

A Review Article on Punarnavasthak Kwath

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Abstract-In the era of modern technology, Ayurvedic pharmaceutical industries are demanding standardization at every step of processing pharmaceutical area. *Kwath* (decoction) *Kalpna* is the basic dosage for many other important dosage of formulations. *Kwath Kalpana* is the most considerable and mostly used form of the Ayurvedic pharmaceutical formulations. It have some disadvantages i.e. to certifying the quality control of the herbal ingredients. There are many drugs for *Pandu* in Ayurveda. But here in this review article I am going to describe the components of these drugs which are used in treatment of *Pandu*. These herbs in these drugs are having potential to treat the symptoms of *Pandu*. *Punarnavasthak kwath* is having hepatoprotective effect which help in treating *Pandu roga*. This drug has been taken from *chakardatt udarroga chikitsa adhaya*. These classical text describes the importance of these drugs in *Hepatoprotective disorders*. This review article is a attempt to describe the properties of this drug which are used in *Pandu roga*.

Keywords- *Kwath Kalpana, Kashya, Pandu, Punarnavasthak, Hepatoprotective*

INTRODUCTION

Health is the supreme foundation of virtue wealth, enjoyment and salvation. So when fight against disease and premature death, drugs are the weapon used by doctors. In Ayurveda, drug is defined in broader perspective means, which a physician uses for restoring the equilibrium of Doshas i.e. relieving the disease is known as drug. Acharya Charaka gives its importance by considering it as one among the 'Trisutra' of Ayurveda also placed it in "ChikitsaChatuspada" after the Bhisaga. Further details are available in subsequent treatises like *AshtangaSangraha*, *AshtangaHridayam*, and medicinal texts like *Bhavaprakasha* and several *Nighantus* i.e. Special texts dealing with the drugs. *Charaka* proclaims that there is nothing in this universe which is not a medicine:

βvusuksins'ksuukukS"kf/kHkwratxfrfdafpn~ A
nzO;eqiyH;rsrkarka ;qfDreFkZa p rarefHkizsR; AAβ

(Ch.St.26/12)

Further *Charaka* says that he is the best of physicians who knows the science of administration of drugs with due reference to the place and time, and who applies it only after examining each and every patient individually.

A drug that is not understood perfectly is comparable to poison, weapons, fire and the thunderbolt, while the perfectly understood drug is comparable to ambrosia. *Charaka* has given the ultimate definition of the right medicine and says "That is the right medicine which is capable of providing the health" (Ch. Su. 1/134).

W.H.O. defines it as-"Any substance or product that is used to modify or explore physiological systems or pathological states for the benefit of the recipient is called drug."

Punarnavasthak Kwath

Composition of Punarnavasthak Kwath

S.No.	Name	Botanical Name	Family	Part used	Quantity
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1.	Punarnava	<i>Boerhaviadiiffusa</i>	<i>Nyctaginaceae</i>	Root	1 Part
2.	Nimb	<i>Azadirachtaindica</i>	<i>Meliaceae</i>	Leaves/ Bark	1 Part
3.	Patol	<i>Trichosanthesdioica</i>	<i>Cucurbitaceae</i>	Leaves	1 Part
4.	Shunthi	<i>Zingiberofficinale</i>	<i>Zingiberaceae</i>	Rhizome	1 Part
5.	Kutki	<i>Picrorhizakurrooa</i>	<i>Scrophulariaceae</i>	Rhizome	1 Part
6.	Guduchi	<i>Tinosporacordifolia</i>	<i>Menispermaceae</i>	Stem	1 Part
7.	Deodar	<i>Cedrusdeodara</i>	<i>Pinaceae</i>	Heart wood	1 Part
8.	Haritaki	<i>Terminalia chebula</i>	<i>Combretaceae</i>	Pericap	1 Part

Ref.Chakardatt/Udar Rog Chikitsaadhyaya

Brief Description Of Various Ingredients Is As Follow :-

SHUNTHI

Botanical Name: *Zingiber officinale* Rose.

Family : Zingiberaceae.

Parts Used : Dried rhizome

Synonyms: *Ausadha, Muhaaushadha, Nagara, Visva, Visvabhesaja, sringavera, Visva, Visvausaadha*

Ayurvedic Properties-

<i>Rasa</i>	<i>Katu.</i>
<i>Guna</i>	<i>Laghu, Snigdha</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Dhoshganta</i>	<i>Kaphavatahara</i>

Rogagnata And Karma -

Deepana, Rochaka, Pachana, Shothahara, Triptighna, Vatanulomana, Swasahara, Shleshmahara, Vrishna, Jwarghna, vivandhara etc. Arcuhi, Hrillasa, Chhardi, Agnimandya, Ajirna, Kosthavata, Adhamana, Grahani, Gulma, Udarashula, Anaha, Vibandha, Arsha, Avasada, Hriddaurbalya, Hridroga, Sheetapita, Pratishyaya, Samanya Daurbalya. Vedana-Sthapaka, Vata-shamaka, Sheetaprashamaka, Rochana, Deepana, Pachana, Triptighna, Vatanulomana, Shulaprashamana, Arshoghna, Bhedana, Grahi and Jwarghna.

Chemical Constituents:

Oil of Ginger contains Zingiberene, Zingerol, Gingerin. The essential oil is found to have ar-curcumene (22.1%), zingiberene (11.7%), [beta]-bisabolene (11.2%) and cadina-1,4-diene (12.5%). Aldehydes and alcohols are also present. Gingerol and its analogs found in rhizome extracts are responsible for many pharmacological activities.

Pharmacological Activities:

Anti-inflammatory, antiemetic, antiulcer, antipyretic, antidepressant, antioxidant, antibacterial, antifungal, cholagogic, analgesic and hepatoprotective.

GUDUCHI

❖ Botanical Name : *Tinospora cordifolia* WilldMiers.

❖ Family : Menispermaceae

- ❖ Synonyms : Madhuparnika, Amruta, Vishalya, Chakralakshana,
- ❖ Parts Used : Moola, Patra, Kanda

Ayurvedic Properties:

<i>Rasa</i>	<i>Tikta , Kashaya</i>
<i>Guna</i>	<i>Laghu, snigdha</i>
<i>Virya</i>	<i>Ushana</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Dhoshganta</i>	<i>Tridoshasamaka & pittasaraka</i>

Rogagnata And Karma:-

Kasa, Swasa, Meha, Pandu, Kamala, Kushta, Vatarakta, Jawara, Krimi.

Thermo genic, anodyne, anthelmintic, antispasmodic, anti-inflammatory, antipyretic, antiemetic, digestive, carminative, cardio tonic, expectorant, depurative, haematinic, galactopurifier, rejuvenating and aphrodisiac.

Useful in inflammations, intermittent and chronic fevers, stomachalgia, flatulence, dyspepsia, gout, vomiting, Asthma, helminthiasis, cardiac debility, cough, skin diseases, leprosy, erysipelas, anaemia, jaundice, general debility, seminal weakness, uropathy and splenopathy.

Chemical Constituents:-

Alkaloids: Berberine, Palmatine, Tembetarine (0.012%), Magnoflorine (0.075%), Tinosporin, Isocolumbin, Palmatine, Tetrahydropalmatine, Magnoflorine.

Pharmacological activities - Hypoglycemic, Hepatoprotective, Antimicrobial, Anti-Oxidant, Anti-stress, Anti-allergic, Anti-bacterial and Immuno-modulator.

PUNARNAVA

- ❖ Botanical Name: *Boerhaviadiffusa*
- ❖ Family : *Nyctiginaceae*
- ❖ Synonyms : *Shothaghni, Varshabhu,*
- ❖ Part used : *Panchanaga and Mula*

Ayurvedic Properties:

<i>Rasa</i>	<i>Katu, Kashaya</i>
<i>Guṇa</i>	<i>Laghu, Sheeta</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshagnatā</i>	<i>Tridosaghna</i>

Rogaghnta and Karma:

Sothahara, Mutrala, Raktavardhaka, Rasāyana, Jwaraghna, Recana, Deepana etc.

Chemical Constituents :

A sterol isolated from the root was identified as -sitosterol. The plant contains an alkaloid ‘*Punarnavin*’ having the formula potassium nitrate, sulphate, chloride. The root extract and its water soluble and water insoluble fraction also increased urinary output. The diuresis is mainly due to the action of the alkaloid on the renal epithelium. (Chopra, Ghosh et al, Ind. Med. Gaz.)

Pharmacological Activities-

Diuretic, anti-inflammatory, cardiotoxic, significant anti fibrinolytic, hepatoprotective.

KUTAKI

- ❖ Botanical Name : *PicrorhizaKurroa*
- ❖ Family : Scrophularaceae
- ❖ Synonyms : *Tikta, Krishnabheda, Ashoka*
- ❖ Part Used : *Rhizome*

Ayurvedic Properties-

Rasa	<i>Tikta</i>
Guṇa	<i>Laghu, Ruksha</i>
Virya	Sheeta
Vipaka	<i>Katu</i>
Doshagnatā	Kaphapittashamak

Rogagnata and Karma- Deepana, Pittasarak, Rechana, Bhedana, Krimighna, Pramehaghna, Kusthaghna etc.

Chemical Constituents : Picrorhizin, Kutkin, D-Manitol, Kutkiol, Kutki-sterol.

Pharmacological Activities - Anti-inflammatory, antiviral, hepatoprotective, antibacterial, antimicrobial, immunomodulating.

HARITAKI

- ❖ Botanical name- Terminalia chebula
- ❖ Family - Combretaceae
- ❖ Part Used - Fruit
- ❖ Synonyms - Abhaya, Pathya, Kaystha, Putana, Haimavati, Chetaki, Putana, Shiva, Vayastha, Rohini.

Ayurvedic Properties :-

Rasa	Kashya, Tikta, Madhura, Katu, Amala
Guna	Laghu, Rukhsa
Virya	Ushana
Vipaka	Madhura
Karama	Tridoshakarma

Rogagnata And Karma-

Mukharoga, vrana, Nadidaurbalya, Indriyadaurbalya, Agnimandhya, Kamla, Raktavikara, Hriddaurbalyata, Twagdosha, Yakritpleehavridhi, Swetapradara, Anaha, Shoola, Vatavyadhi, Shothahara, Deepana-Pachana, Grahi,

Shonitasthapan, Hridya, Rasayana, Vrishya, Medhya, Nadibalya, Anulomana, Srotoshodhana, Prajasthapan, Yakriduttejak, Vranashodhana, Vranaropana, Vedanasthapan.

Chemical Constituents-

Antraquinone glycoside, Chrebulinic acid, Tannic acid, Terchebin, Tetrachebulin, Vitamin C, Linoleic, Oleic, Palmitic and 2- α hydroxyl ursolic acid.

Pharmacological Activities-

Antimicrobial, Antibacterial, Antistress, Antispasmodics, Indurance promoting activity, Hypolipidaemic, Inhibitory activity, Anthelmintic, Purgative

PATOLA

- ❖ Botanical Name : *Trichosanthes dioica*
- ❖ Family : *Cucurbitaceae*
- ❖ Synonyms : *Patola, Kulka, Tikta, Panduka, . Rajiphala, Pratika, Beejgarbha, Pratika*
- ❖ Part used : *Root, leaf, fruit*

Ayurvedic Properties :

<i>Rasa</i>	<i>Tikta (B.P.Ni.)</i>
<i>Guṇa</i>	<i>Snigdha, Laghu (B.P.Ni.)</i>
<i>Virya</i>	<i>Ushna (B.P.Ni.)</i>
<i>Vipaka</i>	<i>Katu (B.P.Ni. Su.Su.46)</i>
<i>Doshaghnatā</i>	<i>Tridoshashamaka (B.P.Ni., Su.Su.46)</i>

Rogaghnata and Karma-

Aruchi, Agnimandya, Ajeerna, Amalapitta, Raktavikara, kamla, Daurbalya, Pittajajwara. Rochana, Deepana, Pachana, Pittasarka, Raktashodhaka, Jwaraghana, Balya.

Chemical Constituents-

Nicotinic acid, Riboflavin, vitamin c, 5- hydroxytryptamine(fruits), linoleic, oleic, oleostearic (trichosanic acid) (seed), colocynthin, saponin, essential oil containgterpnes, fixed oil, reducing sugars(root).

Pharmacological Activities - Haemagglutinating, antibacterial, antifungal, hypoglycaemic.

DEV DARU

- ❖ Botanical Name : *Cedrus deodara*
- ❖ Family : *Pinaceae*
- ❖ Synonyms : *Devadaru, daru, indradaru, mastdaru, kilima, putikastha, surbhuruha.(B.P.Ni.)*
- ❖ Part Used : *Heartwood, oil, leaf, bark, resin.*

Ayurvedic Properties:

<i>Rasa</i>	<i>Tikta (B.P.Ni.)</i>
<i>Guṇa</i>	<i>Snigdha, Laghu (B.P.Ni.)</i>

<i>Virya</i>	<i>Ushna (B.P.Ni.)</i>
<i>Vipaka</i>	<i>Katu (B.P.Ni. Su.Su.46)</i>
<i>Doshaghnatā</i>	<i>kaphavatashamaka (B.P.Ni., Su.Su.46)</i>

Rogagnata and Karma - Twagvikara, amadosha, raktavikara, adhamana, jeernakasa, hriddaurbalya, Shothahara, deepana, pachana, anulomana, krimighana, raktaprasadana.

Chemical Constituents:- Cedrin deodrin, lignoids, genoric acid, taxifolin, cedrinol, himachalol, longiborneol, centdrol, isopimaric acid, isolaricresinol, centdoric acid, linoleic, linolenic acids.

Pharmacological Activities- Anti inflammatory, antibacterial, antiviral, juvenile hormonal activity, immunomodulatory.

NIMBA

- ❖ Botanical Name : *Azadirachta indica*
- ❖ Family : Meliaceae
- ❖ Synonyms : *Nimba, Tiktaka, Arishta, Pichumarda, Pichumanda, Paribhadra, (B.P.Ni.)*
- ❖ Part used : *Flower, oil, leaf, bark, seed.*

Ayurvedic Properties:

<i>Rasa</i>	<i>Tikta, Kashaya (B.P.Ni.)</i>
<i>Guṇa</i>	<i>Laghu (B.P.Ni.)</i>
<i>Virya</i>	<i>Sheeta (B.P.Ni.)</i>
<i>Vipaka</i>	<i>Katu (B.P.Ni. Su.Su.46)</i>
<i>Doshaghnatā</i>	<i>kaphapittashamaka (B.P.Ni., Su.Su.46)</i>

Rogagnata and Karma- Twakadosha, apachi, krimi, daha, aruchi, Balya yakridvikara, amalpitta, raktavikara, dhatukshaya, abhishyanda. Jantughna, Vranapachana, Varanshodhna, Kandughna, Raktashodhka, Shothaghna, Ampachana, Rochana, Grahi, Krimighana.

Chemical Constituents- Limonoids, tetranortriterpenoid- γ -hydroxy butenolides, pentanortriterpenoids, Azadirachtin, Azadirachtol, Azadirachnol, Azadiradione, gedunin, melianone, Nimbiol, Nimocin, palmitic and stearic acids, Nimbinene, Nimbidin, Nimbidiol, Vilasinin, Azadirone, Azadirachtin, isoazadirolide, Nimocinone, cycloeucaenol, nimolinolic acid.

Pharmacological Activities-- Anticancer, Antiviral, Antibacterial, Analgesic, Anti- inflammatory.

DISCUSSION

S.No.	Rasa	Guna	Virya	Vipaka	Prabhav
Punarnava	Katu, Kashaya	Laghu, Sheeta	Ushna	Katu	Tridoshar
Nimb	Tikta, Kashaya	Laghu	Sheeta	Katu	Kaphpittashamak
Patol	Tikta,	Snigdha, Laghu	Ushana	Katu	Tridoshamak
Shunthi	Katu	Laghu, Singadha	Ushana	Madhura	Kaphvatashamak
Kutaki	Tikta,	Laghu, Ruksha	Sheeta	Katu	Kaphpittashamak
Guduchi	Tikta, Kashaya	Laghu, Singadha	Ushana	Madhura	Tridoshamak
Deodar	Tikta,	Snigdha, Laghu	Ushana	Katu	Kaphvatashamak
Haritaki	Kashaya, Tikta, Madhur, Katu, Amala	Laghu, Ruksha,	Usana	Madhura	Tridoshamak

CONCLUSION

In this article I have discussed the constituents of punarvasthak kwath briefly. In which rasa, vriya, vipaka, guna, chemical composition and its benefits has been described which shows it is an effective drug for patients having problems regarding liver disorders. So it can be considered as an excellent hepatoprotective drug. It is a good bio purification, so it can be used in such diseases such as heart diseases, hypertension, Koch's diseases where the treatments like panchkarma is avoided. It is also used as supportive treatment for obesity, diuretic, UTI, renal diseases and edema. So the knowledge of this drug is helpful in treating many major hepatic disorders.

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