



# Clinical Indications of Phalatrikadi Kashaya an Experiential and Scientific view

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## Abstract

Kashaya formulations are popularly used in clinical practice by Ayurveda physicians in India and Indian subcontinent. Kashayas are decoctions of multiple herbs and are easy to prepare. Some kashayas are used to prepare in Asavarishta base by adding jaggery and certain prakshepaka dravyas and Dhataki pushpa. These formulations can be preserved for longer time without alteration in their pharmacological action. Maha manjishtadi kashaya, Maha rasnadi kashaya, Maha Sudarshana kashaya and Amrittottara kashaya are usually prepared in Asavarishta base and made more effective. Phalatrikadi kashaya is usually given in liver disorders like viral hepatitis, Alcoholic hepatitis, Alcoholic liver disease, Cirrhosis of the liver and some diseases associated with constipation viz, Anaha, Atopa, Arshas, Admana and Adhovata. The ingredients of Phalatrikadi kashaya are Virechaniya, Rasayana, Dipana, Pachana, Malavatanulomana, Pittahara, Yakrit uttejaka, Hepatoprotective and cholagogue in action.

Present paper highlights about clinical Indications of Phalatrikadi kashaya in an experiential and scientific view.

Keywords – Phalatrikadi kashaya, Virechana, Hepatoprotective.

## Introduction

Phalatrikadi kashaya is a Kashaya (Decoction) formulation which is commonly give Pittaja rogas, GIT disorders and skin disorders.1,2. Its ingredients having kashaya and Tiktarasa and actions like Virechana, Ruchya, Pitta virechana, Rasayana, Krimighna, Malavatanulomana and hepatoprotective actions.3,4,5.

## Ingredients

- 1) Haritaki – Terminalia chebula
- 2) Vibhitaki – Terminalia bellirica
- 3) Amalaki – Emblica officinalis
- 4) Guduchi – Tenospora cordifolia
- 5) Nimba Twalk – Azadirecta indica
- 6) Katukarohini – Picrorrhiza kurroa
- 7) Kiratatikta – Swertia chirayita
- 8) Vasa – Adathoda vasaka

## Methods of Preparation

All the above drugs are made into coarse powder and 16 parts of water is added and boiled. The water content is reduced to 1/4<sup>th</sup> part and filtered. Jaggery is added and fermentation is done after adding Dhataki pushpa. After 2 months Arishta is filtered and stored in glass bottles.

## Actions 6, 7.

- 1) Kashaya rasayukta
- 2) Tikta rasayukta
- 3) Virechana
- 4) Malavatanulomana
- 5) Dipana
- 6) Pachana
- 7) Krimighna
- 8) Rasayana
- 9) Yakrit Uttejaka
- 10) Choalgauge
- 11) Hepatoprotective 8.
- 12) Antibacterial
- 13) Bactericidal
- 14) Anti infective
- 15) Raktashodhaka 9.
- 16) Vrinaropana
- 17) Pittahara
- 18) Anti-cancer
- 19) Immunomodulator
- 20) Immunity booster

## Clinical Indications

- 1) Kamala roga
- 2) Viral hepatitis
- 3) Alcoholic liver disease
- 4) Cirrhosis of liver
- 5) Hepatocellular carcinoma
- 6) Alcoholic hepatitis
- 7) Malabandha
- 8) Arshas
- 9) Anaha
- 10) Adhmana
- 11) Atopa
- 12) Udavarta
- 13) Yakrit dalyudara

- 14) Plihodara
- 15) Jalodara
- 16) Ascitis
- 17) Chronic non healing ulcer
- 18) Diabetes mellitus
- 19) Arochaka
- 20) Agnimandya
- 21) Sluggish liver
- 22) Chronic constipation

Amayika Prayoga – When given along with disease specified adjuvants, phalatrikadi kwatha shows disease specific results with better outcome.

Kamala roga – It is given with bhumyamalaki swarasa and Arogyavardhini vati with Tender coconut water

Viral hepatitis – It is given with Pravala pachamrita rasa and Tender coconut water or sugarcane juice

Alcoholic liver disease – It is given with Kharjuradi mantha and punarnavadi mandoora

Cirrhosis of the liver – It is given with Arogya vardhini vati, pippali kshirapaka, Punarnavadi mandoora and high protein diet

Hepatocellular carcinoma – It is given with roudra rasa and chitrakadi vati or bhallataka vati

Alcoholic hepatitis – It is given with Godanti Bhasma and tender coconut water and plenty of milk

Malabandha – It is given with Pachasakara choorna

Arshas – It is given with Triphala tablets

Anaha – It is given with Trivrit leha

Adhmana – It is given with Trivrit leha

Atopa – It is given with Agnitundi vati

Udavarta – It is given with Agnitundi vati or Kupilu hingwadi vati

Yakritdalyudara – It is given with pippali kshirapaka and high protein diet

Plihodara – It is given with Pravala panchamrita rasa and rohitakarishtha

Jalodara – It is given with punarnavadi mandoora and high protein diet

Ascitis – It is given with punarnavashtaka kashaya, Arogya vardhini vati and high protein diet

Chronic non healing ulcer – It is given with Triphala guggulu. Pravala panchamrita rasa and shiva gutika

Diabetes mellitus – It is given with Chandraprabha vati

Arochaka – It is given with Lavana Bhaskara choorna

Agnimandya – It is given with Lashunadi vati or Hingwashtaka choorna

Sluggish liver- It is given with Arogya vardhini vati

Chronic constipation – It is given with Triphala tablets

Possible adverse drug reactions – Usually there are least ADRs after the administration.<sup>10,11</sup> If it is the for of Asavarishtha base, then if consumed in empty stomach , it produces gastric irritation and its clinical feature. For larger doses it sometime produces diarrhoea and abdominal pain.

## Discussion

Phalatrikadi kashaya is commony given in the management of liver disorders, skin diseases and other GIT disorders.<sup>12</sup> Triphala is Virechana, Malavatanulomana, Rasayana, Antistress, Anti-cancerous and given in

Udara rogas, liver disorders, disorders associated with stress, disorders with constipation and cancer. Tikta rasayukta dravyas like katuki, Vasaka, Kiratatikta, Guduchi and Nimba are anti-infective, bactericidal, anti-bacterial, anti-viral, anti-fungal, dipana, pachana, jwarahara and krimighna in action. Katukarohini and Guduchi are Tikta rasayukta, Rasayana and Hepatoprotective in action. They are rakta shodhana and Vrinda ropaka also when taken internally. But children do not like as this formation as it is bitter in taste and non-palatable. It can be given with sugar or jaggery. In hepatitis and Cirrhosis of the liver, it is having good outcome. It improves liver functions and act as hepatoprotective also.

### Conclusion

- 1) Phalatrikadi kashaya is effective in liver and skin disorders and diseases associated with constipation.
- 2) However, it produces diarrhoea when consumed in larger doses.
- 3) When administered with suitable disease specific for adjuvant drugs, etc shows desired outcomes.

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