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Therapeutic uses of Katukarohini (Picrorhiza Kurroa)- Scientific and Experiential View.

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Abstract: Ayurvedic medicines are getting global acceptance worldwide. In Ayurveda, drugs originated from herbs, minerals and animals are used to prepare the medicines. Katuka rohini (Picrorhiza Kurroa) is one such drug which is commonly used in the management of liver disorders and most of the conditions related to dermatology. It is having Tikta Rasa, Rooksha and Laghu Guna, Katu vipaka and Sheeta Veerya. It is having action like-Kapha Pittahara, Rochana, Deepana, Yakrut Uttejaka, Pitta Saraka, Krimighna, and Virechaka in adhika matra. It is Vishama Jwara Pratibandhaka, Rakta shodhaka, Rakta Vruddhikaraka, Shothahara, Pramehara, Stanya Shodhaka, Daha Shamaka and katu poushtika in action. It is used in the management of Viral hepatitis, Alcoholic Liver Disease, Liver Cirrhosis, Malaria, Viral fever and Eczema, Folliculitis, Furunculosis, Worm infestation, Anorexia, Chronic constipation, Diabetes mellitus, Hypotension and Bronchial Asthma. It causes purgation in higher doses.

The present paper highlights about the therapeutic uses of Katuki (Picrorhiza kurroa) in the experiential and Scientific view.

Key words- Katuki, Bhedana, Hepatoprotective, Kushthaghna, Jwarahara.

Aim and objective - To study about the therapeutic uses of Katuki (Picrorrhiza Kuroroa) in an Experiential and Scientific view.

Methods - Relevant subject materials are collected from various research monographs, scientific papers from international peer reviewed indexed and high impact journals. Samhita Granthas, Sangraha Granthas, contemporary modern literature and from personal clinical experience.

Introduction- Katuki (Picrorhiza kurroa) is known for its hepatoprotective and hepatic stimulant actions. It is having Laghu, Rooksha Guna, Tikta Rasa, Katu Vipaka, Sheeta Veerya and Bhedana in Prabhava. It is used mainly in the management of Liver and skin disorders[1,2]. It protects the liver and stimulates the production of bile excretion. Since it has bitter taste, it is difficult to administer in Children.

Guna -Rooksha, Laghu

Rasa - Tikta

Vipaka-katu.

Veerya- Sheeta

Doshaghnatava – Kapha-Pittahara,

Karma - Rochana, Dipana, Yakrit-uttejaka, Pitta Saraka, Rechana, Krimighna, Negative chronotropic, Positive inotropic, Rakta Shodhaka, Shothahara, kaphaghna, Kapha Nissaraka, Pramehaghna, Stanya shodhana, Kushtaghna, Daha Prashamana, Jwaraghna, Vishama Jwara Pratibandhaka, and Lekhana [3,4,5].

Rogaghnata: Kapha Pittaja Vikara, Aruchi, Agnimandya, Yakrit Roga, Kamala, Vibandha, Anaha, Udara roga, Hridroga, Raktaja Roga, Shotha, Kasa, Shwasa, Prameha, Stanya Roga, Kushtha, Vishama Jwara, Daha, Dahayukta Jwara, Medoroga[6,7].

Chemical constituents - Iridoid Glycosides – Picroside I, II and III and kutkoside, Phenol Glycosides-Apocynin, Androsin and Picein, Cucurbitacin, Glycosides and other constituent D-Mannitol, Kutikiol, kutikisterol and Picrorhizin.

Pharmacological action - Hepatoprotective, Anti-inflammatory, and immunomodulatory effects, Antioxidants, choleretic effect, Anti asthmatic, and anti-pyretic, antiallergic, antimicrobial.

Katuki Formulations-katuki Kwatha, Katuki choorna, Arogyavardhini vati, Phalatrikadi Kashaya, Panchatikta Kashaya.

Clinical Indications[8, 9]-

1.Viral Hepatitis.

2.Alcoholic Liver Disease

3.Cirrhosis of the Liver

4.Fatty Liver

5.Ascitis

6.Anorexia

7.Indigestion

8.Chronic constipation

9.Distension of the abdomen due to constipation

10.Psoriasis

11.Eczema

12.Folliculitis

13.Tinea corporis

14.Tinea Cruris

15.Tinea capitis

16.Tinea unguium

17.Herpes zoster

18.Chronic Bronchitis

19.Bronchial Asthma

20.Bronchiectasis

21.Emphysema

22.Malaria

23.Viral fever

24.Influenza

25.Chronic Non healing ulcers

26.Diabetes Mellitus.

27.Hypotension.

Amayika Prayoga[10]:

Viral Hepatitis- Katuki Kashaya is given with Godanti Bhasma and tender coconut water.

Alcoholic Liver Disease- Arogyavardhini vati is given with Phalatrikadi Kashaya and Pravala Panchamrita Rasa.

Cirrhosis of the Liver - Arogyavardhini vati is given with Punarnavadi Mandoora, Pravala Panchamrita Rasa and High Protein diet.

Fatty Liver- Arogyavardini vati is given with Triphala kwatha.

Ascitis - Punarnavadi mandoora, Phalatrikadi Kashaya high protein diet, salt and water restriction is effective.

Anorexia - Arogyavardhini bat is given with Lavana Bhaskara Choorna.

Indigestion – Arogyavardhini vati is given with Hingwashtaka choorna.

Chronic constipation- Katuki Kwatha is given with Triphala tablets.

Distension the abdomen due to constipation -Triphala tablets, Agnitundi vati and Arogyavardhini vati are given.

Psoriasis- Mahamanjishtadi Kashaya, Pravala Panchamrita Rasa, and Arogyavardhini vati are given. Externally Strikutaja taila is applied to the skin lesions.

Eczema - Mahamanjishtadi Kashaya, Arogyavardhini vati, Mukta Panchamrita Rasa are given. Mahamarichyadi taila is applied on the skin lesions.

Folliculites- Phalatrikadi Kashaya, Patola Katurohinyadi Kashaya are given with Gandhaka Rasayana tablets.

Furunculosis - Arogyavardhini vati is given with Gandhaka Rasayana tablets and Sarivadyasava

Tinea corposis - Mahatiktakam Kashayam is given with Gandhaka Resayana tablets. Chakramarda tail is applied externally.

Herpes zoster – Godanti Bhasma is given. Kamadugha with Mouktika, and PanchaTikta Kashaya.

Chronic Bronchitis - Panchatikta Kashaya is given with Somasava and Mrityunjaya Rasa.

Bronchial Asthma- Kanakasava, Panchatikta Kashaya are given with Hinguleshwara Rasa and Talisadi choorna.

Bronchiectasis, Emphysema- Talisadi choorna is given with Siddha Makaradhwaja, Abhraka Bhasma, Godanti Bhasma and Panchatikta Kashaya.

Chronic Malaria: Panchatikta Kashaya is given with Sudarshana Ghana Vati.

Viral fever- Panchatikta Kashaya is given with Tribhuvana Kirti Rasa.

Influenza- Sitopaladi choorna, Mrityunjaya Rasa, are given with Pancha Titka Kashaya.

Chronic Non healing Ulcer -Maha tiktaka Kashaya is given with Triphala guggulu, Pravala Panchamritha Rasa.

Diabetes Mellitus -Panchatikta kashaya is given with Saptarangi Choorna and Vasanta Kusuma kara Rasa.

Hypotension- Makaradhwaja Gutika is given with Arjunarishta and Panchatikta Kashaya.

Discussion- From the times these herbs are used as medicines affectively. In Ayurveda herbal medicines are utilized in abundance. Katuki (Picrorrhiza Kurroa) is one such drug which is commonly used in the management of Liver and skin disorders. It is used effectively in Various GIT disorders also. It is having Laghu, Rooksha Guna, Tikta Rasa, Katu Vipaka, Sheeta Veerya and Bhedana Prabhava. It in having actions like - Dipana, Rochana, Bhedana, Pitta Nissaraka, Yakrit uttejaka, Hepatoprotective Rakta shodhaka, Kushthaghna, Krimighna, Kasahara Shawasahara, Jwaraghna, Dahahara, Pramehaghna and Ropana action. It is given in the management of Viral hepatitis, Alcoholic diver Diseases, Cirrhosis of the Liver, chronic constipation, Folliculitis. Furunculosis, Psoriasis Eczema, Flatulence, Tinea infection, Herpes zoster, Measles, Chicken pox, Viral fever, Influenza, chronic Malaria, chronic Non healing ulcer Diabetes Mellitus, Chronic Bronchitis, Bronchial asthma, Bronchiectasis, Emphysema, and Fatty degeneration of the liver. It improves the appetite moderately, purgative ulcer healer and best hepatoprotective in action.

Conclusion

1.Katuki (Picrorrhiza Kuroroa) is a bitter drug effective in various GIT, Liver and skin disorders.

2.Since it is having Virechana action, is should be given in proper dosage.

3.Less adverse drug reactions are seen after the administration of Katuki. However, It showed purgation in higher doses.

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