



# Therapeutic Role of Kanchar (Bauhinia variegata) in the Management of Granthi (Nodular Swellings): An Ayurvedic Review

Dr. Himani Sharman<sup>1</sup>, Dr. Shakshi<sup>2</sup>

<sup>1</sup>Associate Professor Department of Agada Tantra evum vidhivaidyak Sri Ganganagar College of Ayurvedic Science and Hospital, Tantia University, Sri Ganganagar, Rajasthan

<sup>2</sup>Assistant professor, Department of PTSR  
Patanjali bhartiya Ayurvigyan evum Anusandhan Sansthan, Haridwar

Corresponding Author: Dr. Himani Sharman

**ABSTRACT:** Granthi is described in Ayurveda as a localized nodular swelling formed due to the vitiation of Doshas along with the involvement of Rakta, Mamsa, and Meda Dhatu. Such nodular swellings may clinically resemble several benign proliferative conditions such as lipomas, cysts, lymphadenopathy, and thyroid nodules. Classical Ayurvedic literature elaborates the pathogenesis of Granthi through the concept of Dosha-Dhatu Sannichaya and Srotorodha leading to localized tissue proliferation. Among various medicinal plants indicated for glandular swellings, Kanchar (Bauhinia variegata) is widely utilized because of its Kapha-Medohara, Lekhana, and Shothahara properties. The present review aims to analyze the Ayurvedic concept of Granthi and highlight the therapeutic potential of Kanchar based on classical references and available pharmacological evidence.

**KEYWORDS:** Granthi, Bauhinia variegata, Kanchar, nodular swelling, Ayurveda

## INTRODUCTION

Ayurveda describes abnormal swellings under the categories of **Granthi** and **Arbuda**, depending upon their size, progression, and severity. Granthi is characterized by a small, rounded nodular swelling resulting from the pathological interaction of vitiated Doshas with specific body tissues.

The classical explanation of Granthi formation is found in Sushruta Samhita:

“दोषा मांसासृक् मेदांसि संमूर्च्छ्य ग्रन्थिमुत्पादयन्ति।”

(सुश्रुत संहिता, निदान स्थान 11/3)

Another reference from Ashtanga Hridaya states:

“दोषैर्मांसासृक्मेदांसि संमूर्च्छ्य ग्रन्थयः स्मृताः।”

(अष्टाङ्ग हृदय, निदान स्थान 11/1)

These classical descriptions indicate that the interaction of vitiated Doshas with Rakta, Mamsa, and Meda Dhatu results in the formation of nodular swellings known as Granthi.

The basic Ayurvedic principle of disease formation is explained in Charaka Samhita:

“दोषधातुमलमूलं हि शरीरम्।”

(चरक संहिता, सूत्र स्थान 1/53)

Thus, imbalance in Dosha, Dhatu, and Mala ultimately leads to the manifestation of disease conditions including Granthi.

### Types of Granthi

According to Sushruta Samhita, Granthi is classified into six varieties:

- Vataja Granthi
- Pittaja Granthi
- Kaphaja Granthi
- Raktaja Granthi
- Medoja Granthi
- Siraja Granthi

These types differ in their clinical presentation depending on the predominance of Doshas and the tissues involved.

### Samprapti Ghataka

Factor	Description
Dosha	Kapha, Vata
Dushya	Rakta, Mamsa, Meda
Agni	Mandagni
Srotas	Rasavaha, Raktavaha, Medovaha
Srotodushti	Sanga
Udbhava Sthana	Amashaya
Vyaktasthana	Mamsa and Meda Dhatu
Rogamarga	Bahya

### Samprapti (Pathogenesis)

The development of Granthi can be explained through the following sequence:

**Agnimandya → Dosha Prakopa (Kapha + Vata) → Dosha-Dhatu Sammurchana → Srotorodha → Localized tissue proliferation → Granthi formation**

### Modern Correlation

The description of Granthi in Ayurveda can be correlated with various benign nodular conditions including:

- Thyroid nodules
- Lipoma
- Sebaceous cyst
- Lymph node enlargement
- Benign glandular swellings

These conditions share similarities with Granthi in terms of localized abnormal tissue proliferation.

### Kanchanar: Botanical Profile

**Botanical Name:** Bauhinia variegata

**Family:** Fabaceae

Kanchanar is widely used in Ayurvedic therapeutics for the management of glandular swellings, tumors, and lymphatic enlargements.

### Ayurvedic Properties

#### Parameter Description

Rasa	Kashaya, Tikta
Guna	Laghu, Ruksha
Virya	Sheeta
Vipaka	Katu
Karma	Kapha-Pitta Shamak

Properties of Kanchanar are described in Bhavaprakasha Nighantu:

**“कचनारः कषायस्तु कफपित्तविनाशनः।”**

*(भावप्रकाश निघण्टु, गुडूच्यादि वर्ग)*

### Phytochemistry

Phytochemical analysis of Bauhinia variegata shows the presence of:

- Flavonoids
- Tannins
- Alkaloids
- Saponins
- Sterols
- Glycosides

These compounds are responsible for its anti-inflammatory and anti-proliferative activities.

### Pharmacological Studies of Kanchanar

Study	Findings
Anti-inflammatory activity	Demonstrated reduction in inflammatory mediators
Antioxidant activity	Presence of flavonoids showing free radical scavenging activity
Antitumor activity	Inhibition of abnormal cellular proliferation
Antimicrobial activity	Activity against bacterial pathogens
Cytoprotective activity	Protective effect on tissues

### Therapeutic Role in Granthi

#### Kapha-Medohara Action

Kanchanar helps reduce Kapha accumulation and correct Meda metabolism.

#### Lekhana Karma

Its Kashaya Rasa and Ruksha Guna produce scraping action which helps reduce abnormal tissue growth.

#### Shothahara Action

Anti-inflammatory properties help reduce glandular swelling.

#### Strotoshodhana

It helps remove obstruction in channels and restore tissue metabolism.

## Classical Formulation

The most commonly used formulation containing Kanchar is **Kanchar Guggulu**, which is described in **Bhaishajya Ratnavali**.

It is indicated in:

- Granthi
- Apachi
- Galaganda
- Arbuda

## DISCUSSION

Granthi represents a localized pathological condition caused by Dosha-Dhatu Sammurchana and Srotorodha. Ayurvedic treatment focuses on correcting Dosha imbalance, clearing obstructed channels, and resolving abnormal tissue proliferation.

Kanchar possesses properties that directly counteract Kapha and Meda accumulation, which are the major contributing factors in Granthi formation. Modern pharmacological studies also support its anti-inflammatory and anti-proliferative properties.

Thus, Kanchar serves as an important therapeutic agent for managing glandular swellings and nodular disorders.

## CONCLUSION

Kanchar (*Bauhinia variegata*) is an important medicinal plant described in Ayurveda for the management of Granthi and other glandular swellings. Its Kapha-Medohara, Lekhana, and Shothahara properties make it particularly useful in nodular disorders. Integration of classical Ayurvedic knowledge with modern pharmacological research may further validate its therapeutic role in the management of nodular conditions.

## REFERENCES

1. Sharma PV. Sushruta Samhita. Chaukhambha Visvabharati.
2. Srikantha Murthy KR. Ashtanga Hridaya. Chaukhambha Krishnadas Academy.
3. Sharma PV. Charaka Samhita. Chaukhambha Orientalia.
4. Bhavamishra. Bhavaprakasha Nighantu. Chaukhambha Bharati Academy.
5. Govind Das Sen. Bhaishajya Ratnavali. Chaukhambha Prakashan.
6. Nadkarni KM. Indian Materia Medica.
7. Kirtikar KR, Basu BD. Indian Medicinal Plants.
8. Sharma PC, Yelne MB. Database on Medicinal Plants Used in Ayurveda.
9. Singh A et al. Pharmacological studies on *Bauhinia variegata*.
10. Gupta M et al. Anti-inflammatory activity of *Bauhinia variegata*.
11. Kumar S et al. Antioxidant activity of *Bauhinia variegata* bark.
12. Sharma R et al. Antitumor potential of *Bauhinia* species.
13. CCRAS. Medicinal plants of Ayurveda.
14. Warriar PK. Indian Medicinal Plants Compendium.
15. Ayurvedic Pharmacopoeia of India.
16. WHO Monographs on Medicinal Plants.
17. Indian Journal of Natural Products research articles on *Bauhinia variegata*.
18. Journal of Ethnopharmacology studies on *Bauhinia* species.