



Exploring the Therapeutic Importance of Kantakari. Wsr to Ashtang Hridayam

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ABSTRACT:

Kantakari is a medicinal plant widely used in Ayurvedic medicine, particularly for treating respiratory disease. Its parts have been used for centuries to address various health problems. Kantakari is described in a highly detailed manner in both Bhratrayee and Laghutrayee .The *Ashtanga Hridayam*, an ancient Ayurvedic text, mentions Kantakari in different sections like Sutra Sthana, Chikitsa Sthana, and Uttara Tantra. While it mainly helps with the respiratory system (Pranavaha Srotas), it is also recommended for other health concerns. This article focuses on where and in which sections Acharya Vagbhata has mentioned Kantakari and the indications he has provided.

Keywords:

Kantakari, Solanaceae, Pranavaha strotas, Ashtang Hridayam

Introduction: -

Kantakari (*Solanum xanthocarpum* Schrad. & Wendl.), belonging to the Solanaceae family, is an essential herb in Ayurveda and a key component of the *Dasamoola* formula. *Dasamoola* is a mixture of ten plant roots, including five from large trees (Brihat Panchamoola) and five from smaller herbs (Laghu Panchamoola), with Kantakari classified under the Laghu Panchamoola category. This formulation, *Dasamoola*, is widely recognized in Ayurveda for its ability to treat a variety of ailments.



Kantakari is especially renowned for its application in treating respiratory disorders. In Ayurvedic texts, it is categorized into several therapeutic groups, such as Kasahara (cough suppressant), Sotha Hara (anti-inflammatory), Hikka Nigrahana (hiccup relief), Kantya (throat soothing), Anga Marda Prasamana (relieving body pain), and Sheetaprasamana (cold relief). It is commonly used for treating cough (kasa), bronchial asthma (shwasa), and fever (jwara).

It aids in clearing mucus from the respiratory tract and helps prevent asthma attacks.

Synonyms of Kantakari

Vyaghri, Nidigdhika, Ksudra, Kantakarika, akudu, Pinnamulaka, Kandanghathiri, Nelamulaka, Katai, Chhotikateri, Bhejibaugana, Ankarati, Ringani, Bharingani, Kandangatri, Katvaedana, Kantakari chunda, Nelagulla, Kandanghati, Chinnamulaka, Vakudu, Katali, Bhatakataiya,, Mulaka, Dravani, Ksudra, Kantakarika.

Morphology

Prickly, prostate, perennial herb with compressed yellow straight spines all over the plants

Stem - Erect, solid, branched, dark green glabrous

Leaves - Exstipulate

Inflorescence - Extra axillary, shortly peduncled cyme, sometimes flower is solitary

Flowers - Complete, bisexual, 5 sepals, and 5 petals, bluish purple or violet colour

Fruit - Berry with endospermic seed

Useful part - Root and whole plant

Medicinal properties of Solanum surattense-

Rasa (taste) - Katu (pungent), Tikta (Bitter)

Guna - Laghu (light), Rooksha (dry), Teekshna (piercing)

Vipaka - Katu - Undergoes pungent taste conversion after digestion

Veerya - Ushna - hot potency

Effect on Tridosha - Balances Kapha and Vata Doshas. It increases Pitta Dosha.



Materials & Method:

Sl no	Reference	Sthana	Adhyaya
1.	A.H.Su.10/28-30	Sutra	Rasabediya adhyaya
2.	A.H.Su.20/37-38	Sutra	Nasyavidhi adhyaya
3.	A.H.Su.22/19-21	Sutra	Gandusha vidhi adhyaya
4.	A.H.sha.2/58	Shaareera	Garbhavyapath vidhi adhyaya
5.	A.H.Chi.1/28	Chikithsa	Jwara chikithsa
6.	A.H.Chi.1/32	Chikithsa	Jwara chikithsa
7.	A.H.Chi.1/61,66	Chikithsa	Jwara chikithsa
8.	A.H.Chi.1/65	Chikithsa	Jwara chikithsa
9.	A.H.Chi.1/75-77	Chikithsa	Jwara chikithsa
10.	A.H.Chi.1/114	Chikithsa	Jwara chikithsa
11.	A.H.Chi.1/90-91	Chikithsa	Jwara chikithsa
12.	A.H.Chi.3/3-4	Chikithsa	Kasa chikithsa
13.	A.H.Chi.3/23-24	Chikithsa	Kasa chikithsa



14.	A.H.Chi.3/42-43	Chikithsa	Kasa chikithsa
15.	A.H.Chi.3/48-49	Chikithsa	Kasa chikithsa
16.	A.H.Chi.3/59-63	Chikithsa	Kasa chikithsa
17.	A.H.Chi.3/63-66	Chikithsa	Kasa chikithsa
18.	A.H.Chi.3/164	Chikithsa	Kasa chikithsa
19.	A.H.Chi.3/176	Chikithsa	Kasa chikithsa
20.	A.H.Chi.4/21-22	Chikithsa	Swasa hidma chikithsa
21.	A.H.Chi.5/16-1	Chikithsa	Rajyakshmadhi chikithsa
22.	A.H.Chi.6/40-4	Chikithsa	Chardhi hridroga trishna chikithsa
23.	A.H.Chi.8/44-45	Chikithsa	Arsha chikithsa
24.	A.H.Chi.8/85-86	Chikithsa	Arsha chikithsa
25.	A.H.Chi.8/116	Chikithsa	Arsha chikithsa
26.	A.H.Chi.8/145-148	Chikithsa	Arsha chikithsa
27.	A.H.Chi.10/63-65	Chikithsa	Grahanidosha chikithsa
28.	A.H.Chi.11/18-20	Chikithsa	Mutraaghatha chikithsa
29.	A.H.Chi.11/21	Chikithsa	Mutraaghatha chikithsa
30.	A.H.Chi.11/37-39	Chikithsa	Mutraaghatha chikithsa
31.	A.H.Chi.12/42-43	Chikithsa	Prameha chikithsa
32.	A.H.Ut.13/54-55	Utthara	Timira prathishediya
33.	A.H.Chi.14/45-48	Chikithsa	Gulma chikithsa
34.	A.H.Chi.16/23-28	Chikithsa	Panduroga chikithsa
35.	A.H.Chi.17/39	Chikithsa	Swayathu chikithsa
36.	A.H.Chi.19/18	Chikithsa	Kusta chikithsa
37.	A.H.Chi.19/19-20	Chikithsa	Kusta chikithsa



38.	A.H.Chi.21/32-33	Chikithsa	Vata vyadhi chikithsa
39.	A.H.Chi.21/58-61	Chikithsa	Vata vyadhi chikithsa
40.	A.H.Ut.2/48-49	Utthara	Balaamaya pratishediya
41.	A.H.Ut.2/50	Utthara	Balaamaya pratishediya
42.	A.H.Ut.5/19	Utthara	Bhutha pratishediya
43.	A.H.Ut.5/20	Utthara	Bhutha pratishediya
44.	A.H.Ut.11/49-50	Utthara	Sandhisithaasitha roga pratishediya
45.	A.h.Ut.20/21-23	Utthara	Nasa roga prathishediya
46.	A.h.Ut.20/43	Utthara	Nasa roga prathishediya
47.	A.h.Ut.22/21-22	Utthara	Mukaroga pratishediya
48.	A.h.Ut.22/97	Utthara	Mukaroga pratishediya
49.	A.h.Ut.22/98	Utthara	Mukaroga pratishediya
50.	A.h.Ut.30/1-2	Utthara	Granthiarbuda shlipada apachi nadi pratishediya
51.	A.h.Ut.35/45-47	Utthara	Visha prathishediya
52.	A.h.Ut.40/12-20	Utthara	Vajikarana vidhi adhyaya

Yogas of kantakari –

Sl.no	Reference	Sthana	adhyaya	Name of the preparation	Part used	Indication
1	A.H.Chi.1/90-91	chikithsa	Jwara	Pippalayadhi grutha	Whole plant	Jwara, Vishamagni, Halim aka, Aruchi, Parshva, Shiro ruja, Kshaya
2.	A.H.Chi.3/59-63	chikithsa	kasa	Kantakari grutha	Whole plant	All types of Kasa, Shwasa, Hikka and in Kaphaja vikaras.



3.	A.H.Chi.3/63-66	chikithsa	kasa	Kantakari avaleha	Whole plant	Gulma ,Hridroga,Arshas,Swasa, Kasa.
4.	A.H.Chi.5/16-17	chikithsa	Rajayakshma dhi	Jeevanthyadhi grutha	Whole plant	Yakshma hara
5.	A.H.Chi.6/40-41	chikithsa	Chardhi Hridroga Trishna	Mahasneha	Whole plant	Tarpana,Brihmana,Balya, Vata vyadhi,Hrid roga
6.	A.H.Chi.8/145- 148	chikithsa	Arsha	Putikaranjadhi chukra	Whole plant	Arshas,Mandagni,Pandu roga ,Garavisha,Anaha,Ashma ri and Mutra krichra
7.	A.H.Chi.10/63- 65	chikithsa	Grahanidosha	Kshara grutha	Whole plant	Grahani vyadhi,Agni vardhaka
8.	A.H.Chi.12/42- 43	chikithsa	Prameha	Navayasa choorna	Root	Prameha pidaka
9.	A.H.Chi.14/45- 48	chikithsa	Gulma	Nilini grutha	Whole plant	Gulma,Kusta,Udara,Vya nga,Shopha,Pandu Jwara,Pliha,Unmada.
10.	A.H.Chi.16/23- 28	chikithsa	Panduroga	Shilajathu vataka	Root	Pandu, Kusta,Jwara,Pliha,Tamak a,Arsha,Bhaghandara,Bra ma,Sarva doshahara.
11.	A.H.Chi.17/39	Chikithsa	Swayathu	Ajajadhi churna	Root	Kaphaja shotha
12.	A.H.Chi.19/18	Chikithsa	Kusta	Vajraka grutha	Whole plant	Kusta,Visarpa,Jwara,Ka mala,Rakthaja vikara
13.	A.H.Chi.19/19- 20	Chikithsa	Kusta	Mahavajraka grutha	Whole plant	Used for snehana and Rochana in krura kosta patient. Used in kasta saadhya Kusta,Shwitra,Pliha ,Ashmari,Gulma



14.	A.H.Chi.21/32-33	Chikithsa	Vata vyadhi	Tilvaka grutha	Whole plant	Dusta vata ,Yoni vyapath,Gulma,Udara roga
15.	A.H.Chi.21/58-61	chikithsa	Vata vyadhi	Nimbadhi grutha	Whole plant	Useful in vata located in sandhi,asthi,majjaghata dhatu,Kusta,NadivranaArbuda,Gandamala,Vidradhi,VatarakthaJjatra Urdwa Sarva gada.
16.	A.H.Ut.2/48-49	Uttara	Balaamaya pratishediy	Sthiradhi grutha	Whole plant	Srotho shodhana in Bala shosha.
17.	A.H.Ut.2/50	uttara	Balaamaya pratishediya	Simhadhi grutha	Whole plant	Srotho shodhana in Bala shosha
18.	A.H.Ut.5/19	Uttara	Bhutha pratishediya	Bhutarva grutha	Whole plant	Graha baadha
19.	A.H.Ut.5/20	Uttara	Bhutha pratishediya	Maha bhutarva grutha	Whole plant	Sarvagraha Unmadha ,Kusta,Jwara
20.	A.H.Ut.11/49-50	Uttara	Sandhisithaas itha roga pratishediya	Anjana varti	Root	Sira sukra roga

Kantakari used in different context in Astanga Hridaya –

Sl no	Reference	Sthana	Adhyaya	Part used	Prayoga
1	A.H.Su.10/28-30	Sutra sthana	Rasabediya adhyaya	Whole plant	Kantakari mentioned in Tiktha skanda dravya
2.	A.H.Su.20/37-38	Sutra sthana	Nasyavidhi adhyaya	Root	One of the ingredients in Anu taila
3.	A.H.Su.22/19-	Sutra	Gandusha vidhi	Root	It is indicated for Mukha lepa in



	21	sthana	adhyaya		Shishira ritu
4.	A.H.sha.2/58	Shaareera sthana	Garbhavyapath vidhi adhyaya	Whole plant	In case of Garba srava in the 8 th month of pregnancy Kantakari used with other dravyas as Ksheerapaka.
5.	A.H.Chi.1/28	Chikithsa sthana	Jwara chikithsa	Whole plant	In Jwara rogi having lakshanas like basthi,parshva and shira shoola ,peya prepared from Kantakari and Gokshura should be given.
	A.H.Chi.1/32			Whole plant	If Parikarthika arises in Jwara rogi Kanatakari peya should be used.
	A.H.Chi.1/61,66			Whole plant	In case of VataKaphaja Jwara rogi is associated with Shwasa,Kasa,Peenasa and Shoola Kantakari kwatha should be given.
	A.H.Chi.1/65			Whole plant	In case of Sannipatha Jwara Kantakari along with patola,nimba etc drug advised.
6	A.H.Chi.3/3-4	Chikithsa sthana	Kasa chikithsa adhyaya	Whole plant	For Vataja kasa and to do Agni deepana Kantakari siddha grutha is given.
	A.H.Chi.3/23- 24			Fruit	Kantakari phala is used as pathya in Vataja Kasa.
	A.H.Chi.3/42- 43			Whole plant	Kantakari is used as samsarjana karma dravya in Kaphaja Kasa.
	A.H.Chi.3/48- 49			Root	In Kaphaja Kasa along with madhu,maricha ,kanatakari etc drug are used.
	A.H.Chi.3/164			Whole plant	Kantakari siddha grutha used in



					Kasa,Jwara and Aruchi.
	A.H.Chi.3/176			Whole,Plant	Kantakari siddha mudga yusha can be used in Sarva Kasa.
7.	A.H.Chi.4/21-22	Chikithsa sthana	Shwasa hidma chikitsa adyaya	Whole plant	Kantakari siddha mudga yusha used in Swasa.
8.	A.H.Chi.8/44-45	Chikithsa sthana	Arsha chikithsa adhyaya	Fruit	Kanatakari fruit to be spread inside an earthen pot and takra to be kept overnight to destroy Arshas.
	A.H.Chi.8/85-86			Whole plant	Jala sidhu with Kantakari to be given to arshas patient when thirsty,after meals or in between meals for vat varcha anulomana.
	A.H.Chi.8/116			Whole plant	Kantakari siddha grutha useful in raktha sravi Arshas.
9.	A.H.Chi.11/18-20	Chikithsa sthana	Mutraghata chikithsa adhyaya	Whole plant	Kantakari siddha grutha useful in Vataja Ashmari.
	A.H.Chi.11/21			Root bark	Kantakari moola twak to be taken with dadhi and madhu for Ashmari bhedana.
	A.H.Chi.11/37-39			Whole plant	Kantakari siddha yavagu useful in Muthraaghata.
10.	A.H.Ut.13/54-55	Uttara sthana	Timira prathishediya adhyaya	Whole plant	Kantakari is one among the content of oil used for Nasya indicated in Sarva Urdwajatrugata Vata -Kaphaja amaya
11.	A.h.Ut.20/21-23	Uttara sthana	Nasaroga prathishediya adhyaya	Whole plant	Kantakari siddha oil used in nasya for Apinasa and Putinasa.
12.	A.h.Ut.20/43	Uttara sthana	Sarvaakshiroga pratishediya	Whole plant	Kantakari used for dhoopana in Akshighata shopha and vedana.



13.	A.h.Ut.22/21-22	Uttara sthana	Mukharoga pratishediya	Whole plant	Kantakari siddha taila used for gandusha for Dhanta shoola.
	A.h.Ut.22/97			Whole plant	Kantakari kavala dharana leads to Sarvamukha roga hara.
	A.h.Ut.22/98			Whole plant	Kantakari churna used for gharshana on Danta vestana for Danta mamsa arthi kandu nashana.
14.	A.h.Ut.30/1-2	Uttara sthana	Granthiarbuda shlipada apachi nadi pratishediya adhyaya	Whole plant	Kantakari siddha grutha used for snehana before shodhana in Granthi vyadhi.
15	A.h.Ut.35/45-47	Uttara sthana	Visha prathishediya	Whole plant	Post removal of shalya, certain kshara dravyas are applied to burn of the Vrana and ultimately Kantakari to be applied.
16.	A.h.Ut.40/12-20	Uttara sthana	Vajikarana vidhi adhyaya	Whole plant	Kantakari is a content of grutha used as Vajikarana.

Discussion-

Whenever we study a drug, we often consider its indications only for the diseases of a specific *strotas* (bodily system). However, these drugs should be used for treatment based on their *panchmahabhuta* (five elements) and *rasadi* (taste) properties.

Kantakari not only works on the Praanavaha Srotas (respiratory system) but also addresses various other conditions such as Udarrog, Grahani, Agni vardhaka Arsha, Shirorog, GrahaBadha, Bal roga, Yoni vyapad, Gulm, Pandu, Pliha rog etc. In some diseases, it acts as the primary medicine, while in others, it serves as an adjunctive treatment. Kantakari is used in many preparations. As here, Acharya Vagbhata has described the varied uses of Kantakari.

We only know about the important formulations of Kantakari, but Acharya Vagbhata has explained many new formulations as well, which we can prepare. This is a topic for research so that we can benefit from it. And along with that, there are many diseases mentioned where we don't consider Kantakari as the primary treatment, but it has still been used there.



Conclusion-

Kantkari specifically acts on the Praanavaha Srotas and also on the Rasavaha Srotas . It influences Praana Vayu and Udana Vayu, while among the Kapha subtypes; it acts on Avalambaka Kapha and Kledaka Kapha. It is particularly effective in balancing Vata and Kapha doshas. Due to its Ushna veerya (hot potency), it dissolves Kapha and facilitates the proper movement of Vayu by promoting anulomana Agni deepan, It enhances the digestive fire (Agni) and aids digestion and metabolism. Srotas Shodhana: Ushna veerya helps in clearing blockages in the bodily channels (Srotas). Kantkari has two following synonyms which help in concluding its most important action as a dravya-

1. Nidigdhika – It means that which removes accumulated Kapha from the Srotas (channels).
2. Dravani – It signifies that which dissolves Kapha. (Kapha Viliyankarn)
Acharya Vagbhata has given significant importance to Kantakari due to its potent therapeutic properties and its ability to balance Vata and Kapha doshas, which are often the root causes of many disorders.

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