-	-	-	Kasa hara	Dh. Ni 1/170-171
17	<i>Dhamargava (Luffa aegyptiaca)</i>	Tikta	-	Ushna	-	Kasa hara	Dh. Ni 1/186-189
18	<i>Bimbi (Coccinia indica)</i>	-	-	-	-	Kapha Pitha hara, Kasahara	Dh. Ni 1/200-201
19	<i>Vibhitaki</i>	-	-	-	Katu	Kasahara	Dh. Ni 1/209-210

	(<i>Terminalia belerica</i>)						
20	<i>Shwethapushpi</i> (<i>Indravaruni visesha</i>)	-	-	-	-	Kasahara	Dh. Ni 1/244-245
21	<i>Rasna</i> (<i>Pluchea lanceolata</i>)	Tikta	Guru	Ushna	-	Vata hara, Kasahara	Dh. Ni 1/260-261
22	<i>Punarnava</i> (<i>Trianthema portulacastrum</i>)	Tikta	Ruksha	-	-	Kapha shamaka Kasahara	Dh. Ni 1/264-265

Table 2: Shatapushpadi Varga

S.No	Drug Name	Rasa	Guna	Virya	Vipaka	Karma	Reference
1	<i>Tankana kshara</i>	Katu	-	Ushna	-	Kapha nashaka, Kasahara	Dh. Ni 2/22-24
2	<i>Sukshma Ela</i> (<i>Elettaria cardamomum</i>)	Madhura	-	Sheetha	-	Kasahara	Dh. Ni 2/44-45
3	<i>Talisam</i> (<i>Abies webbiana</i>)	-	-	-	-	Kapha Pitha nasaka, Kasahara	Dh. Ni 2/53-54
4	<i>Vamsha rochana</i>	Kashaya, Madhura, Tikta	-	-	-	Kasahara	Dh. Ni 2/55-57
5	<i>Palasha Gandha</i> Type of <i>Vamsha rochana</i>	-	-	-	-	Kasahara	Dh. Ni 2/58
6	<i>Dhanyaka</i> (<i>Coriandrum sativum</i>)	Kashaya, Madhura, Tikta	-	-	-	Kasahara	Dh. Ni 2/64-65
7	<i>Kapitha</i> (<i>Feronia elephantum</i>)	Madhura, Amla	Guru	-	-	Kapha Vatahara, Kasahara	Dh. Ni 2/99-100

Table 3: Chandanadi Varga

S.No.	Drug Name	Rasa	Guna	Virya	Vipaka	Karma	Reference
1	<i>Kachur</i> (<i>Curcuma zedoaria</i>)	Katu, Tikta	-	Ushna	-	Vata Kapha shamaka, Kasahara	Dh. Ni 3/93-94

Table 4: Karaveeradi Varga

S.No.	Drug Name	Rasa	Guna	Virya	Vipaka	Karma	Reference
1	<i>Sumukha</i>	-	-	-	-	Kapha Vatahara, Kasahara	Dh. Ni 4/53-54
2	<i>Sankhapushpi</i> (<i>Convolvulus pluricaulis</i>)	Katu, Tikta	-	Ushna	-	Pitha Kaphahara, Kasahara	Dh. Ni 4/101-102

Table 5: Amrati Varga

S.No	Drug Name	Rasa	Guna	Virya	Vipaka	Karma	Reference
1	<i>Beejapura</i> (<i>Citrus medica</i>)	Madhura	Guru, Snigdha	Sheetha	-	Vatha pitha hara, Kasahara	Dh. Ni 5/17-20
2	<i>Uttarapathika</i> (<i>Draksha visesha</i>) (<i>Vitis vinifera</i>)	Madhura	Snigdha	Sheetha	-	Vatahara, Kasahara	Dh. Ni 5/51-52

3	Kadamba (<i>Anthocephalus cadamba</i>)	Kashaya	-	Sheetha	-	Kasahara	Dh. Ni 5/94-96
4	Shireesha (<i>Albizzia lebbek</i>)	Tikta	Laghu	Ushna	-	Tridosahara, Kasahara	Dh. Ni 5/102-103

Table 6: Suvarnadi Varga

S.No	Drug Name	Rasa	Guna	Virya	Vipaka	Karma	Reference
1	Vaikrantham (Tourmaline)	-	-	-	-	Kasahara	Dh. Ni 6/42-43
2	Yava (<i>Hordeum vulgare</i>)	Madhura	Ruksha	Sheetha	-	Kasahara	Dh. Ni 6/67-68
3	Kulatha (<i>Dolichos biflorus</i>)	Kashaya	-	Ushna	Katu	Kapha- Vatha Shamaka, Kasahara	Dh. Ni 6/93-95
4	Aja ghritham	-	-	-	-	Kasahara	Dh. Ni 6/138
5	Purana ghritham	-	-	-	-	Tridosahara, Kasahara	Dh. Ni 6/145-147
6	Aja paya	Kashaya, Madhura	-	Sheetha	-	Pitha hara, Kasahara	Dh. Ni 6/154-155
7	Gardhabi paya	Madhura, Amla, Lavana	Ruksha, Guru	-	-	Kasahara	Dh. Ni 6/160
8	Aja Dadhi	-	Laghu	-	-	Kapha Vata nashaka, Kasahara	Dh. Ni 6/176
9	Madhu	Madhura, Kashaya	Ruksha	Sheetha	-	Tridosahara, Kasahara	Dh. Ni 6/217-218
10	Sura	-	-	-	-	Kasahara	Dh. Ni 6/239-240
11	Madhvasavam	-	Tikshna	-	-	Kasahara	Dh. Ni 6/251
12	Aja Mutram	Katu, Tikta	-	-	-	Kasahara	Dh. Ni 6/448
13	Meshi Mutram	Katu, Tikta	-	Ushna	-	Vata nashaka, Kasahara	Dh. Ni 6/449

Table 7: Mishrakadi Varga

S.No	Drug Name	Rasa	Guna	Virya	Vipaka	Karma	Reference
1	Trithiya chaturbhadrakam	-	-	-	-	Kasahara	Dh. Ni 7/10- 11
2	Laghu Panchamoolam	-	-	-	-	Tridosahara, Kasahara	Dh. Ni 7/21- 22
3	Brihat Panchamoolam	-	-	-	-	Kasahara	Dh. Ni 7/23- 24

RESULTS

The Dhanvantari Nighantu is one of the most popular and oldest Nighantu among the History of Ayurveda. There are 373 drugs enlisted in this Dhanvantri nighantu belongs to herbal, mineral, metal, and animal origin and all the drugs are classified based on *Rasa*, *Guna*, *Virya* and *Vipak*, and *Karma*. Out of 373 drugs mentioned, 52 drugs are observed to possess *Kasaghna* properties.

Table 8: Number of Kasahara Dravyas in different Varga of Dh.Ni

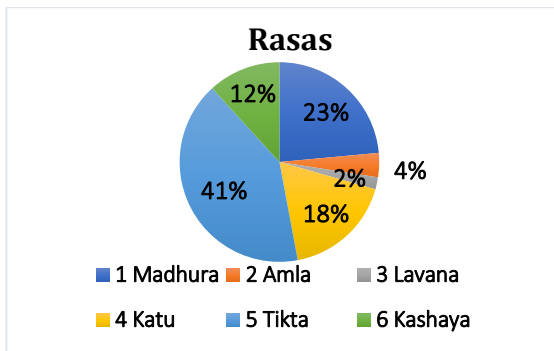
S.No	Name of Varga	Number of Kashara Dravyas
1	Guduchyadi Vargam	22
2	Shatapushpadi Vargam	7
3	Chandanadi Vargam	1
4	Karaveeradi Vargam	2
5	Amradi Vargam	4
6	Suvarnadi Vargam	13
7	Mishrakadi Vargam	3
Total Number		52

Based on the *Rasa*, 21 Dravyas have *Tikta rasa*, 6 Dravyas have *Kashaya rasa*, 9 Dravyas have *Katu rasa*, 12 Dravyas have *Madhura rasa*, and 2 Dravyas have *Amla rasa*.

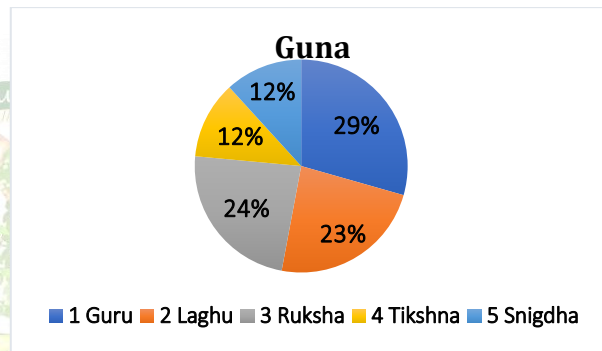
Based on the *Guna* of the Dravyas, it was observed that among, 4 Dravyas have *Laghu Guna*, 5 Dravyas have *Guru Guna*, 2 Dravyas have *Snigdha Gunas*, 4 Dravyas have *Ruksha Guna*, 2 Dravyas have *Teekshna Guna*.

Based on the *Veerya* of the identified drugs, it was observed that 14 Dravyas are *Ushna veerya* while 11 Dravyas are *Sheeta veerya* and 1 Dravya is *Ushna- Sheettha*.

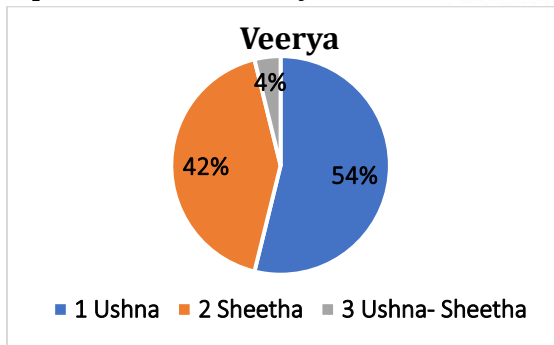
Based on the *Karma*, it has been observed that, 4 Dravyas are *Vatahara*, 1 *Pittahara*, 3 Dravyas are *Kaphahara*, 6 dravyas are *Kapha-vatajit*, 9 Dravyas are *Kapha-pittahara*, 2 Dravyas are *Vata- Pithahara* and 5 Dravyas are *Tridosahara*.



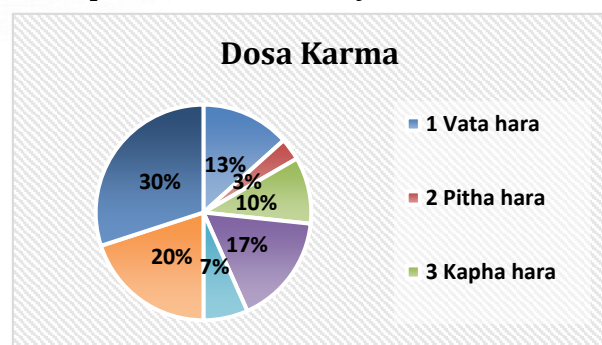
Graph 1: Kasahara dravyas based on Rasas



Graph 2: Kasahara dravyas based on Guna



Graph 1. Kasahara dravyas based on Veerya



Graph 2. Kasahara dravyas based on Karma

DISCUSSION

Kasa is a common respiratory ailment that frequently relapses if therapy is terminated prematurely. Pathologically, it involves the vitiation of *Prana Vayu* resulting from *Viruddha Ahar* (incompatible diet) and *Viruddha Vihar* (unhealthy lifestyle). Consequently, management must prioritize *Nidana Parivarjana*- the elimination of etiological factors- to ensure clinical success.

Kasahara dravyas are potent medicines that help normalize vitiated functions of *Vata* and *Kapha* doshas, which are primarily involved in *Samprapthi* of

Kasa. After a comprehensive analysis of Dh.Ni. Out of 373 drugs mentioned, 52 drugs are observed to possess *Kasaghna* properties.

Critical evaluation of the Dhanvantari Nighantu demonstrates that the majority of *Kasahara dravyas* are characterized by *Tikta-Katu-Madhura rasa*, *Ushna virya*, and a profile of *Guru-Ruksha-Laghu guna*. These attributes are specifically suited for *Kapha-Vata hara* action. Specifically, the *Katu-Tikta rasa* and *Ushna virya* facilitate the removal of vitiated *Kapha* from the

Pranavaha Srotas, thereby disrupting the disease process (*Samprapti Vighatana*).

Some research has been done on the *Kasahara Dravya* mentioned in *Dhanvantari Nighantu*, in which it was found that they have antitussives, expectorants, mucolytics, adjuvant activities. Some of them are described as follows: The methanolic and ethyl acetate extracts of *Adhatoda vasica* leaves showed marked antitussive effect, comparable to the standard drug. [4] *Kantakari* exhibits antitussive effects by influencing peripheral mechanisms of the cough reflex. [5]

CONCLUSION

The current review identifies 52 *Kasaghna* drugs within the *Dhanvantari Nighantu*. It is concluded that the synergy of *Tikta-Katu rasa* and *Ushna virya* provides these *Dravyas* with the potent *Kapha-Vata* hara profile required for managing *Kasa*. The systematic classification within this *Nighantu* serves as a vital pharmacological framework. Consequently, further preclinical, and clinical research is warranted to substantiate these traditional claims and integrate them into modern, evidence-based Ayurvedic protocols.

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