



CONCEPT OF KANDU AND CRITICAL REVIEW OF KANDUGNA DASHEMANI OF CHARAKA

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Abstract : The word *Kandu* refers to itching. This is the most common feature seen in patients having dermatological disorder. *Kandugna* refers to the drugs which are capable of pacifying itching. The drugs having *kaphahara* effect will bring out this action. Pruritis can be because of dry skin, systemic diseases, nerve disorders, allergic reactions, drugs, psychological factors and pregnancy. *Kandugna* group of drugs helps in pacifying itching associated with any of the above mentioned conditions. Here is an attempt made to understand the action of *kandugna dashemani* drugs mentioned by *Charakacharya*.

Keywords : *Kandu*, Dermatological disorder, *Kaphahara*, Allergic reaction.

Introduction:

Charaka samhitha is considered as one among *Brihatrayi*'s. In *Charaka samhitha Sutrasthana*, *Acharya* has mentioned about 50 *varga*'s. *Varga*'s means a group of drugs having similar pharmacological action. In *Charaka* each *varga* contain 10 drugs and is named according to their *karma*. One among the *varga* is *Kandugna dashemani*^[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 dashemani* are *Chandana*, *Nalada*, *Nakthamala*, *Krithamala*, *Nimba*, *Kutaja*, *Sarshapa*, *Madhuka*, *Haridra*, *Mustha*^[1].

Mechanism of Pruritis^[3] :

In general Pruritis involves the activation of pruriceptors of specialized nerve cells called C- fibers. These C- fibers are identical to those associated with sensation of pain, but they are functionally distinct and only convey itching sensation. Excitation of sensory nerve fibers in the skin leads to itching on exposure to pruritic substance which leads to frequent skin damage or inflammation.

Pruritis can be explained on the basis of two theories - Specificity or Pattern theory. The specificity theory of itch states that there are specific subtypes of sensory nerve fibers and spinal cord neurons that are responsible for transmitting itch-specific sensory information to the central nervous system. Where as the pattern theory states that the sensation of itch is encoded across the activation of many sensory receptors and spinal cord neurons and the collective pattern of neuronal activity determines the ultimate sensation experienced.

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

Drug	Rasa	Guna	Virya	Vipaka	Doshagnat ha	Karma
<i>Chandana</i>	<i>Tiktha, Madhura</i>	<i>Ruksha, Laghu</i>	<i>Sheetha</i>	<i>Katu</i>	<i>Pittakapha shamaka</i>	<i>Rakthaprasadaka , Krimigna, Twak dosha hara, Kushtagna</i>
<i>Nalada</i>	<i>Tiktha, Kashaya, Madhura</i>	<i>Laghu, Snigdha</i>	<i>Sheetha</i>	<i>Katu</i>	<i>Tridosha shamaka</i>	<i>Kushtahara, Twachya, Kanthiprasadaka</i>
<i>Krithamala</i>	<i>Madhura Tiktha</i>	<i>Guru, Snigdha</i>	<i>Sheetha</i>	<i>Madhura</i>	<i>Pittakapha samshodaka</i>	<i>Krimigna, Kushtagna</i>
<i>Nakthamala</i>	<i>Katu, Tiktha, Kashaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakapha shamaka</i>	<i>Kandugna, Kushtagna</i>
<i>Nimba</i>	<i>Tiktha, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheetha</i>	<i>Katu</i>	<i>Pittakapha shamaka</i>	<i>Krimigna, Kushtagna</i>
<i>Kutaja</i>	<i>Tiktha, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheetha</i>	<i>Katu</i>	<i>Pittakapha shamaka</i>	<i>Kushtagna Krimigna,</i>
<i>Sarshapa</i>	<i>Katu, Tiktha</i>	<i>Tikshna , Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakapha shamaka</i>	<i>Kandugna, Kushtagna, Krimigna</i>
<i>Madhuka</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheetha</i>	<i>Madhura</i>	<i>Vatapitta shamaka</i>	<i>Varnya</i>
<i>Haridra</i>	<i>Tiktha, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapitta shamaka</i>	<i>Kandugna, Kushtagna, Krimigna</i>
<i>Mustha</i>	<i>Tiktha, Kashaya, Katu</i>	<i>Laghu, Ruksha</i>	<i>Sheetha</i>	<i>Katu</i>	<i>Pittakapha shamaka</i>	<i>Krimigna</i>

Mode of action of Kandugna drugs:

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

In Ayurveda sandalwood is regarded as antiseptic, antipyretic antiscabietic, diuretic, expectorant, stimulant and prescribed for the treatment of bronchitis, dysuria, urinary infection and gonorrhoea owing to its antibacterial and antifungal properties. Because of its *Ruksha guna* and *katu vipaka* it does the *kapha soshana* hence pacify *kandu*. *Bhavaprakasha nigantu* has mentioned that the drug can be pacify vitiated *raktha* and *pitta*^[4]. It is applied externally in case of Pruritis^[5]. Sandal wood oil showed anti-dermatophytic activity against *Microsporum canis*, *Trichophyton rubrum* and *Trichophyton mentagrophytes*^[6]

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

In classics its mentioned as best *varnya* drug. Because of its *Tiktha rasa* and *pittahara* action it is widely used as a blood purifier. It helps in *vatanulomana* hence beneficial in bloating and intestinal infection. *Bhavaprakasha nigantu* has highlighted its efficacy in *visarpa* and *kushta*^[4]. It is rich in anti oxidants which remove free radicles that cause damage to the skin^[7]. The drug also helps in retaining the moisture of the skin. Because of its *pittahara* action it can be used for external application which relieves burning and redness.

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

Bhavamishra states that the drug has *koshta pitta* and *kapha hara* action. ie, by means of *Sramsana* action it does the *shodana* of vitiated *dosha*'s^[8]. It was found that the extract of flower of *Cassia fistula* contain 4-hydroxy benzoic acid which has anti fungal action against *Trichophyton mentagrophytes* and *Epidermophyton floccosum*^[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 Sushruta acharya has mentioned that the drug is having *kandugna* action. Bhavamishra has specifically mentioned *karanja* in *kushta* and *krimi*^[11]. It contain *karanjin*, *pongapin* constituents which has anti bacterial property. Even the essential oil of *pongamia pinnata* has anti fungal property. In folklore medicine this drug is excellent remedy for itching and herpes^[12].

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

A study has been carried out in which *nimba taila* is used in case of *kikkisa*, where *kandu* is present due to the vitiation of *kapha* and *vata dosha*. Since the drug is having *Tiktha rasa* and *Snigdha guna* the drug pacifies both vitiated *dosha*'s^[13]. As per Bhavamishra drug has *Krimi-kushtagna* action by pacifying vitiated *kapha* and *pitta*^[11]. Studies proves that *Nimba* is rich in anti oxidants and inhibits bacterial growth.

6. **Kutaja** : - *Holarrhena antidysentrica*, Apocynaceae

The drug possess *Tiktha, kashaya rasa* which does the *twak - mamsa sthirikarana*. ie, it strengthens and nourishes skin and muscles. *Tiktha rasa* also paves a way for *Raktha prasadana*. Drug also has Vishagna, Kleda upasoshana and Ropana action^[14]. As per *Nigantu's* it is a very good *dipana* drug which has *kaphapittahara* action, hence beneficial in case of *kushta*^[11].

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

According to Bhavaprakasha nigantu, drug has *kapha pittagna* property. Hence *acharya* mentions that drug is very much beneficial in *kandu, kushta* and *krimi*^[15]. Clinical Study has been carried out on the efficacy of *sarshapa* in *vicharchika*, where *kandu, srava* are some of the symptoms. Since the drug is having *tiktha, katu rasa* and *katu vipaka* it does *kapha shamana* and hence by *kandu* has pacified^[16]. Hence the drug is having *shamana* property the patients whose are not fit for *shodhana* can opt for this drug.

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

Charakacharya has mentioned that *Madhuka* is a very good *Rakthaprasadaka* and *Raktha shodaka* drug. Due to *madhura rasa, madhura vipaka* and *sheetha virya* it has *pitta* and *vata shamana* property. By means of *sheetha virya* it helps in pacifying *raktha gata ushma* and associated symptoms^[17]. Studies conducted on modern scientific parameters proved the skin regenerating activity of *Yasthimadhu*. The dug posses anti allergic components like glycyrrhizin and liquiritigenin which would receive IgE- induced allergic diseases such as dermatitis and asthma^[18].

9. **Haridra** : - *Curcuma longa*, Zingiberaceae

Ayurvedic pharmacodynamics of the drug unveils that it posses *katu, tiktha, ruksha, ushna* property and has *kapha pittahara* action. *Haridra* possess four medicinal properties like *dahahara, rujahara, varnya* and *vishodana* action. The drug is highly indicated in case of *kushta, vrana* etc^[19]. It is very much beneficial in all *twak dosha's*. Bhavamishra consider it as very good *varnya* drug^[8]. Curcumin is the active compound, which is a powerful antioxidant. Various analytical studies shows its anti bacterial and anti fungal action.

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

Acharya Charaka had explained *Mustha* as one among *Avachurnana dravya* along with other drugs like *kushta, vidanga, lodra* and *sarja rasa*. It's mentioned that *Avachurnana* done with these drugs after *Tila taila* application can cure *Kandu*^[20]. Bhavamishra consider the drug as very good *dipana-pachaka*. It is very beneficial in *kapha-pitta-rakthaja vyadhi's*^[4].

DISCUSSION:

Kandu is one of the *lakshana* of *kapha*, *pitta* and even in *vata* because of its *ruksha* and *khara guna*. *Kandu* is one of the symptom in many diseases like *Kushta*, *Kshudra roga*, *Krimi*, *Uthana vataraktha* and *Kaphaja shotha*. In *charaka samhitha*, *Maharogadhyaya* while mentioning about the treatment of *nanathmaja vyadhis*; *katu- tiktha- kashaya- ruksha- ushna gunayuktha dravya*'s are mentioned in *kaphaja vikara*'s and *madhura- tiktha- kashaya- sheetha gunayuktha* drugs are mentioned for *pittaja vikara*'s^[20]. As we observe the drugs mentioned in *kandugna dashemani* has similar properties. In the concerned chapters of above mentioned diseases the drugs of *kandugna dashemani* has used for the treatment both internally and externally. Studies prove that these drugs have Anti bacterial, Anti septic, Anti fungal and haemostatic actions.

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