

Ayurvedic Review of *Draksha* (*Vitis vinifera* Linn.) And Its Effect on *Kasa* as a part of *Charakokta* *Kasahara Mahakashaya*

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Abstract: *Ayurveda* is the science of life. Aim of *Ayurveda* is promoting the health of the healthy ones and treating the diseased ones. The keen knowledge of the *Dravyas* is essential for achieving the success in treatment. *Dravyas* have been classified in the Classical texts on the basis of very keen and intelligent observations of our *Acharyas*. A comprehensive classification of the *Dravyas* is presented in the form of *Panchaashat Mahakashaya* by *Acharya Charaka*. *Kasa* is a disease of *Pranavaha Srotas* and mainly vitiation of *Vata* (*Prana* and *Udana*) and *Kapha*. *Kasahar Mahakashaya* is the 36th *Mahakashaya* of *Acharya Charaka* which consist of ten *Dravyas* i.e. *Draksha*, *Abhaya*, *Amalaka*, *Pippali*, *Duralabha*, *Shringi*, *Kantakari*, *Vrishchir*, *Punarnava* and *Tamalaki*. This work is carried out to critically analyse the effect of *Draksha* (which belongs to Vitaceae family) in *Kasa*. Here an attempt has been made to critically analyse the pharmacological properties of *Draksha* part of (*Kasahar Mahakashaya*) to find out the probable mode of action of this *Dravya* on *Kasa* and it is concluded that *Draksha* is justify to be a part of *Kasahara Mahakashaya*. During this critical review literary work again it is proved that *Ayurveda* is eternal and infinite with wholistic knowledge.

Keywords: *Ayurveda*, *Draksha*, *Dravya*, *Kasa*, *Kasahar Mahakashaya*, *Panchaashat Mahakashaya*.

Introduction:

Ayurveda classical texts provide distinctive treatment modalities and medication for the disease conditions. In *Charaka Samhita*, *Sutra Sthana Dravyas* are classified in combination of ten drugs as per pharmacological actions into fifty *Mahakashayas*^[1]. *Kasahara Mahakashaya* is the 36th *Mahakashaya* among these fifty *Mahakashayas*^[2]. The present research work has been carried out to study of *Draksha* that is the part of *Kasahara Mahakashaya*. Drugs included in *Kasahara Mahakashaya* are (*Draksha*, *Abhaya*, *Amalaka*, *Pippali*, *Duralabha*, *Shringi*, *Kantakari*, *Vrishchir*, *Punarnava* and *Tamalaki*). In this paper we are try to discussing about the *Kasa* and *Draksha*'s effect on *Kasa*, *Acharya Charak* already given it the important place in *Kasahara Mahakashaya*. A review has been done here that modern science also proven that it has many quality which is useful in the treatment of *Kasa*.

Disease Review

Samhita Period:

Charaka Samhita^[3]:

Five types of *Kasa* along with their *Poorvaroopo*, *Samanya Samprapti*, *Vishesha Nidana* and *Samprapti*, *Lakshanas*, *Sadhyasadhyata*, *Shodhana* and *Shamana Chikitsa* had elaborately explained in *Charaka Samhita*.

Sushruta Samhita^[4]:

Sushruta Samhita, mentioned *Kasa* as a symptom as well as a disease. It describes *Nidana*, *Samprati*, *Bhedhas*, *Poorva Roopa*, *Lakshana*, *Samanya* and *Vishesha Chikitsa* of *Kasa*.

Harita Samhita^[5]:

Harita has explained the disease *Kasa* elaborately with treatment. For the first time he explained eight varieties of *Kasa*, which none of the other authors have explained.

Kashyapa Samhita^[6]:

The reference of *Kasa* is also available in *Kashyapa Samhita*. Even though not mentioned separately, it is discussed under the context of *Uroghata*. *Kasa* is explained as a complication of *Uroghata*.

Ashtanga Sangraha^[7] and Hridaya^[8]:

The description of *Kasa* is available in both *Ashtanga Sangraha* and *Astanga Hridaya*, written by *Vridha Vagbhata* in 400AD. has explained *Nidana*, *Bhedha*, *Samprapti*, *Lakshana*, *Sadhyasadhyata* and *Chikitsa* pertaining to *Kasa* explained in *Charaka* and *Sushruta Samhita* along with his newer thoughts.

Madhava Nidana^[9]:

Madhavakara, the author of 800A. D has explained about the causes of the disease *Kasa*. The commentators *Vijaya Rakashita* and *Shreekantha Dutta* have commented on it.

Bhava Prakasha^[10]:

Bhavamishra, the 15th century AD author has described *Kasa* and its management in his treatise *Bhava Prakasha*.

Nirukti^[11]:

Acharya Caraka defines *Kasa* as; “कसनात्कास”

The production of abnormal sound in the process of release of *Vayu* that was obstructed is termed as *Kasa*.

Hetu^[12]:

Factors which are responsible for the manifestation of *Hikka & Shwasa* are also responsible for the development of *Kasa*.

Exposure to smoke & dust; excessive physical exercises; consumption of rough foods; entry of food substances in abnormal path & suppression of sneezing.

Samprapti^[13,14]:

Due to above etiological factor *Kapha* gets aggravated and brings obstruction for the movement of *Vata* in the *Uras* leading to aggravation of *Pranavata* and *Udana Vata*. As a result *Vata* moves upwards, afflicts the channels of circulation in the upper part of the body and gets lodged in the throat & chest. This agitated *Vata* enters & fills up all the channels of *Siras* to cause bending & stretching of the body, jaws, sides of neck & eyes. Further *Vata* brings contraction & stiffness of the eyes, back, chest & sides of the chest, gives rise to *Kasa* which may be dry or with sputum. It is associated with severe pain & loud sound like that of a broken bronze. ***Kasa Bheda*^[15,16]**

Kasa is classified into five varieties namely:-

- 1) *Vataja*
- 2) *Pittaja*
- 3) *Kaphaja*
- 4) *Ksataja*
- 5) *Ksayaja*

Purvarupa^[17,18]:

Premonitory sign & symptom of *Kasa* are as follows:-

Patient feels that throat and mouth are filled with a feeling of congestion in the throat; itching sensation in the throat & palate; hoarseness of voice; loss of taste and mildness of digestive fire.

Principles of treatment:

- 1) *Vataja Kasa*, *Pittaja Kasa* and *Kaphaja Kasa* should be managed by appropriate pacification measures.
- 2) Drug, diet and activities may be used as pacification strategies to treat above three varieties of *Kasa*.
- 3) *Ksataja Kasa* and *Jara Kasa* are manageable with suitable wholesome measures.

Draksha in Brihatrayi***Charaka Samhita:***

Charak Acharya has started the enumeration of ***Phala Varga*** beginning with *Draksha*, it is the best among all the fruits. In *Charaka Samhita*, *Draksha* is described in *Kasahara Mahakashaya*, *Kanthy Mahakashaya*, *Jwarhar Mahakashaya*, *Shramahar Mahakashaya*, *Phala Varga* and *Madya Varga* and described as ingredient of *Vasadi Ghrita*, *Baladi Ghrita*, *Chandanadya Taila*, *Drakshadya Ghrita*, *EladiGutika*, *Jeevaniya Ghrita*, *Pushyanuga Churna*. *Charaka* indicated it in *Kasa*, *Jwara*, *Visarpa*, *Trishna*, *Pittaja Madatyaya*, *Ashmari Pittaja Hridya Roga* and *Arochaka*.

Sushruta Samhita:

In *Sushruta Samhita*, *Draksha* is described in *Kakolyadi Gana*, *Parushakadi gana*, *Madhura Varga*, *Madya Varga*, and described as an ingredient of *Pippalyadi Ghrita*, *Guduchyadi Ghrita*, *Parushakadi gana*, *Mahabala Ghrita*. *Sushruta* Indicated it in *Hikka*, *Shwasa*, *Jwara* and *Pramad*.

Ashtanga Hridayam:

Acharya Vagbhatta has also depicted “*Draksha*” as “***Phalottama***” (the superior). In *Ashtanga Hridayam*, *Draksha* is described in *Parushakadi gana*.

Description of *Draksha* in *Charaka Samhita***Table 1.** Showing Review of *Draksha* in *Charaka Samhita*

<i>Adhyaya & Shloka</i>	Used as ingredient of
<i>Sutrasthana</i>^[19]	
2-24	<i>Pipasaghni Yavagu</i>
4-10/9	<i>Kanthy Mahakashaya</i>
4-13/21	<i>Snehopaga Mahakashaya</i>
4-13/24	<i>Virechanapaga Mahakashaya</i>
4-16/36	<i>Kasahara Mahakashaya</i>
4-16/39	<i>Jwarhar Mahakashaya</i>
4-16/40	<i>Shramahar Mahakashaya</i>
27-125, 126	<i>Phala Varga as Jwarhara</i>
27-188	<i>Madya Varga as Deepan</i>
<i>Vimanasthana</i>^[20]	
8-139	<i>Madhura Asthapan Skandha</i>
<i>Chikitsasthana</i>^[21]	
3-186	<i>Jwaranashak Peyaa</i>
3-201	<i>Anyedyushak Jwarhara Kashaya</i>
3-206	<i>Madhukadi Sheeta Kashaya</i>
3-208	<i>Triphaladi Kwatha</i>
3-220	<i>Pippalyadi Ghrita</i>
3-223	<i>Vasadi Ghrita</i>
3-225	<i>Baladi Ghrita</i>

3-230	<i>Virechana Ghrita</i>
3-258	<i>Chandanadya Taila</i>
5-123	<i>Drakshadya Ghrita</i>
8-96	<i>Kharjuradi Ghritavleha</i>
8-115	<i>Baladi Ksheera</i>
11-21	<i>Eladi Gutika</i>
11-36	<i>Amritprasha Ghrita</i>
11-62	<i>Sarpi Guda</i>
12-32	<i>Ashtashata Arishta</i>
14-162	<i>Kanakarishtha</i>
16-100	<i>Dhatryaveleha</i>
18-39	<i>Trayushnadya Ghrita</i>
18-50	<i>Avleha in vatika Kasa</i>
18-71	<i>Kasa Chikitsa</i>
18-87	<i>Pittaja Kasa Chikitsa</i>
18-88	<i>Pittaja Kasa Chikitsa</i>
18-90	<i>Pittaja Kasa Chikitsa</i>
18-94	<i>Pittaja Kasa Chikitsa</i>
18-127	<i>Kantakari Ghrita</i>
18-136	<i>Kshat Kasa Chikitsa</i>
18-163	<i>Kasa Chikitsa</i>
18-176	<i>Padmakadi Leha</i>
21-112	<i>Visarpa Chikitsa</i>
22-34	<i>Trishna Roga Chikitsa</i>
22-41	<i>Trishna Roga Chikitsa</i>
24-136	<i>Pittaja Madatyaya Chikitsa</i>
26-45	<i>Ashmari Chikitsa</i>
26-83	<i>Pittaja Hridya Roga Chikitsa</i>
26-212	<i>Arochaka Chikitsa</i>
29-64	<i>Jeevaniya Ghrita</i>
29-96	<i>Sukumaraka Taila</i>
30-92	<i>Pushyanuga Churna</i>
<i>Kalpasthan</i> ^[22]	
1-12	<i>Anupana in Pitta Prakopa</i>
7-26	<i>Nishotha Avleha in Pitta Prakopa</i>
7-29	<i>Virechana Dravya</i>
7-56	<i>Virechana Dravya</i>
<i>Siddhisthana</i> ^[23]	
3-53	<i>Drakshadi Niruha Basti in Daha</i>
8-16	<i>Gudadaha Chikitsa</i>
12-15	<i>Baladi Yapana Basti</i>
12-18/2	<i>Baladi Yamak Anuvasana Basti</i>
12-19.1	<i>Enema in disorders of genital track</i>

Description of *Draksha* in *Sushruta Samhita*

Table 2. Showing Review of *Draksha* in *Sushruta Samhita*

<i>Adhyaya & Shloka</i>	Used as ingredient of
<i>Sutrasthan</i> ^[24]	
38-36	<i>Kakolyadi Gana</i>
38-43	<i>Parushakadi Gana</i>
42-18	<i>Madhura Varga</i>
44-50	<i>Virechana Dravya in Pittaja Vikaar</i>
45-172	<i>Madya Varga</i>
46-182	<i>Guna of Phala Varga</i>
46-394	Used as <i>Trishnashamaka</i>
46-518	<i>Daha in Hridya Roga</i>
<i>Chikitsasthan</i> ^[25]	
38-73	<i>Raasnadi Asthapana</i>
<i>Kalpasthan</i> ^[26]	
5-76	Mandolin anti venomous recipe
<i>Uttartantra</i> ^[27]	

39-70	<i>Vataja jwarahara Kwatha</i>
39-169	<i>Pippalyadi Kwatha in Vataja Jwara</i>
39-173	<i>Drakshadi Kwatha in Vataja Jwara</i>
39-182	<i>Padmakadi Sheeta Kashaya in Pittaja Jwara</i>
39-185	<i>Gandusha in Pittaja Jwara</i>
39-196	<i>Katukadi Kwatha</i>
39-198	<i>Kiratadi Kwatha</i>
39-218	<i>Pippalyadi Ghrita</i>
39-223	<i>Guduchyadi Ghrita</i>
39-224	<i>Kalshyadi Ghrita</i>
39-304	<i>Dadimadi Kalka Gandusha in Mukha Vrana</i>
40-77	<i>Dardvyadi Ghrita</i>
46-19	Treatment of fainting
47-34	<i>Pramad Chikitsa</i>
47-40	Treatment of chronic alcoholism
51-40	Treatment of Dyspnoea
51-41	Treatment of Dyspnoea
51-47	Treatment of Hiccup
58-66	<i>Mahabala Ghrita</i>

Synonyms of *Draksha*

The synonyms suggest the different morphological features along with the therapeutic properties of the plant as enlisted in classical texts are mentioned:

Table 3. Showing *Paryaya* (Synonyms) of *Draksha*

<i>Paryaya</i>	<i>D.N.</i> ^[28]	<i>S.N.</i> ^[29]	<i>M.P.N.</i> ^[30]	<i>K.N.</i> ^[31]	<i>Bh.N.</i> ^[32]	<i>R.N.</i> ^[33]
<i>Brimhani</i>	-	-	-	+	-	-
<i>Charuphala</i>	+	+	-	+	-	+
<i>Draksha</i>	+	+	+	+	+	+
<i>Gostani</i>	-	-	+	+	+	-
<i>Guchhaphala</i>	-	-	-	-	-	+
<i>Guda</i>	-	-	+	+	-	-
<i>Harahura</i>	-	-	+	+	+	-
<i>Karmardika</i>	+	-	-	-	-	-
<i>Karmarda</i>	-	+	-	-	-	-
<i>Kashmirika</i>	+	-	-	+	-	-
<i>Krishna</i>	+	+	-	+	-	+
<i>Madhuphala</i>	-	-	+	+	-	-
<i>Madhuras</i>	-	-	-	+	+	-
<i>Madhusambhava</i>	-	-	-	+	-	-
<i>Madhuyoni</i>	-	-	+	+	-	-
<i>Mridwika</i>	-	-	+	+	+	-
<i>Phalottama</i>	-	-	+	+	-	-
<i>Priyala</i>	+	+	-	-	-	+
<i>Rasala</i>	+	+	+	+	-	+
<i>Swaduphala</i>	-	-	-	+	+	-
<i>Swadvi</i>	-	-	+	+	-	-
<i>Tapaspriya</i>	+	+	-	-	-	+
<i>Vrishya</i>	-	-	-	+	-	-
<i>Kashmiri</i>	-	+	-	-	-	-
<i>Amritaphala</i>	-	-	-	-	-	+

Interpretation and etymology of synonyms^[34]:

- **द्राक्षा-** 'द्राङ्क्षते 'द्राक्षि' काङ्क्षायाम्'(भा.टी.)।
Its fruit is desired by all for its sweetness and other properties.
- **स्वादुफला** - 'स्वादूनि फलान्यस्याः'।
Its fruit are sweet in taste
- **मधुरसा** - 'मधूपमो स्वादुरसोऽस्याः'।
It has a sweet taste.
- **मृद्वीका** - 'सौकुमार्यात्'(क्षी.)।
It is a delicate fruit.
'शरीरे मारदवं लाति करोतीति मृद्वीका'

- **हामहूरा-** 'हारहूरः मधं, तदर्थमुपयुक्तत्वात्' | हारा-
A kind of reddish brown grape. The spirituous preparation is prepared from it.
- **गोस्तनी** - 'गोः स्तन इव आकृतिर्यस्याः ।
The fruits resembles cows (breasts) teats.

Vernacular names^[35]

Sanskrit	:	Mrdvika, Gostani
Assamese	:	Dakh, Munaqqa
Bengali	:	Maneka
English	:	Dry grapes, Raisins
Gujrati	:	Drakh, Darakh
Hindi	:	Munkka
Kannada	:	Draksha
Malayalam	:	Munthringya
Marathi	:	Draksha, Angur
Oriya	:	Drakya, Gostoni
Punjabi	:	Munaca
Tamil	:	Drakshai, Kottai Drakshai
Telugu	:	Draksha Kottai, Drakshai
Urdu	:	Munaqqa

Rasapanchaka of Draksha**Table 4.** Showing the *Rasapanchaka* of *Draksha*

<i>Rasapanchaka</i>	<i>D.N.</i> ^[36]	<i>S.N.</i> ^[37]	<i>M.P.N.</i> ^[38]	<i>K.N.</i> ^[39]	<i>Bh.N.</i> ^[40]	<i>R.N.</i> ^[41]
<i>Madhura Rasa</i>	+	+	-	+	+	+
<i>Amla Rasa</i>	-	-	-	-	-	+
<i>Kashaya Rasa</i>	-	+	-	+	+	-
<i>Guru Guna</i>	-	+	+	-	+	-
<i>Snigdha Guna</i>	+	+	-	+	-	-
<i>Mridu Guna</i>	-	-	-	-	-	-
<i>Sara Guna</i>	-	-	-	+	-	-
<i>Sheeta Virya</i>	+	+	+	+	+	+
<i>Madhura Vipaka</i>	-	+	-	+	+	-

Karma of Draksha**Table 5.** Showing the *Karma* of *Draksha*

<i>Karma</i>	<i>D.N.</i> ^[42]	<i>S.N.</i> ^[43]	<i>M.P.N.</i> ^[44]	<i>K.N.</i> ^[45]	<i>Bh.N.</i> ^[46]	<i>R.n.</i> ^[47]
<i>Brimhani</i>	-	-	+	-	+	+
<i>Chaksushya</i>	-	+	+	+	+	-
<i>Chhardinashaka</i>	-	-	+	-	-	-
<i>Dahashamaka</i>	+	-	+	+	+	+
<i>Jwarahara</i>	+	+	+	+	+	-
<i>Kamlanashaka</i>	-	-	+	-	+	-
<i>Kasahara</i>	-	+	-	-	-	-
<i>Kshatnashaka</i>	-	+	-	+	-	-
<i>Kshayanashaka</i>	+	+	-	+	-	-
<i>Madatyayanashaka</i>	-	+	+	+	+	-
<i>Mohanashaka</i>	-	-	+	-	+	-
<i>Raktapittanashaka</i>	+	-	+	+	+	-
<i>Shwasahara</i>	+	+	+	+	+	-
<i>Swarabhedanashaka</i>	-	+	-	-	-	-
<i>Swarya</i>	+	-	-	+	+	-
<i>Trishnahara</i>	+	+	+	+	+	-
<i>Vatapittanashaka</i>	-	+	-	+	-	-
<i>Vataraktanashaka</i>	-	-	+	-	+	-
<i>Vrishya</i>	-	+	-	+	+	+
<i>Shrishtvinmutra</i>	-	+	-	+	+	-
<i>Mutrakriccha</i>	-	-	+	-	+	-
<i>Ruchya</i>	-	-	-	-	-	+

Morphology^[48]

Habit: It is a large, deciduous climber, tendrils long, bifid.

Leaves: 7.5 -15 cm Orbicular- cordate, more or less deeply (3-5) lobed, margin irregularly and coarsely toothed, glabrous or nearly so above, clothed beneath with deciduous grey tomentum, thin membranous; petiol 3.8-7.5cm.long.

Flowers: Green, Petals 5, cohering at the apex. Disk reduced to 5 hypogynous glands adnate to the base of the ovary. Style very short, thick.

Fruit: Berries-very variable in size, greenish or bluish black.

Seeds: 2-4 pear shaped.

Chemical composition

The main basic element of grape is manganese. It also contains vitamin B6, thiamine, riboflavin, vitamin C and potassium. Many studies demonstrated that it also contains a chemical substance i.e. resveratrol, a polyphenol which has antioxidant properties.^[49] All of the acylated procyanidins of grape seeds are esters of gallic acid^[50]. Monomers of (+)-catechin, (-)-epicatechin, and (-)-epicatechin-3-O-gallate, 14 dimeric, trimeric, and one tetrameric procyanidin have also been reported.^[51] The anthocyanins that have been reported for *V. Vinifera* include 3-glucosides, 3-acetylglucosides, 3-coumaroylglucosides, 3-caffeoylglucosides, 3,5-diglucosides, 3-acetyl-5-diglucosides, 3-coumaroyl-5-diglucosides, and 3-caffeoyl-5-diglucosides of cyanidin, delphinidin, peonidin, petunidin, and malvidin.^[52] Flavonoids viz, quercetin, rutin, kaempferol, luteolin, phenolic acids and β -sitosterol.^[53]

Pharmacological action

Antifungal, Antiulcer, Hepato-Protective, Wound Healing, Anti Mutagenic, Anti Herpetic, Cardio Protective, Breast Cancer Suppressor, Antibacterial Activity^[54]; Antidiabetic^[55]; Laxative, Anti-Histaminic, Use In Cough & Respiratory Tract Catarrh^[56]; Anti Microbial^[57]; Anti-cancer and Anti – inflammatory^[58]; Antioxidant^[59].

Actions and Therapeutic Uses:

Draksha is used in *Trishna, Jwara, Kasa, Shwasa, Daha, Shosha, Kamla, Raktapitta, Kshata, Ksheena, Vibandha, Arsha, Agnimandhya, Madatyaya, Pandu, Udavarta, Vatarakta*.

Part Used: Fruit^[60].

Discussion and conclusion

- *Draksha* is *Vatapittahara* due to its *Madhura Vipaka* and *Sheeta Virya*. It can be used in *Vata Pradhana Kaphaja Kasa* and acts as *Rasayana*. The anti-inflammatory activity (Udenigie CC. *et al*, 2008) of *Draksha* may be attributed to the presence of high content of flavonoids viz, quercetin, rutin, kaempferol, and luteolin in addition to phenolic acids and β -sitosterol. The antioxidant activity (Hesham A El.Beshbishy *et al*, 2009) of *Draksha* may be attributed to the presence of phenolic acids and flavonoids. Due to its anti-inflammatory and antioxidant activity it is helpful to subside the cough.
- Antihistaminic drugs are the compound that inhibits the physiological effects of histamine, used especially in the treatment of allergic cough. *Draksha*, is act as antihistaminic so it is used in allergic cough.
- The drug such as *Draksha* nourish the body with their *Rasayana* effect. The drugs improve *Dhatusara* and *Ojas* and thus increase the *Vyadhikshamatva* (Immunity). This review shows that the drug work by its pharmacological properties to produce the resultant *Kasahar* action and *Kasahar Mahakashaya* is the complete wholistic designed formulation with related to the treatment of *Kasa*.

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