

## A THERAPEUTIC REVIEW OF KARKATSHRINGI (*PISTACIA INTEGERIMA*)

**DR. RAJESH SHARMA**

Associate Professor , Department of Dravyaguna  
Jammu Institute of Ayurveda & Research, Nardani, Bantalab Jammu (J&K)- 181123

### Abstract

*Pistacia integerima* is a medicinal plant belongs to the family Anacardiaceae and this drug is very much famous for its therapeutic uses in various diseases specially it is said to be the drug of choice in respiratory disorders ,as it is included in Kasahara and Swashara ,Hikkanigrahen mahakshaya by Acharya Charaka .The different parts of the plant like leaf , bark , roots and galls have their medicinal properties and are being used in the different medicines of Ayurveda like Dashmoolarishta, Chavanprasha etc . So the aim of the review is to compile the complete usage of this drug in the samhitas of Ayurveda .

**Key words** – karkatshringi ,galls ,samhitas, medicinal uses

### Introduction

Karkatshringi is a glabrous tree having dark grey or blackish bark and grown upto 16m.The bark produces scented liquid when pierced.Leaves are 20-25 cm in length, with or without terminal leaflet.The odor of this shrub is peculiar. Flowers are small, green-yellow in colour.Fruit are drupe, globose, dry, rugose ,Flowering occurs in Jan – Feb.,Fruits during March – April. In *Sushruta Samhita*, karkatshringi is classified as poisonous tuber. It is herb which produces *sringi* (gall) which are produced by an insect-

Aphis (*Dasia asdifactor*). This insect produces the thorn like outgrowths on the branches of this herb which are called as *karkatshringi*. These are large, hollow, thin walled, generally cylindrical and tapering to either extremity.they are very much bennificial in Hikka, Kasa, Shvasa, Atisar, Urdhav vata<sup>2</sup>, and have very good action on g.i.t problems , gums disorders , and edema<sup>3</sup>.

### Review of literature

#### Gana (Classical Categorization ):

- Charak Samhita -

- *Kasahara* (group of herbs for treatment of cough).
- *Hikkanigrahana* (group of herbs for treatment of hiccups).
- *Madhura skanda*
- **Sushrut Samhita -**
- *Kakolyadi*
- *Padmakadi*

**Vernacular names-Table 01**

Sanskrit name	Srngi, karkat srngi, kulir vishanika, ajsringi, chakra and karkatakhyia
English name	Crabs claw, zebrawood
Hindi name	Kakadasrngi, kakarasingi
Kannada name	Kakada shrungi, karkataka shrungi
Tamil name	Karkata shrungi
Bengali name	Kankihasringi
Punjabi name	Kakar, kakarsingi
Urdu name	Kakarasinghi

**Ayurvedic properties-Table 02**

<b>Rasa</b>	Tikta (bitter), Kshaya (astringent)
<b>Guna</b>	– Laghu (light), Ruksa (dry)
<b>Virya</b>	– Ushna (hot potency)
<b>Vipaka</b>	– Katu (pungent)

**Chemical Composition :**

It has 60% tannin and 1.2% volatile oil.

**Galls** – Essential oils, resin, pistacieonic acids A and B, 3-sitosterol, aromadendrene, camphene, caprylic acid, cineol, a-pinene, etc.

**Leaves and bark** – tannins.

**Seeds** – Amino acids, dihydromalvic acid, proteins, sterals, triterpenoids, etc.

**Drupe-oil** – pistacin, pistacinin, dihydroquercetin, etc

**Uses of karkatshringi**

**Action on edema**

This herb is quite good in the problem of edema (swelling). It helps to reduce the fluid accumulation in the tissues. Furthermore, this herb also helps to provide the relief in the problem like swelling in legs, hands, arms, ankle and feet which are associated with edema.

**Action on gums**

Use of this herb is quite good in the gum diseases like pyorrhea, gingivitis. Decoction of this herb helps to remove the pus from gum. Its anti-inflammatory property helps to reduce the pain.

**Action on Gastrointestinal Tract**

Being carminative and astringent in properties, it helps to reduce flatulence in gastrointestinal tract. Thus this herb is quite effective in the treatment of diarrhea, anorexia and dysentery.

**Action on Respiratory system**

It is good to treat cough and dyspnea. Being bitter and pungent in taste it acts as expectorant and helps in

clearance of mucus from airways, bronchi, lungs and trachea. Use of this herb is quite good to treat whooping cough and asthma in children. Moreover, it helps to manage hiccoughs.

### **Action on Female Reproductive system**

This herb supports the good health of female reproductive system. It helps in the removal of debris and impurities after menstruation. It helps in the healing of uterine lining

### **Anti-pyretic**

This herb has antipyretic properties hence it is good in the treatment of fever. It is particularly used to treat *Vata-kapha Jwara*.

### **Therapeutic uses**

**Vajikarana** – Karkatshringi kalka should be taken with milk while consuming sugar, ghee and milk as the main diet.

**Vataja Kasa** – Karkatsrngi powder is given with oil as Anupana.

**Kasa** – Karkatsrngi powder may be licked with ghee, sugar and honey followed by milk as Anupana. **Kapha Chhardi** – Powder of Musta and Karkatsrngi is useful.

### **According To Acharya Charaka - Important Yoga In Which Karkatshringi Is Used:**

**Chitrakadi leha:** It is used in the treatment of Kasa (cough), Hridya rog (heart diseases), Shvasa (asthma), Gulma (abdominal tumor, distension). Along with Karkatshringi, the other drugs used are- Pippalimool, Marich, Duralabha, Ganjpipal, Tulsi, Giloy, Munakka.

**Duralabhadi leha:** It is used for treating Vataja kasa. Along with Karkatshringi, other drugs used are- Duralbha, Munakka, Shringver, Kachoor.

**Duhsparsadi leha:** It is used for curing Vatika kasa. The other drugs used are- Pippali, Nagarmotha, Bharangi, Kachoor.

**Pathadi yoga:** It is used for curing Kaphaja kasa. The other drugs used in preparing this medication are- Patha, Sunthi, Shati, Murva, Musta, Pippali, Hingu.

**Leham yoga:** It is also used in treating Kaphaja kasa. Along with Kakdasangi, other drugs used in preparing this medication are- Devadaru, Musta, Pippali, Nagara, Rasna, Pathya.



**Nidigdhika yusha:** It is used for treating the patient of Shvasa (asthma) and Hikka (hiccups). The other drugs used for its preparation are- Duralbha, Gokshur, Guduchi, Kultha.

**Dashamooladi yevagu:** It is used in the treatment of Kasa, Heart diseases, Parshav shoola (pain in the sides of the chest), Hikka, Shvasa. Along with Kakadsingi, other drugs used in its preparation- Dashamool, Kachoor, Rasna, Pippalimoola, Amla, Sonth.

### **Conclusion**

This review of the uses of karkatshringi in different diseases with different drugs is very useful for the practitioners to use this review to treat various disorders by using this drug. It should be properly identified and then used for the medicinal purpose.

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#### **Corresponding author:**

**DR. RAJESH SHARMA**

Associate Professor, Department of Dravyaguna  
Jammu Institute of Ayurveda & Research, Nardani, Bantalab  
Jammu (J&K)- 181123  
Email: [dr.rajeshsh@gmail.com](mailto:dr.rajeshsh@gmail.com)

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