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Clinical Indications of *Panchatikta Kashaya* An Experiential And Scientific View

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ABSTRACT

Herbal formulations are commonly prescribed by Ayurveda physicians. They are having least side effects. Kashaya is one such preparation which has water soluble extracts of multiple herbal ingredients. *Panchatikta kashaya* is a decoction of five bitter herbs – *Guduchi*(*Tinosporia cordifolia*), *Vasaka*(*Adhatoda vasica*), *Katuki*(*Picrorhiza kurroa*), *Bhunimba*(*Andrographis paniculata*) and *Nimba twak*(*Azadirachta indica*). These drugs are having *tikta rasa* (bitter taste), *laghu* (light) *rooksha*(rough) *guna*, *dipana*(appetizer), *pachana*(digestives), *pittahara*, *krimighna* (killing of worms / parasites), *raktashodhska* (blood purifier) and *kaphapitta nashaka action*. It is indicated in *Kasa*(cough), *Shwasa*(bronchial asthma), *Jwara*(fever), *Krimi*(worms), *madhumeha* (diabetes), *kushtha*(skin diseases), *sthoulya*(obesity), *Vatarakta* and *pittaja disorders*. *Panchatikta kashaya* can be given in multiple diseases with suitable adjuvant Ayurveda formulations which are disease specific in action. The present paper highlights about the clinical indications of *Panchatikta kashaya* in a scientific and experiential view.

Keywords:- *Panchatikta Kashaya, Guduchi, Vasaka, Katuki*



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INTRODUCTION

Panchatikat Kashayam is a very famous Ayurvedic medicine used in fever, skin diseases, and is potent antiviral and antibacterial herb. It is also known as *panchatikta kashyam*, *panchtikta kashya*. It is made of five herbal ingredients and is bitter in taste. so, the name *Panchatikat*. *Panchatikta kashaya* is a decoction of five bitter herbs – *Guduchi* (*Tinospora cordifolia*), *Vasaka* (*Adhatoda vasica*), *Katuki*

(*Picrorhiza kurroa*), *Bhunimba* (*Andrographis paniculata*) and *Nimba twak* (*Azadirachta indica*). *Panchtikta Kashyam* mainly pacifies pitta. It also helps to eliminate the toxins in the body. It is considered Ayurvedic Broad spectrum antiviral, antibacterial, antiviral and anti-inflammatory medicine.

AIMS AND OBJECTIVES

To review the clinical indications and benefits of *Panchtikat Kashya* in *Ayurvedic* literature and in

modern era.

METHODOLOGY

Authorized *Ayurvedic* classical texts were used as a source material such as *Brahattrayi*, *Laghutrayi*, and

various *Ayurvedic Teekas*.

DISCUSSION

Panchatikta kashaya is consisting of bitter drugs which are given in various *kapha pittaja* diseases . Most of them are *ushna virya* (hot potency) and *raktashodhska* (blood purifier) , *krimighna* (killing]

of worms / parasites), antibacterial , anti-infective bactericidal and immunomodulator in action . They are given in various *kapha pittaja* diseases and skin diseases. However, because of bitter taste it is not palatable in children.

Table -1 Clinical indications

<i>Jwara (Fever)</i>	Anorexia	<i>Kshavathu</i>	Enzyme
<i>Kasa (Cough)</i>	Indigestion	Peripheral vascular disease	Furunculosis
<i>Shwasa (Bronchial asthma)</i>	Chronic bronchitis	Deep vein thrombosis	<i>Sheetapitta</i>
<i>Krimi (Worms)</i>	Pneumonia	Cellulitis	Paronychia
<i>Madhumeha (Diabetes)</i>	Bronchial bronchial asthma	Chronic non healing ulcer	
<i>Sthoulya (Obesity)</i>	Worm infestation in children	Urticaria	Taenia cruris
<i>Kushtha (skin diseases)</i>	<i>Pratishyaya</i> (Allergic rhinitis)	Psoriasis	Taenia capitis
Contact dermatitis	<i>Peenasa</i> (Sinusitis)	Scabies	Taenia corporis

Table 2- Showing Mode of Actions ^{5,6,7}

<i>Tikta rasayukta</i> (Bitter in taste)	<i>Kaphapittahara</i>
<i>Raktashodhska</i> (Blood purifier)	<i>Laghu</i> (Light)
<i>Krimighna</i> (Antibacterial)	<i>Ushna virya</i> (hot in potency)
<i>Jwarahara</i> (Antipyretic)	Wormicidal
Anti-infective	Antifungal
Antibacterial	<i>Raktaprasadana</i> (blood purifying activity)
Bactericidal	<i>Aruchi nashaka</i> (appetizer)
Immunomodulator	<i>Ropana</i> (Tissue Healing)
Immunity booster	Ulcer healing

Amayika prayoga⁴ (Internal uses)

- Jwara (Fever)**- It is given with *mrityunjaya rasa* or *tribhuvana kirti rasa*.
- Kasa (Cough)**– It is giver with *sitopaladi choorna* or *talisadi choorna* .
- Shwasa (Bronchial asthma)**- It is given with *shwasa kuthara rasa, talisadi choorna* and *kanakasava* .
- Krimi (Worms)** - It is given with *krimikuthara rasa* .
- Madhumeha (Diabetes)**- It is given with *Vasanta kusumakara rasa, and chandraprabha vati*.
- Sthoulya (Obesity)** - It is given with *navaka guggulu* or *amritadi guggulu* and *tryushanadi louha*.
- Kushtha (Skin diseases)** – It is given with *panchanimbadi choorna* , *arogyavardhini rasa* and
- Contact dermatitis** – It is given with *khadirarishtha*.
- Anorexia** - It is given with *lashunadi vati* and *lavana bhaskara choorna* .
- Indigestion** - It is given with *Lashunadi vati* and *Kupiluhingwadi vati*.
- Chronic bronchitis** - It is given with *Vrinapahari rasa* , *mrityunjaya rasa* and *talisadi choorna* .
- Pneumonia** – It is given with *Sheetamshu rasa, talisadi choorna* , and *tribhuvana kirthi rasa*.
- Bronchial bronchial asthma** - It is given with *Somasava* , *mrityunjaya rasa* , and *talisadi choorna* .
- Worm infestation in children** - It is given with *Krimikuthara rasa* and *Vidangarishta*.
- Pratishyaya (Allergic rhinitis)** - It is given with

- Naradiya laxmivilasa rasa .*
16. **Peenasa (Sinusitis)**– It is given with *mrityunjaya rasa a d mahalaxmi vilasa rasa .*
 17. **Kshavathu (sneezing)** – It is given with *tribhuvana kirthi rasa.*
 18. **Peripheral vascular disease** - It is given with *Mahamanjishtadi kashaya and shiva gutika .*
 19. **Deep vein thrombosis** - It is given with *guggulu tiktaka kashaya and shilajatwadi lowha.*
 20. **Cellulitis** - It is given with *mahamanjishtadi kashaya and Laghu sootha shekhara vati*
 21. **Chronic non healing ulcer** – It is given with *chandrprabha vati, Asanadi kashaya and Pravala panchamrita rasa.*
 22. **Urticaria** - It is given with *laghu sootha shekhara vati and Haridra khanda .*
 23. **Psoriasis** - It is given with *Strikutaja taila for external application and dinamallika taila to application as well as internally.*
 24. **Scabies** - It is given with *Gandhaka rasayana and gandhaka malahara externally .*
 25. **Eczyma** – It is given with *Mahamanjishtadi kashaya , Arogyavardhini vati rasamanikya .Mahamarichyadi taila external application .*
 26. **Furunculosis** - It is given with *arogyavardhini vati and mahatiktaka kashaya .*
 27. **Sheetapitta (Urticaria)** - It is given with *Laghu sootha shekhara vati and Sarivadyasava .*
 28. **Paronychia** – It is given with *Gandhaka rasayana and Karpooradi malahara externally .*
 29. **Taenia cruris, Taenia capitis, Taenia corporis** – -It is given with *gandhaka rasayana and mahatiktaka kashaya internally and nayapamaradi taila externally .*

CONCLUSION

1. *Panchatikta kashaya* is made up of 5 bitter drugs and is given in *kapha pittaja* diseases and disorders of the skin .
2. There are least side effects after the administration of this formulation even after for prolonged period .
3. Sometimes constipation is seen in some patients after consuming the formulation .
4. With suitable adjuvants , *panchatikta kashaya* can be given in various disorders with better outcome .

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