

**CONCEPT OF CHAKSHUSHYA DRAVYAS IN THE KAIYADEVA NIGHANTU  
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**Article Received:** 24/02//2022 - **Peer Reviewed:** 16/03/2022 - **Accepted for Publication:** 28/03/2022**ABSTRACT**

Eye is the knowledge of the soul, a major sense organ involved in Vision. In the present scenario, due to lifestyle modifications eye has become more susceptible to diseases. Protection of our Visual perception is one of the most important things. Indigenous herbs have always been used in the traditional treatment of numerous ailments. The eye being a sensitive organ is mostly exposed to different environmental agents. *Chakshushya Dravyas* have been mentioned in various classical compendiums to compact *Netra vikaras*. The present review has been undertaken to identify the *Aushadi varga dravyas* which are having *Chakshushya* (wholesome for eyes) from *Kaiyadeva Nighantu*. The study reveals references of 49 *dravyas* in *Aushadi varga* are having *Chakshushya* property. *Acharya Kaiyadeva* has mentioned various measures for maintaining the eyes in a healthy way which include the usage of Diet and Medicine Judicially *Kaiyadeva Nighantu* has a gross area of action which includes drugs having preventive, therapeutic, nutritive, and rejuvenating properties. Here an attempt is made to analyze the *Chakshushya Dravyas* mentioned in *Kaiyadeva Nighantu*.

**Keywords:** *Chakshushya*, Ocular health, *Kaiyadeva Nighantu*.

## INTRODUCTION

Every healthy life requires a healthy vision. It is a vital need to take care of them by all means. The word “Chakshushya” in *Darshanendria* implies “Chakshushe lochanaye hitam” which is beneficial for the eyes. The major indigenous herbs involved in ophthalmic care are *Chakshushya*. Globally more than 2.2 billion people have a near or distance vision impairment. In nearly 1 billion – or almost half – of these cases, vision impairment could have been prevented. The major eye diseases that cause blindness are Refractive errors, Glaucoma, and Age-related macular degeneration. Regular consumption of *Chakshushya Dravyas* prevents or slows down the manifestation of various ocular diseases. The entire world is in the surge of finding better alternatives to ocular health. *Kaiyadeva Nighantu* is one of the known compendiums of *Ayurvedic* texts. *Kaiyadeva Nighantu* is also known as *Pathya -Apathya Vibhodika*. The author of the text is *Acharya Kaiyadeva* belonging to 14<sup>th</sup> century A.D. *Acharya* has given utmost importance to maintaining normal health and preventing diseases by enlisting *Chakshushya dravyas*. The author has planned his work in three parts i.e., *Aushada*, *Ahara*, and *Vihara Vargas*. The article has been compiled with regards to the knowledge of *Aushadi Dravyas* based on their actions on *Chakshu Rogas*. The present

text has been taken for the study of *Chakshushya dravyas*. The study carries analysis of the *Chakshushya dravyas* mentioned in *Aushadi varga* of *Kaiyadeva Nighantu* following the principles of *Ayurveda* in understanding them.

### MATERIALS AND METHODS: -

- ❖ *Kaiyadeva Nighantu* edited and translated to Hindi by Prof. Priyavata Sharma ji and Dr. Guru Prasada Sharma ji has been taken as the base for the study.
- ❖ The Published work on journals and web pages are consulted for review of the *Kaiyadeva Nighantu* and *Chakshushya dravyas* mentioned in other texts for better understanding.
- ❖ The *Nighantu* has been searched for the term *Chakshushya* and the drugs mentioned to have the said property were listed out. The properties mentioned in the list of the plants are tabulated and critically analyzed on the principles of *Dravyaguna* to identify the most probable properties of all the *Chakshushya Dravyas*.

### OBSERVATIONS: -

From the observation, it was identified that 49 *Dravyas* are mentioned to possess *Chakshushya* action. The list of the *Dravyas*<sup>1</sup> has been enlisted in Table no :1 below.

**Table 1:** Showing the list of the plants having *Chakshushya* Property

S.No.	Name of the Drug	Botanical Name Family	Parts Used	Rasa	Guna	Veerya	Vipaka	Dosha Karma
01	<i>Guduchi</i>	<i>Tinospora cordifolia</i> Menispermaceae	<i>Khanda</i> (Stem)	<i>Kashaya</i> <i>Tiktha</i>	<i>Laghu</i> <i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha</i> <i>hara</i>
02	<i>Kantakari</i>	<i>Solanum xanthocarpum</i> Solanaceae	<i>Phala</i> (Fr.)	<i>Tiktha</i> <i>Katu</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KV hara</i>
03	<i>Shatavari</i>	<i>Asparagus Racemosus</i> Lilliaceae	<i>Mula</i> (Rt.)	<i>Madhura</i> <i>Tiktha</i>	<i>Guru</i> <i>Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>VP hara</i>
04	<i>Jeevanthi</i>	<i>Leptadenia Reticulata</i> Asclepidaceae	<i>Mula</i> (Rt.)	<i>Madhura</i>	<i>Laghu</i> <i>Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosha</i> <i>hara</i>
05	<i>Ksheera kakoli</i>	<i>Lillium polyphyllum</i> Lilliaceae	<i>Mula</i> (Rt.)	<i>Madhura</i>	<i>Guru</i>	<i>Sita</i>	<i>Madhura</i>	<i>VP hara</i>
06	<i>Jeevaka</i>	<i>Microstylis wallichii</i>	<i>Mula</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sita</i>	<i>Madhura</i>	<i>VP hara</i>

		Orchidaceae	(Rt.)					
07	<i>Rishabaka</i>	Malaxis muscifera Orchidaceae	<i>Mula</i> (Rt.)	<i>Madhura</i>	<i>Guru</i>	<i>Sita</i>	<i>Madhura</i>	<i>VP hara</i>
08	<i>Yasthi madhu</i>	Glycyrrhiza glabra Fabaceae	<i>Mula</i> (Rt.)	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>VP hara</i>
09	<i>Mudgaparni</i>	Phaseolus trilobus Fabaceae	<i>Pancha- anga</i> (Whole plant)	<i>Madhura</i>	<i>Laghu Ruksha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosha hara</i>
10	<i>Nirgundi</i>	Vitex negundo Verbenaceae	<i>Mula</i> (Rt.)	<i>Katu Tiktha</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>VP hara</i>
11	<i>Madhu</i>			<i>Madhura Kashaya</i>	<i>Laghu Vishada Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>KP hara</i>
12	<i>Haritaki</i>	Terminalia chebula Combretaceae	<i>Phala</i> (Fr.)	<i>Kashaya Pradhana Pancha rasa Lavana Varjitha</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha hara</i>
13	<i>Amalaki</i>	Phyllanthus emblica Euphorbiaceae	<i>Phala</i> (Fr.)	<i>Amla pradhana Pancha rasa Lavana Varjitha</i>	<i>Ruksha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosha hara</i>
14	<i>Bibhitaki</i>	Terminalia bellerica Combretaceae	<i>Phala</i> (Fr.)	<i>Kashaya</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha hara</i>
15	<i>Draksha</i>	Vitis vinifera Vitaceae	<i>Phala</i> (Fr.)	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>VP hara</i>
16	<i>Vruntaka</i>	Solanum melongena Solanaceae	<i>Phala</i> (Fr.)	<i>Madhura</i>	<i>Laghu Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
17	<i>Rajika</i>	Brassica juncea Cruciferae	<i>Beeja</i>	<i>Katu</i>	<i>Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
18	<i>Bruhat Lonika</i>	Portulaca oleracea Portulacaceae		<i>Amla</i>	<i>Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>KP hara</i>
19	<i>Jala pippali</i>	Lippa nodiflora Verbenaceae		<i>Tiktha Katu Kashaya</i>	<i>Laghu Ruksha Teekshna</i>	<i>Sita</i>	<i>Katu</i>	<i>KP hara</i>
20	<i>Shigru</i>	Moringa oleifera Moringaceae	<i>Beeja</i>	<i>Katu Tiktha</i>	<i>Laghu Ruksha Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>KV hara</i>
21	<i>Gunja</i>	Abrus precatorius Fabaceae	<i>Beeja</i>	<i>Kashaya Tiktha</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KV hara</i>
22	<i>Nimba</i>	Azadirachta indica Meliaceae	<i>Patra</i> (L.)	<i>Tiktha Kashaya</i>	<i>Laghu Ruksha</i>	<i>Sitha</i>	<i>Katu</i>	<i>KP hara</i>

23	<i>Maha Satavari</i>	Asparagus sarmentosus Lilliaceae	<i>Mula</i> (Rt.)	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Sitha</i>	<i>Madhura</i>	<i>Tridosha hara</i>
24	<i>Kokilaksha</i>	Astercantha longifolia Acanthaceae	<i>Mula</i> (Rt.)	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosha hara</i>
25	<i>Daru haridra</i>	Berberis aristate Berberidaceae	<i>Mula</i> (Rt.)	<i>Tiktha</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KP hara</i>
26	<i>Rodhra</i>	Symplocos racemose Symplocaceae	Stem bark	<i>Kashaya</i>	<i>Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>KP hara</i>
27	<i>Kataka</i>	Strychnos potatorum Loganiaceae	<i>Phala</i> (Fr.)	<i>Madhura Tiktha Kashaya</i>	<i>Guru Vishada</i>	<i>Sita</i>	<i>Madhura</i>	<i>VK hara</i>
28	<i>Jeeraka</i>	Cuminum cyminum Apiaceae	<i>Phala</i> (Fr.)	<i>Katu</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
29	<i>Satapushpa</i>	Anthem sowa Apiaceae	<i>Phala</i> (Fr.)	<i>Katu Tiktha</i>	<i>Laghu Teekshna Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
30	<i>Lashuna</i>	Allium sativum Lilliaceae	Bulb	<i>Pancharasa Amla varjitha</i>	<i>Teekshna Snigdha Guru Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
31	<i>Eraka</i>	Thypa elephantina Thypaceae	<i>Mula</i> (Rt.)	<i>Kashaya Madhura</i>	<i>Laghu</i>	<i>Sita</i>	<i>Madhura</i>	<i>PK hara</i>
32	<i>Munja</i>	Saccharum munja Poaceae	<i>Mula</i> (Rt.)	<i>Madhura Tiktha</i>	<i>Laghu Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosha hara</i>
33	<i>Bhustruna</i>	Cymbopogon citratus Poaceae	<i>Panchanga</i> (Whole plant)	<i>Katu Tikta</i>	<i>Teekshna Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
34	<i>Chandana</i>	Santalum album Santalaceae	<i>Sara</i> (Hr. Wd)	<i>Tiktha Madhura</i>	<i>Laghu Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>PK hara</i>
35	<i>Aguru</i>	Aquillaria agallocha Thymelaceae	<i>Sara</i> (Hr. Wd)	<i>Katu Tiktha</i>	<i>Teekshna Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
36	<i>Tagara</i>	Valeriana wallichii Valerianaceae	<i>Mula</i> (Rt.)	<i>Tiktha Katu Kashaya</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
37	<i>Karpura</i>	Cinnamomum camphora Lauraceae	<i>Niryasa</i> (Exudate)	<i>Tiktha Katu Madhura</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
38	<i>Latha Kasthuri</i>	Hibiscus abelmoschus Malvaceae	<i>Beeja</i> (Seeds)	<i>Tiktha Madhura Katu</i>	<i>Laghu Ruksha Teekshna</i>	<i>Sita</i>	<i>Katu</i>	<i>PK hara</i>
39	<i>Sarala</i>	Pinus roxburghii Pinaceae	<i>Niryasa</i> (Exudate)	<i>Tiktha Kashaya</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK hara</i>
40	<i>Lavanga</i>	Syzygium aromaticum Myrtaceae	Flower bud	<i>Katu Tiktha</i>	<i>Laghu Snigdha</i>	<i>Sita</i>	<i>Katu</i>	<i>PK hara</i>

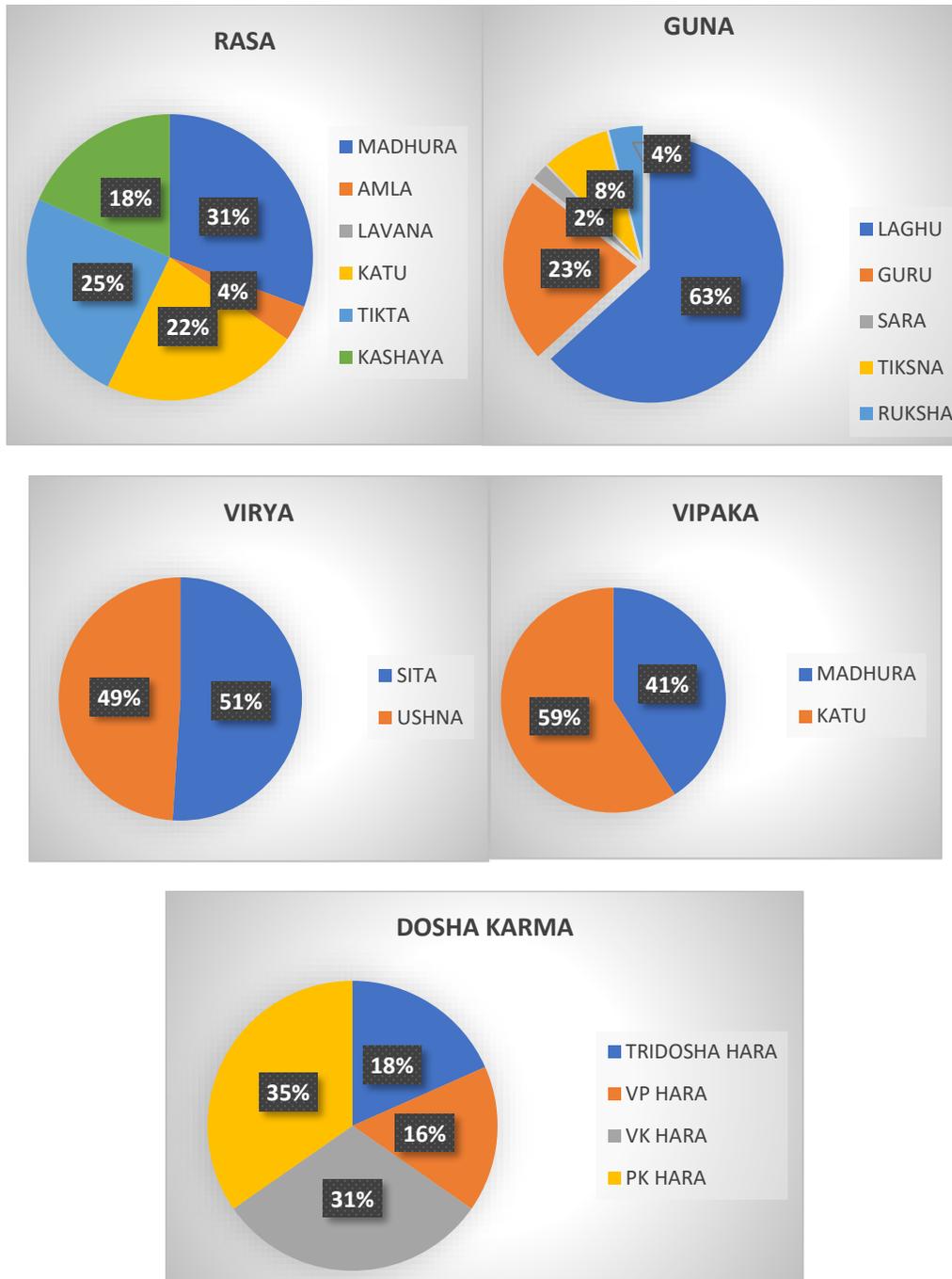
					Teekshna			
41	Nalika	Commiphora murra Burseraceae	Gum resin	Tiktha Katu Kashaya	Laghu Ruksha	Ushna	Katu	PK hara
42	Prapounda- rika	Nelumbo nucifera Nelumbonaceae	Pancha- Anga (Whole Plant)	Kashaya Madhura Tiktha	Laghu Snigdha Picchila	Sita	Madhura	PK hara
43	Manjistha	Rubia cordifolia Rubiaceae	Mula (Rt.)	Kashaya Tiktha Madhura	Guru Ruksha	Ushna	Katu	PK hara
44	Neelotpala	Nymphaea stellata Nymphaeaceae	Pancha- anga (Whole plant)	Madhura Kashaya Tiktha	Laghu Snigdha Pichila	Sita	Madhura	PK hara
45	Padma	Prunus cerasoidus Rosaceae	Beeja	Kashaya Tiktha	Laghu Snigdha	Sita	Katu	PK hara
46	Ketaki	Pandanus odorotissi- mus Pandanaceae	Pushpa	Tiktha Madhura Katu	Laghu Snigdha	Ushna	Katu	PK hara
47	Rakta Kara- veera	Nerium indicum Apocynaceae	Mula (Rt.)	Katu Tiktha	Laghu Ruksha	Ushna	Katu	VK hara
48	Tulasi	Ocimum sanctum Lamiaceae	Patra (L.)	Katu Tiktha	Laghu Ruksha Teekshna	Ushna	Katu	VK hara
49	Kumari	Aloe barbadensis Lilliaceae	Patra (L.)	Tiktha	Guru Snigdha Pichila	Sita	Katu	Tridosha hara

## RESULTS

- From the above-mentioned table, 49 drugs have been identified and their properties have been enlisted in Table no 1. The drugs are analyzed based on their *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Dosha Karma*.
- Based on the *Rasa* among the 49 *Dravyas*, 15 *Dravyas* have *Madhura Rasa*, 02 *Dravyas* have *Amla Rasa*, 11 *Dravyas* have *Katu Rasa*, 12 *Dravyas* have *Tiktha Rasa* and 09 *Dravyas* have *Kashaya Rasa*.
- Based on the *Guna* of the *Dravyas* it was observed that among 49 *Dravyas*, 31 *Dravyas* have *Laghu Guna*, 11 *Dravyas* have *Guru Guna*, and 01

*Dravya* has *Sara Guna*, 04 *Dravyas* have *Teekshna Guna*, 02 *Dravyas* have *Ruksha Guna*.

- Based on the *Virya* of the *Dravyas* it was observed that among 49 *Dravyas*, 25 *Dravyas* have *Sita Virya* and 24 *Dravyas* have *Ushna Virya*.
- Based on the *Vipaka* among the 49 *Dravyas* it was observed that 29 *Dravyas* have *Katu Vipaka* and 25 *Dravyas* have *Madhura Vipaka*.
- Based on the *Dosha Karma* it has been observed that out of 49 *Dravyas*, 08 *Dravyas* are *Vata pitta hara*, 17 *Dravyas* are *Pittakapha hara*, and 08 *Dravyas* are *Vatakapha hara* and 09 *Dravyas* are *Tridosha hara* respectively.



## DISCUSSION

Out of 514 dravyas mentioned in Kaiyadeva Nighantu, 49 dravyas have Chakshushya property and are beneficial for Chakshu rogas. Chakshushya dravyas mentioned in the Kaiyadeva Nighantu can be utilized in the management of conditions like excessive lacrimation, refractive errors, glaucoma, and age-related macular degeneration.

“Chakshustejomayam tasya vishesat sleshmatobhaya-  
yam” Signifies Chakshu is the chief site for Alochaka  
Pitta and is more prone to Kapha disorders. So  
Chakshushya dravyas should be Kapha Shamaka and  
Pitta Vardhaka. But Pitta is Aadana Karaka, and it  
will cause Chakshuindriya Balahraasah. So  
Chakshushya Dravyas should be having property of  
balancing all the three Doshas, especially keeping the

*Pittakapha Samyata* i.e., *Kaphashamaka* but without disturbing *Pitta Samyata*. Based on the review of the *Aushadi Dravyas of Kaiyadeva Nighantu* and observations Summarized in table No.1 we broadly see both *Sheeta Virya Dravyas* as well as *Ushna virya Dravyas* with *Chakshushya* property. The *Sheeta Virya Dravyas* act as *Pittashamaka*, whereas *Ushna Virya Dravyas* can be used for *Shamana* of Vitiated *Kapha Dosha*. *Chakshushya dravyas* act as *Deepana, Pachana & Anulomaka*, improvising *Pachakagni* →It makes bio-available after assimilation →Easily transformable (by *Dhatwaghn*) →Nourishes all types of *Pitta* including *Alochaka Pitta* (photosensory layer of the retina). The majority of *Aushada Dravyas* are having *Madhura, Kashaya, and Tikta Rasa* which help in breaking down the *Samprapti* (pathogenesis) of eye diseases as they are antagonists to *Pitta Dosha*. Few *Chakshushya Dravyas* enlisted above are rich sources of vitamin A like *Shigru, Draksha*. Vitamin A helps in improving Vision. The *Chakshushya dravyas* mentioned above have the following pharmacological actions anti-inflammatory, anti-allergic, and wound healing actions. *Madhu* among *Chakshushya dravya* possess is *Yogavahi, Raktapittahara, and Sandhana* properties that are absorbed and assimilated by the body very quickly. *Madhu* (Honey) is having most compounds like flavonoids, phenolic acids, ascorbic acid, tocopherols, catalase, amino acids, vitamins B1 B2, and B6, minerals, and enzyme which works together to give a synergistic, antioxidant, antibacterial and anti-inflammatory effects help in the management of *Netra Rogas*.<sup>2</sup>

## CONCLUSION

The concept of *Chakshushya* is a unique contribution to the field of Ophthalmology, wherein drugs and diet beneficial for the eyes and their related diseases are incorporated. The *Chakshushya Darvyas* mentioned in the *Kaiyadeva Nighantu* has a gross area of action which includes drugs having preventive, therapeutic, nutritive, and rejuvenating properties. Identifying the *Dosha Avastha* (stage of bodily humor) in both healthy and diseased individuals and prescribing the appropriate diet or drug is at the Wisdom of the physician.

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