



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

Botanical name -*Centipeda minima* (Linn.) A. Br. &Aschers)

Family -Bhungraj-family (Compositae)

Synonyms –

Kshavak, Chikkani – this herb is helpful in inducing sneezing.

Kshudhajanana, KshutVibhodak – this herb is good in enhancing the appetite and digestive fire.

Ghrandukhad – Causes pain in nose after the repeated sneezing.

Classical categorization -

Acharya Bhavprakash has mentioned this herb in Guduchyadi Varga.

Kaiyyadeva Nighantu has mentioned this herb in Aushadhi Varga.

Acharya Charak In Shirovirechniyamahakashaya.

Acharya Sushrut in Mustadiganna.

Acharya Priya Vrat Sharma is categorised under the drugs which are helpful in Nasa gatarogas.

Botanical description-

It is a perennial small shrub with rooted stems with many branches, hairy and spreading over the ground. Leaves- inches long, rhyming or abhilatva-oblong, slightly toothed. Flowers small usually sessile, globose, 1-12 inches in diameter. Small bulges remain on the inflorescence when the tetragonal fruits fall. It flowers and fruits from March to January. In a humid environment it continues to bloom and fruit for years.

Habitat - Found throughout India and Lanka, especially in humid places.

Chemical composition- It contains a volatile oil and bitter substance. Two colourless, crystalline substances have also been found.

Properties:

Rasa– Katu

Guna– Teekshan

Veerya– Ushna

Vipaka– Katu

Karma– Balances the Kapha and Vata dosha



Uses

This plant is extremely beneficial in maintaining Kapha and Vata balance.

Its external application is highly beneficial as kussthagna (removes skin disorders) and vedanasthapana (relieves pain).

As described by Acharya Charak, using the drops of the herbal decoction or extracting the juice of this plant as Nasya (distilled the drops in nasal cavities) helps as Shirovirechniya.

This aids in the strengthening of neuromuscular tissues.

This is a fantastic appetizer that stimulates the digestive process and is beneficial in worm infestations.

Its Nasya technique aids in the relief of sinusitis and headaches of various varieties.

The plant's decoction is utilized as Kapha-niharak, which means to expel phlegm and mucus.

It helps with erectile dysfunction as well.

This herb, in powder or decoction form, is utilized as a detoxifier in liver or spleen hardness.

This herb's paste is applied locally to the affected area in order to lessen pain.

Useful part – seeds.

Dose- 1-3 grams.