

EXPLORING THE THERAPEUTIC POTENTIAL OF DURALABHADI KASHAYA: A COMPREHENSIVE REVIEW

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ABSTRACT

The article explores the therapeutic potential of *Duralabhadi Kashaya*, a polyherbal formulation, comprising of *Duralabha*, *Pashanabheda*, *Harithaki*, *Kantakari*, *Yastimadhu* and *Dhanyaka*. It is indicated in *Mutrakrichra* and its associated conditions. *Duralabhadi Kashaya* is known for its comprehensive therapeutic properties including the *Rasapanchaka* and chemical constituents. This formulation includes drugs having antiinflammatory, diuretic and antibacterial activity. This review article is an attempt to describe the probable mode of action of this formulation through *Rasapanchaka* and chemical constituents.

Keywords: *Duralabhadi Kashaya*, *Mutrakrichra*, Pharmacological activities, *Rasapanchaka*,

INTRODUCTION

Ayurveda considers *Oushadha* as one of the four essential elements of *Chikitsa Chatushpada*. An ideal drug in Ayurveda is one that effectively reverses or breaks the *Samprapti* without causing any adverse effects. The actions of herbs in Ayurvedic

literature are explained based on the principles of *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Prabhava*. In the context of treatment, the drug plays a crucial role following the physician's guidance, making it the second most important aspect of *Chikitsa*

Chathushpada. In Ayurveda, a drug refers to any substance used for diagnosis, prevention, relief, or cure of diseases. The World Health Organization (WHO) defines a drug as any substance or product intended to explore or modify physiological or pathological states for the recipient's benefit. These definitions align with the concept of *Oushadha* in ancient *Ayurveda*, aims to preserve good health while addressing the diseases.

Duralabhadi Kashaya is a polyherbal formulation which is mentioned in *Gada Nigraha*, *MutrakrichraPrakaranam*. This *Yoga* comprises of 6 ingredients like *Duralabha*, *Pashanabheda*, *Harithaki*, *Kantakari*, *Yastimadhu* and *Dhanyaka*;

and *Sitha* is indicated as *Anupana*. While analyzing *Yoga*, the overall pharmacological properties are seen to be *Madhura Tikta*, *Kashaya Rasa*; *Laghu*, *Snigdha Guna*; *VataPittahara* and has *Mutrala Karma*. It is indicated in *Mutrakrichra* associated with *Vibandha*, *Daha*, and *Sula*. *Mutrakrichra*, a *Basti Gata Vikara*, refers to as *Mutrasya Krichrena Mahata Dukhena Pravrutti*, means difficulty in urination.

AIMS AND OBJECTIVES

1. To discuss the therapeutic indications of *Duralabhadi Kashaya*,
2. To discuss the different pharmacological properties & therapeutic uses of isolated constituents of this *Kashaya*.

MATERIALS AND METHODS

Material is taken from various texts like *Bhaishajya Ratnavali*, *Gada Nigraha*, articles etc.

ANALYSIS ON THE FORMULATION

NAME	BOTANICAL NAME	FAMILY	PART USED
<i>DURALABHA</i>	<i>Fagonia cretica</i> Linn	Zygophyllaceae	Whole plant
<i>PASHANABHEDA</i>	<i>Rotula aquatica</i> Lour	Boraginaceae	Whole plant
<i>HARITHAKI</i>	<i>Terminalia chebula</i> Retz	Combretaceae	Fruit
<i>KANTAKARI</i>	<i>Solanum xanthocarpum</i> Schard & Wendl	Solanaceae	Whole plant
<i>YASTIMADHU</i>	<i>Glycyrrhiza glabra</i> Linn	Fabaceae	Root
<i>DHANYAKA</i>	<i>Coriandrum sativum</i> Linn	Umbelliferae	Whole plant

RASAPANCHAKA OF DURALABHADI KASHAYAM^{2, 3, 4, 5, 6, 7}

DRUG NAME	RASA	GUNA	VIRYA	VIPAKA	KARMA
<i>DURALABHA</i>	<i>Madhura Tikta, Kashaya</i>	<i>Laghu, Sara</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kaphapittasamana, Dahaprasamana, Mutrala,</i>
<i>PASHANABHEDA</i>	<i>Tikta, Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vatapittasamana, Mutralam, Bhedana, Sothahara,</i>
<i>HARITHAKI</i>	<i>Kashaya pradhana lavana varjitha Pancha rasa</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara Deepana, Lekhana, Rasayana</i>
<i>KANTAKARI</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatasamana, Rechana, Mutrala, Deepana Pachana, Sothahara, Vedanasthapana, Krimighna</i>

<i>YASTIMADHU</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittasamana, Sothahara, Mutrala, Vedanasthapana, Rasayana, Balya, Vatanulomana</i>
<i>DHANYAKA</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara, Deepana, Pachana, Vatanulomana, Mutrala, Dahasamana, Jwaraghna</i>
<i>SITHA</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittasamana</i>

ANALYSIS ON THE PHYTOCONSTITUENTS

DRUG NAME	CHEMICAL CONSTITUENTS	PHARMACOLOGICAL ACTION
<i>DURALABHA</i>	Alkaloids, Quercetin, Oleanolic acid	Antimicrobial, Hepatoprotective
<i>PASHANABHEDA</i>	Kaempferol, Allatoin, Saponins	Antimicrobial, Diuretic
<i>HARITHAKI</i>	Gallic acid, Chebulin, Vitamin C, ellagic acid, Chebulagic acid, Chebulic acid	Antioxidant, Anti-inflammatory, Hepatoprotective, Renoprotective
<i>KANTAKARI</i>	Alkaloids, Solasodine, flavonoids, Steroids, ethanol,	Anti-inflammatory, Diuretic, Analgesics, Renoprotective
<i>YASTIMADHU</i>	Glycyrrhetic acid, Glycyrrhizin	Antimicrobial, Antioxidant, Anti-inflammatory, Hepatoprotective, Nephroprotective
<i>DHANYAKA</i>	Dihydrocoriandrin, Linalool, D-Limonene	Antimicrobial, Diuretic, Antioxidant, Anti-inflammatory, Nephroprotective, Hepatoprotective
<i>SITHA</i>	Oleic acid, Palmitic acid	Diuretic, Anti-inflammatory

DISCUSSION

Probable mode of action of *Duralabhadi Kashaya*
While analyzing the *Rasapanchaka* of each *Draavya*, most of the drugs have *Madhura Tikta, Kashaya Rasa; Laghu, Snigdha Guna; Anushna Virya; VataPittahara, Mutrala and Sothahara Karma*. Chemical constituents like Quercetin, Kaempferol, Gallic acid, Lupeol, Chebulin, Glycyrrhetic acid, D-Limonene, Allatoin contribute to anti-inflammatory, antimicrobial and antioxidant activity. As the formulation is mentioned in *Mutrakrichra Prakarana*, these properties will be effective in managing *Pittaja Mutrakrichra* and its associated conditions. The probable mode of action can be understood as follows.

Pittaja Mutrakrichra

The pathogenesis of *Pittaja Mutrakrichra* involves *Lavana, Amla Rasa, Tikshna Ushna Pradhana, Ahara* leads to vitiation of *Pitta Dosha* causing the

Agni Dushti leads to *Saama Rasa* which in turn causes *Dushita Rakta and produce Mala Roopa Pitta Vriddhi*. Due to *Tikshna, Ushna Guna* of *Mala Roopa Pitta* causes *Kleda Soshana* in the *Drava Bhaga* of *Kitta* leading to vitiation of *Udakavaha Srotas*. Reaches *Mutravaha Srotas* causing *Mutravahasrotodushti* by *Teekshna, Ushna Guna* of vitiated *Pitta Dosha*. And as *Basti* being the residing place of *Apana Vayu*. *Pratiloma Gati* of *Apana Vayu* occurred as a result of *Sotha* which hampers from its *Mutra Nishkramana Kriya*. The aggravated *Vata Dosha* by its *Ruksha Guna*, and *Chala Guna* resulting in decreased urine volume, increased urine concentration and impairment in the flow of urine. *Krimi* manifest in the *Pakvashaya* due

to the presence of *Sama Rasa*. Here *Duralabhadi Kashaya* with its *Madhura Tikta Rasa*, *Snigdha*, *Guru Guna*, *Sheeta Virya* correct the *Tikshna*, *Ushna* of vitiated *Pitta*. Thereby normalizing the vitiated *Pitta Dosha*. *Madhura Rasa* with *Jala Mahabhuta* predominance helps in increasing the *Dravatvam*. *Mutrala Karma* and *Tikta*, *Kashaya Rasa* helps in cleansing the *Mutramarga*. Thereby inhibiting the growth of microorganisms which otherwise lead to infection. In addition, *Sitha* as *Anupana*, with *Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya*, and *Snigdha Guna* correctly vitiated *Pitta Dosha*. Likewise, chemical constituents like Chebulinic acid, Lupeol, and Gallic acid found in this formulation, performs antiinflammatory activity helps in reducing the inflammation. Furthermore, Kaempferol, D-Limonene and Allatoin contributes to the formulation's diuretic effect, with this increasing the urine output as well as urinary electrolyte concentration. Quercetin, Linalool, and Glycyrrhetic acid contribute to antibacterial activity.

Mutrakrichra associated with *Vibandha*

This condition can be understood as the *Tikshna Ushna Guna* of *Pitta Dosha* leads to *Sotha* in *Mutramarga* causing the *Pratiloma Gati* of *Apana Vayu*. Therefore, treatment should aid in *Sothahara*, *Vatanulomana* action. So, with *Tikta Rasa*, *Sheeta Virya* of this *Kashaya* counter acts with the vitiated *Pitta*. Thereby acting as *Sothahara* and causing *Vatanulomana*. This condition can be related to the fluid accumulation causing pressure on the urinary bladder. Hence pharmacological action like antiinflammatory activity, diuretic activity act on this condition. Chemical constituents like Kaempferol, D-Limonene and Allatoin contributes to the diuretic activity, with this effect increasing the urine output. Chebulinic acid, Lupeol, and Gallic acid found in this formulation helps in reducing the inflammation, thereby reducing the pressure on the bladder. So, by addressing the underlying pathophysiology, this formulation helps in relieving the condition.

Mutrakrichra associated with *Daha*

This is primarily due to the vitiation of *Pitta Dosha*. With *Tikshna*, *Ushna Guna* vitiated

Pitta is causing *Daha*. This vitiated *Pitta* relates to the heat in the body causing inflammation and burning sensation. *Madhura*, *Tikta*, *Kashaya Rasa*, *Snigdha Guna* and also *Sitha* as *Anupana* with *Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya* counter act with the vitiated *Pitta*. Thereby reducing the *Daha*. Likewise chemical constituents like Chebulinic acid, Lupeol, and Gallic acid found in this formulation, performs antiinflammatory activity thereby reducing the inflammation and burning sensation. And also, Kaempferol, D-Limonene, Allatoin contributes to the diuretic activity, increasing the urine output and helps in flushing out the irritants from the urinary system. So, by addressing the underlying cause and symptoms, this formulation helps in breaking the pathophysiology.

Mutrakrichra associated with *Sula*

Here the underlying pathology is due to *Tikshna Ushna Guna* of vitiated *Pitta Dosha* leads to *Sotha* obstructing the *Gati* of *Vata* which causes the *Sula*. This can be due to drying of the mucosal lining, contraction of the tissue and spasm leading to painful conditions. Here this *Kashaya* contain *Pittahara*, *Madhura Rasa* with *Jala Mahabhuta* predominance counter act with the vitiated *Pitta* causing *Vatanulomana* and with *Mutrala Karma* helps in maintaining the volume of the urine which help in smooth flow of the urine, thereby preventing further vitiation of *Vata Dosha* that cause *Sula*. Likewise, *Sitha* with *Madhura Rasa*, *Madhura Vipaka* helps in reducing the *Pitta Dosha* vitiated. Kaempferol, D-Limonene and Allatoin contribute to the diuretic activity which counteract with dryness and provide lubrication to the mucosal lining. Solasodine, Sapogenin contributes to analgesics activity, which helps in soothing of the tissue and thereby reducing the pain. So, by correcting the underlying pathophysiology, this *Kashaya* helps in pacifying the condition.

Sitha as *Anupana*

Sitha is one among the *Ikshu Rasa Vikara*, in which *Ikshu* got the property in production of *Mutra*. *Sitha* with *Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya*, and *Snigdha Guna* correct vitiated

Pitta Dosha. This indicates its specific action in *Mutra Roga*. By its *Madhura Rasa*, *Madhura Vipaka*, helps in the palatability of the *Kashaya*.

CONCLUSION

This review article reveals *Duralabhadi Kashaya* effectiveness in *Pittaja Mutrakrichra* and its associated conditions. Vitiating of *Pitta Dosha*, *Udakavaha Sroto Dushti*, *Apana Vayu Dushti*, and *Mutravaha Sroto Dushti* are the pathogenesis involved in *Mutrakrichra*. *Duralabhadi Kashaya*, with multidimensional action such as *Pittahara*, *Mutrala*, *Krimighna*, *Sheeta Virya*, *Snigdha Guna* along with its pharmacological actions like antimicrobial activity, antioxidant activity, anti-inflammatory activity, and analgesic activity helps in *Samprapti Vighatana* by targeting the root causes. Additionally, the use of *Sitha* as *Anupana* enhances its effectiveness and palatability, making it an ideal solution for *Pittaja Mutrakrichra* and its associated condition. Further clinical studies are recommended to validate the effectiveness of this formulation and explore its safety parameters.

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