



PHARMACOLOGICAL REVIEW OF BHARANGYADI KWATH

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ABSTRACT

Bharangyadi Kwath is a multi-herb decoction which contains ten important herbs in equal quantity. The present study provides updated information on its pharmacological properties and probable mode of action of Bharangyadi Kwath. The crude drugs of Bharangyadi Kwath prepared in the form of decoctions is found to be useful in treating Vishamjwara, as the active principles is found to have Vatakaphashamak, Deepan, Pachan, Amapachan, Jwarangna, Trishnahar, Krimighna, Rasayan, anti-pyretic, anti-bacterial, anti-emetic, digestive, hepato-protective and laxative properties.

KEYWORDS: Ayurveda, Bharangyadi Kwath, Vishamjwara.

INTRODUCTION

Plant based drugs have formed the basis of traditional medicine systems that have been used for centuries in many countries.^[1] Today plant-based drugs continue to play an essential role in health care. It has been estimated by the World Health Organization that 80% of the population of the world rely mainly on traditional medicines for their primary health care.^[2]

Bharangyadi Kwath is a unique preparation explained in Vishamjwara chapter of Yogratnakar which contains Bharangi (*Clerodendrum serratum*), Mustak (*Cyperus rotundus*), Pittapapada (*Fumaria officinalis*), Dhamasa (*Fagonia arabica*), Sunthi (*Zingiber officinale*), Chirayata (*Swertia chirata*), Kustha (*Saussurea lappa*), Pippali (*Piper longum*), Brihati (*Solanum indicum*) and Guduchi (*Tinospora cordifolia*) in equal quantity.^[3]

It is indicated in Jirnajwara and various types of Vishamjwara- Satata, Santata, Anedushka, Tritiyak and Chaturthak jwara with Tridoshaghana specially Vatakaphashamak, Deepan, Pachan, Amapachan, Trihnahar, Krimighna and Rasayan properties.

Bharang-abda-parpatak-dhanya-vishwa-bhunimba-kustha-kana-simhi-amrita kashaya Jirnajwara Satatsantako Nihantanyeduska sahatritiyakchaturtako cha (Yogratnakar)

MATERIAL AND METHODS

Collection and authentication of drugs - The raw drugs were collected from botanical garden and purchased from local market. The identity of the drugs was confirmed by HOD of Dravya Guna Department, Government Ayurvedic College, Raipur. These drugs were compared with voucher specimen and available literature in institute.

Ingredients – Bharangyadi Kwath

Drug Name	Latin Name	Family	Useful Part
Bharangi	<i>Clerodendrum serratum</i>	Verbenaceae	Root & Leaves
Mustak	<i>Cyperus rotundus</i>	Cyperaceae	Rhizome
Pittapapada	<i>Fumaria officinalis</i>	Fumariaceae	Whole plant
Dhamasa	<i>Fagonia arabica</i>	Zygophyllaceae	Whole plant
Sunthi	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome
Chirayata	<i>Swertia chirata</i>	Gentianaceae	Whole plant
Kustha	<i>Saussurea lappa</i>	Compositae	Root
Pippali	<i>Piper longum</i>	Piperaceae	Fruit
Brihati	<i>Solanum indicum</i>	Solanaceae	Root & Fruit
Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae	Stem

Method of Preparation of Kwath: Kwath (Decoction) was prepared using one part of Kwath course powder and sixteen parts of water was added and boiled on medium

flame till it gets reduced to 1/4th as per the classical reference. Kwath was filtered and stored in a clean vessel.^[4]

Pharmacological study: Table showing pharmacological properties of ingredients of Bharangyadi Kwath.^[5,9]

Name	Rasa	Guna	Veerya	Vipaka
Bharangi	Tikta, Katu, Kashaya	Laghu, Ruksha	Ushna	Katu
Mustak	Tikta, Katu, Kashaya	Laghu, Ruksha	Sheeta	Katu
Pittapapada	Tikta	Laghu, Sangrahi	Sheeta	Katu
Dhamasa	Tikta, Kashaya, Madhur	Laghu	Sheeta	Katu
Sunthi	Katu	Guru, Ruksha, Tikshna	Ushna	Katu
Chirayata	Tikta	Laghu, Ruksha	Ushna	Katu
Kustha	Tikta, Katu, Madhur	Laghu, Ruksha, Tikshna	Ushna	Katu
Pippali	Katu	Laghu, Snigdha, Tikshna	Anushna-sheet	Madhur
Brihati	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu
Guduchi	Tikta, Kashaya, Katu, Madhur	Guru, Snigdha	Ushna	Madhur

Rasa: Tikta – 8, Katu - 7, Kashaya - 4, Madhur - 3

Guna: Laghu - 8, Ruksha - 6, Tikshna – 4, Sangrahi - 1, Guru - 2, Snigdha – 2.

Veerya: Ushna - 6, Sheeta - 3, Anushna-sheet – 1.

Vipaka: Katu - 8, Madhur – 2.

Karma and Doshagnata

Name	Doshagnata	Karma
Bharangi	Kaphavata shamak	Raktautkleshak, Shothahar, Vranapachan, Deepan, Pachan, Anuloman, Kaphahar, Kasahar, Swasahar & Swedajanana
Mustak	Kaphapitta shamak	Twakdoshahar, Shothahar, Lekhan, Stanyajanana, Medhya, Nadibalya, Deepan, Pachan, Grahi, Trishnanigrahan, Krimighna, Raktaprasadan, Kaphagna, Mutral, Garbhashaya sankochak, Stanyashodhan, Jwaraghna
Pittapapada	Kaphapitta shamak	Trishnashamak, Deepan, Krimighna, Yakrituttejaka, Raktashodhak, Raktastambhak, Mutral, Kustaghna, Swedajanana, Dahaprashmana
Dhamasa	Vatapitta shamak	Dahaprashmana, Kothaprashmana, Vranaropana, Mastiskya, Stambhak, Raktastambhak, Raktaprasadan, Kaphanissarak, Mutral, Twakdoshahar, Jwaraghna, Katupostik
Sunthi	Vatakaphahar pittavardhak	Ruchikar, Amavatanashak, Pachak, Vibandhahar, Vatahar, Grahi, Hridya, Udarshoolnashak, Jwaraghna, Sheetaprashmana, Amapachak
Chirayata	Kaphapitta shamak	Vranashodhan, Aakshephar, Nidrajanana, Deepan, Trisnannigrahan, Amapachan, Pittasarak, Anulomana, Krimighna, Raktashodhak, Shothahar, Swasahar, Stanyashodhan, Swedajanana, Dahaprashmana
Kustha	Kaphavata shamak	Durgandhanasak, Jantughna, Vednasthapan, Varnya, Kustaghna, Avasadak, Aakshephar, Vatahar, Deepan, Pachan, Anuloman, Shoolaprashaman, Raktashodhak, Shwasahar, Shukrashodhan, Vrishya, Garbhashaya-uttejak, Artavjanana, Stanyajanana, Jwaraghna, Rasayan
Pippali	Kaphavata shamak	Rechak, Shwasakasa, Udarroga, Jwara, Kustha, Prameha, Gulma, Shoola, Amavatanashak, Agnivardhak, Vrishya, Medhya, Garbhashayashodhak,

Brihati	Kaphavata shamak	Vedanasthapana, Kandughna, Keshya, Uttejaka, Deepan, Pachan, Grahi, Krimighna, Hridayauttejak, Rakta shodhak, Shothahar, Kasa-shwasahar, Mutral, Vajikar, Kustaghna, Jwaraghna
Guduchi	Tridosha shamak	Kustaghna, Vedanastapan, Trishnanigrahan, Chardinigrahan, Deepan, Pachan, Pittasarak, Anuloman, Krimighna, Hridya, Raktashodhak, Kaphaghna, Pramehar, Jwaraghna, Dahaprashaman

Organoleptical Characters – Kwath was having brownish colour, dark appearance, bitter taste and aromatic odor.

Probable mode of action of Kwath – Bharangyadi Kwath mentioned in Yogratnakar is indicated in Vishamjwara. Bharangyadi Kwath is prepared from ten crude herbal drugs. The majority of drugs are Tikta, Katu and Kashaya Rasatmaka. Tikta Rasa is PittaKapha Shamak. Katu Rasa is Amapachak. Hence combination of these drugs having Tikta and Katu Rasa are useful in Vishamjwara. In Bharangyadi Kwath 60% drugs are having Ushna Veerya. Thus Sweda-avarodh is pacified by Ushna Veerya. Bharangi and Kiratikta are having Vishamjwaraghna prabhava. Guduchi, Parpatak and Bruhati are having Jwaraghna properties. Shunthi and Pippali are used as Amapachana. Mustak is used as Trishnahar and Krimighna. Dhamasa is having Dahaprashaman and Kustha is having Raktashodhak Property. The combination of these drugs causes potent anti-pyretic, anti-bacterial, anti-emetic, digestive, hepato-protective and laxative properties.

CONCLUSION

In present study, pharmacological study and probable mode of action of Bharangyadi Kwath were carried out, which could be helpful in standardization of Kwath and provide useful information and authentication of the drugs.

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