



LITERARY REVIEW OF GUDUCHYADI KWATH w.s.r. AMALPITTA

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ABSTRACT

'Ayurveda' is the science that came into existence since ancient era. Ayurvedic classical formulations and single herbs have been tested for thousands of years on people and have proved safe. *Kwath* (decoction) preparations are one among commonest practiced *Ayurvedic* forms, which are highly effective. '*Guduchyadi Kwath* is a polyherb Ayurvedic preparation useful in various diseases. It is mainly used in the treatment of *Amalpitta* (Hyperacidity) as mentioned by *Acharya Chakradutta* in *Chakradutta Samhita*.

Keywords; *Ayurveda, Kwath, Amalpitta, Guduchyadi Kwath, Rasayana, Tridoshara*

INTRODUCTION

Ayurveda holds a prominent position among the different branches of Indian medicine. Throughout the ages, from the stone age to the space age, people's dietary patterns have undergone countless transformations. While these changes have generally been aimed at improving quality of life, it is still evident that many diseases stem from unhealthy dietary habits and lifestyle choices.

Poor and inadequate dietary habits result in the imbalance and dysfunction of *Annavaha Strotas*, leading to various disorders, one of which is *Amlapitta*.

Amlapitta is not mentioned in *Brihatrayi*. It was first mentioned in *Kashyapa Samhita*¹. *Madhava Nidana*, *Bhavaprakasha* and *Yoga Ratnakara* have also described it very well. *Vagbhata* has described that all diseases are caused due to *Mandagni*. Excessive consumption of *Amla*, *Katu*, *Ushna* and *Vidahi* causes aggravation of *Pitta dosha*. Normally *Pitta* has *Katu rasa* but when *Katu rasa* is converted into *Amla rasa*, it causes *Amlapitta*².

Guduchyadi Kwath is polyherb Ayurvedic important formulations mentioned in *Chakradutta* for *Amalpitta*³ which builds immunity and treat all types of *Amalpitta*.

Kwatha (decoction) preparations are one among commonest practiced *Ayurvedic* forms, which are highly effective.

INGREDIENTS

छिन्नोद्भवानिम्बपटोलपत्रफलत्रिकंसुकथितंसुशीतम्।
क्षौद्रान्वितपित्तमनेकरूपंसुदारुणहन्तिहिचाम्लपित्तम्॥

(चक्रदत्तः 52/17)

S	NAME OF INGREDIENT	QUANTITY
1	Guduchi	1 Part
2	Nimbatwak	1 Part
3	Patolpatra	1 Part

4	<i>Amalaki</i>	1 Part
5	<i>Haritaki</i>	1 Part
6	<i>Vibhitaki</i>	1 Part

The contents of *Guduchyadi Kwath* are as follows⁴

Guduchi- *Tinospora cordifolia*
Neem- *Azadirachta indica*
Patolpatra- *Tricosanthes dioica*
Amalaki- *Emblica officinalis*
Haritaki- *Terminalia chebula*
Vibhitaki- *Terminalia bellirica*

Drug name	Rasa	Virya	Vipaka	Guna	Karma
<i>Guduchi</i> ⁵	Tikta, Kashaya	Ushna	Madhura	Guru, Snigdha	Tridosha shamaka
<i>Nimbatwak</i> ⁶	Tikta, Kashaya	Sheeta	Katu	Laghu	Pitta-Kapha↓, Rakta Shodhaka
<i>Patolpatra</i> ⁷	Tikta	Ushna	Katu	Laghu, Ruksha	Tridoshahara
<i>Amalaki</i> ⁸	Amala pradhana, All Rasa Except Lavana	Sheeta	Madhura	Guru, Ruksha, Sheeta	Tridoshahara
<i>Haritaki</i> ⁹	Kashaya Pradhana, All Rasa Except Lavana	Ushna	Madhura	Laghu, Ruksha	Tridoshahara
<i>Vibhitaki</i> ¹⁰	Kashaya	Ushna	Madhura	Laghu, Ruksha	Tridoshahara, Kapha- pittahara

Table according to *Rogaghanta*

<i>Guduchi</i> ¹¹	<i>Kusthaghana, Vedanasthapana, Deepana, Pachana, Anulomaka, Amalpittahara, Krimighana, Chardinigrahana, Vrishya, Pramehaghana, Rasayana, Jwaraghana, Kasaghana</i> 761
<i>Nimba</i> ¹²	<i>Vranashodhanam, Kandughana, Kusthaghana, Krimighana, Amalpittahara, Aampachaka, Jwaraghana, Kaphaghana, Pramehaghana, Chakshushaya</i> 150
<i>Patol</i> ¹³	<i>Triptighana, Trishnanigrahana, Vednasthapana, Keshya, Vranashodhana, Vranaropaka, Deepana, Pachana, Pittasaraka, Anulomaka, Raktashodhaka, Balya, Vishaghana, Jwaraghana</i> 698
<i>Amalaki</i> ¹⁴	<i>Dahprashamaka, Chakshushya, Keshya, Deepana, Anulomaka, Amalpittahara, Hridya, Vrishya, Garbhasthapanam, Pramehaghana, Kusthaghana, Jwaraghana, Rasayana</i> 759
<i>Haritaki</i> ¹⁵	<i>Jwaraghana, Kusthaghana, Arshoghna, Kasaghana, Medhya, Deepana, Pachana, Anulomaka, Mriduvirechaniya, Hridya, Vrishya, Rasayana, Srotoshodhaka</i> 756
<i>Vibhitaka</i> ¹⁶	<i>Jwaraghana, Vednasthapana, Raktsthambhaka, Deepana, Anulomana, Krimighana, Trishna nigravana, Dhaturvardhaka, Chakshushya</i> 240

Method of Preparation of *Guduchyadi kwath*:

All the ingredients of *Guduchyadi kwath* were mixed together and approx 10 gms of kwath is taken along with 16 times of water i.e. approx 160 ml (acc.to *chakradutta*) and reduced to 1/4th according to reference of *Acharya Chakradutta* i.e. Approx 40ml¹⁷.

Then the *kwath* is allowed to cool down and then honey is added in 1/8th amount I.e. approx 5gm, (as *Amalpitta* is a *pitta* related *vyadhi*)¹⁸

Method of Storage:

Airtight container in dry place.

Pharmacological Actions

'*Guduchyadi Kwath*' has anti-inflammatory and anti-microbial properties that's why it is useful in reducing inflammation and arresting microbial growth. It mainly eradicates burning sensation, sour taste of mouth, nausea and vomiting associated with Acidity. According to Ayurveda, it mainly acts over *Pitta Dosha* and *Kapha Dosha* ailments.

Medicinal Properties

- Antioxidant
- Antibacterial
- Antiviral
- Detoxifier
- Antacid
- Antiulcerogenic
- Depurative(purifies blood)
- Immunomodulatory

Ayurvedic Properties

Dosha Karma	Pacifies mainly <i>Pitta Dosha</i> , then <i>Kapha</i> and <i>Vata Dosha</i>
Dhatu	Acts as <i>Rasayana</i> , <i>Balya</i> as it is <i>Dhatvagni Vardhaka</i>
Organ Effect	Mainly over Stomach, Liver and Kidney
Main Indication	<i>Amalpitta</i> and all types of <i>Pittaja Vikara</i>

Therapeutic Indications¹⁹

- All types of *Pittaja Vikara*²⁰ (*Daha*, *Amlata*, *Vidaha*, *Ushma-adhiykyata*, *Ang gandhata*, *Twak daha*, *Raktapitta*, *Tiktasyata*, *Trishna adhikya*, *Tama pravesha*, *Galpaakasya*, *Jeevadaanam*) .
- All types of *Amalpitta* .
- Trushna (Excessive thirst) and problems related to vitiation in *Pitta dosha*.

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