IAMJ

INTERNATIONAL AYURVEDIC MEDICAL JOURNAL

Research Article ISSN: 2320-5091 Impact Factor: 6.719

A SCIENTIFIC AND EXPERIENTIAL REVIEW ON KATENKATERYADI KWATHA IN PRAMEHA (DIABETES MELLITUS)

Anojkar K S[1], Shripathi Acharya G[2]

[1]Post Graduate Scholar, Department of Kayachikitsa, Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka, India.
[2]Professor & HOD, Department of Kayachikitsa, Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka, India.

Corresponding Author: anojkar@gmail.com

https://doi.org/10.46607/iamj0813022025

(Published Online: February 2025)

Open Access
© International Ayurvedic Medical Journal, India 2025
Article Received: 06/01/2025 - **Peer Reviewed:** 30/01/2025 - **Accepted for Publication:** 09/02/2025.

Check for updates

ABSTRACT

Diabetes Mellitus is a chronic metabolic disorder characterised by hyperglycemia and complications affecting multiple systems. *Prameha*, a disorder linked to metabolic imbalances and poor glucose metabolism, is comparable to diabetes mellitus in Ayurveda. Traditional medicines are becoming more popular since, despite their effectiveness, contemporary medications can have undesirable interactions and cause drug resistance if taken for an extended period. An Ayurvedic polyherbal composition called *Katenkateryadi Kwatha*, comprised of *Daruharidra, Yashtimadhu, Chitraka, Haritaki, Vibhitaki,* and *Amalaki*, provides an effective method of managing diabetes. Known for its *kapha-shamana* properties, the formulation employs *kashaya* (astringent) and *tikta* (bitter) tastes to promote *sroto-shodhana* (channel cleansing), *agni-deepana* (digestive stimulation), and *kledaharana* (fluid absorption). Prepared as a decoction, it serves as a natural, complementary therapy for diabetes. Integrating traditional knowledge with scientific validation is crucial to establishing its therapeutic efficacy and expanding its applications for managing *Prameha* and associated complications.

Keywords: *Katenkateryadi Kwatha, Prameha,* Diabetes Mellitus, Diabetes

INTRODUCTION

According to Ayurvedic literature, the pancreas is vital in understanding metabolic abnormalities in the context of Prameha. The disorder, which is defined by abnormalities in glucose metabolism, closely resembles how Diabetes mellitus is currently understood.[1] Ayurvedic viewpoints associate *Prameha* with pancreatic dysfunction and highlight the pancreas' involvement in controlling blood sugar levels.[2] By connecting traditional knowledge with current knowledge of pancreatic health and metabolic problems, investigating this relationship offers insightful information on holistic approaches to *Prameha* management.

Prameha is associated with diabetes, which is characterised by elevated blood sugar, frequent urination, and the presence of sugar in the urine, among other symptoms. *Acharya Charaka* classified it into *Sthula Pramehi* and *Krusha Pramehi, as well* as *Santarpanajanya* and *Apatarpana janya Prameha*.[3] *Ayurveda classified Prameha* as *sadhya* (curable), *yapya* (paliable), and *asadhya* (incurable) based on the dosha involved.

Diabetes Mellitus (DM) is a complicated metabolic illness that affects multiple bodily systems. According to the WHO, "Diabetes mellitus is a heterogeneous metabolic disorder characterised by common features of chronic hyperglycemia with disturbance of carbohydrate, fat and protein metabolism due to absolute or relative deficiency in insulin secretion and/or action or both." [4] Diabetes Mellitus (DM) is a metabolic disease marked by chronic hyperglycemia, which is frequently accompanied by vascular problems and symptoms including thirst, hunger, and excessive urination. Type I, Type II, gestational diabetes, and disease-associated diabetes are the four main categories into which it is divided.

According to the reports, about 62 million people in India suffer from DM. [5]

India is thought to be the diabetes capital of the globe. The nation is on the verge of reaching the milestones of 69.9 million diabetics by 2025 and 80 million by 2030.[6]

The disease *Prameha*, its aetiology, types, pathology, and trajectory of treatment in both preventative and curative aspects have all been well described in the traditional Ayurvedic treatises. A multitude of drugs are available in contemporary medicine to treat diabetic mellitus (DM). However, long-term use can lead to drug resistance. Herbal and Ayurvedic remedies, which are seen to be more reliable and affordable options, have gained popularity because of these hurdles. Even though more than 400 plant species are recognised to have anti-diabetic qualities, many of them still lack profound scientific support. Sharangadhara Acharya explains the effectiveness of polyherbal formulations in *Sharangadhara Samhita*. This book claims that blending many herbs with specific ratios enhances medicinal efficacy while diminishing toxicity.[7] *Katenkateryadi Kwatha*, a blend of six therapeutic herbs—*Daruharidra, Yastimadhu, Chitraka, Haritaki, Bibhitaki*, and *Amalaki*—is one such composition.[8] This formulation is being scientifically explored as a potential safe, effective, and toxicity-free remedy for diabetes. According to the studies, the flavonoids, alkaloids, and polyphenols included in *Katenkateryadi Kwatha's* constituents may help control hyperglycemia and enhance lipid profiles. Preliminary research on diabetic rats showed remarkable improvements in lipid profiles, restoring normal blood glucose levels and shielding pancreatic tissue from harm inflicted by diabetes. [9]

Pathophysiology:

Sedentary lifestyles and pleasurable sleep patterns primarily bring about Prameha. The main contributing factors of *Prameha*, as per Ayurveda, are curds and other milk preparations, sugarcane products like jaggery, freshly harvested food items, freshly made alcoholic beverages, and soup made from the meat of domesticated and aquatic animals.[10]

Bahudrava shleshma and *Bahu abaddha meda* are the primary winding pathological factors for Prameha, according to Ayurveda. Besides that, *Nidana Sevana* aggravates *Kapha dosha* along with other doshas, which vitiates *Medodhatu* and *Mamsadhatu*. The increased *Dhatwagni* causes excess *Kleda*, which gets

eliminated through *Mootra* (urine), vitiating the *Mutravaha srotas*. The various kinds of *Prameha* are caused by different doshas that have entered the urinary system in vitiated circumstances. [11]

The three foremost characteristics of *Prameha* are *Medo dushti lakshanas, Avila mutrata,* and *Prabhuta mutrata. Other symptoms include Krisha, Rauksha, Bahu Pipasa, Parisaranasila, Sthula, Snigdha, delayed healing after any injury, urinary dysfunction, disturbed appetite, and Prameha Pidaka skin manifestation.*[12] Twenty varieties of *Prameha* emerge as a result of the inevitably vitiated *Doshas (Kapha, Pitta, Vata)* and *Dooshyas (Meda, Shukra, Ambu (body fluid), Vasa (body fat), Lasika (lymph), Majja, Rasa, Oja,* and *Mamsa)*. [13]

Aim and Objective:

To study the therapeutic action of Katenkateryadi Kwatha from a scientific and experimental point of view.

Materials and Methods:

Related subject materials are compiled from research monographs, journals, *Samhita granthas, Sangraha granthas,* contemporary literature, and personal clinical experiences.

Ingredients:

Daruharidra – Berberis aristata – root – 1 part
Yashtimadhu – Glycyrrhiza glabra – rhizome – 1 part
Chitraka – Plumbago zeylanica – root – 1 part
Amalaki – Embelica officinalis – fruit bark – 1 part
Vibhitaki – Terminalia bellerica – fruit bark – 1 part
Haritaki – Terminalia chebula – fruit bark – 1 part

Method of Preparation:

All the ingredients are taken in equal quantity and powdered into a coarse powder. Kashaya is prepared by adding 16 parts of water and reducing it to 4 parts by boiling it on a low flame. It is then taken in divided doses with lukewarm water as Anupama.

Drug Review:

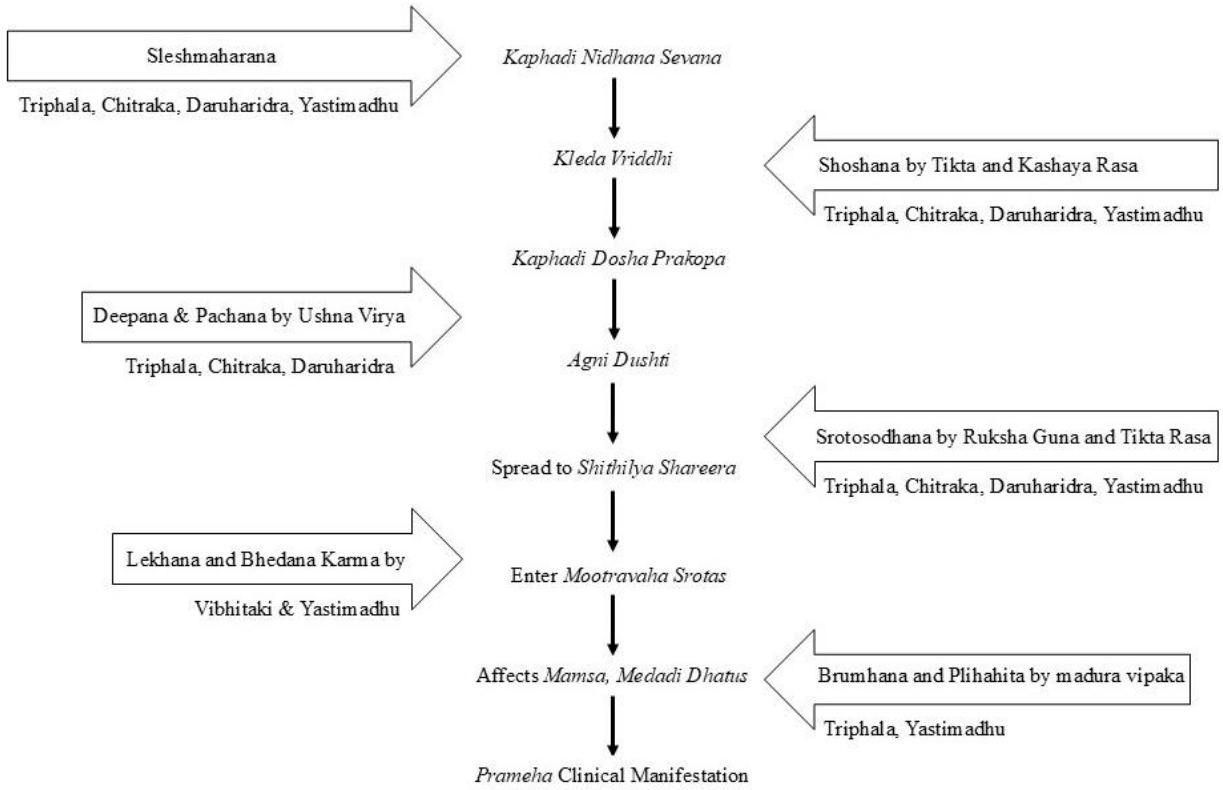
Properties	*Daruharidra*	*Yastimadhu*	*Chitraka*	*Amalaki*	*Vibhitaki*	*Haritaki*
Rasa	*Tikta, Kashaya*	*Madhura*	*Katu*	*Amla pradhana pancharasa except lavana*	*Kashaya*	*Kashaya pradhana pancharasa except lavana*
Guna	*Laghu, Ruksha*	*Guru, Snigdha*	*Laghu, Ruksha, Tikshna*	*Laghu, Ruksha*	*Laghu, Ruksha*	*Laghu Ruksha*
Virya	*Ushna*	*Sita*	*Ushna*	*Sita*	*Ushna*	*Ushna*
Vipaka	*Katu*	*Madhura*	*Katu*	*Madhura*	*Madhura*	*Madhura*
Prabhava	*Kaphapittahara, Chedhana*	*Tridoshahara, Rasayana*	*Deepana, Pachana, Kapha-vatashamana*	*Tridoshahara, Kaphagna, Rasayana, Vayasthapana*	*Kapha-pittahara, Bhedana*	*Tridoshahara, Rasayana, Hridya, Lekhana*

DISCUSSION

Katenkateryadi Kwatha is an herbal formulation composed of *Triphala, Chitraka, Yashtimadhu,* and *Daruharidra, which are* known for their *kapha-shamana* effects. These ingredients primarily exhibit *kashaya* and *tikta rasas*, promoting *kledaharana* and *agni-deepana karmas*. The *kashaya rasa* helps absorb bodily fluids due to its *sharira-kledasya-upayokta* properties, whereas *tikta rasa* supports *sroto-*

shodhana through its *lekhana* action. These effects are attributed to their *laghu*, *ruksha*, and *Shoshana gunas*.

Triphala, *Daruharidra*, and *Chitraka*, with their *ushna virya*, contribute to *agni-deepana* and *amapachana*. The *lekhana* and *Bhedana* properties of *Yashtimadhu* and *Vibhitaki* further aid in *sroto-shodhana* and *mala-nirharana*. Additionally, *Daruharidra*, *Chitraka*, *Amalaki*, and *Haritaki* are regarded as *yakrut-uttejaka* and play a key role in glucose metabolism. The ingredients in this formulation are also known for their *brahmana* and *plihahita* actions, indicating their ability to normalise dysfunctional pancreatic cells and correct metabolism.



CONCLUSION

The potential of traditional herbs with antidiabetic and antilipidemic qualities to supplement or replace current treatments is drawing more attention. This move towards herbal medicine emphasises how crucial it is to combine ancient wisdom with contemporary research to provide affordable and efficient therapies for *Prameha* and its repercussions.

REFERENCES

1. Diabetes Mellitus (DM) - Endocrine and Metabolic Disorders [Internet]. MSD Manual Professional Edition. Available from: https://www.msdmanuals.com/en-in/professional/endocrine-and-metabolic-disorders/diabetesmellitus- and-disorders-of-carbohydrate-metabolism/diabetes-mellitus-dm 4.
2. Roder PV, Wu B, Liu Y, Han W. Pancreatic regulation of glucose homeostasis. Exp Mol Med. 2016 Mar 11;48(3):e219. Doi: 10.1038/emm.2016.6. PMID: 26964835; PMCID: PMC4892884.
3. Ch.chi.6.25-26
4. Organization, W. (2019). *Definition, diagnosis and classification of diabetes mellitus and its complications: report of a WHO consultation. Part 1, Diagnosis and classification of diabetes mellitus.* [online] Apps.who.int. Available at:

https://apps.who.int/iris/handle/10665/66040 [Accessed 24 Aug. 2019].

5. J, K. (2019). *The current state of diabetes mellitus in India. - PubMed - NCBI*. [online] Ncbi.nlm.nih.gov. Available at: https://www.ncbi.nlm.nih.gov/pubmed/24567766 [Accessed 24 Aug. 2019].
6. Pandey SK, Sharma V. World diabetes day 2018: Battling the Emerging Epidemic of Diabetic Retinopathy. Indian J Ophthalmol. 2018;66(11):1652–1653. doi:10.4103/ijo.IJO_1681_18 [Accessed 24 Aug. 2019].
7. Sharangdhara, Sharangdhara Samhita, Edited by Vidyasagar Pandit Parashuram Shastri, Chaukhamba Surbharati Prakashan, Varanasi, Reprint 2013.
8. G Prabhakar Rao, Sahasrayogam, Sanskrit Text with English Tr. And Prabhakara Vyakhyanam.
9. Kumar, Sanjay, et al. "Role of Katenkateryadi Kwatha in Insulin Secretion and Restoration of Biochemical Changes in Streptozotocin-Nicotinamide Induced Diabetes Mellitus Type 2 in Rats." *International Journal of Applied Biology and Pharmaceutical Technology*, vol. 12, no. 03, 2021, https://doi.org/10.26502/ijabpt.202106. Accessed 12 Jan. 2025.
10. Agnivesha. Charaka Samhita, Commentary, Charaka Samhita, Nidana sthana, Prameha Nidana Adhyaya (4/5). In: Brahmanand Tripathi, editor, Varanasi: Chaukhamba Surbharti Prakashana; 2012 edition
11. Agnivesha. Charaka Samhita, Commentary, Charaka Samhita, Nidana sthana, Prameha Nidana Adhyaya (4/6-8). In: Brahmanand Tripathi, editor, Varanasi: Chaukhamba Surbharti Prakashana; 2012 edition
12. Agnivesha. Charaka Samhita, Commentary, Charaka Samhita, Nidana sthana, Prameha Nidana Adhyaya (4/47). In: Brahmanand Tripathi, editor, Varanasi: Chaukhamba Surbharti Prakashana; 2012 edition
13. Agnivesha. Charaka Samhita, Commentary, Charaka Samhita, Chikitsa sthana, Prameha Chikitsa Adhyaya (6/8-12). In: Brahmanand Tripathi, editor, Varanasi: Chaukhamba Surbharti Prakashana; 2012 edition

Source of Support: Nil
Conflict of Interest: None Declared

How to cite this URL: Anojkar K S & Shripathi Acharya G: A Scientific and Experiential Review on Katenkateryadi Kwatha in Prameha (Diabetes Mellitus). International Ayurvedic Medical Journal {online} 2025 {cited February 2025}