



Review Article

A COMPREHENSIVE STUDY OF *KUSTHA* (*SAUSSUREA LAPPA* (C.B. CLARKE) IN *BRIHATTRAYI* AND *LAGHUTTRAYI*

Vahisht Kiran^{1*}, Singh D.C.², Thakur Vivek³

¹Ph.D. Scholar, Department of Dravyaguna, I.M.S, B.H.U, Varanasi, India.

²Professor and HOD, Department of Dravyaguna, Uttarakhand Ayurved University, Rishikul Campus, Haridwar.

³M.D. Scholar, Department of Rasa-Shastra & Bhaishjya Kalpana, Uttarakhand Ayurved University, Rishikul Campus, Haridwar, India.

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ABSTRACT

Brihatrayi (Greater triad) and *Laghutrayi* (Lesser triad) are excellent, highly esteemed and extensively used sources of Ayurvedic knowledge. *Brihatrayi* comprises *Charaka samhita*, *Sushruta samhita* and *Astanga Hridaya* and *Laghutrayi* comprises *Madhava nidana*, *Sharangdhar samhita* and *Bhava prakasha*. *Ayurveda* delineates the uses of *Kustha* (*Saussurea lappa* (C.B. Clarke) for the management of different diseased conditions. Most of the *Samhita Grantha* have mentioned it in the treatment of *Kustha*, *Shvitra* (skin disease), *Vata vyadhi* (epilepsy), *Arsha* (piles), *Mutrakricha* (difficulty in micturition), *Jvara* (fever) and *Vrana prasadana* (wound healing). This article reviews the various references of *Kustha* in *Brihatrayi* and *Laghutrayi*, regarding its different formulations and its prime therapeutic indications.

*Address for correspondence

Dr. Vahisht Kiran

Ph.D. Scholar

Department of Dravyaguna

I.M.S, B.H.U, Varanasi, India.

Mob: +919456364759

Email: vahishtkiran312@yahoo.com

INTRODUCTION

Drug consists of the dried root *Saussurea costus* (Falc.) Lipsch. (syn. *Saussurea lappa* (Decne.) C.B. Clarke) family Asteraceae. The plant is a perennial herb about 1-2 meters in height, distributed in Himalayas, Kashmir eastward at an altitude between 2500-3000 meters and also cultivated in Himachal Pradesh, Uttarakhand and Sikkim.^[1] *Saussurea lappa* (C.B. Clark) is a tall, robust perennial herb. Its stem erect, 1.2m-2m high. It has simple, alternate, opposite or whorled leaves. Leaves are membranous, irregularly toothed; basal one very large, 0.6-1.2m long, triangular, with a long lobately winged stalk. Stem leaves are smaller. Flowers heads, stalk less, hard, rounded, 2.5-3.8 cm. dia., 2-5 forming axillary and terminal clusters. Bracts surrounding the heads many, ovate-lanceolate, long, pointed, rigid, bent back, hairless. Corolla 2 cm. long, tubular, dark blue-purple or almost black. Stamens free. Anther tails fringed. Achene- 3mm. long curved and compressed. Pappus hairs 1.7cm long, brown, all feathery. Fruit achene, up to 8mm long, compressed, curved, tip narrowed, with 1 rib on each face, top contracted, cupped. Root is stout, up to 60cm

long brownish with longitudinal streaks and furrows with reticulate surface, having characteristic odor.^[2] It act as *Shukrala*, *Vataraktahara*, *Vishapahara*, *Kashaghna*, *Kusthaghna*, *Vataghna*, *Raktashodhaka*, *Varnya*, *Deepana*, *Pacchana*, *Vajikara*, *Rasayana* and *Twakadoshahara*.^[3]

Material and Methods

1. *Kustha* (*Saussurea lappa* (C.B. Clarke) in *Brihatrayi*

a) *Charaka Samhita*: - (1000 B.C.-4th A.D.)^[4]

It is first of three most important treatise of *Ayurveda*, which are jointly known as *Brihatrayi*. In "*Charaka Samhita*" *Kustha* has been described in *Shukra shodhana Mahakashaya*, *Lekhaniya Mahakashaya*, *Asthanopanaga Gana*, *Katuka Skandha*. It is also described under the name of *Pakala* and *Vapya* in some preparation. This is used as an ingredient of many preparations for external and internal medication is cited below:

S. No.	Name of preparations/ <i>Gana</i> / Group of Drugs	Indication	Reference
1.	<i>Pradeha, Pralepa</i>	<i>Kustha</i> , <i>Kilasha</i> , <i>Lupta</i> , <i>Kitibha</i> , <i>Dadru</i> , <i>Arsha</i> , <i>Bhagandara</i> , <i>Apachi</i> , <i>Pama</i>	C.S.Su.3/4-7
2.	<i>Kusthadi Lepa</i>	<i>Kandu</i> , <i>Pidika</i> , <i>Kotha</i> , <i>Kustha</i> , <i>sopha</i>	C.S.Su.3/8-9
3.	<i>Kusthadi churna</i>	<i>Dadru</i> , <i>Kandu</i> , <i>Kitibha</i> , <i>Pama</i> , <i>Vicharchika</i>	C.S.Su.3/10-11
4.	<i>Manahshiladi Lepa</i> & <i>Tutthadi Lepa</i>	<i>Kustha hara</i>	C.S.Su.3/12
5.	<i>Rasanjanadi</i> & <i>Karanjadi lepa</i>	<i>Kustha</i> (Skin diseases)	C.S.Su.3/13
6.	<i>Lekhaniya Mahakasya</i>	<i>Lekhaniya Karma</i> (<i>Santarpanajanya vyadhi</i>).	C.S.Su.4/3

7.	<i>Shukrasodhana Mahakasaya</i>	<i>In Sukra janya diseases. (sukra sodhana)</i>	C.S.Su.4/19
8.	<i>Asthapanopaga Mahakasya</i>	<i>For Asthapan vasti</i>	C.S.Su.34/25
9.	<i>Upanaha</i>	<i>Swedan Karma</i>	C.S.Su.14/35-37
10.	<i>Pralepa</i>	<i>Kuti Sweda</i>	C.S.Su.14/52-55
11.	<i>Kusthadi churna</i>	<i>Mutra Krichha</i>	C.S.Su.23/15-16
12.	<i>Katukskandha</i>	<i>Kaphaja vyadhi</i>	C.S.Su.8/142
13.	<i>Kalp samgraha</i>	<i>Sirovirechana</i>	C.S.Su.8/142
14.	<i>Agurvadi Taila</i>	<i>Seetjwara Chikitsa</i>	C.S.Su.3/267
15.	<i>Dhoopa</i>	<i>Vishama jwara</i>	C.S.Su.3/308
16.	<i>Churna Lepa</i>	<i>Kaphaja Prameha</i>	C.S.Su.6/27-29
17.	<i>Lodhrasava or Madhawasava</i>	<i>Kaphaja and pittaja Prameha, Pandu, Arsha, Aruchi, Grahani roga, Kilasa, Kustha.</i>	C.S.Chi.6/42
18.	<i>Kustha Nasaka yoga</i>	<i>Kustha</i>	C.S. Chi.7/84
19.	<i>Kusthodaya Taila</i>	-do-	C.S. Chi.7/102
20.	<i>Swetakarveer Pallawadhya Taila</i>	-do-	C.S. Chi.7/106
21.	<i>Kanak ksheeri Taila</i>	-do-	C.S. Chi.7/113
22.	<i>Lepa</i>	<i>Sidhma, Kilasa</i>	C.S.Chi.7/117
23.	<i>Adgajadi Lepa</i>	<i>Krimi, Kustha, Dadru, Mandala.</i>	C.S. Chi.7/126
24.	<i>Lepa</i>	<i>Switra</i>	C.S. Chi.7/169
25.	<i>Alepa</i>	<i>Yaksma</i>	C.S. Chi.8/77
26.	<i>Utsadana</i>	-do-	C.S. Chi.8/176
27.	<i>Kalyanaka ghrita</i>	<i>Unamda Chikitsa</i>	C.S. Chi.
28.	<i>Nasya & Anjana</i>	<i>Unamda</i>	C.S. Chi.9/64
29.	<i>Palankasadi Taila Abhyanga</i>	<i>Apasmara Chikitsa</i>	C.S. Chi.10/35
30.	<i>Pradhamana Nasya</i>	<i>Apasmara</i>	C.S. Chi.10/45
31.	<i>Tailaaa and Pradeha</i>	<i>Swayathu Chikitsa</i>	C.S. Chi.12/65
32.	<i>Pana</i>	<i>Pleehodara (Udararoga)</i>	C.S. Chi.13/104
33.	<i>Parisheka</i>	<i>Udara roga</i>	C.S.Chi.13/109
34.	<i>Narayana churna</i>	-do-	C.S.Chi.13/125-132
35.	<i>Pippalyadi Lavana</i>	-do-	C.S. Chi.13/159
36.	<i>Shirishabeejadhya Pralepa</i>	<i>Arsha</i>	C.S. Chi.14/53
37.	<i>Pippalydi Anuvastana Vasti</i>	-do-	C.S. Chi.14/131
38.	<i>Kanakaaristha</i>	-do-	C.S. Chi.14/160
39.	<i>Visaladi phanta</i>	<i>Kasa, swasa, Jwara, Daha, Pandu, Gulma.</i>	C.S. Chi.16/60
40.	<i>Punarnava Mandura</i>	<i>Panduroga</i>	C.S. Chi.16/93-94
41.	<i>Tejovatyadi Ghrita</i>	<i>Hikka Swasa Chikitsa</i>	C.S. Chi.17/141-144
42.	<i>Vidangadi Leha</i>	<i>Kasa Chikitsa</i>	C.S. Chi.18/52
43.	<i>Decoction (Kwatha)</i>	<i>Atisara Chikitsa</i>	C.S. Chi.19/105
44.	<i>Pichha vasti</i>	<i>Vatkapha Vibandha (Atisara)</i>	C.S. Chi.19/118
45.	<i>Astamavega Nasaka yoga</i>	<i>Visha Nasa</i>	C.S. Chi.23/52
46.	<i>Gandhahasti Namaka Agada</i>	-do-	C.S. Chi.23/71
47.	<i>Dhooma</i>	<i>Sarva Visaghna</i>	C.S. Chi.23/99
48.	<i>Chandanadi yoga</i>	-do-	C.S. Chi.23/191
49.	<i>Rajimana Sarpa visha Nasaka yoga</i>	<i>Rajiman Sarpa visha</i>	C.S. Chi.23/196
50.	<i>Lutavisha Nasaka Yoga</i>	<i>Lutavisha Nasaka</i>	C.S. Chi.23/200
51.	<i>Parama Agada (vachadi yoga)</i>	-do-	C.S. Chi.23/212
52.	<i>Tiladi Upnaha</i>	<i>Vrana Chikitsa</i>	C.S. Chi.25/51
53.	<i>Dwiruttarahingwadi churna</i>	<i>Anaha, Visuchika, Hridaya roga, Gulma, Urdhwavata roga</i>	C.S. Chi.26/20
54.	<i>Vachadi churna</i>	<i>Anaha, Mudhavata</i>	C.S. Chi.26/21
55.	<i>Tejhohwadi churna</i>	<i>Dantarakta srava, kandu, Rujapahama</i>	C.S. Chi.26/190
56.	<i>Kavala graham</i>	<i>Arochaka</i>	C.S. Chi.26/216
57.	<i>Devadarvadi Taila</i>	<i>Kaarna Soola</i>	C.S. Chi.26/223
58.	<i>Ksara Taila</i>	<i>Badhirata, Kaarnaada, Karnpuya, Karna krimi, Karna soola</i>	C.S. Chi.26/227
59.	<i>Urustambha Nashaka yoga</i>	<i>Urustambha</i>	C.S. Chi.27/29
60.	<i>Murvadi Yoga</i>	-do-	C.S. Chi.27/35
61.	<i>Swarnaksheeradi churna</i>	-do-	C.S. Chi.27/36

62.	<i>Kusthadi Taila</i>	-do-	C.S. Chi.27/43
63.	<i>Vatsakadi Lepa</i>	-do-	C.S. Chi.27/54
64.	<i>Mustadi Upnaha</i>	<i>Vata vyadhi</i>	C.S. Chi.28/113
65.	<i>Nirgundi Taila</i>	<i>Vata vyadhi, Nadivrana, Kustha</i>	C.S. Chi.28/135
66.	<i>Bala Taila</i>	<i>Vata vyadhi, Kasa Swasa, Jwaara, Hikka, Gulma roga, Urahksata etc.</i>	C.S. Chi.28/148-156
67.	<i>Amritadya Taila</i>	<i>Vata vyadhi, Unmada Arati,</i>	C.S. Chi.28/157-164
68.	<i>Mulakadya Taila</i>	<i>Vatajanya vyadhi</i>	C.S. Chi.28/167-169
69.	<i>Amrtadya Taila</i>	<i>Vata rakta, Urahaksata, Sarvanga Vata, Ekangavata</i>	C.S. Chi.29/103-109
70.	<i>Madhuschistha Pralepa</i>	<i>Sandhigata vataroga, Vata rakta, Bhagna</i>	C.S. Chi.29/141-144
71.	<i>Pralepa</i>	<i>Vatakapahanuga Vatarakta Chikitsa</i>	C.S. Chi.29/149
72.	<i>Tagaradi Lepa</i>	<i>Vata, Kapha, Rakta Nashaka</i>	C.S. Chi.29/150
73.	<i>Sandhwadi Taila</i>	<i>Pichu in Yoniroga</i>	C.S. Chi.30/58
74.	<i>Pippalyadi varti</i>	<i>For purification of Yoni</i>	C.S. Chi.30/72
75.	<i>Kalka and Utkarika</i>	<i>Yoni Poultice (Aticharana and Acharana yoni)</i>	C.S. Chi.30/106
76.	<i>Varti</i>	<i>Kardini yoni</i>	C.S. Chi.30/109
77.	<i>Modaka or Utkarika (Madanphal sadhita)</i>	<i>Vamana</i>	C.S.K.1/23
78.	<i>Kosatakadi Niruha Vasti</i>	<i>Kaphanasaka Vasti</i>	C.S.Si.3/56-57
79.	<i>Punarnavadi Niruha vasti</i>	<i>Sarvadosa Nasaka vasti</i>	C.S.Si.3/65-68
80.	<i>Sandhavadi Anuvasan Tailaaaa</i>	<i>Gulma, Arsha prameha, Urustambha Ashmari</i>	C.S.Si.4/13-16
81.	<i>Vidangadi Taila (Pana, Abhyanga, Anuvasana)</i>	<i>Krimi, Kustha, Prameha Arsha, Mala vikriti, Vatadi vyadhi</i>	C.S.Si.4/18-22
82.	<i>Darvyadi yoga</i>	<i>Klama, Grahani roga</i>	C.S.Si.7/15-20
83.	<i>Varti</i>	<i>Adhmana Chikitsa</i>	C.S.Si.7/21-26
84.	<i>Prakshepa Dravya</i>	<i>Vasti Chikitsa</i>	C.S.Si.10/15-16
85.	<i>Samgrahika vasti</i>	<i>Atishara grahani</i>	C.S.Si.10/30
86.	<i>Dravya of vasti</i>	<i>Vasti</i>	C.S.Si.11/23-26
87.	<i>Prakshepa Dravya</i>	<i>Yapana vasti</i>	C.S.Si.12/2

b) Sushruta Samhita: - (1000 B.C.-2nd A.D.)^[5]

Sushruta Samhita authorised by *Vridhha Sushruta* is the next most important treatise of *Ayurveda*, *Sushruta* was basically a surgeon, yet he has discussed aetiology, diagnosis and treatment of diseases in a very scientific way in his treatise. He also recognized *Kustha* as an important drug for clinical practice and while classifying the drug on the basis of their pharmacological actions he placed this drug in *Eladi Gana*. As an ingredient of specific formulation or as a member of various groups of drugs in *Sushruta Samhita* are cited below:

S. No.	Name of preparation/ Gana / Group of Drug	Indication	Reference
1.	<i>Eladi Gana</i>	<i>Vata, Kapha, Vish nashaka, Varna prasadana</i>	S.S.Su.38/25
2.	<i>Mustadi Gana</i>	<i>Kapha Nashaka</i>	S.S.Su.38/54
3.	<i>Sansamana Dravyas</i>	<i>Sansaman Karma</i>	S.S.Su.39/7
4.	<i>Kapha Rasa Gana</i>	<i>Kaphaja vyadhi</i>	S.S.Su.39/9
5.	<i>Katu Rasa Gana</i>	<i>Kaphaja vyadhi</i>	S.S.Su.42/22
6.	<i>Virechan Dravya</i>	<i>Virechan Karma</i>	S.S.Su.44/65
7.	<i>Bala Yoga</i>	<i>Balaroga</i>	S.S.Su.10/68-70
8.	<i>Bhagna Prasadana Tailaa</i>	<i>Bhagna Chikitsa</i>	S.S. Chi.3/58
9.	<i>Bhagna Prasadana Tailaa</i>	<i>Bhagna Chikitsa</i>	S.S. Chi.3/58
10.	<i>Upnaha</i>	<i>Vata vyadhi Chikitsa</i>	S.S. Chi.4/24
11.	<i>Pradeha, Ghrita manda yukta</i>	<i>Vata-rakta</i>	S.S. Chi.5/12
12.	<i>Alepana in Arsha</i>	<i>Arsa Chikitsa</i>	S.S. Chi.6/12
13.	<i>Ashmari Nashaka Yoga</i>	<i>Ashmari Chikitsa</i>	S.S. Chi.7/14
14.	<i>Sweda in shooleyukta and sravayukta Bhagandara</i>	<i>Bhagandara Chikitsa</i>	S.S. Chi.8/16
15.	<i>Bhagandara shuddhi</i>	-do-	S.S. Chi.8/39
16.	-do-	-do-	S.S. Chi.8/42
17.	-do-	-do-	S.S. Chi.8/43
18.	<i>Lepa</i>	<i>Kustha Chikitsa</i>	S.S. Chi. 9/10

19.	<i>Pralepa</i>	<i>Dadru Switra</i>	S.S. Chi.9/12
20.	<i>Lepa</i>	<i>Switra</i>	S.S. Chi.9/27
21.	<i>Bala Taila</i>	<i>Yonisrava, Santarpana</i>	S.S. Chi.15/32
22.	<i>Parisheka, Lepa, Ghrita</i>	<i>Visarpa, Nadi Vraa</i>	S.S. Chi.17/4
23.	<i>Pralepa</i>	<i>Vatjanya upadansha</i>	S.S. Chi.19/28
24.	<i>Lepa</i>	<i>Yauvana pidika</i>	S.S. Chi.20/37
25.	<i>Ghrita prepared by decoction used as Pana and Abhyanga</i>	<i>Vyanga, Nilika, Sphota</i>	S.S. Chi.25/38
26.	<i>Sidhha Taila Vasti</i>	<i>Uttara vasti in Yonigata roga</i>	S.S. Chi.37/8
27.	-do-	-do-	S.S. Chi.37/39
28.	<i>Niruha vasti</i>	-do-	S.S. Chi.38/25
29.	-do-	-do-	S.S. Chi.38/48
30.	-do-	-do-	S.S. Chi.38/61
31.	<i>Nasya and Anjana</i>	<i>Hridaya soola, Netra and Sirogata rujaha</i>	S.S. Chi.1/35
32.	<i>Lepa and pana</i>	-do-	S.S.K.1/53
33.	<i>Ajaya ghrita</i>	<i>Sthavara visha, Chikitsa</i>	S.S.K.2/47
34.	<i>Dhooma</i>	<i>Kasa, Swasa, Pratisyaya, Shiroroga, Netra roga due to Visha</i>	S.S.K.3/17
35.	<i>Tarksya Agada</i>	<i>Sarpdasta visha cikitsa</i>	S.S.K.5/56
36.	<i>Rishabha Agada</i>	-do-	S.S.K.5/69
37.	-do-	<i>Mushaka visha nashaka</i>	S.S.K.5/82
38.	-do-	-do-	S.S.K.5/84
39.	<i>Churna</i>	<i>Used on the surface of Dundubhi</i>	S.S.K.6/3
40.	<i>Kalyanaka ghrita</i>	<i>Visha Nashaka</i>	S.S.K.6/9
41.	<i>Maha Sugandhi Agada</i>	-do-	S.S.K.6/14
42.	<i>Pana</i>	<i>Krishna Mushaka Dansha</i>	S.S.K.7/13
43.	<i>Dahan, Visrava, Prakshepa</i>	-do-	S.S.K.7/33
44.	<i>Pana</i>	-do-	S.S.K.7/36
45.	<i>Utkarika for Swedana</i>	<i>Keeta visha</i>	S.S.K.8/44-45
46.	<i>Pana, Swedana</i>	<i>Trikantaka visha</i>	S.S.K.8/47
47.	-do-	<i>Galgolika visha</i>	S.S.K.8/48
48.	-do-	<i>Ahinduka keeta visha</i>	S.S.K.8/52
49.	-do-	<i>Luta visha nasaka</i>	S.S.K.8/106
50.	<i>Lepa and Swedana</i>	<i>Slesmabhisya</i>	S.S.U.11/6
51.	<i>Parishechana with milk</i>	<i>Dristhigata roga pratishedha adhyaya</i>	S.S.U.17/92
52.	<i>Deepika Taila</i>	<i>Kaarnagata roga Pratishedha adhyaya</i>	S.S.U.21/22
53.	<i>Avapeedan Nasya</i>	<i>Nashagata roga Pratishedha adhyaya</i>	S.S.U.23/4
54.	<i>Lepa</i>	<i>Shiroroga Pratishedha</i>	S.S.U.26/22
55.	<i>Lepa</i>	<i>Ardhavabhedaka</i>	S.S.U.26/35
56.	<i>Kalka siddhaTaila Abhyanga</i>	<i>Revatigraha pratishedha</i>	S.S.U.31/4
57.	<i>Dhoopa (medicated)</i>	<i>Putana pratishedha</i>	S.S.U.32/5
58.	<i>Pana (medicated)</i>	-do-	S.S.U.32/6
59.	<i>Sidhha ghrita Prayoga</i>	<i>Andha putana</i>	S.S.U.33/3
60.	<i>Sidhha Taila</i>	<i>Seetputana Pratishedha</i>	S.S.U.34/4
61.	<i>Dhoopa</i>	<i>Mukhamandika Pratishedha</i>	S.S.U.35/6
62.	-do-	<i>Nagmesha pratishedha</i>	S.S.U.35/6
63.	<i>Paneeya Ksara</i>	<i>Gulma pratishedha</i>	S.S.U.42/45
64.	<i>Kshara</i>	<i>Vataja Gulma</i>	S.S.U.42/45
65.	<i>Kshara churna</i>	<i>Sool hara</i>	S.S.U.42/129
66.	<i>Vasa ghrita and Shatpala ghrita</i>	<i>Swasa Pratishedha</i>	S.S.U.51/27
67.	<i>Churna</i>	<i>Vatajanya sula</i>	S.S.U.55/44
68.	<i>Churna kwatha</i>	-do-	S.S.U.55/45
69.	-do-	-do-	S.S.U.55/48
70.	-do-	-do-	S.S.U.55/49
71.	<i>Sidhharthaka ghrita</i>	<i>Apasmara Pratishedha</i>	S.S.U.61/31
72.	<i>Kalka Sidhha ghrita</i>	<i>Unmada</i>	S.S.U.62/27
73.	<i>Phala ghrita</i>	-do-	S.S.U.63/27

(c) Ashtanga Hridaya: - (7th A.D.)^[6]

This is third most important treatise among *Brihatrayi*, written by *Acharya Vagbhata*. Subjects are very precisely collected and described in this book. *Vagabhata* followed *Charaka* and *Shusruta* regarding importance and use of *Kustha*. References of *Kustha* traced in this treatise are mentioned below:-

S. No.	Name of preparation/ Gana / Group of Drugs	Indication	Reference
1.	<i>Pralepa</i>	<i>Aatpta with Visha</i>	A.H.Su.7/20
2.	<i>Samgrah Dravya</i>	<i>Niruha vasti</i>	A.H.Su.15/3
3.	-do-	<i>Malapachana</i>	A.H.Su.15/40
4.	<i>Lepa and Pana</i>	<i>Visha Nashana Vrana Prasadana, Kandu, pidika, Kotha Nashana</i>	A.H.Su.15/43
5.	<i>Dhoom pana</i>	<i>Urdhwa Virechana</i>	A.H.Sa.S.21/17
6.	<i>Dhoopan and Pana of decoction</i>	<i>Garbhasanga in garbha vyapada</i>	A.H.Sa.S.1/86-87
7.	<i>Taila siddha pana with Kalka</i>	-do-	A.H.Sa.S.1/88-89
1.	<i>Bala Taila for pana, Abhyanga</i>	<i>Garbhvyapada Chikitsa</i>	A.H.Sa.S.2/49
2.	<i>Pana</i>	<i>Jawra Chikitsa</i>	A.H.Ci.1/137
3.	<i>Sarpi, Dhoopa</i>	<i>Sarva jwara</i>	A.H.Ci.1/62
4.	<i>Kalka Siddha ghrita</i>	<i>Swasa Sidhma, Arsha, grahani, Hridparshva vedana</i>	A.H.Ci.4/52
5.	<i>Pralepa</i>	<i>Rajayakma</i>	A.H.Ci.5/67
6.	<i>Churna ghrita</i>	-do-	A.H.Ci.5/79
7.	<i>Churna ushnajala</i>	<i>Chardi, Hridroga Trishana</i>	A.H.Ci.6/56
8.	<i>Lepa</i>	<i>Arsha Chikitsa</i>	A.H.Ci.8/11
9.	<i>Sechana</i>	-do-	A.H.Ci.8/15
10.	<i>Lepa</i>	-do-	A.H.Ci.8/23
11.	<i>Pralepa</i>	-do-	A.H.Ci.8/24
12.	<i>Anuvasana Vasti</i>	-do-	A.H.Ci.8/90
13.	-do-	<i>Arsha, Pleea, Gulma, Udara roga</i>	A.H.Ci.8/154
14.	<i>Sneha Vasti</i>	<i>Arsha Chikitsa</i>	A.H.Ci.9/50
15.	<i>Kshara</i>	<i>Grahani dosha Chikitsa</i>	A.H.Ci.10/57
16.	<i>Pana</i>	<i>Mutragatavata</i>	A.H.Ci.11/25
17.	-do-	<i>Prameha Chikitsa</i>	A.H.Ci.12/25
18.	<i>Pana with gomutra</i>	<i>Gulma Chikitsa</i>	A.H.Ci.14/99
19.	<i>Taila and Ghrita</i>	-do-	A.H.Ci.14/104
20.	<i>Pana, Lepa</i>	<i>Udararoga Chikitsa</i>	A.H.Ci.15/15
21.	Decoction	-do-	A.H.Ci.15/49
22.	-do-	-do-	A.H.Ci.15/128
23.	<i>Lepa</i>	<i>Swayathu Chikitsa</i>	A.H.Ci.17/22
24.	<i>Snana siddha</i>	-do-	A.H.Ci.17/36
25.	<i>Aalepana</i>	<i>Visharpa Chikitsa</i>	A.H.Ci.18/11
26.	<i>Sidhha ghrita</i>	<i>Kustha Chikitsa</i>	A.H.Ci.19/12
27.	<i>Sidhharthaka Snana</i>	-do-	A.H.Ci.19/59
28.	<i>Churna</i>	-do-	A.H.Ci.19/65
29.	-do-	-do-	A.H.Ci.19/67
30.	<i>Sidhma Taila</i>	-do-	A.H.Ci.19/73
31.	-do-	<i>Kustha Chikitsa</i>	A.H.Ci.19/83
32.	<i>Lepa</i>	<i>Switra Krimi Chikitsa</i>	A.H.Ci.20/16
33.	<i>Pana and Churna</i>	<i>Vatavyadhi Chikitsa</i>	A.H.Ci.21/59
34.	<i>Taila pana</i>	-do-	A.H.Ci.21/65
35.	-do-	-do-	A.H.Ci.21/68
36.	-do-	-do-	A.H.Ci.21/71
37.	<i>Pralepa</i>	<i>Vatasonita Chikitsa</i>	A.H.Ci.22/36
38.	<i>Taila and Ghrita</i>	<i>Vasti Kalpana</i>	A.H.K.4.2
39.	-do-	-do-	A.H.K.4/18
40.	<i>Anuvasana vasti</i>	-do-	A.H.K.4/62
41.	<i>Pana</i>	<i>Vasti vyapatti</i>	A.H.K.5/16
42.	<i>Taila Sechana</i>	<i>Balopacharaniya</i>	g.1/6
43.	<i>Leha with Madhu ghrita</i>	-do-	A.H.U.1/47
44.	<i>Leha with Madhu ghrita</i>	-do-	A.H.U.1/49

45.	<i>Pana</i>	<i>Vatajanya Stanya Dosha (Balamaya Pratishedha)</i>	A.H.U.2/10
46.	<i>Pana</i>	-do-	A.H.U.2/55
47.	<i>Pana with Ksheera and Madhu</i>	-do-	A.H.U.2/61
48.	<i>Pana with Ksheera and Madhu</i>	-do-	A.H.U.2/68
49.	<i>Ghrit, Dhoopa</i>	<i>Balagraha pratishedha (Sarvagriha, Deepana, Balavarna pradam)</i>	A.H.U.3/48
50.	-do-	-do-	A.H.U.3/53
51.	<i>Pana with milk</i>	<i>Bhoota Pratishedha</i>	A.H.U.5/16
52.	-do-	<i>Unmada pratishedha</i>	A.H.U.6/27
53.	<i>Ghrita pana</i>	<i>Apashmara, Sopha, Arsha, Kamala, Pandu, Gulma</i>	A.H.U.7/29
54.	<i>Pana</i>	<i>Kamala, Pandu, Gulama</i>	A.H.U.7/34
55.	<i>Tarpana</i>	<i>Timira Pratishedha adhyaya</i>	A.H.U.13/58
56.	<i>Aaschyotana</i>	<i>Linganasha, roga, ruja</i>	A.H.U.14/27
57.	<i>Taila</i>	<i>Karnaroga pratishedha</i>	A.H.U.18/5
58.	<i>Taila</i>	-do-	A.H.U.18/27
59.	<i>Pradhmana Nasya</i>	<i>Nasaroga pratishedha</i>	A.H.U.20/18
60.	<i>Kavala dharana</i>	<i>Mukharoga pratishedha</i>	A.H.U.22/21
61.	<i>Ghrita</i>	-do-	A.H.U.22/31
62.	<i>Gharsana</i>	-do-	A.H.U.22/34
63.	<i>Gharsana and Kavala graham</i>	-do-	A.H.U.22/49
64.	<i>Churna with Madhu gharsana</i>	<i>Mansaroga, Kandu, Paka, Sharava</i>	A.H.U.22/98
65.	<i>Decoction</i>	<i>Badharya, Vata roga</i>	A.H.U.22/102
66.	<i>Ghrita Pralepa</i>	<i>Shiroroga pratishedha</i>	A.H.U.24/8
67.	<i>Churna with Taila</i>	<i>Kandu, Kleda, Daha, Arti in Shiroroga</i>	A.H.U.24/23
68.	<i>Lepa with Madhu Navana, Urdhava vasti</i>	-do-	A.H.U.24/26
69.	<i>Pralepa</i>	<i>Kesh ranjana and growth</i>	A.H.U.24/41
70.	<i>Upanaha</i>	<i>Vrana pratishedha</i>	A.H.U.25/35
71.	<i>Lepa</i>	<i>Bhagna pratishedha</i>	A.H.U.27/38
72.	<i>Kalka with Madhu</i>	<i>Ksudra roga</i>	A.H.U.32/20
73.	<i>Udavartana</i>	-do-	A.H.U.32/23
74.	<i>Pichu in Yoni</i>	<i>Guhaya roga pratishedha</i>	A.H.U.34/34
75.	-do-	-do-	A.H.U.34/63
76.	<i>Pana, Dhoopa</i>	<i>Visha pratishedha</i>	A.H.U.35/24
77.	-do-	<i>Dooshi visha pratishedha</i>	A.H.U.35/39
78.	-do-	<i>Sarva visha pratishedha</i>	A.H.U.36/67

Kustha (Saussurea lappa (C.B. Clarke) in Laghutrayi

a) *Madhava Nidana* (7thA.D.)^[7]

It is first of three most important treatise of *Ayurveda*, which are jointly known as *Laghutrayi*. In *Madhava Nidana* *Kustha* has not been described.

b) *Sharangdhara Samhita*: (13th A.D.)^[8]

It is second of three most important treatise of *Ayurveda*, which are jointly known as *Laghutrayi*. In this *Samhita* *Kustha* has been described in many diseases as an ingredient of different preparation. The detail descriptions are cited below:

S. No.	Name of preparation/ Gana / Group of Drugs	Indication	Reference
1.	<i>Brahmyadi Swarasa</i>	<i>Unmada Chikitsa</i>	Sa.S.M.1/18
2.	<i>Kwatha Kalpana</i>	<i>Sutikajwara, Kasa, Shwasa, murchha</i>	Sa.S.M.2/47
3.	<i>Brihata Manjisthadi kwatha</i>	<i>Shweta Kustha</i>	Sa.S.M.2/137-142
4.	<i>Narayana churna</i>	<i>Udara roga</i>	Sa.S.M.6/81-89
5.	<i>Kamdeva ghritama</i>	<i>Rakta-pitta Chikitsa</i>	Sa.S.M.9/27-37
6.	<i>Kalyanak ghrita pana</i>	<i>Apasmara Chikitsa</i>	Sa.S.M.9/38-43
7.	<i>Kasisdwaya ghritama</i>	<i>Kustha, Dadru, Pama</i>	Sa.S.M.9/51-57
8.	<i>Phala ghritama</i>	<i>Bandhya dosha</i>	Sa.S.M.9/79-86
9.	<i>AngaraTaila</i>	<i>Sarvajwara Nashaka</i>	Sa.S.M.9/99-100
10.	<i>NarayanaTaila</i>	<i>Vata roga</i>	Sa.S.M.9/101-110
11.	<i>BaladwayaTaila</i>	<i>Vata vyadhi chikitsa</i>	Sa.S.M.113-118

12.	MasadiTaila	-do-	Sa.S.M.9/123-132
13.	ShatavariTaila	-do-	Sa.S.M.9/133-140
14.	KasiadwayaTaila	Arsha chikitsa	Sa.S.M.9/142-145
15.	Marichyadi Taila	Kustha Vrana	Sa.S.M.9/148-152
16.	Jatyadhi Taila	Nadi vrana, Sphota, Kachhu, Sadhyovrana	Sa.S.M.9/168-171
17.	KsharaTaila	Karna chikitsa	Sa.S.M.9/174-177
18.	KusthadiTaila	Ksavathu Nasana	Sa.S.M.9/183
19.	Vajri Taila	Kustha, Dadru, Pama	Sa.S.M.9/185-189
20.	Dhatura Taila	Urugraha, Adhyavata, Apatanaka, Apashmara, Unmada	Sa.S.M.9/199-210
21.	Pippalyashava	Ksaya, Jwara, Kasa	Sa.S.M.10/28-33
22.	Dashmularistha	Vatadi chikitsa	Sa.S.M.10/77-92
23.	Gandusa dharana	Mukhapaka Dantapeeda, Sotha, Daha	Sa.S.U.10/18
24.	Dashanga	Visarpa, Sotha, Vrana	Sa.S.U.11/4-6
25.	Lepana	Mausrika, Vyangya Mukh Kanti Karaka	Sa.S.U.11/9
26.	Vatadi chikitsa	Vatadi chikitsa	Sa.S.U.11/15
27.	-do-	Daruna (Dandruff), chikitsa	Sa.S.U.11/18
28.	-do-	Switra chikitsa	Sa.S.U.11/41
29.	-do-	Dadru, Kandu, Vicharchika chikitsa	Sa.S.U.11/50
30.	-do-	Dadrughna lepa	Sa.S.U.11/56
31.	Taila lepa	Shiroroga chikitsa	Sa.S.U.11/62
32.	-do-	Vata shiroroga	Sa.S.U.11/63
33.	Mutra lepa	Kaphaja shiroroga	Sa.S.U.11/68
34.	Kanji preparation	Suryavarta chikitsa	Sa.S.U.11/69
35.	Pralepa	Andavridhhi chikitsa	Sa.S.U.11/104
36.	Lepana	Ling Vridhhi, Stana vridhhi	Sa.S.U.11/112-114
37.	Lepana	Gatra daurgandhya Nasana	Sa.S.U.11/117
38.	Dhulana (Dusting)	Sweda Daurgandhyahara	Sa.S.U.11/119
39.	Lepan	Vashi Karana Uttama yoga	Sa.S.U.11/120
40.	Deepika Taila	Karnpurana Karnvedana	Sa.S.U.11/140
41.	Chandrodaya varti	Timira Mans vrdhhi, Ratrandhaya Netraroga	Sa.S.U.13/74-77

c) Bhavaprakasha Chikitsa: - (16th A.D.)^[9]

This is third most important treatise among *Laghutrayi*, written by Acharya Bhava Mishra. In *Bhava Prakasha* different preparations of *Kustha* has been described which are indicated in various diseases such as *Medoroga* etc. are cited below:-

S. No.	Name of preparation/ Gana / Group of Drugs	Indication	Reference
1.	Lakshadi Taila (Dwitiya)	Jwara, Kshaya, Unmada, Swasha, Apasmara, Vata roga	B.P.Chi.1/151
2.	Maha lakshadi Taila	-do-	B.P.Chi.1/153-157
3.	Dashamuladi Kwatha	Vata Jwara Nashaka	B.P.Chi.1/300-302
4.	Darusatakha lepa	Suladhman chikitsa	B.P.Chi.1/333
5.	Marichyadi Kwatha	Kaphaja Jwara chikitsa	B.P.Chi.1/385
6.	Marichyadi Uddhulana (Dusting)	Excessive Sweating	B.P.Chi.1/420
7.	Saindhavadi Nashya	Sannipatjanya Tandra	B.P.Chi.1/547
8.	Parpatadi Kwatha	Pittakapholavana sannipata jwara	B.P.Chi.1/635
9.	Shringyadi Kwatha	Abhinyasha chikitsa	B.P.Chi.1/652-657
10.	Sadguna TakraTaila	Mardana in Jwara,daha	B.P.Chi.1/789
11.	Maha Sadguna TakraTailaa	Mardana in sarva Jwara, daha and Shita jwara	B.P.Chi.1/790
12.	Maha Bilva Taila	Grahani Arsha, Atisara, chikitsa	B.P.Chi.2/112-114
13.	Pippalyadi lepa	Arsha ankura lepa	B.P.Chi.5/56
14.	Brihat Kasisadi Taila	-do-	B.P.Chi.5/62
15.	Udavartana andTaila	Vishuchika (Jatharagni vikaradhikara)	B.P.Chi.6/116
16.	Punarnavadi mandura	Pandu roga, Kamala, Hikka roga	B.P.Chi.8/30-34
17.	Dhumra pana	Hikka roga	B.P.Chi.13/20
18.	Vataka to retain in oral cavity	Trishna, Murchha chikitsa	B.P.Chi.18/24
19.	Nashya with Aja mutra	Murchha chikitsa	B.P.Chi.19/44
20.	Saraswata churna	Unmada chikitsa	B.P.Chi.22/46-49

21.	Maha chaitasa	-do-	B.P.Chi.22/51-61
22.	Brahmi ghrita	Apashmara chikitsa	B.P.Chi.23/18
23.	Taila Nasya	-do-	B.P.Chi.2/24
24.	Kalyanka avaleha	Vata vyadhi chikitsa	B.P.Chi.24/50
25.	Darusataka lepa	-do-	B.P.Chi.24/96
26.	Taila Mardana	Khalli chikitsa	B.P.Chi.24/158
27.	Mahabala Taila	Akshepaka chikitsa	B.P.Chi.24/171-180
28.	Maha masadi Taila	Vatavyadhi	B.P.Chi.24/226-272
29.	Madhyam Narayana Taila	-do-	B.P.Chi.24/281-290
30.	Maha Narayana Taila	-do-	B.P.Chi.24/291-312
31.	Mahayogaraja Guggulu	-do-	B.P.Chi.24/332
32.	Kusthadhya Taila pana	Urustambha adhikara	B.P.Chi.25/34
33.	Dwi Panchmulayadya Taila	-do-	B.P.Chi.25/46
34.	Maha Yogaraj Guggulu	Amvata adhikara	B.P.Chi.26/97-102
35.	Maha Rasona panda	-do-	B.P.Chi.26/108-112
36.	Brihata saindhvadi Taila	-do-	B.P.Chi.26/116-120
37.	Niruha vasti	-do-	B.P.Chi.26/122-128
38.	Lepa	Vata Kaphadhiya Vatrakta chikitsa	B.P.Chi.29/80
39.	Guduchi ghrita	-do-	B.P.Chi.29/96
40.	Satahawadi Taila	Vatarakta adhikara	B.P.Chi.29/118
41.	Guduchi Taila	-do-	B.P.Chi.29/132-137
42.	Lepa	Udarasoola nashaka	B.P.Chi.30/56
43.	Trikatu varti	Udavarta and Anaha chikitsa	B.P.Chi.31/48
44.	Taila with Kshar for pana	Vatajanya Gulma chikitsa	B.P.Chi.32/24
45.	Pana	Pleeha roga chikitsa	B.P.Chi.33/13
46.	Varunadi ghrita	Kaphaja ashmari chikitsa	B.P.Chi.37/29-37
47.	Punarnavadya Taila	-do-	B.P.Chi.37/96-99
48.	Pana	Kaphaja Prameha Nashaka (Pameha Pidikadhikar)	B.P.Chi.38/47
49.	Swarasa,Ubatana	Sthauladyadhi kara	B.P.Chi.39/28
50.	Triphaladya Taila (for abhyanga gandusha dharana nasya, Vasti)	Pandu, Kaphajanya roga	B.P.Chi.39/58-60
51.	Mahasugandhi Taila	-do-	B.P.Chi.39/61-68
52.	Dhoopa	-do-	B.P.Chi.39/81
53.	Kusthadi churna	Vatodara chikitsa	B.P.Chi.41/32-33
54.	Lashuna Taila	Udararoga,mutrakriccha, Udavarta	B.P.Chi.41/34-39
55.	Narayana churna	-do-	B.P.Chi.41/49-56
56.	Lepana	Galgandahikara	B.P.Chi.44/56
57.	Jatyadi Taila	Vrana Sothadhikar	B.P.Chi.47/90-95
58.	Viparita Malla Taila	Asadhya Dustvrana, Nadivrana	B.P.Chi.47/97
59.	Gandh Taila	BhaGanadhikar	B.P.Chi.48/35-46
60.	Prakshalana with kwatha	Bhagandarshadhikaar	B.P.Chi.50/21
61.	Sodhana	-do-	B.P.Chi.50/25-27
62.	Parisheka with Kwatha	Vatika updansha	B.P.Chi.51/9
63.	Ashwagandhadi Taila	Kurcha, Karnapali (Sooka doshadhikara)	B.P.Chi.53/3
64.	Panch Nimbakavleha	Kustha rogadhikara	B.P.Chi.54/54-63
65.	Ekhavinsatika guggulu	Kustha, krimi, Gulma, Bhagandara	B.P.Chi.54/68-72
66.	Maha Bhallataka avleha	-do-	B.P.Chi.54/84-98
67.	Laghu and maha marichadi Taila	-do-	B.P.Chi.54/112-120
68.	Lepa	siddhma chikitsa	B.P.Chi.54/127.
69.	Pralepa	Dadru chikitsa	B.P.Chi.54/145
70.	Dashanga Lepa	Visarpa adhikara	B.P.Chi.56/32
71.	Pralepa,	Darunaka chikitsa	B.P.Chi.61/16
72.	Swedana, Lepana	Panasika chikitsa	B.P.Chi.61/26
73.	Lepana	Yuvana pidika, Vyanga nashana	B.P.Chi.61/44-45
74.	KankumadyaTaila	Vyanga nasha	B.P.Chi.61/46-51
75.	Udavartana	Vrshana-Kacchu chikitsa	B.P.Chi.61/100-101
76.	Prasadhana	Antralaji chikitsa	B.P.Chi.61/147
77.	Pralepa after Swedan	Kachhapika chikitsa	B.P.Chi.150-154

78.	<i>Lepa</i>	<i>Vatjanya Shiroroga</i>	B.P.Chi.62/21
79.	<i>Chandrodhaya varti for Lekhana karma</i>	<i>Netra rogadhikar</i>	B.P.Chi.63/202-204
80.	<i>Kusthadi Taila</i>	<i>Puti karna Nashaka (Karna rogadhikar)</i>	B.P.Chi.64/44
81.	<i>Avapeeda Nashya</i>	<i>Nashya, peenasa, (Nasarogadhika)</i>	B.P.Chi.65/37
82.	<i>Taila in Nasa</i>	-do-	B.P.Chi.65/43
83.	<i>Pragharshana with churna</i>	<i>Talugataroga chikitsa (mukhroga adhikar)</i>	B.P.Chi.66/108-110
84.	<i>Mukha dhavana</i>	<i>Mukhapaka, vrana, kleda, durgandhya</i>	B.P.Chi.66/158-161
85.	<i>Mrttyu pascchhedi ghruta</i>	<i>Jangama visha chikitsa</i>	B.P.Chi.67/82-87
86.	<i>Pichu dharana</i>	<i>Vataja yoniroga</i>	B.P.Chi.70/36
87.	<i>Varti</i>	<i>Kaphaja yoni</i>	B.P.Chi.70/44
88.	<i>Phalaghrita</i>	<i>Yoniroga, Rajo dosha, Yonishrava, Pradara</i>	B.P.Chi.70/54-61
89.	<i>Devdarvadi kwatha</i>	-do-	B.P.Chi.70/153-159
90.	<i>Astamangala ghruta</i>	<i>Bala rogadhikar</i>	B.P.Chi.71/36-38
91.	<i>Taila Abhyanga</i>	<i>Revatigrahadusthchikitsa</i>	B.P.Chi.71/76
92.	<i>Kalka</i>	-do-	B.P.Chi.71/84
93.	<i>Kalk with ghruta</i>	-do-	B.P.Chi.71/85
94.	<i>Dhoopana</i>	-do-	B.P.Chi.71/90
95.	<i>Taila</i>	<i>Sheeta putanagrah dustha chikitsa</i>	B.P.Chi.71/98
96.	<i>Dhoopana</i>	<i>Mukh mandikagraha dustha chikitsa</i>	B.P.Chi.71/106-108
97.	<i>Kalka lepa on stana of Dhatri</i>	<i>Talukantaka chikitsa</i>	B.P.Chi.71/178
98.	<i>Ksheera Taila pana</i>	<i>Bala Shaktivardhaka</i>	B.P.Chi.71/186-187

DISCUSSION

Saussurea lappa C.B. Clarke. is the original source of *Kustha*. It is well known drug since from Vedic period (*Atharvaveda*) to latest modern literature available about plants, but now a day the drug has come under endangered species. In classics, *Kustha* has been mentioned in those medications useful in skin disorder as a *Lepa/Pralepa*. The Asteraceae family comprises approximately 1000 genera and 30,000 species, distributed throughout the globe, of which approximately 177 genera and 1052 species are found in India (Rao et al., 1988). The genus *Saussurea* of the same family comprises about 300 species in the world of which about 61 species found in India (Hajra et al., 1995). *Saussurea lappa* is one of the best-known species within this genus (Jain, 1991). *Saussurea lappa* root and its oil has become an important drug in the international market (Bremer, 1994).

CONCLUSION

The present review on *Kustha* of both *Brihattryi* and *Laghutrayi* can be useful to know about different formulations of *Kustha*. By this way we can use *Kustha* in the treatment of different diseases. Most of the *Samhita Grantha* have mentioned it in the treatment of *Kustha*, *Shvitra* (skin disease), *Vata vyadhi* (epilepsy), *Arsha* (piles), *Mutrakricha* (difficulty in micturition), *Jvara* (fever) and *Vrana prasada* (wound healing). It use as *Rasayana* also. In this regard, further studies need to

carry out to explore *Kustha* for its therapeutics potential in preventing and treating diseases.

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