

A Pharmaceutical Review on Kaanji and Its Wide Range of Applicability

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ABSTRACT

Kanji is mala bhedaka teekshna ushna pittavardhaka sheetala in Sparsha and shrama klamanashaka. Old kanji is good for hridroga, Pandu it is kriminashaka, agnivardhaka valipalitanashaka and dahakara, useful in vatavikara, Pittaja jwara, shoola adhmaana and malashushkata.

Apart from therapeutics, kanji also used in Preparation of medicinal drugs in Rasashastra for processing of many drugs like shodhana and also kanji is used as ingredient in various preparations for example in Laghuvishagarbha taila kanji is used as ingredient and also in the preparation of soota taila, also in the Rasalinga nirmana. Kanji used as a medicine both External and internal as dhanyamla dhaara, asthapana basti etc. In several Panchakarma procedures.

Kanji has wide variety of usage and has got many alkaloids in it thus useful in many of the procedures and preparations though it seems to be a very simple and basic preparation in Rasashastra,

Here, references of kanji from various texts of Rasashastra and its multiplicity usage is been briefly Put down in the article.

KEYWORDS: *Kanji, Fermented liquid, Rasashastra, Dhanyamla dhaara*

INTRODUCTION

Pharmaceutical review is 'the systematic appraisal of all aspects of a patient's medication management to optimize patient outcomes.

Kanji is one such unique Ayurvedic medicine which comes under Sandhana kalpana (Fermentive products) Sandhana kalpas are mainly classified as madya kalpa (alcoholic preparations) and shukta kalpana (acidic preparation)

Preparations like asava and arishtas comes under Madya kalpa and Kanji comes under Shukta kalpa. Kanji is usually prepared by fermenting incompletely boiled masha dhanya with gruel prepared out of rakta shali and is routinely used for various purposes

Kanji i.e. sour gruel is an important formulation in Rasashastra and Bhaishajyakalpana. It is widely used in different manufacturing processes, especially for

shodhana of different Ras dravyas as well as in Asthasanskaras of Parada.

The therapeutic importance of Kanji is also well explained by ancient Indian physicians. Sushruta Acharya's advice Kanji in treatment of Grahani, Arsha, Shula etc.² whereas Charakacharayas advised it in a treatment of Jwara,³ Vibhandha and so on. Thus, preparation and therapeutical indication of Kanji are well explained in Ayurvedic texts. However, no information is available regarding the siddhi lakshanas (standardization test) and saviryata avadhi. Shelf life of Kanji. Kanji is a perishable product. It cannot be stored for a long time. It requires near about 8-10 days for the preparation of Kanji Different methods of Kanji are described in Sharangdhara Samhita, Bhavaprakasha Samhita ...

Synonyms of kanji are aranala, souvira, kulmasha, abhishuta, avantisoma, dhanyamla, kunjala, kanjika.

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Kanji is a unique kind of formulation having vast utility. Rasaratna Samucchaya authored by Rasavagbhata emphasizes usefulness of kanji in many folds

Kanji is a unique Ayurvedic preparation which comes under Shukta Kalpana preparations. Along with these, it is also observed that Kanji has immense power to improve the digestive capacity by regulating the

functioning of Agni. In Ayurvedic classics Kanji has been described as “Kanjeeviyami” i.e. 'to whom make alive'

Materials and Methods:

Different methods of preparation of kanji and ingredients used are taken from various textbooks of Rasashastra :

Table Showing methods and ingredients and Preparation of Kanji from different texts:

Sl. no	Reference	Ingredients	Method of preparation	Uses
1	Bhavaprakasha (Kritanna varga) ⁴	New mud pot, Katu taila(sarshapa), water, sarshapa, jeeraka, saindavalavana, hingu, shunti, haridra churna.	1. Strong mudpot is taken, sarshapa taila is applied inside the mud pot. 2. clean clear water is filled inside the pot 3. then add churnas of sarshapa, jeeraka, lavana, hingu, shunti and haridra churna left for soaking for 3 days covered. 4. 4 th day it gets pungent and open the covering of mudpot hence called kanji bara.	Ruchikaraka, vatanashaka, kaphakaraka, shula nashaka, netrarogahara
2	Ayurveda prakasha ⁵	Tusharahita(dehusked grains), Mud pot, water, panchanga of ingredients(nagaramotha, brahmi, gorakhmundi, koyal saati, triphala sahadevi, aparajitha, hamsaraja, chitraka)	Tusharahita(dehusked grains) are soaked in mud pot containing water and kept closed after attaining amlata of that water then mix the panchanga of ingredients(nagaramotha, brahmi, gorakhmundi, koyal saati, triphala sahadevi, aparajitha, hamsaraja, chitraka) made into churna add in the mud pot containing sour water.	Parada swedana karma
3	Sahasrayoga ⁶	Tandula, Pridhuka, Kuluttha, Laja, Kangubija, Kodrava, Shunti, Dantasatha, Dipyaka, Ushnodaka,	Prepare dhanyamla by boiling the above specified drugs on mild fire for 7 days as per the text Avagaha sweda with dhanyamla for 6000 matrakala.	Sarva Vataroga.
4	1.Sharangadhara, ⁷ 2.Rasendra sambhava ⁸ 3.Rasa Darpana ⁹	Ardhaswinna masa, dhanya, manda and any of the other drugs such as mulika, jira, shunti, mudga, haridra, sarshapa, Saindava lavana, shudda hingu etc Shotagna lepa or Doshagna lepa Reference: Sharangadhara Samhita uttara khanda Raktapunarnava Daru Shunti Siddartha Shigru	The fermented liquid prepared by kulmasha(kutsita masha), dhanya (rakta shali), manda(rice cooked water) etc drugs along with mulika, kulattha, Saindava is known as kanjika	

		Aranala(kanji) Indication: All varieties of shotha (inflammation)		
5	Vaidyakiya paribhasha pradeepika ¹⁰	Asudhanya(sastika Sali): 1 prastha(758gm) Balamula(tender roots)/ other drugs: 1 prastha(758gm) Jala: 1 adhaka	Sastika Sali dhanya is coarsely pounded and boiled with mentioned quantity of water When rice particles are properly cooked, boiling is stopped and the preparation is allowed to cool down, later it is added with drugs like Kulattha, mulika, jira, sunthi, mudga, masa, haridra, sarsapa, vamsalochana, all 1 prastha the roots and tubers or wet drugs are to be cut into smaller pieces	
6	Rasayanasara ¹¹	Rajika, saindhava, Kulatthakwatha, odana, haridra churna, vamsha patra, shunti, sweta jeeraka, hingu, mashapishta	Ingredients are taken in mentioned quantities pounded and filtered. A mudpot smeared with sarshapa taila in its inner side should be taken and all ingredients are slowly put inside the pot. Then 20(ser) water is added to it and mixed thoroughly, later masha chakrikas are added at the end. Mouth of the pot has to be sealed properly days for fermentation, later the product is filtered through cloth and used.	Used especially in dhatu shodhana
7	Dravyaguna vijnana ¹²	Anna, 3 parts water,	For cooked rice 3 parts water has to be added and kept for 7 days	
8	Rasajalanidhi ¹³	Boiled rice, water	A liquid obtained by fermentation of 6 1/4seers of boiled rice and 16 seers of water(one seer being equal to 64tolas or 64×126 grains(troy) in weight. The liquid is called Aranala.	
9	Sahasrayoga ¹⁴	Vatarogahara dhanyamla Contents: tandula, pridhuka, Kulattha, laja, kangubija, kodrava, shunti, dantasatha, dipyaka, ushnodaka	Prepare dhanyamla by boiling the above specified drugs on mild fire for 7 days as per the text *Avagaha sweda with dhanyamla for 6000 matrakala	Sarva Vataroga
10	Bhaishajya kalpana vijnana by Dr. Awadhabihari agnihotri ¹⁵	Tandula, Kulattha, haridra, raajika, lavana, shunti, jeeraka, shuddha hingu, masha, sarshapa taila, vamsha patra	Jala – 20 ser	

Utility of Kanji in accordance with Rasaratna samucchaya

Rasa dravya	Purpose	Method
Abhraka	Shodhana	Heated in intense fire dipped in kanji for 7 times
	Satva shodhana	Abhraka satva boiled with amlakanji then placed in musha along with shodhaniya dravya Kwatha to give intense fire
Vaikranta	Shodhana	Swedana in dolayantra with nimbuswarasa and amlakanji mixed

		with yavakshara, sarjikshara, tankana and Saindava lavana for 3 days
Sphatika	Shodhana	Sphatika is soaked in kanji for 3 days.
Varatika	Shodhana	Swedana in dolayantra with kanji as liquid media for 1 yama
Manikya	Shodhana	Swedana in kanji for one prahara
All the lohas	Samanya shodhana of lohas	Sheets of ashuddha dhatu are to be heated in intense fire and dipped in each of following liquid consequently for 7 times- tila taila, takra, Gomutra, kanji and Kulattha Kwatha

Showing utility of kanji in the formulations

Yoga	Utility of kanji	Reference
Lokanatha gutika ¹⁶	Kanji as bhavana, swedana and prakshalana media	RRS by Kaviraj sri Ambikadatta shastry 12/68-69
Arshohara yoga-1 ¹⁷	Kusumbha patra cooked with kanji- internal use	RRS by Kaviraj sri Ambikadatta shastry 15/81
Jwaradiroga nashanartha in sadyojata balaka ¹⁸	Towel soaked in kanji is used to wipe baby's body for 2-3 times	RRS by Kaviraj sri Ambikadatta shastry 22/138
Taila kanjika gandusha ¹⁹	Kanjika and lavana used for gandusha in tambula churnadagda in mouth ulcers	RRS by Kaviraj sri Ambikadatta shastry 24/60
Soota taila ²⁰	Kanji is used in mixing of the final product and applied over the cloth varti is made and kept soaked in tila taila next day varti is burnt	RRS 21 ST CHAPTER

Qualities, Properties and therapeutics of kaanji according to different texts: Shodala Nighantu²¹:

- According to shodala Nighantu Dhanyamla splits solidified materials inside the body, is penetrating, hot in potency, increases pitta

Stimulates taste and digestion, relieves pain of the urinary bladder, suitable for administration as enema into the rectum, good for the heart, easily digestible and mitigates vata and kapha.

Charaka Samhita²²:

- According to Charaka Samhita qualities of kanji is described in annapaanavidhi Adhyaya under madyavarga.
- It is said to cure Daaha and jwara in external application, and mitigate vata-kaphaja disorders on internal administration.
- Also indicated in vibandha and possesses sramsana and deepana property.
- In charaka kalpa virechana

Sushruta Samhita²³:

- According to Sushruta Samhita it is referred to as dhanyamla and described in dravadravya vidhi Adhyaya under madyavarga.
- It is said to be nourishing as it is prepared from food grains(dhanya yonitvat jeevanam)
- Due to its teekshna property, it alleviates kapha quickly when used as gandusha and is thus

beneficial in conditions like mukha vairasya, dourgandhya, mukha shosha etc.

- It is having deepana, jarana and bhedhi properties and is beneficial in asthapana basti.
- It is said to be satmya or habituated to the people dwelling near sea and coastal areas.
- In Chikitsa sthana Doshahara basti, vataghna basti and Shodhana basti are explained where kanji used as a basti dravya. Dravyas are Madhu, Saindava, sneha, shatahvadi kalka, kanjika, Gomutra. The basti dravya which is prepared with doshahara Kwatha which brings about dosha shamana of prakupita dosha is called as doshahara basti.

Haritha Samhita²⁴:

- According to Haritha Samhita in 11th chapter kanjika varga mentions kanji is sheetala, suswaadu, ghora athisaaranashak
- Explained properties of kanji made from yava(barley) and wheat yava kanji is vatapitta shamaka, raktapitta prakopaka kanji prepared from wheat is jataragni deepana, shoolanashak, kaphagna, vataghna.
- Also explained tailayukta kanji by drinking kanji mixed with taila ama pachana takes place and cures all types of vata vikaras
- Yugandhara kanji : kanji of jowar kaphavata vinashak, shulahara, pachaka,.....

Keraliya Panchakarma chikitsa vijnana, Dhanyamla kalpa²⁵

- अशीतिवातरोगेषु धान्यामलं विनिवेशयेत्।
- मन्यास्तंभं हनुस्तंभमर्दितं विवृतास्वतामा जिह्वास्तंभं पार्श्वशूलमुर् कंठं तथैव चा बाहुशोशं चिरगतमपबाहुं विशेषतः। कोष्ठजान् वातजान् रोगान् हन्यादेतन्नसंशयः। तूनिप्रतितूनि चैव जलकूर्माप्लीहामयो आनाहं गुल्ममष्टीलां प्रत्यष्टीलां तथैव चा गुह्यरोगाणि सर्वाणि गुदजानि विशेषतः। पांडुशोफपरीसर्पपामादीनांशु नाशयेत्। कटीवंक्षणशूले च खंजं पक्षवधं खुडम्। पाददाहं पादहर्षं नखभेदं विपादिकाम्। अन्यान् समीरजान् रोगान् क्षिप्रमेतद्व्यपोहति।
(केरलीय-पंचकर्म-चिकित्सा विज्ञान, धान्याम्लकल्या

Used in treatment of manyastambha, hanustambha, ardita, padaharsha, nakhabeda, daha in jwara, cervical spondylosis, diabetic sensory neuropathy, Spastic para paresis....

Kaiyadev Nighantu²⁶:

Dhanyamlasya Guna: Pranadharaka, Agnivardhaka, Paachaka, Bhedaka, Teekshna, ushna veerya, ruchikara, laghu, raktapitta, Bastishulanashaka, Vibandha, ajeerna, shula, amavata, shrama, klama, kaphanissaraka,

FIGURES



Materials of kaanji



Dhupana dravyas of kaanji



Boiling of rice and masha



Fumigation of the pot



Pouring liquid inside the pot



Pot is kept inside the husk for fermentation

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