

VARIETIES OF PHALATRIKADI KWATHA - A CLASSICAL AYURVEDIC FORMULATION FOR PRAMEHA AND OTHER DISORDERS

Jyoti Yadav¹, Atal Bihari Trivedi²

¹M.D. Scholar Final Year, PG Department of Kayachikitsa

²Associate Professor; PG Department of Kayachikitsa Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh, New Delhi, India

Corresponding Author: jyotiyadavno936@gmail.com

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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. There are many drugs are given as Hepatoprotective, *Pramehahara*, *Pandu*, *Kamala* in ancient classics. *Phalatrikadi kwatha* is one of the important prestigious formulations, which is successfully used from the ancient period. In *Caraka Samhita* and *Bhaishajyaratnavali* it is prescribed for *Prameha*^{1,2}. This formulation has been mentioned in the context of *Pandu* and *Kamala*, in *Cakradatta*, *Yoga Ratanakara*, *Sharangadhara Samhita* and *Vrinda Madhava*³⁻⁶ but first time described in *Siddhasara Samhita*, as the name of *Phalatrika*.

Keywords: *Ayurveda*, *Phalatrikadi kwatha*, *Pandu*, *Kamala*.

INTRODUCTION

In *Ayurvedic* Classics a good number of drugs and their formulations have been mentioned for *Prameha Roga Chikitsa*. *Phalatrikadi kwatha* is one of the important prestigious formulations, which is successfully used from the ancient period. *Phalatrikadi*

kwatha is a well-known *Ayurvedic* dosages form mentioned in various *Ayurvedic* Classics. But the ingredients and indications of *Phalatrikadi Kwatha* formulation are varied in different Classics. In *Charak Samhita* and *Bhaishajyaratnavali* it is pre-

scribed for *Prameha*.

This formulation has been mentioned in the context of *Pandu* and *Kamala*- in *Yoga Ratanakara*, *Sharangadhara Samhita* and *Vrinda Madhava*. In the *Ratnaprabha* commentary of *Nishchalkara* on *Cakradatta* 8/7, he described that this *Phalatrikadi kwatha* was first time mentioned in *Siddhasara Samhita*, as the name of *Phalatrika*. *Phalatrikadi kwatha* contains six drugs which are having pre-dominately *Pramehahara* properties.

Method of Preparation-

Take *coarse powder* of *Triphala* (*Amalaki*, *Haritaki* and *Bibhitaki*), *Darunisha* (*Daruharidra*), *Vishala* (*Indrayana*), *Musta* (*Nagarmotha*) in equal parts i.e. 25gm powder in 16times of water i.e. 400ml; reduce it till 1/8th parts remain and add around 1 gm of *Haridra Powder* in it and consume it by mixing 10gm of *Madhu* (*Honey*) to it and it cures all types of *Prameha*.

Table 1: Ingredients, parts and ratio of drugs used for the preparation of *Phalatrikadi kwatha* (*Cakradatta-Prameha Rogadhikar*)

S.No	Ingredients	Part Used	Botanical Name	Family	Ratio
1	<i>Amalaki</i>	Fruit	<i>Emblia officinalis</i> Gaertn.	Euphorbiaceae	1 part
2	<i>Bibhitaki</i>	Fruit	<i>Terminalia bellerica</i> Roxb.	Combretaceae	1 part
3	<i>Haritaki</i>	Fruit	<i>Terminalia chebula</i> Retz.	Combretaceae	1 part
4	<i>Daruharidra</i>	Twak	<i>Berberis ariststa</i>	Berberidaceae	1 part
5	<i>Vishala</i>	Fruit	<i>Citrulluscolocynthis</i> Schrad	Cucurbitaceae	1 part
6	<i>Musta</i>	Rhizome	<i>Cyperus rotundus</i>	Cyperaceae	1 part

Table 2. Contextual Comparison of Constituents of *Phalatrikadi Kwatha*-

Drugs	<i>Bhavaprakasha</i>	<i>Cakradatta(Pandu)</i>	<i>Cakradatta(Prameha)</i>	<i>Cakradatta(Amlapiita)</i>
<i>Amalaki</i>	+	+	+	+
<i>Haritaki</i>	+	+	+	+
<i>Bibhitaki</i>	+	+	+	+
<i>Shunthi</i>	+	-	-	-
<i>Maricha</i>	+	-	-	-
<i>Pippali</i>	+	-	-	-
<i>Musta</i>	+	-	+	-
<i>Kutaki</i>	+	+	-	+
<i>Vishala</i>	+	-	+	-
<i>Amrita</i>	-	+	-	-
<i>Vasa</i>	+	+	-	-
<i>Patola</i>	-	-	-	+
<i>Haridra</i>	+	-	-	-
<i>Daruharidra</i>	-	-	+	-
<i>Chirayata</i>	-	+	-	-
<i>Nimba</i>	-	+	-	-
<i>Madhuyasti</i>	-	-	-	+
<i>Madhu</i>	-	-	+	+

Material and Method:

- In classical *Ayurvedic* literature, the *Phalatrikadi Kwatha* described in many contexts like *Sannipata Jwara, Prameha, Pandu, and Kamala*.
- For this article review some *Ayurvedic* texts, Modern books, PUBMED, DHARA, Research Gate and relevant Research articles.
- Conceptual and Critical Studies on *Phalatrikadi Kwatha*.

DISCUSSION

According to Modern Medical Science, Type 2 Diabetes Mellitus is a clinical syndrome characterized by hyperglycaemia caused by absolute or relative deficiency of Insulin. Lack of Insulin affects the metabolism of Carbohydrate, Protein and Fat, and can cause significant disturbance of water and electrolyte homeostasis; death may result from acute metabolic decompensation. Long standing metabolic derangement is associated with functional and structural changes in many organs, particularly those of the vascular system - can be subdivided into microvascular (e.g. diabetic retinopathy) and macrovascular (e.g. atheroma leading to myocardial infarction) which lead to the clinical 'complications' of diabetes. These characteristically affect the eye, the kidney and the nervous system. Diabetes is a global pandemic. The number of people with Diabetes has risen from 108 million in 1980 to 422 million in 2014 all over the world. WHO projects that diabetes will be the 7th leading cause of death by 2030.

Madhumeha (Prameha) Ayurvedic remedies for *Madhumeha* (Diabetes Mellitus) are the oldest among all the available therapies, which includes in the *Prameha* category. *Pramehas* are a list of urinary disorders, especially characterized by profuse urination with several abnormal qualities due to *doshic* imbalances. The main causes of *Prameha* are lack of exercise and improper food habits in excess food intake which falls in the category of *Ushna, Snigdha* and *Guru* are the primal cause of this disease - Fish, curd are good example. Foods that increase *Kapha, Medhas* and *Mootra* are the etiological factors for *Prameha*. The word *Prameha* is derived from, Pra – means ex-

cess, *Meha – Ksharane* - passing of urine. So, *Prameha* is passing excessive urine and turbid in color ('*prabhoota avila mootrata*'). Main causes sleeping in daytime, lack of exercise, laziness, sedentary habits, consumes food and drinks which are cold, unctuous, sweet and fatty items etc., (Fat rich Diet).

Classification-

Prameha is classified aetiologically into Sahaja (Hereditary) and *Apathya Nimittaja* (Unwholesome things – food and exercise etc.)

- I. Sahaja means due to *Matapitabheejadoshakruit* (Chromosomal defect from parents).
 - II. According to physical management
 - i. *Apatharpana-Uthaja Prameha* describing the lean Diabetic
 - ii. *Santharpana-Uthaja Prameha* relating the obese Diabetic.
 - III. According to the *Doshic* causes, these *Pramehas* are classified as twenty types:
 - IV. i. *Vataja Pramehas* – There are totally four *Vataja Pramehas*.
 - V. ii. *Pittaja Pramehas* – There are totally six *Pittaja Pramehas*.
 - VI. iii. *Kaphaja Pramehas* – There are totally ten *Kaphaja Pramehas*.
 - VII. Out of these, Diabetes Mellitus is termed as *Madhumeha*. It is one of the four *Vataja Pramehas*.
 - VIII. *Samprapthighatakas* (favorable things for disease):
 - *Dosha* (Bio-humor) – *Vata, Pitta, Kapha*
 - *Dushya* – *Meda, Mamsa, Kleda, Rakta, Vasa, Majja, Lasika, Rasa* and *Ojas*
 - *Srotas* (channel) – *Mootravaha*
 - *Srotodusti* – *Atipravritti*
 - *Agni* – *Dhatvagni*
 - *Udhbhavasthana* – *Kostha*
 - *Vyaktasthana* – *Mootravaha Srotas* (urinary tract)
- Samprapti* (Pathogenesis) *Kapha* undergoing increase by the etiological factors, reaches various *Dushya* like *Rasa* (plasma), *Rakta* (blood) etc., As there is a *Shaithilyata* (looseness) in the body and it being fluid predominant, spreads all over the body and gets vitiated, while spreading it gets mixed with *Medas* (fat –

adipose tissue), *Mamsa* (muscle) and *Kleda* (body fluids). Body fluids which got vitiated draw them to the urinary bladder and produces *Prameha*; Similarly, the

Pitta affects them, *Vata* also brings about vitiation in them and produce *Prameha*.

Table 3: Rasa Panchak of constituents of Phalatrikadi Kwatha-

S.No	Ingredient	Rasa	Guna	Virya	Vipaka	Dosha Karma
1.	<i>Amalaki</i> ⁹	<i>Pancha rasa (Alavana, Amla Pradhana)</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
2.	<i>Haritaki</i> ⁹	<i>Pancha rasa (Alavana, Kashaya Pradhana)</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>
3.	<i>Bibhitaki</i> ¹⁰	<i>Kashaya</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>
4.	<i>Daruharidra</i> ¹¹	<i>Tikata, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- Pitta-hara</i>
5.	<i>Vishala</i> ¹²	<i>Tikata</i>	<i>Guru, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- Pitta-hara</i>
6.	<i>Musta</i> ¹³	<i>Tikata, Katu, Kashaya</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha- Pitta-hara</i>
<i>Phalatrikadi Kwatha</i>		<i>Pancha rasa (Alavana, Tikta, Kashaya Pradhana)</i>	<i>Laghu, Ruksha, Guru, Tikshna</i>	<i>Ushna/Sheeta</i>	<i>Madhura/ Katu</i>	<i>Tridosahara/ KaphaPittahara</i>

The above-mentioned drugs have the following *Ayurvedic* properties: *Pittahara*, *Pitta Recana*, *Yakriduttejaka*, *Dipana*, *Recana*, *Shothahara*, *Jvarahara*, *Kamala-hara*¹⁴, *Pandu-hara*¹⁵, *Kapha-Pitta Shamaka*, *Tridosahara*, *Rasayana*, *Kshayaghna*.

These all constituents have Membrane Stabilizing Effect, **Hepatocellular Activity Enhancer**; Anti-viral¹⁶, Enzymatic & Metabolic Corrections¹⁷⁻²⁰, anti-Diabetic effect, Antioxidant Effect, Hepatoprotective, Choleric and cholegogue action, Membrane Stabilizing Effect Enzymatic & Metabolic Corrections. The above-mentioned drugs have the following *Ayurvedic* properties: *Pittahara*, *Pitta Recana*, *Yakriduttejaka*, *Dipana*, *Recana*, *Shothahara*, *Jvarahara*, *Kamalahara*, *Pandu-hara*, *Kapha- Pitta Shamaka*, *Tridosahara*, *Rasayana*, *Kshayaghna*²¹⁻²⁷.

CONCLUSION

On the basis of above dimensions, we can say that all the drugs, which are, mentioned a base is having the Anti-Diabetic Effects. The above mentioned drugs have the following *Ayurvedic* properties:

Panch Rasa except *Lavana* & mainly *Tikata*, *Katu*, *Kashya Rasa* to break the *Samprapti*; *Guna Laghu*, *Ruksha*, *Usna*, *Tikshna* to do clearance of *Srotas* and *Aavarana* (Part of *Samprapti Vighatan*) thus resulting in *Samprapti Vighatan* and helps in treatment of *Prameha*.

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