

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

Botanical Name - *Curcuma zedoaria*

Family - Zingiberaceae (Ardraka Kula)

Vernacular names

Sanskrit Name - Karchura
Hindi Name - Karchur
Kannada Name - Kachora
Tamil Name - Kichilik, Kizangu, Poolangizhangu
Telugu Name - Kachoramu
Bengali Name - Kachura, Shori, Ekangi, Shati
Marathi Name - Kachora
Gujarati Name - Kachuro, Shat kachuro
Malayalam Name - Kachchurikizhanna
Unani Name - Narkachoor, Zaranbad
English Name - Zedoary, White turmeric

Classical categorisation of Kachura

Bhavaprakasha - Karpuradi Varga
Raja Nighantu - Pippalyadi Varga
Dhanvantari Nighantu - Chandanadi Varga
Kaiyadeva Nighantu - Aushadi Varga

Chemical constituents:

Curcuma zedoaria contains essential oils:, starch, curcumin, gums, etc.

Distribution

Found in India such as in Eastern Himalaya and Shimla; Sri Lanka, Bangladesh and is cultivated in Japan, China and Thailand.

Controversies regarding identification of Kachura:

Kachur is used as a substitute of shati *Hedychium spicatum* hence the synonym shati is used for kachur. In ancient text books only shati was mentioned and kachur was mentioned in later text books because of less availability of shati, it was mentioned as a substitute.



Morphology of Curcuma zedoaria -

Its a perennial aromatic herb bearing yellowish orange flowers. Leaves are long, green growing up to 1 meter in height. Rhizomes are aromatic, pale yellow in colour inside when cut.

Pharmacological properties -

Anti-fungal, Anti-amoebic, Analgesic, Anti-allergic, Anti-ulcer, Anti-inflammatory etc

Side Effects of Kachoor

Due to its hot and penetrating quality it is best to avoid excess burning sensation, heavy menstrual bleeding, bleeding disorders and other high pitta conditions. Best to avoid its usage in pregnancy and lactation.

Rasapanchaka -

Rasa - Katu, Tikta

Vipaka - Katu

Virya - Ushna

Guna - Laghu, Teekshna, Sughandhi

Effect of Kachur on Tridoshas Balances Vata and Kapha Dosha

Sthanika karma (Systemic Acton)

Externally - Reduce pain and inflammation. External application of its paste is indicated in joint pain, skin disorders, etc.

Internally

Nervous system - Pacify vata dosha, improve intellect, Indicated in diseases of vata origin

Digestive system-Digestive, Carminative, Anthelmintic, Mild purgative. Facilitate proper movement of vata dosha. Stimulates liver and is indicated in abdominal cramp, bloating, loss of appetite, Constipation, Hemorrhoids etc.

Circulatory System - In edema, its leaf juice can be given. Stimulate heart.

Respiratory System Pacify kapha dosha. Indicated in kasa(Cough), hiccough and in breathing difficulties,

Excretory system - Juice of raw rhizome is indicated in dysuria and in urinary tract infection.

Reproductive System - Its fruit is Aphrodisiac and root causes uterine contraction. Indicated in Amenorrhea and in Dysmenorrhea.

Skin - Induce in skin disorders (Kushta)

Indicated in fever



Indications -

Kushta(skin diseases), Arshas (hemorrhoids), Vrana (heals wounds), Kasa (cough), Shvasa(asthma), Gulma(abdominal tumours), Krimi(intestinal worm infestation), Pliha(enlargement of spleen), Mukhavaishadya(cleanses mouth), removes bad breath Kapha related diseases like in congestion it reduces phlegm, it clears hoarseness of voice etc

Therapeutic uses –

Hoarseness of voice, bad breath, cough its rhizomes are chewed or it can also be used as tooth powder.

In wounds and sprains its paste is applied.

Decoction prepared using kachur rhizomes, cinnamon, long pepper is taken along with honey in conditions like fever, cough and rhinitis.

In ascites its leaf juice is used.

In haemorrhoids and diarrhoea its rhizomes are used as vegetable.

In seizures its paste is applied over head and body.

Fresh juice of rhizome is used in intestinal worm infestation.

Part Used -Rhizome

Dose -Root powder-1-3 grams Decoction-15-30 ml

Formulations –

KachuadiChurnam
PanchagandhaChurnam
Sutshekhar Ras
Suvarna sutashekara Rasa

Research activity -

Anti-diarrhoeal activity
Anti-cancer activity
Antimicrobial activity
Anti-inflammatory activity
Analgesic activity
Anti-fungal activity
Anti-cancer activity