Clinical Indications of Asanadi Kwatha A Scientific and Experiential View

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INTRODUCTION
Kwatha preparations are easy to prepare and effective in various non communicable disorders. Kwatha as like Mahamanjishthadi Kwatha, Maha Tiktaka Kashaya, Manjishtadi Kashaya, Tiktaka Kashaya, Triphala Kashaya, Phalatrikadi Kashaya, Guduchyadi Kashaya, Rasnaerandadi Kashaya, Rasna Saptaka Kashaya, Rasnadi Kashaya, Maharasnadi Kashaya, Poushkaradi Kashaya, Dashamoola Katutraya Kashaya, Patoladi Kashaya, Yavadi Kwatha, Patolakatu Ruhinyadi Kashaya, And Sahacharadi Kashaya are few kashaya preparations which are commonly used by Ayurveda physicians. Among these Asanadi Kwatha is frequently used by Ayurveda physicians mainly in diabetes mellitus and non healing ulcer patients. The vital responsibility played by herbal medicine in serving the therapeutic requirements of major fraction of human populace worldwide is identified since ancient times. But the quality control and standardization facets of these herbal drugs stay as a herculean task even in the 21st century. Accurate identification and guarantee of purity through pharmacognosy and pharmaceutical chemistry measures is inescapable ladder needed for the quality assurance and standardization of any of the herbal medicine whether it is single drug or formulation. Asanadi Kwatha is one of the most potential herbo-mineral compound preparations. It has the actions like Kashaya Rasayukta, Sheetavirya, Pittahara And Raktashodhaka in action. Actions like Raktashodhaka, Kandugna, Virechana, Malavatanulomana, Pittahara, Dahaara, Kushthaghna, Rasayana And Dipana are seen in this formulation. In this paper, clinical indications of Asanadi kwatha is explained in a scientific and experiential view.

Key words: Asanadi Kwatha, Raktashodhaka, Rasayana, Pittahara.

ABSTRACT:
Asanadi kwatha in asavarishta base is widely used by Ayurveda physicians. It contains pittahara and kashaya rasayukta drugs. It is used mainly in diabetes mellitus, raktaja vikaras and disorders of anorectal region. In disorders like diabetes mellitus, chronic non healing ulcer, hemorrhoids, fistula in ano, chronic non healing ulcer, various skin disorders and pittaja vyadhis. It is Kashaya Rasayukta, Sheetavirya, Pittahara And Raktashodhaka in action. Actions like Raktashodhaka, Kandugna, Virechana, Malavatanulomana, Pittahara, Dahaara, Kushthaghna, Rasayana And Dipana are seen in this formulation. In this paper, clinical indications of Asanadi kwatha is explained in a scientific and experiential view.

Key words: Asanadi Kwatha, Raktashodhaka, Rasayana, Pittahara.
Ingredients
1. Haritaki - Terminalia chebula
2. Vibhitaki (Terminalia bellerica)
3. Amalaki (Emblica officinalis)
4. Asana (Pterocarpus marsupium)
5. Chitraka (Plumbago zelenica)
6. Haridra (Curcuma longa)
7. Loha patra (Iron foils)

Actions
1. Kashaya rasayukta
2. Sheetavirya
3. Malavatanulomana
4. Virechana
5. Pittahara
6. Ropana
7. Kandughna
8. Kushthaghna
9. Pittahara
10. Raktaprasadana
11. Dipayana
12. Pachana
13. Dahahara
14. Mootrala
15. Anti inflammatory
16. Anti infective
17. Bactericidal
18. Antibacterial
19. Ulcer healer
20. Ulcer protective
21. Immunomodulator

Clinical indications
1. Diabetes mellitus
2. Chronic non healing ulcer
3. Fistula in ano
4. Fissure in ano
5. Hemorrhoids
6. Daha
7. Kandu
8. Kushtha
9. Pama
10. Folliculitis
11. Eczyma
12. Atopa
13. Anaha
14. Adhmana
15. Malabandha
16. Cellulitis
17. Gangrene
18. Padadari
19. Sidhma kushtha
20. Impetigo
21. Prameha pidaka

Amayika prayoga
1. Diabetes mellitus - It is given with Chandraprabha Vati and Vasantha Kusumakara Rasa.
2. Chronic non healing ulcer – It is given with Pravala Panchamrita Rasa, Shilajatwadi Loha, internally and Tankana Sindoora for external application.
3. Fistula in ano – It is given with Triphala Guggulu, Gandhaka Rasayana And Ksarasutra.
4. Fissure in ano – It is given with Gandhaka Rasayana And Shatadhotu Ghrita external application.
5. Hemorrhoids - It is given with Triphala tablets.
6. Daha – It is given with Pravala Panchamrita Rasa.
7. Kandu – It is given with Arogyavardhini Vati and Laghu Sootha Shekhara Vati.
8. Kushtha – It is given with Arogyavardhini Vati And Gandhaka Rasayana tablets.
9. Pama (Scabies) – It is given with Gandhaka Rasayana And Gandhaka Malahara for external application.
10. Folliculitis – It is used along with Arogyavardhini Vati And Rasamanikya.
11. Eczyma – It is given with Mahatiktaka Kashaya and Rasamanikya and external application of Mahamariyadi Taila.
12. Atopa – It is given with triphala tablets.
13. Anaha – It is given with trivrit leha
14. Adhmana - It is given with Triphala Vati And Aagnitundi Vati.
15. Malabandha – It is given with Abhayarishta Or Abhayadi Modaka.
16. Cellulitis – It is given with Pravala Panchamrita Rasa And Sarivadayasava.
17. Gangrene – In initial stage, it is given with Triphala Guggulu And Pravala Panchamrita Rasa
18. Padadari – It is given with Gandhaka Rasayana And Sikha Taila external application.
19. Sidhma - it is given with Arogyavardhini Vati and salicilic acid ointment.
20. Impetigo – It is given with Pravala Panchamrita Rasa.
21. Prameha pidika – It is given with Kaishora Guggulu And Tankana Sindoora external application.

DISCUSSION
Asanadi kwatha is a formulation which is commonly given in Raktaja And Pittaja disorders. It is containing
ingredients like Haritaki, Asana, And Haridra. Which are Kashaya Rasayukta, And Raktashodhaka properties. These drugs are Kashaya Rasayukta, Malavatanuloma, ulcer healer, Pittahara, Dahahara, And Shramahara actions. It purifies Doshta Pitta And Rakta. Hence it is used in most of the Raktaja Vyadhis. However strict pathyapathy is to be followed along with this medicines. Following Pathyapathy will be resulting in earlier recovery from the disease. It is easy to prepare and palatable for administration also. It is prepared in fermentation and Asavarishta base, it can be preserved for longer time.

CONCLUSION
Asanadi Kwatha Is Pittahara and Raktashodhaka Malavatanuloma in action. In Asavarishta base, if it is prepared, it can be preserved for prolonged period. There are least adverse drug reaction during Asanadi Kwatha administration. When given with suitable disease specific adjuvants, it goes desired results.

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