

A Synonymous Review of characteristics of Kushtha (*Saussurea lappa* Clarke Comp.) in Kosha and Nighantu

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Abstract:

*In present era, the whole world is pointing towards traditional medicinal system, out of which Indian medicinal system and its materia medica becomes important because of its richness. The literature of Ayurveda is very vast comprising Samhita and Nighantu. It is believed that each Samhita has its own Nighantu for the purpose of description of its materia medica. Nighantu were written to help to know about the cryptic meaning of synonyms of Dravya. On thorough review of these literatures, one of the Drugs named Kushtha draws attention for its more exploration. Botanically, Kushtha is identified as *Saussurea lappa* Clarke Comp. It is the drug having miraculous properties to affect the nervous system along with digestive and other systems. In present article, the review of some important Nighantu are done; and subsequently the analysis of synonyms given to Kushtha are also done. The literature review provides the best evidence-based indications for drug; minding this point, the present article becomes important for more innovative thoughts for newer use of the drug.*

Keywords: Kushtha, Nighantu, *Saussurea lappa* Clarke Comp., Ayurveda

Introduction:

In the last few decades, the use of natural origin drug substances is accelerating in India as well as other parts of the world as herbal medicine, botanicals etc. While going through the classical texts of Ayurveda, one can easily find a rich source of drugs of plant origin and their pharmacotherapeutics. Ancient texts related to Ayurveda can be categorized into two, one related to treatment and other related to information regarding drugs and diet, being called as Chikitsa grantha and Nighantu. The Nighantu literature is also as ancient as Ayurvedic classical texts and it is supposed to each Samhita having its own Nighantu. Nighantu maybe defined as a glossary containing synonymous groups, the name of drugs. By studying these synonyms, one can get about almost whole knowledge regarding its identification, characteristics and indications. The collective and comparative study of a plant drug through various Nighantu gives the knowledge about that drug based on different era and different region. So, it becomes important to review the drug through its synonyms given in Nighantu. Kushth is a drug showing various properties and importance to treat different ailments. Botanically, it is identified as *Saussurea lappa* Clarke Comp. from the

family Asteraceae. It is a tall, robust, perennial herb having membranous leaves, winged stalk and flowers as terminal clusters; growing in Himalayan range.^[1] In this article, there is a review from various Nighantu about synonymous description of Kushtha for a thorough knowledge from the antient time.

1. **Amarakosha (5th Century A.D.):** In Amarakosha, Kushtha has been mentioned in Vanaushadhi varga of Bhumyadi Kanda. In this Kosha, synonyms are given which are as follows- Vyadhi, Paribhavaya, Vapya, Pakala, Utpala, Shankhini, Corepushpi, Keshini and Vitunnaka.^[2]
2. **Saushruta Nighantu (6th Century A.D.):** In Saushruta Nighantu, Kushtha has been described in Eladi gana. Utpala, Vapya, Kinjalka, Papaka, Paribhavaya, Tvagdosha, Vyadhi are the synonym of it.^[3]
3. **Ashtanga Nighantu(8th Century A.D.):** In this Nighantu, Kushtha has been described in Mustadi Gana. Pakala, Vari, Bhavya, Vapya and synonyms of Gada are the synonym of it.^[4]
4. **Dhanvantari Nighantu (10th Century A.D.):** In this Nighantu, Kushtha has been placed in Chandanadi Varga and Roga, Agada, Vyadhi, Utpala, Pakala, Ruja, Vapya, Vaniraja, Rama, Kauber and Paribhadra have been given as its synonym. Regarding its properties, it has been said as Tikta in Rasa, Katu in Vipaka, Ushna in Virya; Kapha, Vata and Rakta dosha Nashaka. It is indicated in Visha, Kandu and Kushtha.^[5]
5. **Abhidhana Ratnamala / Shadrassa Nighantu (11th Century A.D.):** Kushtha has been placed in Tikta dravya skandha and Durnama, Baluka, Paribhavaya and Utpala are synonym given to it.^[6]
6. **Shodhala Nighantu (12th Century A.D.):** Kushtha has been described in Chandanadi varga. The following synonyms are seen in Shodhala Nighantu i.e Roga, Gada, Vyadhi, Utpala, Pakala, Ruja, Vashpa, Vaniraja, Roma, Kauber, Paribhadra, Amaya, Pariharya and Utpala.^[7]
7. **Hridayadipaka Nighantu (13th Century A.D.):** Nighantukara has placed this drug in Dvipada Varga. Ruk, Pakala, Vapya, Paribhavaya, Gada and Amaya are the synonym of it.^[8]
8. **Madanapala Nighantu(14th Century A.D.):** Kushtha has been present in Abhayadi Varga. Following are the synonym of Kushtha–Divya, Kauber, Paribhadra, Pariharya, Paribhavaya and Utpala. Regarding its properties, it has been said as Katu in Vipaka; Ushna in Virya; Madhura and Tikta in Rasa. It is Laghu and Ukraprada and indicated in Vata- Rakta, Visarpa, Kushtha, Vata- kaphaja Kasa.^[9]
9. **Raja Nighantu(14th Century A.D.):** Kushtha is included in Chandanadi varga in this Nighantu. Ruja, Agada, Vyadhi, Amaya, Paribhadra, Rama, Niraja, Vapya, Tvagdosha, Utpala, Kutsa, Patava, Padmaka, Manusangyaka are the synonyms of Kushtha as found in this Nighantu. Its Virya has been mentioned Ushna; Katu in Vipaka; Tikta in Rasa. It is said as Kantikrit and indicated in Kapha- Vata Vyadhi, Kushtha, Visarpa, Visha, Kandu and Dadru.^[10]
10. **Sarasvati Nighantu (14th Century A.D.):** Kushtha has been placed in Chandanadi varga and Kinjalka, Utpala, Tvagdosha, Vyadhi, Paribhavaya, Gada, Vapya, Pakala and synonyms of Pushkara are the synonyms given to it.^[11]
11. **Kaiyadeva Nighantu (15th Century A.D.):** In this Nighantu, Kushtha is described in Aushadhi Varga with the following synonym: Kapala, Palaka, Tvagdosha, Vapya, Utpala, Amaya, Ruk, Gada, Roga, Sama, Niruja, Ruja, Pariharya, Paribhadra, Kauber, Haribhadra, Mamsa, Japya, Paribhavaya, Ama and Utpala.

Regarding its properties it has been said as Tikta, Katu, Svadu in Rasa; Laghu and Shukrala in Guna and Ushna in Virya. Here, Kushtha has been mentioned in Vata-rakta, Visha, Visarpa, Kushtha, Kasa and Kapha- Vata Vyadhi.^[12]

12. Bhavaprakasha Nighantu (16th Century A.D.): In this Nighantu, Kushtha has been described in Haritakyadi Varga. Rogahvaya, Vapya, Paribhavya and Utpala are said as its synonyms. It is Katu, Tikta and Madhura in Rasa; Ushna in Virya; Laghu and Shukrala in Guna. It is indicated in Vata- rakta, Visarpa, Kasa, Kushtha and Vata- kapha Vyadhi.^[13]

13. Priya Nighantu(20th Century A.D.): In this Nighantu, Kushtha has described in Shatapushpadi varga. Kashmirasambhava, Bhringaraja and Kulodbhava are said as its synonyms. It is Tikta and Katu in Rasa; Ushna in Virya; indicated in Kapha- Vata dosha Vyadhi, Kushtha, Vata- rakta and Visarpa.^[14]

Table-1: Comparison of Synonyms in Nighantu:

S.N.	Synonyms	Amarakosha	SauDruta N.	Ashtanga N.	Dhanvantari N.	Shadrasa N.	Shodhala N.	Hridayadipaka N.	Madanapala N	Raja N.	Sarasvati N.	Kaiyadeva N.	Bhavaprakasha N.	Priya N.
1	Kushtha	+	+	+	+	+	+	+	+	+	+	+	+	-
2	Roga	-	-	-	+	-	+	-	-	-	-	+	-	-
3	Agada	-	-	-	+	-	-	-	-	+	-	-	-	-
4	Vyadhi	+	+	-	+	-	+	-	-	+	+	-	-	-
5	Utpala	+	+	-	+	+	+	-	+	+	+	+	+	-
6	Pakala	+	-	+	+	-	+	+	-	-	+	+	-	-
7	Ruja	-	-	-	+	-	+	-	-	+	-	+	-	-
8	Vapya	+	+	+	+	-	+	+	-	+	+	+	+	-
9	Vaniraja	-	-	-	+	-	+	-	-	+	-	-	-	-
10	Ramam	-	-	-	+	-	+	-	-	+	-	-	-	-
11	Kauberā	-	-	-	+	-	+	-	+	-	-	+	-	-
12	Paribhadrakam	-	-	-	+	-	+	-	+	+	-	+	-	-
13	Rogahvya	-	-	-	-	-	-	-	+	-	-	-	+	-
14	Paribhavya	+	+	-	-	+	-	+	+	-	+	+	+	-
15	Divya	-	-	-	-	-	-	-	+	-	-	-	-	-
16	Pariharya	-	-	-	-	-	+	-	+	-	-	+	-	-
17	Kapala	-	-	-	-	-	-	-	-	-	-	+	-	-
18	Tvagdosha	-	+	-	-	-	-	-	-	+	+	+	-	-
19	Amaya	-	-	-	-	-	+	+	-	+	-	+	-	-
20	Ruk	-	-	-	-	-	-	-	-	-	-	+	-	-
21	Gada	-	-	-	-	-	+	+	-	-	-	+	-	-
22	Samam	-	-	-	-	-	-	-	-	-	-	+	-	-
23	Nirajam	-	-	-	-	-	-	-	-	-	-	+	-	-
24	Haribhadrakam	-	-	-	-	-	-	-	-	-	-	+	-	-
25	Mamsam	-	-	-	-	-	-	-	-	-	-	+	-	-
26	Japya	-	-	-	-	-	-	-	-	-	-	+	-	-
27	Kushthakam	-	-	-	-	-	+	-	-	-	-	+	-	-

28	Ama	-	-	-	-	-	-	-	-	-	-	+	-	-
29	Vashpam	-	-	-	-	-	+	-	-	-	-	-	-	-
30	Roma	-	-	-	-	-	+	-	-	-	-	-	-	-
31	Utpala	-	-	-	-	-	+	-	-	-	-	-	-	-
32	Patala	-	-	-	-	-	+	-	-	-	-	-	-	-
33	Kinjalka	-	+	-	-	-	+	-	-	-	+	-	-	-
34	Sushira	-	-	-	-	-	+	-	-	-	-	-	-	-
35	Padmaka	-	-	-	-	-	-	-	-	+	-	-	-	-
36	Kutsa	-	-	-	-	-	-	-	-	+	-	-	-	-
37	Patava	-	-	-	-	-	-	-	-	+	-	-	-	-
38	Manusangyaka	-	-	-	-	-	-	-	-	+	-	-	-	-
39	Papaka	-	+	-	-	-	-	-	-	-	-	-	-	-
40	Vari	-	-	+	-	-	-	-	-	-	-	-	-	-
41	Bhavya	-	-	+	-	-	-	-	-	-	-	-	-	-
42	Durnama	-	-	-	-	+	-	-	-	-	-	-	-	-
43	Baluka	-	-	-	-	+	-	-	-	-	-	-	-	-
44	Pushkarahvaya	-	-	-	-	-	-	-	-	-	-	-	-	-
45	Kashmirasambhava	-	-	-	-	-	-	-	-	-	-	-	-	+
46	Bhringaraja	-	-	-	-	-	-	-	-	-	-	-	-	+
47	Kulodbhava	-	-	-	-	-	-	-	-	-	-	-	-	+

Table-3: Comparison of Guna-dharma in Nighantu:

Text	Rasa	Guna	Virya	Vipaka	Dosha prabhava	Vyadhi prabhava
D.N.	Katu, Tikta.	-	Ushna.	-	KaphaVatajait	Visha, Kushtha
B. N.	Katu, Tikta, Madhura	Laghu	Ushna.	-		Shukrala, Visarpa, Kushtha, Kasa
M. N.	Katu, Tikta, Madhura	Laghu.	Ushna.	-	Vata-kaphajit	Shukrapada, Visarpa, Kushtha, Kasa
K.N.	Tikta, Katu, Madhura	Laghu.	Ushna.	-	Kapha-Vatajait	Shukrala, Vatasra, Visha, Visarpa, Kushtha, Kasa
S.N.	Tikta, Madhura	-	-	-	Vata-Kaphajit	Visha

R.N.	Katu, Tikta	-	Ushna.	-	Kapha- Vatajit	Kushtha, Visarpa, Visha, Kandu, Dadru, Varnya
P.N.	Tikta, Katu	-	Ushna.	-	Kapha- vatajit	Vrishya, Kushtha, Vatarakta, Visarpa.

Discussion:

Overviewing the article, it is revealed that by the help of Literature like Kosha and Nighantu, we will reach to rich medicinal source very easily and take the benefit by traditional medicines. The word Nighantu is derived from term Nigama, where the etymology of term Nigama is to reveal the secret meaning of words. Thus, on analysis of synonyms and properties of Kushtha given in Nighantu, the drug can be identified as an herb having rhizome with intense / pleasant smell. The Rasa of Kushtha is concluded as Tikta and Madhura, Guna as Laghu and Virya as Ushna. As for pharmacotherapeutic action, it is clearly used in Kapha- Vataja Vikara; Vata vyadhi, Kushtha, Visarpa, Visha, Kandu, Dadru, Vatarakta, Kasa; and as Varnya & Vrishya etc. Rhizome of the plant is used in the form of different formulations like Kwatha (decoction), Kalka (paste), Churna (powder), Basti etc. Thus, the study of synonyms of Kushth in various Nighantu provide a definite idea about its properties and uses. This offers a tremendous scope for research in order to explore the therapeutic application of a substance in different region and era.

Conclusion:

The literary texts offer a massive scope for research in order to explore the therapeutic applications of a substance in different regions & era. Present study reveals that with the help of assessment of classical literature, we may determine the therapeutic value of a drug very accurately and add welfare to human being by using them. By the help of analytical review from different Nighantu, the pharmacotherapeutic properties of Kushtha are determined. Kushtha is the drug which is used many diseases very effectively and overviewing its review, the drug gain importance for further exploration.

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