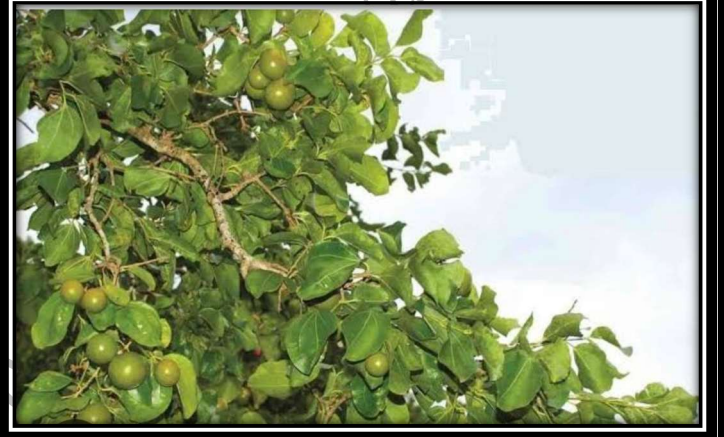


# Department of Dravyaguna Vidnyan

## Plant Name: Kuchala



## Plant Name: Kuchala (Nux Vomica)

### Introduction

- **Botanical Name:** *Strychnos nux-vomica*
- **Family:** Loganiaceae
- **Common Names:**
  - Sanskrit: Kuchala, Vishatinduka, Upavisha
  - Hindi: Kuchla
  - Marathi: Kuchala
  - Gujarati: Jangli Badam
  - Tamil: Ettikottai
  - Telugu: Mushti Ginja
  - Kannada: Ithikaai

### Significance in Ayurveda

- Considered as **Upavisha Dravya** (mild poison) and used after purification (**Shodhana**).
- Primarily acts as a **stimulant, nervine tonic, and digestive agent**.
- Has **aphrodisiac, anti-inflammatory, and anti-arthritis** properties.
- **Toxic in raw form, but after Shodhana, it becomes medicinally useful.**

## Classification According to Ayurveda

- **Charaka Samhita:** Deepaniya (Digestive stimulant)
- **Sushruta Samhita:** Vishopavisha Varga (Mild toxic substances)
- **Vagbhata:** Used in **Vata disorders, arthritis, and nerve-related issues**

## Morphology

- **Type:** Medium-sized **deciduous tree**.
- **Stem:** Hard, grayish bark with long spreading branches.
- **Leaves:** Oval, shiny, and opposite in arrangement.
- **Flowers:** Small, greenish-white, and fragrant.
- **Fruits:** Round, orange-yellow berries with a hard shell.
- **Seeds:** Flat, disc-shaped, covered with silky hairs (used in medicine).

## Distribution & Habitat

- Native to **India, Sri Lanka, Burma, and Southeast Asia**.
- Found in **dry forests, riverbanks, and coastal areas**.

## Chemical Constituents

- **Alkaloids:**
  - **Strychnine** – Nervous system stimulant
  - **Brucine** – Bitter, analgesic, and anti-inflammatory
- **Glycosides, Fixed Oils, Tannins**

## Properties (According to Ayurveda)

- **Rasa (Taste):** Tikta (Bitter), Katu (Pungent)
- **Guna (Quality):** Laghu (Light), Ruksha (Dry)
- **Virya (Potency):** Ushna (Hot)
- **Vipaka (Post-digestive effect):** Katu (Pungent)
- **Karma (Actions):**
  - **Medhya** (Brain stimulant, cognitive enhancer)
  - **Deepana** (Appetizer, increases digestive fire)
  - **Rasayana** (Rejuvenative, anti-aging)
  - **Vatahara** (Pacifies Vata disorders)
  - **Balya** (Strengthening, improves immunity)

## Dosha & Dhātu Affinity

- **Dosha:** Balances **Vata and Kapha**, but increases **Pitta**.
- **Dhatus:** Affects **Majja** (nervous system), **Mamsa** (muscle tissue), and **Rakta** (blood tissue).

## Indications

- **Nervous System Disorders:** Paralysis, tremors, epilepsy

- **Musculoskeletal Disorders:** Arthritis, joint pain, back pain
- **Digestive Disorders:** Low appetite, indigestion, bloating
- **Sexual Disorders:** Erectile dysfunction, low libido
- **Respiratory Issues:** Chronic cough, asthma
- **Fever & General Weakness**

## Parts Used

- **Seeds** (After Shodhana – Purification)
- **Root Bark** (Rarely used)

## Dosage (After Purification)

- **Seed Powder (Churna):** 30-125 mg (with honey or ghee)
- **Tablet (Gutika):** 1-2 tablets (under supervision)

## Shodhana (Purification Process)

Since **raw Kuchala is toxic**, it must undergo **Shodhana** before medicinal use. The process includes:

1. **Soaking the seeds in cow's urine for 3 days**, followed by boiling in **cow's milk or water**.
2. **Drying and powdering** for medicinal use.
3. **Alternative method:** Boiling in **Kanji (fermented rice water)**.

## Uses

### External Uses

- **Pain Relief:** Applied as a paste on joints for **arthritis and muscle pain**.
- **Wound Healing:** Used in medicated oils for **ulcers and wounds**.

### Internal Uses

- **Nervous Stimulant**  
Improves nerve function, reduces tremors, and enhances cognition.
- **Digestive Health**  
Stimulates appetite and helps in chronic constipation.
- **Joint & Muscle Pain**  
Relieves **arthritis, neuralgia, and back pain**.
- **Reproductive Health**  
Enhances **libido** and treats **sexual debility in men**.

## Important Yogas (Formulations)

1. **Vishatinduka Vati** – Used in **arthritis, nerve disorders, and weakness**.
2. **Brihat Vata Chintamani Rasa** – For **paralysis, neuralgia, and tremors**.
3. **Kuchala Taila** – External oil for **joint pain and muscle stiffness**.
4. **Maha Narayan Taila** – Used in **arthritis and neurological disorders**.
5. **Vatavidhwansa Rasa** – Effective for **neuromuscular disorders**.

## Therapeutic Uses

### 1. Arthritis & Joint Pain

Take Kuchala powder with warm milk and ghee at night.

### 2. Nervous Weakness & Paralysis

Used in Vishatinduka Vati for muscle relaxation and nerve regeneration.

### 3. Digestive Stimulant

Small doses with honey improve digestion and appetite.

### 4. Sexual Weakness

Kuchala powder + Ashwagandha enhances sexual vigor and strength.

### 5. Tremors & Parkinson's Disease

Vata disorders benefit from controlled use under medical guidance.

## Contraindications & Precautions

- **Pregnancy & Lactation – STRICTLY AVOIDED.**
- **High Pitta Disorders – Can increase heat and acidity.**
- **Liver Disorders – Excessive use can be toxic to the liver.**
- **Heart Diseases – Should be used cautiously under medical supervision.**
- **Overdose Risk – High doses can cause convulsions, toxicity, and even paralysis.**

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