



" A Critical Review of Kashaya Skandha in Charak Samhita"

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ABSTRACT

Introduction: Ayurveda, the ancient medicinal system, assigns a pivotal role to the taste (*Rasa*) of a drug in determining its therapeutic efficacy. Among the six fundamental tastes delineated in Ayurveda, *Kashaya* (Astringent) taste often remains underappreciated despite its profound therapeutic significance. According to Ayurvedic pharmacology principles, the taste of a drug initiates its therapeutic actions, setting the stage right within the mouth. The classical Ayurvedic text, *Charak Samhita*, categorizes drugs into six groups based on their predominant *Rasa* (taste), with *Kashaya Skandha* being one of these groups.

Materials and Methods: This study delves into the intricacies of *Kashaya Skandha*, one of the six taste-based classifications found in *Charak Samhita*. To unravel the properties and actions of the substances cataloged within *Kashaya Skandha*, we conducted a comprehensive review of classical Ayurvedic texts such as *Bruhatrayi*, *Bhavprakash Nighantu*, and *Nighantu Adarsh Vaidya*. Furthermore, we meticulously examined contemporary research papers to uncover the pharmacological effects associated with these substances. The compiled data were subjected to rigorous analysis and presented in a tabular format to enhance practical applicability.

Results and Discussion: Within the *Kashaya Skandha*, we identified a total of 56 distinct *dravyas* (substances), each possessing unique properties and therapeutic actions. Remarkably, all these *dravyas* share the common attributes like *Sangrahaniya*, *Sandhaniya* and *Stambhana*. Some other attributes are *Vrana ropana*, *Purish samgrahaniya*, *Mutra virajniya*.

Conclusion: This study illuminates the often-overlooked *Kashaya Skandha* within *Charak Samhita*, underscoring the profound therapeutic potential encapsulated within this group. *Kashaya rasa* is pacifying, astringent, union-promoting, compressing, healing, absorbing, checking (discharges), pacifies *kapha*, *pitta* and *rakta*, utilizes the body fluid, is rough, cold and slightly light, we accentuate the significance of *Kashaya* taste in Ayurvedic medicine and its enduring relevance in contemporary healthcare practices. This exploration serves as a vital bridge between ancient wisdom and modern comprehension, fostering further research and application of *Kashaya Skandha's* invaluable therapeutic insights.

Keywords: *Kashaya rasa, Kashaya Skandha, Astringent Taste, Stambhana*

INTRODUCTION

In Ayurveda, the taste (*Rasa*) of a substance plays a pivotal role in its therapeutic properties. Ayurveda recognizes six primary tastes, namely *Madhura* (sweet), *Amla* (sour), *Lavana* (salty), *Katu* (pungent), *Tikta* (bitter), and *Kashaya* (astringent)¹. Ayurvedic pharmacological principles unequivocally assert that the taste of a substance significantly contributes to its medicinal effects. In *Charak Samhita*, substances (*dravyas*) are systematically categorized into six groups based on their predominant taste. *Kashaya Skandha* represents one of these distinct groups. Each taste, including the astringent *Kashaya rasa*, exerts specific influences on the *Tridoshas*, and *Kashaya rasa* is primarily composed of the elements *Prithvi* (earth) and *Vayu* (air).

Consuming the *Kashaya Rasa*, or astringent taste, in the right proportion can have several beneficial effects on the body. *Kashaya Rasa* is known to cleanse the uterus and cervix. It possesses *Laghu* (Light) and *Ruksha* (Dryness) properties, which contribute to its unique characteristics. *Kashaya Rasa* plays a crucial role in the absorption of liquids, therefore, it plays an important role in Diarrhoea and IBS. It also blocks the channel, therefore, it plays *Stambhana karma* and is very useful in Diarrhoea and Bleeding disorders. It has the ability to balance *Kapha* and *Pitta doshas* while simultaneously alleviating *Vata dosha*.

In the contemporary era, people frequently indulge in junk foods and which leads to so many bowel disorders. Therefore, it becomes essential to comprehend the effects of junk foods on our health. *Kashaya Rasa* can be found in abundance in many plants. With an affinity for the colon, it is used as a sedative, helps in recovery from injuries, and cools the body. Numerous scientific studies have demonstrated a wide range of health benefits associated with *Kashaya Rasa*, including its hypolipidemic (cholesterol-lowering), antimicrobial, anti-inflammatory, Antioxidant, Hepatoprotective (liver-protective), Anti-cancerous, Cardio-protective, Immunoregulatory.

2. MATERIALS AND METHODS

- **Study design:** Descriptive literary study.
- **Material and Method:** Ayurveda texts - *Charak Samhita, Sushruta Samhita, Astanga Hrudaya* and others Open access to published research articles from peer-reviewed journals. The *dravya* enumerated in *Kashaya skandha* were investigated for their qualities and effects in Vegetable medications in *Bruhatrayi, Bhavprakash Nighantu, Nighantu Adarsh Vaidya*, and then the pharmacological actions were examined in recent research publications. The acquired data was examined and presented in a methodical manner.

Observation and Result: Total of 56 drugs were mentioned in *Kashaya skandha* of *Charaka² Samhita*. The list of drugs is given below with its properties³. The data collected is presented in Table 1.

Sr. No.	Name of drugs & Family	Latin name	Rasa	Guna	Veerya	Vipaka	Karma	Karma acc to Bhavprakash Nighantu	Pharmacologic al action as per recent research
1.	Priyangu	<i>Callicarpa macrophylla</i> Vahl. (Verbenaceae)	Tikta Kashaya Madhura	Laghu Ruksha	Sheeta	Katu	Tridosha shamaka	Mutravirajniya, Purish samgrahaniya	Anti - Inflammatory
2.	Ananta	<i>Hemidesmus indicus</i> R.Br. (Asclepiadaceae)	Madhur Tikta	Guru Snigdha	Sheeta	Madhur	Tridosha shamaka	Jwarahara, Dahaprashaman , Purish samgrahaniya	Anti microbial, Anti carcinogenic, Anti cytotoxic
3.	Aamrasthi	<i>Mangifera indica</i> Linn. (Anacardiaceae)	Kashaya	Laghu	Sheeta	Katu	Kapha - pittahara	Trishna, Shrama, Hrudaya	Anti - Inflammatory, Gastro - protective
4.	Ambashtki (Paatha)	<i>Cissampelos pareira</i> (Menispermaceae)	Tikta	Laghu, Teeksha na	Ushna	Katu	Tridosha shamana	Sandhaneeya, Jwarahara, Stanyashodhana	Hypoglycemic Muscle - relaxant, CNS - Depressant Anti - tumour activity
5.	Katwang	<i>Oroxylum indicum</i> Linn. (Bignoniaceae)	Madhur Tikta Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha - vata hara	Shothahara, Sheetaprasham ana, Anuvasanopaga	Anti - microbial, Anti - Arthritis, Immuno - modulatory
6.	Lodhra	<i>Symplocos racemosa</i> Roxb. (Symplocaceae)	Kashaya Tikta	Laghu, Ruksha	Sheeta	Katu	Kapha - pitta hara	Shonitasthapana , Sandhaneeya, Purish samgrahaniya	Anti - inflammatory, Coagulant, Haemostatic
7.	Mocharasa	<i>Salmalia malabarica</i> (Bombocaceae)	Kashaya	Laghu Snigdha	Sheeta	Madhur	Vata - pitta shamaka	Shonitasthapana Vedanasthapana Purish virajniya	Anti - inflammatory, Anti - microbial, Anti - carcinogenic
8.	Samanga	<i>Rubia cordifolia</i> Linn.	Tikta Kashaya	Guru Ruksha	Ushna	Katu	Kapha - Pitta	Jwarahara Varnya	Anti - oxidant, Immunomodula

		(Rubiaceae)	Madhur				Shamaka	Vishaghna	tor
9.	Dhataki pushpa	<i>Woodfordia fruticosa</i> Kurz. (Lytheraceae)	Kashaya	Laghu Ruksha	Sheeta	Katu	Kapha - Pitta Shamaka	Purish Samgrahaniya Mutravirajniya Sandhaneeya	
10.	Padamkesar	<i>Nelumbo nucifera</i> Linn. (Nelumbonaceae)	Kashaya Madhur Tikta	Laghu Snigdha Pichhila	Sheet	Madhur	Kpha - Pitta Shamaka	Varnya Mutravirajniya	Anti - inflammatory Aphrodoisic
11.	Jambu	<i>Syzigium cumini</i> (Myrtaceae)	Kashaya Madhur Amla	Laghu Ruksha	Sheet	Katu	Kpha - pitta hara	Mutrasangrahan iya, Purishvirajaneeya, Chardinigrahan a	Anti - inflammatory, Anti - diarrhoeal, Anti - viral, Anti pyretic, Anti - diabetic
12.	Plaksh	<i>Ficus lacor</i> Buch. (Moraceae)	Kashaya	Guru Ruksha	Sheet	Katu	Kapha - pitta Shamaka	Mutrasangrahan niya	Anti - inflammatory, Anti ulcer
13.	Vata vriksha	<i>Ficus benghalensis</i> Linn. (Moraceae)	Kashaya	Guru Ruksha	Sheet	Katu	Kapha - pitta Shamaka	Mutrasangrahan niya	Hypoglycemic, Hypotensive, Anti - diabetic, Anti - oxidant
14.	Kapitan	<i>Thespesia populnae</i> Linn. (Malvaceae)	Kashaya	Laghu Snigdha	Sheet	Katu	Kapha - pitta Shamaka	Mutrasangrahan niya	Anti - inflammatory, Analgesis, Anti - oxidant
15.	Udumbar	<i>Ficus racemosa</i> Linn. (Moraceae)	Kashaya	Guru Ruksha	Sheet	Katu	Pitta - kapha hara	Mutrasangrahan niya	Astringent, Anti - helminitic, Anti - diabetic
16.	Ashwath	<i>Ficus religiosa</i> Linn. (Moraceae)	Kashaya Madhur	Guru Ruksha	Sheet	Katu	Kapha - pitta Shamaka	Mutrasangrahan niya	Anti - microbial, Anti - Parkinsons activity, Anti - diabetic
17.	Bhallataka asthi	<i>Semecarpus anacardium</i> (Anacardaceae)	Katu Tikta Kashaya	Laghu Tikshna Snigdha	Ushna	Madhur	Vata - pitta Shamaka	Deepaniya, Bhedaniya, Kusthagna, Mutrasangrahan niya	Anti - cancerous, Anti - bacterial, Anti - arthritic, Anti - inflammatory

18.	Ashmantak	<i>Ficus rumphii</i> <i>Blume.</i> (Moraceae)	Kashaya Tikta	Laghu Snigdha	Sheet	Katu	Tridosha hara	Mutravirechani ya	Anti - urolithic, Anti - pyretic, Anti - diabetic
19.	Shirish	<i>Albizia lebeck</i> (Mimosoideae)	Kashaya Tikta Madhura	Laghu Ruksha Teeksha na	Ishat ushna	Katu	Tridosha hara	Vishaghna Vedanasthapan Shirovirechana	Anti - allergic, Anti - inflammatory, Anti - oxidant, Analgesic, Anti - spermatogenic
20.	Simshapa	<i>Dalbergia sissoo</i> <i>Roxb.</i> (Fabaceae)	Kashaya Katu Tikta	Laghu Ruksha	Ushna	Katu	Kapha - vata hara	Kashaya skandha Asavayoni Varnya	Antinociceptive Anti - diabetic
21.	Somvalka	<i>Ephedra</i> <i>gerardiana Wall.</i> (Gnetaceae)	Kashaya	Laghu Ruksha	Ushna	Katu	Kapha - vata Shamaka	Hrudya Rasayana	Anti - microbial Anti - asthmatic
22.	Tinduka	<i>Diospyros</i> <i>tomentosa Roxb.</i> (Ebenaceae)	Kashaya	Laghu Ruksha	Sheet	Katu	Vata vardhak	Udardaprasham ana	Anti - tumor, Anti - diabetic, Anti - oxidant
23.	Priyala	<i>Buchanania</i> <i>lanzan Roxb.</i> (Anacardiaceae)	Madhur	Snigdha Guru Sara	Sheet	Madhur	Vata - pitta hara	Udardaprasham ana, Shramahara	Wound healing Anti - ulcer
24.	Badar	<i>Ziziphus jujuba</i> <i>Lamk.</i> (Rhamnaceae)	Madhur Amla	Guru Snigdha	Sheet	Madhur	Vata - kapha hara	Hrudya Swedopaga Chardi - nigrahana Asava yoni	Aphrodisiac Laxative Stomachic Expectorant
25.	Khadira	<i>Acacia catechu</i> (Mimosoideae)	Tikta Kashaya	Laghu Ruksha	Sheet	Katu	Kapha - pitta hara	Kushthagna Udarda prashamana Mutrasangraha niya	Skin Disorders
26.	Saptaparna	<i>Alstonia scholaris</i> (Apocynaceae)	Kashaya	Laghu Ruksha	Ushna	Katu	Kapha - pitta Shamaka	Mutrasangraha niya	Anti - diabetic Anti - asthmatic
27.	Ashwakarna (Shalabheda / Palash)	<i>Butea</i> <i>monoperma</i> (Fabaceae)	Katu Tikta Kashaya	Laghu Ruksha	Ushna (Bark) Sheet (Flowe	Katu	Kapha - pittasraji t	Grahi, Vataraktahara	Bleeding Disorder, Anti - Diabetic

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28.	Syandan	<i>Ougeinia dalbergioides</i> Roxb. (Fabaceae)	Kashaya	Laghu Ruksha	Sheet	Katu	Kapha - pitta Shamaka	Medohara	Anti - inflammatory, Anti - Microbial, Anti, Diabetic, Anti - Depressant
29.	Arjun	<i>Terminalia arjuna</i> Roxb. (Combretaceae)	Kashaya	Ruksha Laghu	Sheet	Katu	Kapha - pitta Shamaka	Udardaprasham ana	Cardiotonic, Anti - dysentric, Anti - Hypertensive, Diuretic
30.	Arimeda	<i>Acacia farnesiana</i> (Mimosoideae)	Tikta Kashaya	Laghu Ruksha	Sheet	Katu	Kapha - pitta Shamaka	Kushthagna Udardaprasham na Mutrasangraha niya	Antio - inflammatory, Anti - pyretic, Immunomodula tory
31.	Elvaluk	<i>Prunus cerasus</i> (Rosaceae)	Kashaya	Laghu	Sheet	Katu	Kapha - vata Shamaka	Shukra shodhana dashemani	Anti - oxidant, Anti - inflammatory
32.	Paripelvaka	<i>Caesalpinia pulcherrima</i> Linn. (Fabaceae)	Katu Tikta Kashaya	Laghu Ruksha	Sheet	Katu	Kapha - pitta Shamaka	Lekhaniya, Sangrahi, Trushna nigrahana, Stanya shodhana	Anti - microbial, Anti - platelet
33.	Kadambh	<i>Neolamarckia cadamba</i> Roxb. (Rubiaceae)	Tikta, Kashaya	Ruksha	Sheet	Katu	Tridosha hara	Vedanasthapana, Shukrashodhana, Vamanopaga	Anti - inflammatory, Anti - pyretic, Analgesic, Anti - diabetic
34.	Sallaki	<i>Boswellia serrata</i> Roxb. (Bursuraceae)	Kashaya , Tikta, Madhur	Laghu, Ruksha	Sheet	Katu	Kapha - pitta hara	Pureesh virajaniya	Anti - inflammatory, Anti - diabetic
35.	Jingini (Arhul ke phool)	<i>Lannea coromandelica</i> (Anacardiaceae)	Madhur, Kashaya , Lavana	Laghu, Ruksha	Ushna	Katu	Vatahara	-	Anti - inflammatory, Anti - diabetic, Hypotensive, Aphrodisiac
36.	Kasa (Sarpap)	<i>Saccharum spontaneum</i> Linn.	Madhur, Kashaya	Laghu, Ruksha	Sheet	Madhur	Vata pitta	Mutra virechaniya,	Diuretic, Lithotriptic,

		(Gramineae)					Shamaka	Stanyajanana	Aphrodisiac, Laxative
37.	Kaseruk	<i>Scirpus grossus</i> <i>Roxb.</i> (Cyperaceae)	Madhur, Kashaya	Guru, Ruksha	Sheet	Madhur	Pitta Shamaka , Vata vardhaka	Raktapitta, Daha, Shrama	Aphrodisiac, Dysuria
38.	Raj Kaseruk	<i>Scirpus grossus</i> <i>Roxb. Species</i> (Cyperaceae)	Madhur, Kashaya	Guru, Ruksha	Sheet	Madhur	Pitta Shamaka , Vata vardhaka	Raktapitta, Daha, Shrama	Aphrodisiac, Dysuria
39.	Katphal	<i>Myrica esculenta</i> <i>Buch - Ham</i> (Myricaceae)	Kashaya Tikta Katu	Laghu Teeksha na	Ushna	Katu	Kapha - vata Shamaka	Vedanasthapana Sandhaniya Shukrashodhan a	Anti - pyretic, Antiseptic, Anti - spasmodic, Hypotensive
40.	Vansh	<i>Bambusa</i> <i>arundinaceae</i> <i>Willd.</i> (Graminae)	Madhur, Kashaya	Laghu Ruksha Tikshan a	Sheet	Madhur	Kapha - pitta Shamaka	Chedana Vastishodhana	Anti - oxidant Anti - pyretic Anti - diabetic Analgesic
41.	Padmak	<i>Prunus cerasoides</i> <i>Don.</i> (Rosaceae)	Kashaya Tikta	Laghu Snigdha	Sheet	Katu	Kapha - pitta hara	Vedanasthapana	Anti - Bacterial, Anti - Microbial, Anti - Inflammatory
42.	Ashoka	<i>Saraca asoka</i> <i>Linn.</i> (Leguminosae)	Tikta Kashaya	Laghu Ruksha	Sheet	Katu	Kapha - pitta hara	Hridya Vishagna Grahi Shothhara	Analgesic, Anti - dyspeptic, Diuretic
43.	Saal	<i>Shorea robusta</i> (Dipterocarpacea)	Kashaya Madhur	Ruksha Ushna	Sheet	Katu	Kapha - pitta hara	Vedanasthapana	Anti - inflammatory Anti - pyretic Anti - Obesity
44.	Dhava	<i>Anogeissus</i> <i>latifolia Wall.</i> (Combretaceae)	Kashaya	Laghu Ruksha	Sheet	Katu	Kapha - pitta hara	Ruchya Deepana	Anti - microbial Anti - diabetic
45.	Sarja	<i>Vateria indica</i> <i>Linn.</i> (Dipterocarpacea)	Kashaya Tikta	Snigdha	Sheet	Katu	Kapha - vata hara	Varnya Swedahara	Anti - tumor effect
46.	Bhurja	<i>Betula utilis D.</i> <i>Don</i> (Betulaceae)	Kashaya	Laghu	Ushna	Katu	Tridosha hara	Kustha	Anti - cancer Anti - oxidant

47.	Shan	<i>Crotalaria juncea</i> <i>L.</i> (Fabaceae)	Tikta	Snigdha Pichhila	Sheet	Madhur	Kapha - pitta hara	Medhya	Memory booster, Insomnia
48.	Kharpushpa (Ajwain)	<i>Tachyspermum ammi</i> (Umbelliferae)	Katu Tikta	Laghu Ruksha Teeksha na	Ushna	Katu	Kapha - vata hara	Shulaprashama na	Analgesic, Anti - microbial, Anti - poisonous, Anti - inflammatory
49.	Pur (Guggulu)	<i>Commiphora mukul Engl.</i> (Burseraceae)	Katu Tikta Kashaya	Laghu Sara Vishada	Ushna	Katu	Tridosha hara	Sanja sthapana	Anti - helminthic, Anti - microbial
50.	Shami	<i>Prosopis cineraria</i> (Fabaceae)	Kashaya Madhur	Laghu Ruksha	Sheet	Katu	Kapha - pitta hara	-	Nutraceutical, Anti - oxidant
51.	Machik (Makoy)	<i>Solanum nigrum</i> (Solanaceaea)	Tikta	Laghu Snigdha	Anush na	Katu	Tridosha gna	Rasayana Hrudya Vrishya	Anti - fungal, Hepatoprotectiv e, Anti - seizure, Anti - oxidant
52.	Ajakarna	<i>Vateria indica</i> <i>Linn.</i> (Dipterocarpacea)	Kashaya Tikta	Snigdha	Sheet	Katu	Kapha - vata hara	Varnya Swedahara	Anti - tumor effect
53.	Kumbhi	<i>Careya arborea</i> <i>Roxb.</i> (Barringtoniaceae)	Katu	Laghu Ruksha	Ushna	Katu	Kaphaha ra	Vranaropana, Vishaghna	Anti - cancer, Anti - bacterial, Gastroprotectiv e
54.	Pushkarbeej	<i>Nelumbo nucifero</i> <i>Linn.</i> (Nelumbonaceae)	Kashaya Madhur Tikta	Laghu Snigdha Pichhila	Sheet	Madhur	Kpha - Pitta Shamaka	Varnya Mutravirajniya	Anti - inflammatory Aphrodoisiac
55.	Vibhitak	<i>Terminalia bellerica</i> (Combretaceae)	Kashaya	Ruksha Laghu	Ushna	Madhur	Kapha - pitta hara	Jwarahara Kasahara Virechanopaga	Anti - microbial, Anti - diarrhoeal, Anti - cancer
56.	Kharjur tarun (Kharjur ke naye vriksha ki kopal)	<i>Phoenix sylvestris</i> <i>Roxb.</i> (Palmae)	Madhur	Guru Snigdha	Sheet	Madhur	Vata - pitta Shamaka	Shramahara Brimhaniya Virechanopaga	Anti - inflammatory

Table 2 : Table showing *Kashaya rasa* dominant drugs of *Kashaya skanda*

Sr. No.	Dominant Rasa	No. of Drugs
1.	Kashaya	16
2.	Tikta	4
3.	Madhura	2
4.	Katu	1

Table 4: Table showing Vipaka of drugs of *Kashaya skanda*

Vipaka	Number of Drugs
Katu	42
Madhura	14

Table 5: Table showing *Veerya* of drugs of *Kashaya skanda*

Veerya	Number of Drugs
Ushna	16
Sheet	39
Anushna	1

EFFECT OF KASHAYA RASA ON DOSHA, DHATU AND MALA

Kashaya skandha possess *kashaya rasas* as well as other *rasa* and different *vipakas*. Certain drugs included in this group though not possessing either *Kashaya rasa* or *Katu vipaka* produces the effects similar to *Kashaya rasa* or *Katu vipaka* which can be interpreted under *prabhava* or different parts of same drug might have *Kashaya rasa* which has to be identified for its utility. More number of drugs of *Kashaya skandha* has *Sheeta veerya* and hence it aggravates the *Vata Dosha*, controls the *Pitta Dosha* and *Kapha Dosha* is managed by *Ruksha Guna* of the *Kashaya Rasa* in *Vrana vikaras*⁴. *Ruksha guna* of *Kashaya rasa* helps in the *Vrana Ropana*. Along with the *Vrana Ropana* it works as a *Sthambaka*, *Vrana Pidana*, *Vrana Shodhana*, and *Twak Prasadana*.

Kashaya rasa has a similar *guna* to *Vata Dosha*, hence it aggravates the *Vata Dosha*. It governs the *Pitta Dosha* by the presence of *Sheeta* and *Guru Guna*, and the *Kapha Dosha* by the presence of *Ruksha Guna*. The presence of *Ruksha Guna* on *Dhatu* initially performs the *Medho* and *Rakta Dhatu Kshaya* by lowering the *Kledata*⁵. If the same *Guna* is consumed in excess or continually, it causes *Sarvadhātu Kshaya* and *Sroto Avarodha*, as well as preventing the transit of nutrients in *Sharira*. *Kashaya Rasa's Ruksha Guna* decreases the *Kledata* and *Kapha* in the *Rakta* and serves as *Rakta Shodhaka*⁶, followed by *Rakta Stambhaka*.

Ruksha Guna of *Kashaya skandha dravya* causes *Mala Kshaya* by drying the *Kledata* from the *Mala*, making evacuation of *Mala* and *Mutra* difficult. It functions as *Amadoshahara*⁷ when it comes into contact with *Agni*, but it has no part in *Pachana Karma*. It performs *Sthambana* in some situations, such as *Atisara* and *Raktapitta*, due to the existence of *Sheeta* and *Ruksha Guna*. It dries out the *Kledata* and clears *Picchilata* from the *Vrana* in the presence of *Ruksha* and *Vishada Guna*⁸.

Vrana Ropana is the greatest *Kashaya Rasa Karma* because it clears the *Kledata* and *Snigdhatata* from the *Vrana Sthana* in the presence of *Ruksha Guna*. When the *Kledata* was lessened, *Guru Guna* and *Sheeta Guna* tore the tissue together to mend the *Vrana*. It already has the *Rakta Shodaka Guna*, therefore *Rakta* will aid in the healing of the *Vrana*. If a wound is cleaned with *Kashaya Rasa Pradhana Dravyas*⁹, healing will begin quickly. *Kashaya rasa* can perform the function of *Twak Prasadana* by eliminating *Snigdhatata* and *Kledata* from the body. When we apply the *Kashaya Rasa Pradhana dravya* to the *Twacha*, it gives the body a complexion and texture¹⁰.

DISCUSSION

The 56 *Dravya* mentioned above have maximum *Kashaya rasa* except *Lavana Rasa*. Maximum *dravya* have *Sangrahaniya karma*, *Sandhaniya karma* and *Stambhana karma*. Some *dravya* have *Jwarahara* and *Hrudya karma*. Some researchers shows maximum drugs of *Kashaya skandha* have Lipoglycemic activity, Anti diarrhoeal, Healing activity, Antipyretic, Anti inflammatory, Antimicrobial, Aphrodisiac. *Ayurveda Acharyas* have stated the utility of *Kashaya rasa* having numerous properties in a single *Rasa*. Among the many attributes listed by many *Acharyas*, *Vrana Ropana* is the finest. As per *Kashaya rasa Karma* are *Samshamana*, *Sangrahan*, *Sandhankar*, *Ropana*, *Peedana*, *Shoshana*. *Vrana* is caused by *Abhighta*, although it might also be caused by *Bahya* or *Abhyatanradosha*. *Kashaya Rasa* possesses all of the *Gunas* and *Karma* to address practically all of the symptoms of *Vrana Avastha*. The effectiveness of *Kashaya Rasa* as a solo *Rasa* or in combination with other *Rasa* is dependent on the *Vaidya's Yukti*. *Rasa* is based on the permutation and combination of *Vrana Avastha* and *Dosha Pradhanata*. Simply suggesting *Kashaya Rasa* in all *Avastha* of *Vrana* may or may not provide results; for the greatest results, we must comprehend all elements of employing *Kashaya rasa* with the assistance of ancient sources. According to *Amsha Bala Samprapti*, by using a certain composition, one can achieve greater outcomes. *Kashaya Rasa* stimulates *Vata* while focusing on the *Kapha* and *Pitta Doshas*. Almost all of the *Acharyas* indicated that *Kashaya Rasa* contains *Ropana* activity, hence it has an advantage in wound healing when compared to the other *Rasas*. In *Sdhyovrana*, *Kashaya Rasa skandha dravyas* alone produces good results; however, while treating *Dustavrana*, other *Rasa* such as *Tikta* and *Katu* are also necessary.

CONCLUSION

Panchabahutikatva of the *Kashaya Rasa* is most effective in *Vrana Ropana* and *Rakta Shodhaka*. The astringent taste's general property helps to minimise discomfort, discharge, redness, swelling surface area, and depth of the wound. In addition, it aids in the cleansing of the *Rakta* as well as effective wound healing when it comes to certain *Avasta* of the *Vrana*. Along with *Kashaya Rasa*, various *Rasa* aid in the early healing of the *Vrana*. With the correct balance and permutation of various *Rasa* in various *Avastha* for improved *Vrana* healing. *Kashaya Rasa* will aid more in *Sthambana Chikitsa* than other *Rasa*. *Kashaya Rasa* was cited by almost all of the *Acharyas* as the greatest *Ropana*, *Shtambaka*, and *Rakta Shodhaka*. *Ayurvedic* writings have several remedies for the

treatment of *Vrana*. This article concludes that Drugs of *Kashaya rasa skandha* having actions i.e. *Sandhaniya*, *Sangrahaneeya*, *Stambhana*, *Grahi*, *Raktashodhaka*.

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