

**Sri Satya Sai Murlidhar Ayurvedic College & Hospital  
Moga (Punjab) -142001**

**CHAKSHUSHYA**

**Botanical name -** *Cassia absus* Linn

**Family-**Shimbi-family (Leguminosae).

Subfamily-PutickaranjaSubfamily (Caesalpinioideae).

**Regional names -**

English name - Jasmeejaz, Chaksu seeds

Hindi name-Chakanu

Telugu name- ChanubalaVittulu

Tamil name- Karum

Marathi name- Chinola

Unani- Chaakshu

Gujarathi name- Chimed

**Botanical description-**

Its sticky hairy stalk is a year old 1-2 feet tall. Leaflets compound: Leaflets four, 3 inches long, lanceolate often blunt-pointed. There is a node between the two leaflets. The leaves are bitter-alkaline. Flowers- 1-2 inches long in branched calyx, small, red or yellow. Stamens four. Fruit 1-13 inches long, flattened and hairy. Seeds five in number, sticky, oblong, shiny black. The seed marrow is white.

**Habitat-**

It occurs everywhere from the western Himalayas to Lanka.

**Chemical composition-**

The seed marrow contains 1.5% of two water-soluble active substances, Chaksine and isochaksine. An oil is also obtained from the seeds.

**Rasapanchaka**

Guna – Ruksha

Rasa – Tikta, Katu

Veerya – Shita

Vipaka – Katu

Prabhava - Chakshushya

Doshakarma - It is especially Kapha and pitta shamaka



**Uses:**

Digestive System- Being astringent, it is absorbent.

Cardiovascular System- Due to the presence of Kashaya rasa, it is styptic

Urinary system- Being cold, it is diuretic.

It is anti-poisonous and reduces fat.

**Use**

Dosha Prayog- It is used in disorders caused by Kapha-Pitta.

**External use**

In external eye inflammation, it is applied on the eyelids and is used as antimony in eye diseases like blindness, in eye infection, Pothki, Netralaav etc. In case of purulent eye infection, its powder is applied in the eye. Its plaster is made and applied on wounds and sores, especially on genital wounds. It is also beneficial in worm diseases like pain etc.

**Internal use**

Digestive system - it is used in diarrhoea and dysentery.

Cardiovascular system- it is used to stop bleeding, especially in sub-acute bleeding.

Urinary system- powder of seeds is given in dysuria, stone etc.

**Useful part-** seeds.

**Dose -**powder-1-3 grams.

Chaksu seeds are kept in ground flour and heated on fire. Thereafter, the peel is removed and the seed marrow is used in eye diseases.