International Journal of Pharmaceutical Research and Applications
Volume 9, Issue 5 Sep - Oct 2024, pp: 761-764 www.ijprajournal.com ISSN: 2456-4494

# Perception of Kandu and Critical Review of Kandugna Mahakshaya

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Date of Submission: 01-10-2024 Date of Acceptance: 10-10-2024

**ABSTRACT:** Kandu is the term for itching. The most prevalent characteristic of patients with a dermatological condition is this one. The term "kandugna" describes medications that can reduce itching. The kaphahara effect-causing medications will cause this behaviour. Dry skin, systemic illnesses, nerve disorders, allergic reactions, medications, psychological variables, and pregnancy can all cause pruritus. The Kandugna drug group relieves itching brought on by any of the aforementioned ailments. Here is an attempt made to understand the action of kandugna mahakshaya drugs mentioned by Charakacharya.

**Keywords :** Kandu, Kandugna mahakshaya, Ayurveda.

## I. INTRODUCTION:

One of the Brihatrayis is regarded as Charaka Samhitha. About fifty vargas are mentioned by Acharya in the Charaka Samhitha Sutrasthana. Varga's refers to a class of medications with comparable pharmacological effects. Each varga in Charaka is named after their karma and contains ten drugs. Kandugna mahakshaya is one of the varga.[1]

In Maharogadhyaya Acharya has mentioned that kandu is one of the lakshana of kapha and pitta[2]. So the drugs having kapha-pittahara action can bring Kandugna effect. In Ayurvedic classics Kandu is mentioned as one of the symptom in Kushta, Kshudra roga, Utthana vataraktha, Sopha etc. Kandugna drugs can be considered as Anti pruritic drugs.

The drugs mentioned under Kandugna mahakshaya are Chandana, Nalada, Nakthamala, Krithamala, Nimba, Kutaja, Sarshapa, Madhuka, Daruharidra, Mustha[1].

**Mechanism of Pruritis[3] :**

Generally speaking, pruritus is caused by the stimulation of C-fibers, which are specialised nerve cells with pruritus receptors. These C-fibers are functionally different from those linked to pain perception, as they only transmit itching sensation. When exposed to a pruritic substance, the skin's sensory nerve fibres are excited, causing itching and frequent skin damage or inflammation.

Either pattern theory or specificity theory can be used to explain pruritus. According to the specificity theory of itch, the central nervous system receives itch-specific sensory information from particular subtypes of sensory nerve fibres and spinal cord neurones. On the other hand, the pattern theory contends that the experience of itching is encoded through the activation of numerous spinal cord neurones and sensory receptors, and that the overall pattern of neuronal activity determines the sensation that is ultimately felt.

**Table no. 1 : Ten kandugna dravya's and their properties**

| Drug | Rasa | Guna | Virya | Vipaka | Doshagnat Ha | Karma |
|---|---|---|---|---|---|---|
| Chandana | Tiktha, Madhura | Ruksha, Laghu | Sheetha | Katu | Pittakapha shamaka | Rakthaprasadaka , Krimigna, Twak dosha hara, Kushtagna |

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|---|---|---|---|---|---|---|
| Nalada | Tiktha, Kashaya, Madhura | Laghu, Snigdha | Sheetha | Katu | Tridosha shamaka | Kushtahara, Twachya, Kanthiprasadaka |
| Krithamala | Madhura Tiktha | Guru, Snigdha | Sheetha | Madhura | Pittakapha samshodaka | Krimigna, Kushtagna |
| Nakthamala | Katu, Tiktha, Kashaya | Laghu, Tikshna | Ushna | Katu | Vatakapha shamaka | Kandugna, Kushtagna |
| Nimba | Tiktha, Kashaya | Laghu, Ruksha | Sheetha | Katu | Pittakapha Shamaka | Krimigna, Kushtagna |
| Kutaja | Tiktha, Kashaya | Laghu, Ruksha | Sheetha | Katu | Pittakapha Shamaka | Kushtagna Krimigna, |
| Sarshapa | Katu, Tiktha | Tikshna , Snigdha | Ushna | Katu | Vatakapha shamaka | Kandugna, Kushtagna, Krimigna |
| Madhuka | Madhura | Guru, Snigdha | Sheetha | Madhura | Vatapitta Shamaka | Varnya |
| Daruharidra | Tiktha, Kashaya | Ruksha, Ushna | Ushna | Katu | Kaphapitta shamaka | Kandugna, Shothanashak, krimighna |
| Mustha | Tiktha, Kashaya, Katu | Laghu, Ruksha | Sheetha | Katu | Pittakapha shamaka | Krimigna |

**Mode of action of Kandugna drugs:**

1. **Chandana:** - Santalam albam, Santalaceae

Because of its antibacterial and antifungal qualities, sandalwood is used in Ayurveda medicine to treat bronchitis, dysuria, urinary infections, and gonorrhoea. It is also considered an antiseptic, antipyretic, antiscabietic, diuretic, expectorant, and stimulant. It pacifies Kandu because of its Ruksha guna and katu vipaka, which cause the kapha soshana. According to Bhavaprakasha Nigantu, the medication can soothe vitiated pitta and raktha[4]. In the case of Pruritis, it is applied externally[5]. Sandalwood oil exhibited anti-dermatophytic properties against Trichophyton rubrum, Trichophyton mentagrophytes, and Microsporum canis [6].

2. **Nalada**: - Nardostachys jatamamsi, Valerianaceae

It is cited as the greatest varnya drug in classics. Its pittahara and Tiktha rasa properties make it a popular blood purifier. It aids in vatanulomana, which makes it advantageous for intestinal infections and bloating. Its effectiveness in visarpa and kushta has been highlighted by Bhavaprakasha nigantu[4]. It has a high antioxidant content, which helps to eliminate free radicals that harm skin[7]. The medication aids in keeping the skin hydrated as well. Its pittahara action allows it to be applied externally to relieve redness and burning.

3. **Krithamala**: - Cassia fistula, Fabaceae

The medication has a koshta pitta and kapha hara action, according to Bhavamishra. That is, it performs the shodana of vitiated doshas through the action of Sramsana[8]. It was discovered that 4-hydroxy benzoic acid, which has antifungal properties against Richophyton

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mentagrophytes and Epidermophyton floccosum, is present in Cassia fistula flower extract[9]. The drug is also rich in anti oxidants. Studies had found that there were extremely significant result in reduction of itching and oozing where drug is applied externally[10].

4. **Nakthamala**: - Pongamia pinnata, Fabaceae

Charaka and Sushrutha Acharya have stated that the drug has kandugna action. Bhavamishra specifically mentions karanja in kushta and krimi[11]. It contains karanjin and pongapin constituents, which have antibacterial properties. Even the essential oil of Pongamia pinnata has anti-fungal properties. In folklore medicine, this drug is an excellent treatment for itching and herpes.

5. **Nimba**: - Azadiracta indica, Meliaceae

A study was conducted in which nimba taila was used in the treatment of kikkisa when kandu was present due to the vitiation of kapha and vata dosha. Because the drug contains Tiktha rasa and Snigdha guna, it alleviates both vitiated doshas[13]. According to Bhavamishra, the drug has Krimi-kushtagna action, which pacifies vitiated kapha and pitta[11]. Studies show that Nimba is high in antioxidants and inhibits bacterial growth.

6. **Sarshapa** : - Brassica juncea, Cruciferae

According to Bhavaprakasha Nigantu, the drug has kapha pittagna properties. As a result, Acharya mentions that the drug is extremely beneficial in kandu, kushta, and krimi[15]. A clinical study was conducted to assess the efficacy of sarshapa in vicharchika, which includes symptoms such as kandu and srava. Because the drug contains tiktha, katu rasa, and katu vipaka, it induces kapha shamana and thus pacifies through kandu[16]. As a result of the drug's shamana properties, patients who are unable to undergo shodhana can use it.

7. **Madhuka** : - Glycyrrhiza glabra, Fabaceae

Charakacharya has stated that Madhuka is an excellent Rakthaprasadaka and Raktha shodaka drug. Because of madhura rasa, madhura vipaka, and sheetha virya, it has pitta and vata shamana qualities. Sheetha virya is used to alleviate raktha gata ushma and associated symptoms[17]. Studies using modern scientific parameters demonstrated Yasthimadhu's skin regenerating activity. The dug contains anti-allergenic components such as glycyrrhizin and liquiritigenin, which can treat IgE-induced allergic diseases like dermatitis and asthma[18].

8. **Daruharidra** : - Berberis aristata, Berberidaceae.

Daruharidra (Berberis aristata) is a multifaceted herb in Ayurveda known primarily for its Kandughna (anti-itching) action. With its bitter and astringent taste, light and dry qualities, hot potency, and pungent post-digestive effect, it balances the Kapha and Pitta doshas. These unique properties make it indispensable for treating skin diseases, particularly those involving itching, inflammation, and infections.8

9. **Mustha** : - Cyperus rotundus, Cyperaceae

Acharya Charaka described Mustha as one of the Avachurnana dravyas, along with kushta, vidanga, lodra, and sarja rasa. It is stated that Avachurnana performed with these drugs following Tila taila application can cure Kandu [20]. Bhavamishra regards the drug as excellent dipana-pachaka. It is extremely beneficial in kapha-pitta-rakthaja vyadhis[4].

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## II. DISCUSSION:

Kandu is a lakshana of kapha, pitta, and even vata due to its ruksha and khara gunas. Kandu is a symptom of several diseases, including Kushta, Kshudra roga, Krimi, Uthana vataraktha, and Kaphaja shotha. In the Charaka Samhitha, Maharogadhyaya mentions katu-tiktha-kashaya-ruksha-ushna gunayuktha dravyas for kaphaja vikaras and madhura-tiktha-kashaya-sheetha gunayuktha drugs for pittaja vikaras when discussing the treatment of nanathmaja

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vyadhis[20]. As we can see, the drugs mentioned in Kandugna mahakshaya share similar properties. Kandugna mahakshaya drugs have been used for internal and external treatment in the chapters dealing with the aforementioned diseases. Studies show that these drugs have antibacterial, antiseptic, antifungal, and haemostatic properties.

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