



# Therapeutic uses of Kooshmanda ( Benincasa hispida ( Thunb ) ) a Scientific and Experiential View

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**Abstract** : From the time immemorial, Ayurveda medicine is in practice in India and Indian subcontinent. Now it is becoming popular Globally. Ayurveda and integrative medicine is actually more beneficial for the society. Ayurveda is directed for both prevention and cure of diseases. Herbs are commonly utilized effectively in the management of diseases prevalent in the society. Herbs are used as a single drug or as an ingredient of formulations. Kooshmanda ( Benincasa hispida ( Thunb ) ) is used effectively as a general tonic and in the management of neurological disorders and diseases pertaining to Brain and Spinal cord and Mental Diseases. Epilepsy, Mania, Mental depression, Anxiety Neurosis, Manic Depressive Psychosis, Schizophrenia, Sciatica Syndrome, ADHD, Dementia, Alzheimers disease, Mental Retardation in children, Iron deficiency anaemia, Emaciation, Cachexia Agnimandya and Karshya are treated by Kooshmanda or Youngikas of Kooshmanda. Kooshmanda Phala is having Madhura Rasa, Laghu Snigdha Guna, Sheeta Veerya, Madhura Vipaka and Medhya in Prabhava.

The present paper highlights about the Therapeutic uses of Kooshmanda ( Benincasa hispida ( Thunb ) ) in a Scientific and Experiential view.

**Key words** - Kooshmanda, Medhya, Rasayana, Unmada.

**Aim and Objectives** - To study about the therapeutic uses of Kooshmanda ( Benincasa hispida ( Thunb ) ) in a Scientific and Experiential View.

**Methods** - Relevant subject matter is collected and compiled from various research monographs, scientific and review papers from peer reviewed and indexed journals, Samhita Granthas, Sangraha Granthas, contemporary modern literature and from personal clinical literature.

## Introduction

Kooshmanda is a Medhya Rasayana Drug which is also used as Balya and Brimhana. It is Nutritive, Poshaka, Rasayana, Vayasthapana, Smriti Vardhaka, Buddhivardhaka, Pandu Rogahara, Raktapittahara and Tridosha Shamaka in action. It is commonly used in chronic and debilitating disorders, diseases of nervous system and certain gastro intestinal disorders. 1,2.

Name - Kooshmanda ( Benincasa hispida ( Thunb ).

Synonyms - Kooshmanda, Pushpaphala, Brihatphala, Valliphala.

Kannada - Boodi Kumbala Kayi.

English - White Gourd Melon.

Hindi - Petha, Rakasa, Bhatuva.

Chemical ingredients - Starch, Cucurbitine, Alkaloid, a bitter resin, Protein, Myosin, Vitamins, Glucose and Alkalies. Fixed oil in seeds.

Guna - Laghu, Snigdha.

Rasa - Madhura.

Veerya - Sheeta

Vipaka - Madhura

Prabhava - Medhya.

Doshagnata - Mainly Vata and Pitta Shamaka. Otherwise Sarva Dosh Shamaka.

## Karma

Santapahara, Daha Prashamana, Mastishkashamaka, Baladayaka, Medha Shakti Vardhaka, Nidrajanana, Anulomana, Trishnanigrahana, Krimighna, Spheetakrimi Nashaka, Raktapitta Shamaka, Shonitasthapana, Raktastambhaka, Pupphusa Balya, Kshayahara, Mootrajanana, Bastishodhana, Shukravaradhaka, Dahahara, Balya and Brimhana.3,4.

**Rogagnata** - Vatapaittika Rogas, Daha, Agnidagdha, Vatapaittika Shiroroga, Unmada, Manasa Roga, Mastishka Dourbalya, Smruti hrasa, Vibandha, Vibandhajanya Rogas, Trishna Roga, Spheeta Krimi, Raktarsha, Udarashoola, Hrididourbalya, Raktapitta, Urahkshata, Kshaya, Rajayakshma, Kasa, Jwara, Daha, Mukhagata Raktarava, Mootrakrichchra, Mootraghata, Ashmari, Shukradourbalya, Jeernajwara, Samanya Dourbalya, Karshya, Parada Janya Visha. 5, 6.

**Formulations** - Kooshmandavaleha, Kooshmanda Khanda, Kooshmanda Guda Kalyanaka, Kooshmanda Ghrita.

**Clinical indications** 7,8.

Karshya

Samanya Dourbalya

Mental Retardation

Epilepsy

Alzheimer's Disease

Parkinsonism

Brain Atrophy

ADHD

Dyslexia

Dysarthria

Agnimandya

Amnesia

Sciatica Syndrome

Peripheral Neuropathy

Menorrhagia

Metrorrhagia

Dysfunctional Uterine Bleeding

Iron Deficiency Anaemia

Anxiety Neurosis

Mental Depression

Mania

Maniac Depressive Psychosis

Schizophrenia

Oligospermia

General Weakness

### **Amayika Prayoga 9.**

When given with disease specific adjuvant drugs Kooshmanda shows desired outcomes. This is known as Amayika Prayoga of Kooshmanda.

Karshya - Kooshmandavaleha is given with Ashwagandharishta.

Samanya Dourbalya - Kooshmandavaleha is given with Balarishta.

Mental Retardation - Swarna Malini Vasanta, Saraswatarishta are given with Kooshmandavaleha.

Epilepsy - Maha Vata Vidhwamsa Rasa and Saraswatarishta are given with Ashwagandhadi Choorna and Kooshmandavaleha.

Alzeimers Disease - Ashwagandhadi Choorna is given with Kooshmandavaleha and Bhamhi Vati.

Parkinsonism - Kapikachchu Bija Choorna is given with Danadanayanadi Kashaya and Kooshmandavaleha.



Brain Atrophy - Kooshmandavaleha is given with Ashwagandharishta and Medhya Vati.

ADHD - Ashwagandhadi Choorna, Snehabhyanga and Kooshmandavaleha are given.

Dyslexia - do -

Dysarthria - Brihat Vata Chintamani Rasa, Yogendra Rasa are given with Kooshmandavaleha.

Agnimandya - Kooshmandavaleha is given with Lashunadi Vati.

Amnesia - Kooshmandavaleha is given with Saraswatarishta.

Sciatica Syndrome - Visha Tinduka Vati, Trayodashanga Guggulu are given with Kooshmandavaleha.

Peripheral Neuropathy - Visha Mushti Vati, Ashwagandharishta are given with Kooshmandavaleha.

Menorrhagia - Usheerasava, Bolabaddha Rasa are given with Kooshmandavaleha.

Metrorrhagia - - do -

Dysfunctional Uterine Bleeding - Usheerasava is given with Ashokarishta and Kooshmandavaleha.

Iron Deficiency Anaemia - Kooshmandavaleha is given with Navayasa Louha.

Anxiety Neurosis - Saraswatarishta, Jatamamsi Choorna are given with Kooshmandavaleha.

Mental Depression - Kooshmandavaleha is given with Ashwagandhadi Choorna.

Mania - Tailabhyanga, Vyayama and use of Sarpagandha Ghana Vati and Kooshmandavaleha are given.

Maniac Depressive Psychosis - Tailabhyanga, Niyamita Vyayama are done along with Manasa Mitra Vataka and Kooshmandavaleha.

Schizophrenia - Similar Treatment.

Oligospermia - Makaradhwaja Gutika, Vanari Kalpa are given with Kooshmandavaleha and Ashwagandharishta.

General weakness - Kooshmandavaleha is given with Ashwagandharishta.

**Discussion** - Herbs are used as medicine worldwide. In Ayurveda, Herbs are used as medicine in the management of various disorders. Kooshmanda ( *Benincasa hispida* Thunb ) is used as medicine. It is effectively used in the management of various neurological and mental diseases. It is also effective in general debility, Iron Deficiency Anaemia and certain Menstrual Disorders.

Kooshmanda Phala is used in Ayurveda medicine. It is Madhura Rasa Yukta, Laghu Snigdha Guna, Sheeta Virya, Madhura Vipaka and Medhya in Prabhava. It is having the actions like Balya, Brimhana, Nadi Balya, Mastishka Shamaka, Smruti Vardhaka, Dipana, Rakta Stambhaka, Malavatanulomana, Shukra Vardhaka, Rasayana, Buddhi Vardhaka, Antistress, Poshaka Nutritive, Antianaemic, Hridaya Balavardhaka, Mootrajanana, Basti Shodhaka, Ayurvedhaka, and Vayasthapana actions. Kooshmandavaleha is commonly used in chronic and debilitating disorders. In some patients, it shows mild adverse effects like Rhinorrhoea, repeated sneezing and Nasal block.

## Conclusion

Kooshmanda ( *Benincasa hispida* ( Thunb ) is effective in Dhatukshaya and Brain and Neurological Disorders.

Various formulations containing Kooshmanda are available in the market. Kooshmanda increases BMR in the tissues and increases intellect in patients using it.

Kooshmanda Phala is commonly used to prepare formulations which are effective in various disorders. Kooshmandavaleha is sweet and palatable also. Sometimes patients consuming Kooshmandavaleha suffer from Rhinitis and Cough with Expectorations. In such patients, if the drug is stopped, the adverse effects will disappear.

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