



A CRITICAL REVIEW OF KIRATATIKTA (SWERTIA CHIRATA) IN THE AYURVEDIC TREATISE OF LAGHUTRAYI AND BRIHATTRAYI

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<https://doi.org/10.46607/iamj2311092023>

(Published Online: September 2023)

Open Access

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Article Received: 08/08/2023 - Peer Reviewed: 25/08/2023 - Accepted for Publication: 10/09/2023.



ABSTRACT

The relationship between plants and human beings has been ever since human existence. Man has learned a lot from the nature and has familiarized himself with the wealth and diversity of flora and fauna existing around him. This has not only fulfilled his basic needs of livelihood but has also proved to be remarkable for its longevity. This plant's wealth has enabled him to successfully cope with human suffering and prevent diseases. As the knowledge of utility of plants for disease prevention refined it accelerated the pace to know about the traditional medicinal wealth. This triggered the need for documenting their valuable experiences of utilizing drugs as herbal medicines. One such drug which has been widely used since ancient times is *Kiratatikta*, *Swertia chirata*. The herb *Kiratatikta*, commonly known as 'Chirayita' is well reputed for its multifarious therapeutic values. The entire plant has been traditionally used to cure various ailments. The present study highlights the comprehensive literary review of the references of *Kiratatikta* in *Ayurvedic* treatise that throw light on the use and utilization of the plant in various disorders.

Keywords: *Ayurveda*, *Brihatrayi*, *Kiratatikta*, *Laghutrayi*, *Samhita*

INTRODUCTION

The medicinal plants are the spine of the Indian system of medicine i.e., *Ayurveda*, Siddha, Unani, and ethno-medicines as well. Since centuries, traditional medicinal plants have been used all over the world and they play an important role in preventing and treating various diseases. This shows the inbound relationship of plant and human life. As the knowledge of utility of plants for disease prevention refined it accelerated the pace to know about the traditional medicinal wealth. This triggered the need for documenting their valuable experiences of utilizing drugs as herbal medicines. The Indian history dates back the documentation in various *Vedic* texts that were written in *Vedic period* that is believed to be from 4000 BCE to 1500 BCE in which many medicinal plants are described in *Rig Veda*, *Yajur Veda* and *Atharva Veda*^[1]. An elaborate description of plants is also found in the *Samhita period* that extends from 1500 BCE to Seventh century in which different *Samhitas* like *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya*, *Sharangadhara Samhita*, *Bhavaprakash Samhita*, *Harita Samhita* and *Bhela Samhita* were written, later the Medieval period that is the *Nighantu* period from eight to fifteenth century that marks the period of ancient *Ayurvedic* pharmacopoeias where huge amount of floral wealth and its medicinal utility is documented.

A lot of herbal plants have been used in traditional medicine; one of them is *Kiratatikta*, *Swertia chirata* (Gentianaceae), a popular medicinal herb indigenous to the temperate Himalayas and is reported to have a wide spectrum of pharmacological properties & actions according to *Ayurveda*. The herb *Kiratatikta* commonly known as '*Chirayita*' is well reputed for its multifarious therapeutic values^[2]. The entire plant has been traditionally used to cure various ailments such as fever, vomiting, jaundice, digestive disorders, heart diseases, diabetes, malaria, scorpion bite, and skin diseases. The *Ayurveda* medicine system states extensive range of indications of *Kiratatikta* like chronic fever,

malaria, anemia, bronchial asthma, liver disorder, dyspepsia, gastritis, ulcers, constipation, skin diseases, intestinal worms etc.

This annual herb can reach a height of 1.5 metres and is mostly found in the Himalayas between elevations of 1200 and 1500 metres. *Kiratatikta* has brown or purple erect stems, with short, stout, simple roots that are about half an inch thick, about 7 cm long, and roughly as wide. Leaves are lanceolate in shape, in opposite pairs which are about 10 cm in length with no stalks. The tiny flowers have a greenish-yellow color. The fruits are small, one-celled capsules with a transparent yellowish color^[3].

There are various references of *Kiratatikta* found in *Ayurvedic* texts and here the critical review of *Kiratatikta* found in the *Brihatrayi* i.e., *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* and *Ashtanga Sangraha* and *Laghutrayi* i.e., *Sharangdhara Samhita*, *Bhavaprakasha Samhita* and *Madhava Nidana* is compiled.

Material and Methods

The plant of *Kiratatikta* was historically reviewed as per the classical literature. A detailed literary review of the plant was done in order to find their classical references from *Vedic* time till present that throws light upon their ancient existence, use, and utility.

On reviewing the *Vedas* namely *Rig Veda*, *Yajur Veda*, *Sam Veda* and *Atharva Veda* no references of *Kiratatikta* were found in the *Vedic* period.

SAMHITA PERIOD

Brihatrayi

In *Brihatrayi*, there are various references of *Kiratatikta* found with different names like *Bhunimba*, *Kiratatikta*, *Kirata*, and *Chirayita* as follows.

➤ *Charaka Samhita*^[4] (1000 B.C. to 4th century A.D.)

In *Charaka Samhita*, *Kiratatikta* has been mentioned in various chapters in different contexts with various names that are mentioned in table 2.1.

Table 2.1: Formulations of Kiratatikta used in Charaka Samhita

S. No.	Formulation	Indication	Use (Int. or Ext.)	Reference
1.	Kiratatikta	Krimi roga (prakriti vighata chikitsa)	Internal	Ch.Vi. 7/21
2.	Kiratatikta	Stanya vikara	Internal	Ch.Sa. 8/56
3.	Chirayita	Jwaranashaka kshaya	Internal	Ch.Chi.3/198
4.	Kiratikta	Jwaranashaka kshaya	Internal	Ch.Chi. 3/202
5.	Shatyadi varga	Jwara	Internal	Ch.Chi. 3/211
6.	Kiratatikta Shaka	Raktapitta	Internal	Ch.Chi. 4/38
7.	Kiratatikta Peya	Raktapitta	Internal	Ch.Chi. 4/45
8.	Kiratikyadi churna	Raktapitta	Internal	Ch.Chi.4/74
9.	Lodhrasava	Prameha	Internal	Ch.Chi. 6/41
10.	Tiktashatpalaka ghrita	Kushtha	Internal	Ch.Chi. 7/141
11.	Mahatikta ghrita	Kushtha	Internal	Ch.Chi. 7/146
12.	Duralabhadya ghrita	Rajyakshma	Internal	Ch.Chi. 8/108
13.	Raktavrodhaka yoga	Arsha	Internal	Ch.Chi.14/186
14.	Kiratatikta	Raktarsha	Internal	Ch.Chi 14/195
15.	Chandanadya ghrita	Pittaja grahni	Internal	Ch.Chi. 15/127
16.	Kiratadya churna	Grahni dosha	Internal	Ch.Chi. 15/137
17.	Kiratatikta	Pittaja atisara	Internal	Ch.Chi. 19/50
18.	Kiratatikta	Pittaja atisara	Internal	Ch.Chi. 19/52
19.	Mustadi kwatha	Visarpa	Internal	Ch.Chi. 21/55
20.	Kiratatikta	Stanyadosha	Internal	Ch.Chi. 30/262
21.	Kiratatiktadi kwatha	Stanyadosha	Internal	Ch.Chi. 30/267

➤ **Sushruta Samhita^[5] (1000 B.C. to 5th century A.D.)**

In Sushruta Samhita, Kiratatikta has been mentioned in various chapters in different contexts with various names that are mentioned in table 2.2.

Table 2.2: Formulations of Kiratatikta used in Sushruta Samhita

S. No.	Formulations	Indications	Uses (Int. or Ext.)	Reference
1.	Kiratatikta	Annapana vidhi (vartakadi gana)	Internal	Su.Su. 46/270
2.	Mahatikta ghrita	Kushtha	Internal	Su.Chi. 9/8
3.	Tiktaka ghrita	Kushtha	Internal	Su.Chi. 9/9
4.	Mahaneela ghrita	Kushtha, Shwitra	Internal	Su.Chi. 9/37
5.	Vartakadi anjana	Netraroga (Pishtaka)	External	Su.U.11/14
6.	Kiratatiktadi kwatha	Vatapittaja jwara	Internal	Su.U. 39/198
7.	Triphaladi ghrita	Jwara	Internal	Su.U. 39/246.
8.	Pandurogahara yoga	Panduroga	Internal	Su.U. 44/25
9.	Vranahara sneha	Dushtavrana	Internal	Su.U. 31/5

➤ **Ashtanga Sangraha^[6] (6th century A.D)** In Ashtanga Sangraha, Kiratatikta has been mentioned in various chapters in different contexts with various names that are mentioned in table 2.3.

Table 2.3: Formulations of Kiratatikta used in Ashtanga Sangraha

S. No.	Formulation	Indication	Use (Int. or Ext.)	Reference
1.	Bhunimba	Jwara	Internal	A.S.Chi. 1/48
2.	Kiratatikta	Jwara	Internal	A.S.Chi. 1/69
3.	Bhunimba	Jwara	Internal	A.S.Chi. 1/89
4.	Kiratatikta	Jeerna jwara	Internal	A.S.Chi. 2/15
5.	Bhunimba	Jeerna jwara	Internal	A.S.Chi. 2/20
6.	Bhunimba	Raktapitta	Internal	A.S.Chi. 3/32
7.	Kiratatikta	Raktapitta	Internal	A.S.Chi. 3/44
8.	Bhunimba	Rajyakshma	Internal	A.S.Chi. 7/26
9.	Kiratatikta	Atisara	Internal	A.S.Chi. 11/17
10.	Bhunimba	Grahani	Internal	A.S.Chi. 12/12
11.	Bhunimba	Prameha	Internal	A.S.Chi. 14/15
12.	Bhunimba	Panduroga	Internal	A.S.Chi. 18/3
13.	Bhunimba	Kushtha	Internal	A.S.Chi. 21/3
14.	Mahatikta ghrita	Kushtha	Internal	A.S.Chi. 21/4
15.	Bhunimba	Kushtha	Internal	A.S.Chi. 21/56
16.	Kirata	Krimi	Internal	A.S.Chi. 22/5
17.	Bhunimba	Virechana	Internal	A.S.U. 2/13
18.	Bhunimba	Ksiralasaka	Internal	A.S.U. 2/18
19.	Mahapanchgavya ghrita	Apasmara	Internal	A.S.U. 10/24
20.	Triphala ghrita	Timira	Internal	A.S.U. 16/9
21.	Kiratatikta	Galavidradhi	Internal	A.S.U. 26/47
22.	Kiratatikta	Atisara	Internal	A.S.U. 47/24

➤ **Ashtanga Hridaya^[7] (7th century A.D.)**

In *Ashtanga Hridaya*, *Kiratatikta* has been mentioned in various chapters in different context with various names that are mentioned in table 2.4.

Table 2.4: Formulations of Kiratatikta used in Ashtanga Hridaya

S. No.	Formulation	Indication	Use (Int. or Ext.)	Reference
1.	Panchkshaya	Jwara	Internal	A.H.Chi. 1/50
2.	Bhunimba peya	Raktapitta	Internal	A.H.Chi. 2/18
3.	Kiratatiktaka kwatha	Arsha	Internal	A.H.Chi. 8/102
4.	Kiratatikta	Atisara	Internal	A.H.Chi. 9/62
5.	Bhunimba	Grahani	Internal	A.H.Chi. 10/37
6.	Kiratatikta ghrita	Pittaja grahani	Internal	A.H.Chi. 10/44
7.	Bhunimba kwatha	Prameha	Internal	A.H.Chi. 12/26
8.	Kiratatikta ghrita	Kushtha	Internal	A.H.Chi. 19/9
9.	Bhunimba churna	Kushtha	Internal	A.H.Chi. 19/33
10.	Panchgavya ghrita	Apasmara	Internal	A.H.U. 7/22
11.	Kiratatikta	Mukhroga	Internal	A.H.U. 22/81

Laghutrayi:-

In *Laghutrayi*, there are various references of *Kiratatikta* found with different names like *Bhunimba*, *Kiratatikta*, *Kirata*, and *Chirayita* in different diseases and formulations.

➤ ***Sharangdhara samhita*^[8] (13th century A.D.)**

There are few references of the use of *Kiratatikta* available mostly in the *Madhyam khandain Sharangdhara Samhita* which are mentioned in table 2.5.

Table 2.5: Formulations of *Kiratatikta* used in *Sharangdhara Samhita*

S. No.	Formulation	Indication	Use (Int. or Ext.)	Reference
1.	<i>Kshudradi kwatha</i>	<i>Sarvajwara</i>	Internal	Sh.S.Ma.Kh. 2/10
2.	<i>Parpatadi kwatha</i>	<i>Pittaja jwara</i>	Internal	Sh.S.Ma.Kh. 2/15
3.	<i>Bhunimbadi kwatha</i>	<i>Kaphaja jwara</i>	Internal	Sh.S.Ma.Kh. 2/20
4.	<i>Panchabhadra kwatha</i>	<i>Vatapittaja jwara</i>	Internal	Sh.S.Ma.Kh. 2/22
5.	<i>Kiratatikta kwatha</i>	<i>Sannipataja jwara</i>	Internal	Sh.S.Ma.Kh. 2/38
6.	<i>Ashtadashanga kwatha</i>	<i>Sannipataja jwara</i>	Internal	Sh.S.Ma.Kh. 2/43
7.	<i>Devadarvadi kwatha</i>	<i>Prasooti dosha</i>	Internal	Sh.S.Ma.Kh. 2/50
8.	<i>Kshudradi kwatha</i>	<i>Sheeta jwara</i>	Internal	Sh.S.Ma.Kh. 2/53
9.	<i>Bhrihadguduchyadi kwatha</i>	<i>Jwaratisara</i>	Internal	Sh.S.Ma.Kh. 2/63
10.	<i>Phalatrikadi kwatha</i>	<i>Kamala</i>	Internal	Sh.S.Ma.Kh. 2/78
11.	<i>Darvyadi kwatha</i>	<i>Pradara</i>	Internal	Sh.S.Ma.Kh. 2/113
12.	<i>Varunadi kwatha</i>	<i>Antahavidradhi</i>	Internal	Sh.S.Ma.Kh. 2/132
13.	<i>Patoladi kwatha</i>	<i>Updansha</i>	Internal	Sh.S.Ma.Kh. 2/136
14.	<i>Brihanmanjisthadi kwatha</i>	<i>Sarvakustha</i>	Internal	Sh.S.Ma.Kh. 2/143
15.	<i>Pathyadi kwatha</i>	<i>Shiroroga</i>	Internal	Sh.S.Ma.Kh. 2/147
16.	<i>Vasadi kwatha</i>	<i>Netra roga</i>	Internal	Sh.S.Ma.Kh. 2/150
17.	<i>Sudarshana churna</i>	<i>Sarvajwara</i>	Internal	Sh.S.Ma.Kh. 6/31
18.	<i>Chandraprabha gutika</i>	<i>Prameha</i>	Internal	Sh.S.Ma.Kh. 7/40
19.	<i>Mahatiktaka ghruta</i>	<i>Kushtha</i>	Internal	Sh.S.Ma.Kh. 9/47
20.	<i>Triphala taila</i>	<i>Pidika (Phunsi)</i>	External	Sh.S.Ma.Kh. 9/152
21.	<i>Ushirasava</i>	<i>Raktapitta</i>	Internal	Sh.S.Ma.Kh. 10/14

➤ ***Bhavaprakash Samhita*^[9] (16th century A.D.)**

Acharya Bhava Mishra widely described the formulations of *Kiratatikta* mainly in the *Uttara sthana* of *Bhavaprakash Samhita* which are mentioned below in table 2.6.

Table 2.6: Formulations of *Kiratatikta* used in *Bhavaprakash Samhita*

S. No.	Formulation	Indication	Use (Int. or Ext.)	Reference
1.	<i>Sudarshana churna</i>	<i>Sarvajwara</i>	Internal	Bh.P.Utt. 1/125-135
2.	<i>Shatyadi kwatha</i>	<i>Sarvajwara</i>	Internal	Bh.P.Utt. 1/139
3.	<i>Lakshadi taila</i>	<i>Jwara</i>	External	Bh.P.Utt. 1/144-148
4.	<i>Dashmoolakadi kwatha</i>	<i>Vatajwara</i>	Internal	Bh.P.Utt. 1/300-302
5.	<i>Kiratadi kwatha</i>	<i>Vatajwara</i>	Internal	Bh.P.Utt. 1/304
6.	<i>Bhunimbadi kwatha</i>	<i>Pittajwara</i>	Internal	Bh.P.Utt. 1/350-351
7.	<i>Mahadrakshadi kwatha</i>	<i>Pittajwara</i>	Internal	Bh.P.Utt. 1/352-355

8.	<i>Dwitiya guduchyadi kwatha</i>	<i>Pittajwara</i>	Internal	Bh.P.Utt. 1/358-359
9.	<i>Kiratadi kwatha</i>	<i>Vatapittaja jwara</i>	Internal	Bh.P.Utt. 1/393
10.	<i>Panchbhadrakwatha</i>	<i>Vatapittaja jwara</i>	Internal	Bh.P.Utt. 1/394
11.	<i>Dwitiya kiratadi kwatha</i>	<i>Vatakaphaja jwara</i>	Internal	Bh.P.Utt. 1/405
12.	<i>Brihatpippalyadi kwatha</i>	<i>Vatakaphaj jwara</i>	Internal	Bh.P.Utt. 1/407-412
13.	<i>Marichadyuddhoolan</i>	<i>Vatakaphaj jwara</i>	External	Bh.P.Utt. 1/419-420
14.	<i>Bhunimbadyaddhoolan</i>	<i>Vatakaphaj jwara</i>	External	Bh.P.Utt. 1/421
15.	<i>Kantakaryadi kwatha</i>	<i>Pittakaphaj jwara</i>	Internal	Bh.P.Utt. 1/432-433
16.	<i>Kiratatiḱṭadi kwatha</i>	<i>Jwara</i>	Internal	Bh.P.Utt. 1/575
17.	<i>Dwitiyashdashanga kwatha</i>	<i>Sannipata jwara</i>	External	Bh.P.Utt. 1/578
18.	<i>Kiratadisaptakamaha</i>	<i>Pittolwana sannipata jwara</i>	Internal	Bh.P.Utt. 1/630
19.	<i>Chaturbhadrak kwatha</i>	<i>Vatapittolwana jwara</i>	Internal	Bh.P.Utt. 1/634
20.	<i>YogaRaj kwatha</i>	<i>Vatapittakapholwana sannipata jwara</i>	Internal	Bh.P.Utt. 1/636-638
21.	<i>Kiratatiḱṭa</i>	<i>Sheetanga jwara</i>	External	Bh.P.Utt. 1/642
22.	<i>Shringyadi kwatha</i>	<i>Abhinyasa sannipata jwara</i>	Internal	Bh.P.Utt. 1/643-47
23.	<i>Kiratadi kavala</i>	<i>Jihvaka sannipata jwara</i>	Internal	Bh.P.Utt. 1/648
24.	<i>Mridwikadi kwatha</i>	<i>Chittabhrama sannipata jwara</i>	Internal	Bh.P.Utt. 1/684
25.	<i>Kirata</i>	<i>Karnika sannipata jwara</i>	Internal	Bh.P.Utt. 1/692
26.	<i>Kiratadi kwatha</i>	<i>Kanthakubja sannipata jwara</i>	Internal	Bh.P.Utt. 1/694
27.	<i>Kiratatiḱṭadi kwatha</i>	<i>Vishama jwara</i>	Internal	Bh.P.Utt. 1/747
28.	<i>Drakshashdashanga kwatha</i>	<i>Jeerna jwara</i>	Internal	Bh.P.Utt. 1/823-24
29.	<i>Patoladi kwatha</i>	<i>Jwara</i>	Internal	Bh.P.Utt. 1/835
30.	<i>Kiratatiḱṭadi churna</i>	<i>Jwara</i>	Internal	Bh.P.Utt. 1/836
31.	<i>Dwatrishatkwatha</i>	<i>Sannipata jwara</i>	Internal	Bh.P.Utt. 1/845-46
32.	<i>Kirata kwatha</i>	<i>Jwaratisara</i>	Internal	Bh.P.Utt. 1/856
33.	<i>Nagaradi kwatha</i>	<i>Atisara</i>	Internal	Bh.P.Utt. 3/8
34.	<i>Brihad guduchyadi kwatha</i>	<i>Jwaratisara</i>	Internal	Bh.P.Utt. 3/9-10
35.	<i>Bilvadi kwatha</i>	<i>Jwaratisara</i>	Internal	Bh.P.Utt. 3/12
36.	<i>Chandanadi kwatha</i>	<i>Raktarsha</i>	Internal	Bh.P.Utt. 5/139
37.	<i>Bhunimba</i>	<i>Pandu</i>	Internal	Bh.P.Utt. 8/49
38.	<i>Bhunimb</i>	<i>Amlapitta</i>	Internal	Bh.P.Utt. 10/17
39.	<i>Kiratatiḱṭakadi kalkamaha</i>	<i>Vatavyadhi</i>	Internal	Bh.P.Utt. 24/55-57
40.	<i>Mrinaladyamishraka taila</i>	<i>Vatarakta</i>	Internal	Bh.P.Utt. 29/145-147
41.	<i>Chanraprabha gutika</i>	<i>Vatarakta</i>	Internal	Bh.P.Utt. 29/193-202
42.	<i>Triphala guggul</i>	<i>Vatarakta</i>	Internal	Bh.P.Utt. 29/213-221
43.	<i>Kirata</i>	<i>Updamsha</i>	Internal	Bh.P.Utt. 52/24
44.	<i>Bhunimbadi ghruta</i>	<i>Updamsha</i>	External	Bh.P.Utt. 52/39

45.	<i>Mahabhallataka avaleha</i>	<i>Kustha</i>	Internal	Bh.P.Utt. 54/84-98
46.	<i>Brihanmanjisthadi kwatha</i>	<i>Kustha</i>	Internal	Bh.P.Utt. 54/104-106
47.	<i>Bhunimba</i>	<i>Visarpa</i>	Internal	Bh.P.Utt. 57/34
48.	<i>Bhunimba</i>	<i>Visphota</i>	Internal	Bh.P.Utt. 58/21
49.	<i>Kiratatiktadi dwadashanga kwatha</i>	<i>Visphota</i>	Internal	Bh.P.Utt. 58/22
50.	<i>Bhunimba</i>	<i>Visphota</i>	Internal	Bh.P.Utt. 58/24
51.	<i>Bhunimba</i>	<i>Masoorika</i>	Internal	Bh.P.Utt. 60/44
52.	<i>Pathyadi kwathamaha</i>	<i>Shiroroga</i>	Internal	Bh.P.Utt. 62/56
53.	<i>Vasakadi kwatha</i>	<i>Netraroga</i>	Internal	Bh.P.Utt. 63/247-248
54.	<i>Devdarvadi kwatha</i>	<i>Sutika roga</i>	Internal	Bh.P.Utt. 70/153-157

➤ *Madhava nidana:*

No classical references of *Kiratatiktā* were found in *Madhava Nidana*.

Table 2.7: Total number of Formulations in Samhitas

Sr. No.	Ayurvedic Classics	No. of formulations
1.	<i>Charaka Samhita</i>	21
2.	<i>Sushruta Samhita</i>	9
3.	<i>Ashtanga Hridaya</i>	11
4.	<i>Ashtanga Sangraha</i>	22
5.	<i>Sharangdhara Samhita</i>	21
6.	<i>Bhavaprakash Samhita</i>	54

Categorical Classification of *Kiratatiktā* in the *Samhitas*

In *Samhitas*, *Kiratatiktā* has been categorized in various *Mahakshayas*, *Gana* and *Skandhas* based on their pharmacodynamic properties, uses and taste:

- *Charaka Samhita* - *Stanyashodhana mahakshaya*, *Trishnanigrahana mahakshaya* and *Tikta skandha*
- *Sushruta Samhita* - *Aragvadhadi gana* and *Tiktapraya varga*
- *Ashtang Hridaya* - *Aragvadhadi gana* and *Tikta skandha*
- *Ashtang Sangraha* - *Stanyashodhana mahakshaya*, *Trishnanigrahana mahakshaya*, *Aragvadhadi gana* and *Tikta skandha*

DISCUSSION

In the *Samhita kala*, there are various references found in *Brihatrayi* and *Laghutrayi*.

Brihatrayi:

Charaka Samhita: As per Acharya Charaka, *Kiratatiktā* is included in *Stanyashodhana* and *Trishnanigrahana mahakshaya*. According to Ayurvedic texts, *Stanya* is an *updhatu* of *Rasadhatu*. So *Rasadushti* is considered as a root cause for *stanya dushti* and hence *Kiratatiktā* alleviates the *doshas* in the *Rasadhatu* due to its *Tikta rasa* and *Pittahara* action. Thus, is mentioned in *Stanyashodhana mahakshaya*. This property is also responsible for its inclusion in *Trishnanigrahana gana*. In *Vimana sthana*, it is mentioned in *praktivighata chikitsa* of *Krimirogaas* well as in *Tiktaskandha dravyas*. Decoction of *Kiratatiktā* along with other drugs is indicated for *Kshiravikara* in *Sharira sthana*. Due to its *Tikta rasa* and *Rookshalaghu guna* it acts on vitiated *dosha* and normalizes the function of *Rasadhatu* and alleviates *kshiravikara*. In *Chikitsa Sthana*, it has been used for many disorders like *Jwara*, *Raktapitta*, *Prameha*, *Kustha*, *Rajyakshma*, *Grahani*, *Atisara*, *Arsha*, *Visarpa* and *Stan-yavikara*. Internal use of *Kiratatiktā* is described here.

Sushruta Samhita: *Kiratatikta* has been mentioned in *Aragvadhadi gana* of *Sutrasthana*. Drugs of this *gana* are *Kaphahara* and indicated in *Prameha*, *Kushtha*, *Visarpa*, *Jwara*, *Chardi*, and *Vrana*. These actions of *Kiratatikta* are attributed to its *Tikta rasa*, *Katu vipaka* and *Kaphpittahara* property. *Acharya Sushruta* described it in *Vartakadi gana* in context to *Annapanavidhi*. He also mentioned it among *Tiktapraya dravyas*. *Kiratatikta* has been used for various diseases like *Kushtha*, *Shwitra*, *Netraroga*, *Jwara*, *Panduroga* and *Dushtavrana*, is found in *Chikitsasthana* and *Uttarasthana*. Unlike other *Acharyas*, external use of *Kiratatikta* has been found as well where its *Anjanakalapanam* is being used for eye disorders.

Ashtanga Hridaya: *Acharya Vagbhata* also kept *Kiratatiktain Aragvadhadi gana* in *Sutrasthana*. He also included *Kiratatikta* in *Tiktakandha*. Its various formulations have been found in *Chikitsa sthana* as well *Uttarasthana* which are being used to cure ailments like *Jwara*, *Raktapitta*, *Arsha*, *Atisara*, *Grahani*, *Prameha*, *Kushtha*, *Apasmara* and *Mukhroga*. Only internal use of *Kiratatikta* has been found.

Ashtanga Sangraha: Likewise *Acharya Charaka* and *Sushruta*, *Vridha Vagbhata* also described *Kiratatikta* in *Stanyashodhana mahakshaya* and *Trishnanigrahana mahakshaya*; and *Aragvadhadi gana* in *su-trasthana*. He has mentioned *Kiratatikta* in *Tiktakandha*. In *Chikitsasthana* and *Uttarasthana*, *Kiratatikta* has been found at various places to cure many ailments like *Jwara*, *Raktapitta*, *Rajyakshma*, *Atisara*, *Grahani*, *Prameha*, *Pandu*, *Kushtha*, *Krimi*, *Ksiralasaka*, *Apasmara*, *Timira*, *Galavridhi*, and *Atisara*. Similar to *Ashtanga Hridaya*, *Kiratatikta* has been used internally only. In context to *Brihatrayi*, he described maximum number of formulations.

Laghutrayi:

Laghutrayi comprises of three treatises namely *Madhava Nidana*, *Sharangdhara Samhita*, and *Bhavaprakash Samhita*. Description of *Kiratatikta* is found in two of these three classics – *Sharangdhara Samhita* and *Bhavaprakash Samhita*. No reference has been found in *Madhava Nidana*. In *Sharangdhara Samhita*, *Kiratatikta* has been utilized for a number of

illnesses like *Sarvajwara*, *Prasootidosha*, *Atisara*, *Kamala*, *Pradara*, *Antahavridhi*, *Updansha*, *Sarvakushtha*, *Shiroroga*, *Netraroga*, *Prameha*, *Pidika* and *Raktapitta*.

Acharya Bhavamishra in *Bhavaprakash Samhita* vividly described *Kiratatikta* in the management of *Jwara* and its various types. Also, it has been also employed for other disorders such as *Atisara*, *Raktarsha*, *Pandu*, *Amlapitta*, *Vatarakta*, *Updansha*, *Kushtha*, *Visarpa*, *Visphota*, *Masoorika*, *Shiroroga*, *Netraroga*, and *Sutikaroga*. In the *Ayurvedic* classics, maximum number of formulations of *Kiratatikta* was found in *Bhavaprakash Samhita* followed by *Charaka Samhita*, *Ashtanga Sangraha* and *Sharangdhara Samhita* which is around twenty-one that shows the importance the plant holds at ethnobotanical level at that time.

Apart from its internal use for various disorders, there are few references where its external application is recommended for the diseases like *Pidika*, *Jwara* and *Updamsha* in the form of *taila* and *ghrita*. On overviewing the uses of *Kiratatikta*, it was found that apart from its other formulations in the form of *churna* (powder) and *ghrita* (clarified butter) where it is internally indicated, its *kwatha* (decoction) formulation is most widely recommended by the ancient scholars. This may reveal that the plant of *Kiratatikta* is viable to show its best efficacy with aqueous formulation.

CONCLUSION

The present review of *Kiratatikta* in various lexicons reveals that *Kiratatikta* is a source of potential herb with its wide range of utilization on external and internal basis. The literary review also manifests various therapeutic formulations in which people in the ancient time used for the disease cure. The extensive data about the utility of the plant can also prove *Kiratatikta* to be a plausible plant in ethnobotany. There is a further scope of research for the ramification of its therapeutic potential. This can prove to be a ground for drug development from natural sources.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Ragini Garg et al: A critical review of *kiratatikta* (*swertia chirata*) in the ayurvedic treatise of *laghutrayi* and *brihatrayi*. International Ayurvedic Medical Journal {online} 2023 {cited September 2023} Available from: http://www.iamj.in/posts/images/upload/2313_2321.pdf