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## Clinical Indications of *Asanadi Kwatha* A Scientific and Experiential View

Shripathi Acharya G,<sup>1</sup> Rajeshwari S Acharya <sup>2</sup>

1. Director Academic and WHO Collaborator Muniyal Institute of Ayurveda Medical Sciences Manipal India Email
2. Miss Rajeshwari S Acharya SDM College of Ayurveda Udupi, India

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#### Corresponding author-

Shripathi Acharya G Director Academic and WHO Collaborator Muniyal Institute of Ayurveda Medical Sciences Manipal India

Email: [shripathi\\_acharya@yahoo.co.in](mailto:shripathi_acharya@yahoo.co.in)

### ABSTRACT:

*Asanadi kwatha* in *asavarishtha* 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* , *Kandughna*, *Virechana* , *Malavatanulomana* , *Pittahara* , *Dahahara*, *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* .

### INTRODUCTION

*Kwatha* preparations are easy to prepare and effective in various non communicable disorders . *Kwath* as like *Mahamanjishthadi Kwatha* , *Maha Tiktaka Kashaya* , *Manjishthadi 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*, *Patolakaturhinyadi 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* , *Raktashodhaka* , *Malavatanulomana* And *Pittahara* actions .

### MATERIALS AND METHODS

Literature searches were conducted to collect literary sources from authentic texts and relevant research articles.



### Ingredients

1. *Haritaki* -*Terminalia chebula* )
2. *Vibhitaki* ( *Terminalia bellerica* )
3. *Amalaki* ( *Embllica officinalis* )
4. *Asana* ( *Pterocarpus marsupium* )
5. *Chitraka* ( *Plumbago zelenica* )
6. *Haridra* ( *Curcuma longa* )
7. *Loha patra* ( *Iron foils* )

### Actions<sup>1,2</sup>

1. *Kashaya rasayukta*
2. *Sheetavirya*
3. *Malavatanulomana*
4. *Virechana*
5. *Raktashodhaka*
6. *Pittahara*
7. *Ropana*
8. *Kandughna*
9. *Kushthaghna*
10. *Raktaprasadana*
11. *Dipana*
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<sup>3,4,5</sup>

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. Skin cellulitis
16. Gangrene

17. *Padadari*
18. *Sidhma kushtha*
19. Impetigo
20. *Prameha pidaka*

### *Amayika prayoga*<sup>6,7,8</sup>

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 *Shatadhouta 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 *Mahamarichyadi 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 *Agnitundi Vati*.
15. *Malabandha* – It is given with *Abhayarishta* Or *Abhayadi Modaka*.
16. Cellulitis – It is given with *Pravala Panchamrita Rasa* And *Sarivadyasava* .
17. Gangrene – In initial stage, it is given with *Triphala Guggulu* And *Pravala Panchamrita Rasa*
18. *Padadari* – It is given with *Gandhaka Rasayana* And *Siktha Taila* external application .
19. *Sidhma* - it is given with *Arogyavardhini Vati* and salicylic 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 .<sup>9</sup>

### 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*, *Malavatanulomana*, ulcer healer, *Pittahara, Dahahara*, *And Shramahara* actions. It purifies *Doshita Pitta And Rakta*. Hence it is used in most of the *Raktaja Vyadhis*. However strict pathyapathya is to be followed along with this medicines. Following *Pathyapathya* 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 Malavatanulomana* 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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