

ROLE OF DURALABHA (*Fagonia cretica* Linn.) IN KASA VYADHI

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ABSTRACT

Kasa is the commonly found disease of respiratory system. According to Ayurveda kasa is an independent disease so its description is found in detail. It is systematically described with its symptoms, pathogenesis and treatment in Ayurvedic classics. In pathogenesis of kasa vyadhi, kapha is the main offender in creation of kasa which obstruct the prakrut gati of vayu.[1][2][3] It is important to acquire the knowledge of its varied stages as per Ayurveda. Charaka has mentioned Kasahar Mahakashay in which Duralabha is the one of the drug acts in kasa.[4] Duralabha is important medicinal plant described in Ayurvedic literature. It possesses kashaya (astringent), tikta (bitter) rasa (taste), madhur (sweet) vipak, sheet (cold) veerya (potency) and ruksha(dry), laghu(light) guna (properties).[5][6] It may be worthwhile in pittaj kasa. This Ayurvedic review of Duralabha and its role in kasa vyadhi will be useful in further clinical practice. This will be very effectual for looking the cause of kasa and most appropriate treatment.

KEYWORDS : Duralabha; *Fagonia cretica* Linn. ; Kasa; Kalpana (Formulations)**INTRODUCTION**

Kasa (cough) is vyadhi of pranavaha srotas, as describe in Ayurvedic samhitas 'Prana' is related with Jivan/Life, therefore any abnormality in its function leads to disturbance of all the body functions. A vyadhi where vata attains urdhvagati (upwards) and moves above kantha and shir is called as kasa. Factors like harmful and deleterious food, smoking, polluted air and inhalation of chemicals and gases for long period can cause inflammation which leads to kasa or other respiratory problems.

It is commonly found disease which is also occurring with symptoms of various diseases. It is important to acquire the knowledge of its avastha(stages), prakar(types) as well as any other lakshan (symptom)that comes with kasa. In Charak Samhita hetu of kasa as per doshaj prakar is highlighted in detail^[7]. Sushrut has mentioned factors which were enumerated as causes of shwas & hikka are to be understood as causes of kasa.^{[8][9][10]}

Utmost the Granthakara has mentioned five types of kasa i.e. vataj, pittaj, kaphaj, kshataj and kshayaj^{[11][12][13]} while Haarit the author of Harit Samhita added another three types i.e. sannipatik, vatapitta & kaphapitta.^[14]

In Ayurveda various medicines has been explained in the treatment of kasa. Duralabha is the one of the drug of choice in kasa. It is mainly used in predominance of pitta dosh vyadhi. In present study attempt has been made to perceive the exact role of Duralabha in varied stages of kasa.

MATERIALS AND METHODS

Literary review of Duralabha were explored from Bruhatrayee viz. Charak Samhita, Sushrut Samhita, Ashtang Sangraha and from Nighantu. Ayurvedic and Modern text books and articles published in various journals were also referred. Systematic review of kasa vyadhi was done from Bruhatrayee, other samhita.

SAMPRAPTI (PATHOGENESIS) OF KASA

Aharaj and viharaj hetu sevana causes vata prakop and kapha vikruti which leads to obstruction of proper functioning of pran vayu. Vitiated and pratilom pran along with udan get upwards, takes over the function of udan vayu & gets lodged in kantha & urah. This vata afflicts and pervades the channels of shir causing netra, prushtha, urha & parshva akshep which expels out with specific sound from broken bronze vessel along with dosh.^{[1][2][3]}

DURALABHA

Family: - Zygophyllaceae

Botanical name: - *Fagonia cretica* Linn. (syn. *F. arabica* Linn. *F. bruguieri* DC.)

Sanskrit name: - Dhanvayas

Hindi name: - Dhamasa, Hinguaa, Dhamhar

Marathi name: - Dhamasa

GANA

- Arshoghna, Trushnanigrahana, Hikkaniagrahana, Kasahar (Ch.S)
- Su.S-- Nil
- Arshoghna, Trushaghna, Hidhmaghna, Vidvirajan, Kasaghna, Ambashthadi (As.S)

PROPERTIES^{[15][16]}

- Rasa (Taste): - Kashay (Astringent)^[16], Tikta (Bitter)(As.S.)
- Vipak (After digestion taste): - Madhur (Sweet)
- Veerya (Potency): - Sheet (BN)
- Guna (Qualities): - Laghu(light), Ruksh(Dry)
- Doshkarma (action on Dosh): - Kaphapittashaman, Vatashaman (Su.S. & As.S.)

MORPHOLOGICAL DESCRIPTION^[17]

Swaroop: - A small genus of erect of prostrate, more or less woody herbs and spiny under shrubs. Leaves: - opposite, 1-3 foliolate, leaflets entire, linear, elliptic. Flowers: - small pink colour

Habitat: - The Mediterranean region to India, South Africa, California and Chile. Deccan to W. Khandesh, Cutch, Sind, Baluchistan, Waziristan, W. Rajputana, Upper Gangetic plain, Punjab, westward to Afghanistan- Persia, Arabia.^[18]

USEFUL PART: - Panchang (Whole part)^[19], Mool (Root) (Ch.S. & Su.S.)

CHEMICAL COMPOSITION- Alkaloids, Flavonoids, Terpenoids, Saponins, Tannins, Coumarins, Sterols and Glycosides, 3 important Vitamins, i.e. Riboflavin (B2), Niacin (B5) and Ascorbic acid (C), Protein -Lysine, Threonine, Serine and Glutamate as major amino acid.

PHARMACOLOGICAL ACTIONS

Anti-inflammatory^[20], Antioxidant^[21], Anti microbial^[22], Anti haemorrhage^[23], Anticarcinomic^[24], Anti-fertility^[25], Antipyretic^[26], Antitumor^[27], Thrombolytic activity^[28]

RESULT AND DISCUSSION

Herbal drugs has becomes important in the area of medicine. Selection of perfect drug as per the exact condition of disease is essential. Here the review was taken from Bruhatrayee and Nighantu which helps in application of Duralabha in kasa. Extensive literature review shows that total references found for Duralabha from Bruhatrayee are 149. Out of which 29 references are related with kasa. 09 references of Duralabha are used as main ingredient and remaining 20 references shows it as other ingredient of various formulations.

Duralabha (*Fagonia cretica* Linn.), belonging to the family Zygophyllaceae is important drug. Charak has mentioned it in Kasahar Mahakashay which particularly acts in kasa vyadhi.^[29] Charak and Ashtangasangraha has stated it in Arshoghna, Trushnanigrahana, Hikknanigrahana, Kasahar and in Vidvirajan, Kasaghna, Ambashthadigana respectively.

TABLE – KALPANA(FORMULATIONS) OF DURALABHA USED IN KASA^{[30][31][32]}

Avastha of Kasa	Kalpana	Total no. of kalpana	Ch.S.	Su.S.	As.S.
Vataj	Leha	04	√	-	√
	Choorna	01	√	-	-
Pittaj	Sarpi	01	-	-	√
	Leha	01	-	-	√
Vata Kaphaj	Choorna	01	√	-	-
	Leha	01	-	-	√
Kshayaj	Ghrut	02	√	-	√
Panchakasa	Leha	01	√	-	-
	Ghrut	01	-	√	-
Sarva Kasa	Ghrut	01	-	-	√
	Choorna	01	-	-	√
Kasa	Ghrut	01	√	-	-

Varied formulations have been mentioned in the Ayurveda for the treatment of Kasa. Of which Leha, Ghrut, Choorna these formulations have been specifically used in Bruhatrayee in the treatment of Kasa in which Duralabha is present as one of the ingredient. Ghrut and leha kalpana of Duralabha acts on vataj, vatanubandhi kaphaj & ksayaj kasa. Duralabha leha can be a drug of choice for treatment in kasa. Rasakriya of it can acts on kantha because it may alleviate shoph & daha of kantha. Charak and Ashtangasangraha have stated utmost formulations than Sushrut in kasa.

CONCLUSION

The extensive review of Duralabha and its role in kasa revealed that Duralabha is an important medicinal plant. The plant is extensively used in several pitta dosh prominent diseases. It is foremost drug has been mentioned as one of the ingredient of formulations of Bruhatrayee which has been stated in Kasa chikitsa. In Ch.Su.A25/40 Duralabha is mentioned as 'Pittashleshma prashamananam' means is the best drug of pitta & kaphashaman hence may be indicative in pitta kaphaj avastha of kasa. It can be useful singly as well as in combination with other drugs. Although the results from this review are quite promising for the usages of Duralabha in Kasa. Furthermore, the clinical study is essential to support its therapeutic use.

ABBREVIATIONS- {Ch.S-Charak Samhita, Su.S-Sushrut Samhita, As.S-Ashtangasangraha}

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