

RASNASAPTAKA KWATHA: AN OVERVIEW

Kanchan Swami¹, Karunanidhi Sharma², Sanjay Kumar³, Parimi Suresh⁴

¹MD, Department of Rasashastra & Bhaishajya Kalpana, National Institute of Ayurveda, Jaipur; Assistant Professor, Department of Rasashastra & Bhaishajya Kalpana, MJF College, Harota Chomu, India

²Research Officer, Multani Pharmaceutical Ltd., New Delhi, India

³Associate Professor, Department of Rasashastra & Bhaishajya Kalpana, N.I.A. Jaipur, Rajasthan, India

⁴Professor, Department of Rasashastra & Bhaishajya Kalpana, National Institute of Ayurveda, Jaipur, Rajasthan, India

Corresponding Author: drkanchanswami@gmail.com

<https://doi.org/10.46607/iamj.4409012021>

(Published online: January 2021)

Open Access

© International Ayurvedic Medical Journal, India 2021

Article Received: 16/01/2021 - Peer Reviewed: 17/01/2021 - Accepted for Publication: 17/01/2021



ABSTRACT

Kwatha Kalpana (Decoction) is one among five fundamental dosage forms in *Ayurveda*. The method of *Kwatha* preparation is very much similar to decoction method of extraction from herbs. Herbs are boiled with 4/8/16 times amount of water on mild fire and it is reduced up to 1/4th or 1/8th, then it is filtered and instantly used within three hours. *Rasnasaptaka Kwatha* is having seven ingredients i.e. *Rasna* (*Pluchea lanceolata*), *Amrita* (*Tinospora cordifolia*), *Argavadha* (*Cassia fistula*), *Devadaru* (*Cedrus deodara*), *Gokshura* (*Tribulus terrestris*), *Eranda* (*Ricinus communis*) and *Punarnava* (*Boerhavia diffusa*). These all are made into coarse powder and *Kwatha* is prepared with general method of preparation. Then *Eranda Tail* (Seed oil of *Ricinus communis*) or *Shunthi* (*Zingiber officinale*) *Choorna* is added into the prepared *Kwatha* and given to patient. It is important to compile and understand all the information regarding formula and individual ingredients available in classics. So, considering these points into the mind the present review has been planned. It can be concluded that it is effective combination for *Amavata* and some supportive medications & *Panchkarma* therapies along with it can produces synergistic action in *Amavata*.

Keywords: *Rasnadi Kwatha*, *Amavata*, *Kwatha Kalpana*, *Pravahi Kwatha*, *Maharasnadi Kwatha*, *Kadha*.

INTRODUCTION

Kwatha Kalpana (Decoction) is a very important dosage form in the practice of *Ayurveda*. *Acharya Charaka, Sharangdhara* has listed the *Kwatha Kalpana* under fundamental dosage forms (*Panchavidha Kashaya Kalpana*)^{1,2}. To prepare *Kwatha*, the drug is coarsely powdered and boiled with 4 times / 8 times / 16 times water and reduced to 1/4th or 1/8th part and then filtered³. Quantity of water is decided according to hardness [*Mridu* (soft) / *Madhyama* (moderate) / *Kathina* (hard) / *Atyanta Kathina* (Very hard) and amount of drug. For soft drug (leaves and flowers) 4 times of water is used, for medium hardness (soft barks, roots of shrubs and plant, soft roots, tubers and medium tubers) 8 times and for too hard materials (hard barks, root barks, creeper) 16 times of water is used⁴. If there is mixture of drugs of different hardness, then 8 times water should be taken^{5,6}. The process of *Kwatha* is very much similar to decoction method of extraction^{7,8,9}, which is preferred for extraction of harder herbs, roots, bark and seeds¹⁰. In both the process drug comes in contact of liquid and water-soluble fractions is dissolved on a definite heat for certain period¹¹. The parameters of well-prepared *Kwatha* are, it should possess characteristic smell, color and taste and *Gatarasa / Muktarasa* stage^{12,13}. *Prakshepa Dravya* (materials added to prepared *Kwatha* and their quantity according to disease condition, their quantities are also mentioned accordingly¹⁴. *Kwatha* are used directly as it is, to prepared another *Kalpas* (Dosage forms) i.e. *Arishttha* (Fermented preparation), *Kshirapaka* (prepared with drug and milk), *Yavagu* (gruel), *Peya* (dietary forms), *Manasarasa* (meat soup), *Laksharasa, Sharkara* (syrups), *Sneha Kalpana* (Oil- ghee preparation), *Avaleha, Rasakriya* (Semisolid preparation) etc. and to as levitation media to prepare some medicine and to enhance their potency¹⁵. For oral administration 4 *Pala* (192 ml) by *Shushruta*, 2 *Pala* (96 ml) by *Sharangadhara*¹⁶, 1 *Pala*

(48 ml) by *Acharya Yadava Trikam ji* doses are indicated¹⁷. Properties of *Kwatha* is depend upon its ingredients; and can be categorized as *Pachana, Dipana, Shodhana, Shamana, Tarpana, Kledana* and *Shodhana Kwatha* according to their action^{18,19}. It is used instantly within 3 hours of preparation²⁰. *Pravahi Kwatha* are also famous in for make it useful for longer period.

Rasnasaptaka Kwatha is a very popular and potent formulation, used commonly in day to day *Ayurvedic* practice to treat *Amavata, Vata Vyadhi* and some other similar disease conditions²¹. It is having seven ingredients i.e. *Rasna (Pluchea lanceolata), Amrita (Tinospora cordifolia), Argavadha (Cassia fistula), Devadaru (Cedrus deodara), Gokshura (Tribulus terrestris), Eranda (Ricinus communis) and Punarnava (Boerhavia diffusa)*²². Generally, *Rasnasaptaka Kwatha* is prepared form the mixed coarse power of all these ingredients, but it is also available in some modified forms i.e. *Pravahi Kwatha, Tablet, Granules* etc. are also available in market. Present paper is aimed to understand the formula, its probable mode of actions and to review and criticize the formula.

Materials and Method:

Classical *Ayurvedic* text, Compilatory books, Therapeutic indexes of various manufactures, Research journals and other print / digital sources were reviewed.

***Rasnasaptaka Kwatha* in Classics:** There are numbers of formulations are available with similar names i.e. *Rasnadashamula Kwatha, Rasnadi Kwatha, Maharasnadi Kwatha, Laghurasnadi Kwatha, Rasnadidashmula Kwatha, Rasna Dwadashaka Kashaya, Rasna Panchaka Kwatha, Rasna Panchadasha Kashaya* and *Rasna Saptaka Kwatha*²³. Among these all *Rasna Sapaka Kwatha* is selected for the present study, composition of the same has been mentioned in Table 1.

Table 1: showing the ingredients of *Rasna Saptaka Kwatha*

S.N.	Ingredient	Botanical Name	Part used	Quantity
1	<i>Rasna</i>	<i>Pluchea lanceolata</i>	Root	1 part
2	<i>Amrita</i>	<i>Tinospora cordifolia</i>	Stem	1 part
3	<i>Aravvadha</i>	<i>Cassia fistula</i>	Fruit Pulp	1 part

4	<i>Devdaru</i>	<i>Cedrus deodara</i>	Heart wood	1 part
5	<i>Trikantaka</i>	<i>Tribulus terrestris</i>	Fruit	1 part
6	<i>Eranda</i>	<i>Ricinus commiunis</i>	Root	1 part
7	<i>Punarnava</i>	<i>Boerrhavia diffusa</i>	Root	1 part

The *Rasna Saptaka Kwatha* is first described by *Vrinda madhava*, in 9th century. Then other later books i.e. *Chakradatta*, *Vangasena*, *Gadanigraha*, *Sharrangdhara Samhita*, *Yoga Tarangini*, *Yoga Chin-*

tamani, *Yoga Ratnakara*, *Bhaishajya Ratnavali*, *Ayurveda Sara Samgraha* etc. have also mentioned the same formula but some did changes in name like *Maha Rasnadi Kwatha*, changes in indications, or suggested *Prakshepa Dravya* as in Table 2.

Table 2: Showing the *Rasna Saptaka kwatha* in different classical text

Book	Chapter	Name of the formula	<i>Prakshepa Dravya</i>	Indications
<i>Vrinda Madhava</i> (9 th AD) ²⁴	<i>Amavatadhikara</i>	<i>Rasnadi Spataka Kwatha</i>	<i>Shunthi Choorna</i>	<i>Jangha- Uroo- Janu- Trika- Parshava Shoola</i>
<i>Chakradatta</i> (11 th AD) ²⁵	<i>Amavata Chikitsa</i>	<i>Rasna Saptaka Kwatha</i>	<i>Shunthi Choorna</i>	<i>Jangha-Uroo-Trika-Parshava Shoola</i>
<i>Vangasena</i> (12 th AD) ²⁶	<i>Amavatadhikara</i>	<i>Maharasnadi Kwatha</i>	<i>Shunthi, Ajmodadi choorna</i>	<i>Jangha-Uroo-Janu-Asthi Shoola, Gradhrisi-Arsha</i>
<i>Gada Nigraha Part-II</i> (12 th AD) ²⁷	<i>Amavata Chikitsa- Sarvaroga Chikitsa</i>	<i>Rasnadi Kwatha</i>	<i>Eranda tail</i>	<i>Kati-Uroo-Trika-Prishtha-Parshav-Jathar Shoola</i>
<i>Sharnagdhara Samhita</i> (13 th AD) ²⁸	<i>Kwatha Kalpana</i>	<i>Rasna Saptaka Kwatha</i>	<i>Shunthi Choorna (Eranda Taila- Deepika²⁹ commentary; Tanka Matra of Shunthi³⁰)</i>	<i>Jangha- Kati Graha, Parshava- Prishtha- Uroo Peeda, Amavata</i>
<i>Yoga Tarangini</i> (17 th AD) ³¹	<i>Amavata Chikitsa</i>	<i>Rasnadi saptaka Kwatha</i>	<i>Shunthi Choorna</i>	<i>Jangha-Uroo-Trika-Parshava Shoola</i>
<i>Yoga Ratnakara</i> (18 th AD) ³²	<i>Amavata Chikitsa</i>	<i>Rasna Saptaka Kwatha</i>	<i>Shunthi Choorna</i>	<i>Jangha-Uroo-Trika-Parshava Shoola</i>
<i>Bhaishajya Ratnavali</i> (19 th AD) ³³	<i>Amavata Chikitsa</i>	<i>Rasna Saptaka Kwatha</i>	<i>Shunthi Choorna</i>	<i>Jangha-Uroo-Trika-Parshava Shoola</i>
<i>Yoga Chintamani</i> ³⁴	<i>Kwathadhikara</i>	<i>Rasnadi Kwatha</i>	<i>Eranda Tail, Pippli choorna</i>	<i>Vataroga, Gulma, Shool, Katigraha</i>
<i>Sahsrayoga</i> (20 AD) ³⁵	<i>Kashaya yoga</i>	<i>Rasasaptakam Kashaya</i>	<i>Shunthi Choorna</i>	<i>Jangha- Uroo- Prishtha-Trika- Parshava Shoola</i>
<i>Ayurveda Sara Samgraha</i> (20 th AD) ³⁶	<i>Kwatha Prakarana</i>	<i>Rasna Saptaka Kwatha</i>	<i>Eranda Taila</i>	<i>Amavata, Kati-Peetha (Back)- Pasali (Ribs) Pain, Vatata- Peta Darda</i>
The <i>Ayurvedic Formulary of India Part-II</i> ³⁷	<i>Kwatha Choorna</i>	<i>Rasna Saptaka Kwatha Choorna</i>	<i>Shunthi Choorna</i>	<i>Janghashoola, Urooshoola, Parshvashoola, Trikashoola, Prishthashoola</i>

2. Published Articles:

- Sharma B et al. (2018) has reported that *Rasna Saptaka Kwatha* can be used in as the best supportive therapy in the management of *Gridhrasi*. Properties of the ingredients are beneficial to overcome the pathogenesis of the disease and providing proper relief and cure³⁸.
- In a review article Shruti Pandey et al. (2017) have made conclusion that *Rasnasaptaka* is a significant formulation which respond positively to the cardinal symptoms of arthritis like inflammation, pain, stiffness etc. As these herbs cumulatively works as an immunosuppressive and antioxidants for management of the arthritic symptoms by countering at cellulo-mechano-bio molecular level³⁹.
- Same authors have reported (2017) in another review paper that *Rasna Spataka Kwatha* possess analgesic, anti-inflammatory, immunosupportive and antioxidant properties. It is effective on *Ama* and *Agni* and reduces the symptoms of *Amavata*. No side effects of any ingredients is reported yet⁴⁰.
- Chacko J et al. (2015) have reported the Analytical study reports of *Rasnasapthakam Kashayam*. The formulation was analyzed through qualitative and quantitative physicochemical parameters and HPTLC. Findings were as: pH- 5.7, LOD- 99.81 %, Total solids: 0.33 %, Total Ash: 0.18 %, Acid Insoluble Ash: Not detected, Specific gravity: 0.9942 % and Total suspended solids: 0.56 %. No heavy metals were detected. In HPTLC four major peaks with RF values of 0.22, 0.48, 0.54 and 0.77 were found, test solution was methanolic extract (2g *Kashayam* in 25 ml methanol) & mobile phase-Toluene: Ethyl acetate (7: 3 v/v) and scanned at 254 nm⁴¹.
- In another study carried out by Pandey S et al. (2017), Hydroalcoholic (50%) and aqueous extracts of *Rasnasaptaka Kwatha* and studied on in-vitro model of rat skin to evaluate the drug release and on rat models to evaluate anti-inflammatory effect topically. It was found that drug was permeating through the skin. In the carrageenan edema model, hydro alcoholic extract showed better inhibition in comparison to aqueous extract. It was concluded that extracts could be served or can be modified for topical or transdermal drug delivery system⁴².
- Patil A et. al. (2016) have reported that in clinical trial on 30 diagnosed patients of *Sandhigata Vata*, who were given *Rasna Saptaka Kwatha* 25 ml with 3 ml *Tila taila* as *Prakshepa Dravya*, twice a day for 4 weeks. Very significant relief was found in *Shula* (Pain), *Shotha* (swelling), *Sandhisphutana* and Range of motion (ROM). No adverse effect from medication were observed during the duration of the study⁴³.
- A case study has been reported by Tile S et al. (2018) on *Ayurvedic* management of Lumber canal stenosis w.s.r. to *Katigata Vata*, where *Ayurvedic* medication i.e. *Rasnasaptaka Kwatha*, *Maha-Rasnadi Kwatha*, *Shiva Gutika*, *Rajarajeshwara Rasa* and *Trayodashanga Guggulu* was given to patient along with *Panchkarma* therapy, Local oil application and some exercises for 20 days. Significant relief in symptoms has been observed⁴⁴.
- In one another case study Tank N (2015) has reported that in a patient of low backache, by using *Ayurvedic* medication i.e. *Kala Basti*, *Abhyanga*, *Swedana* along with *Yogaraja Guggulu* and *Rasna Saptaka Kwatha* marked improvement and almost nil complain of problem was observed⁴⁵.
- Ausare SR et al. (2016) has reported that in a patient of Ankylosing Spondylitis with *Ayurvedic* therapy i.e. *Arogyavardhini Vati* (250 mg BD), *Vishatinduka Vati* (125 mg TDS), *Amritarishtha* (30 ml TDS) & *Rasna Saptaka Kwath* (30 ml TDS) along with local application of *Dashang Lepa* & *Latakaranja* seed, *Merudand Basti* with *Karkatadya Tila* for 15 days and then some with some changed *ayurvedic* treatment showed promising results and patient was symptomatically normal⁴⁶.
- Chaudhary S et al. (2018) has reported that in a clinically diagnosed patient of *Amavata* (Rheumatoid Arthritis), by using *Ayurvedic* treatment of line i.e. *Singnaad Gugglu* 500 mg BD, *Rasnasaptaka Kwatha* 15 ml BD, *Punarnavashtaka Kwatha* 15 ml BD along with *Baluka Sweda*, after one month

all the cardinal symptoms were subsided and laboratory findings were negative for RA⁴⁷.

- In one another case study reported by Lakshmi R et al (2016), a patient of Rheumatoid Arthritis (*Amavata*) *Valuka Sweda* (fomentation therapy with sand) was done for the first 7 days followed by *Sarvanga Abhyanga Bahpa Sweda* (Massage and steam) with *Kottamchukkadi taila* for the next 7 days, and on the 15th day, *Virechana* with *Moorchchita eranda taila* was given. Internal medicines like *Rasnasaptakam kashayam* and *Dasamoolahareetaki lehyam* were given for 30 days. Impressive and fruitful results have been observed⁴⁸.

3. Manufacturing process:

All the material should be cleaned individually and then subjected for *Yavakuta* (Coarse powder). Then should be passed through 10/44 sieves. Then equal quantity of all the ingredients should be mixed uniformly. 10-50 g of this mixed coarse powder is placed in clean vessel, 8 times of water is added into it and kept overnight for soaking. On next day it is boiled on mild fire up to reduction of the liquid to 1/4th and then filtered. 1-2 *Pala* (48-96 ml) is taken in a cup, 1 *Tanka* (3 g) of *shunthi Choorna* is added into it and given to patient.

4. Availability in market:

Rasna Spataka kwatha is available in the form of liquid *kwatha*, *Kwatha choorna*, *Kashaya* tablet and granules. *Rasna Saptaka Kadha/Kwatha* in prepared liquid dosage form either in PET or glass bottle of various manufacturers like Sandu Pharmaceuticals Ltd⁴⁹, *Arya Vaidya Shala*⁵⁰ etc., *Kwatha choorna* from *Jiva Ayur-veda*⁵¹; *Kashayam* Tablet of AVN Ayurveda Formula- tion Pvt. Ltd.⁵² *Rasna Spataka Kwatha* granules from *Abhinav health care*⁵³.

DISCUSSION

As *Kwatha Kalpana* is one of fundamental classical *ayurvedic* dosage form. It is recommended to use the *Kwatha* instantly or within one *Prahara* (3 hrs) after preparation⁵⁴. So for make it useful and potent for a

longer period of time *Pravahi Kwatha Kalpana* came into the vogue. Where Salicylic acid is added into to keep the *Kwatha* as it is for longer period⁵⁵. As per *Ayurveda Sara Samgraha*, 5-10 % alcohol or rectified spirit is added to *Kwatha*⁵⁶. Same book has said one more method where jaggary, sugar, honey, *Woodfordia fruticose* and some other herbs like *Asava-Arishtha* preparation for self-generated alcohol⁵⁷. In *Rasatantra Sara va Sidhha Prayoga Samgraha*, it is mentioned that salicylic acid can be added into *Kwatha* to preserve it for longer period. These all methods are coming under *Pravahi Kwatha*. Although author of *Tasatantra Sara Va Siddha Prayoga Samgraha* has said that these methods are harmful for human beings. He said that salicylic acid causes loss of appetite, constipation, diarrhea, Skin diseases, kidney diseases and mental disorders etc.⁵⁸ disease conditions, so it should be avoided. Modern system of medicines says that Salicylic acid has keratinolytic properties and is applied topically in the treatment of hyperkeratotic and scaling conditions such as dandruff, ichthyosis and psoriasis. Following oral ingestion of salicylic acid (SA) and or any other salicylate, nausea, vomiting, epigastric discomfort, tinnitus, loss of hearing, sweating, flushing (vasodilatation) tachypnoea and hyperpnoea are commonly observed⁵⁹. In the same way usages of other preservatives is also questionable, there may be drug interaction or may cause some adverse effects within the human body, So, these all are the aspects, which requires some disciplined research. Another method, where alcohol is self-generated, it is a different dosage form than *Kwatha*, so its therapeutic results may vary from *Kwatha*. Granules may be a satisfactory method, but their clinical efficacy should also be watched under the lenses of research.

Rasnasaptaka Kwatha, which supposed to be an effective formulation especially in *Amavata*, used commonly and also reported in some research papers also. It is important to know the properties of all the ingredients to understand the mechanism of action of the formula.

Properties of the ingredients and probable mode of action:**Table 3:** Showing the properties of ingredients of *Rasnasaptaka Kwatha*

S. No.	Ingredient	Rasa	Guna	Veerya	Vipaka	Karma
1.	<i>Rasna</i> ⁶⁰	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara, Vayasthapana, Shothahara, Shoolahara, Vedana Sthapana, Vatavyadhihara</i>
2.	<i>Amrita</i> ⁶¹	<i>Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshashamaka, Deepaniya, Vatahara, Rasayani</i>
3.	<i>Argavadha</i> ⁶²	<i>Madhura, Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Sransanaottama, Shoolahanut, Pit-takaphahara, Koshashuddhikara</i>
4.	<i>Devadaru</i> ⁶³	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vibandha-Adhmanahara, Shothahara, Kaphahra, Vatahara.</i>
5.	<i>Gokshura</i> ⁶⁴	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatanut, Deepana, Balya, Vrishya, Mootrala, Rasayana, Vatahara</i>
6.	<i>Eranda</i> ⁶⁵	<i>Madhura</i>	<i>Snigdha, Teekshna, Sukshma</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Vatahara, Rechana, Vrishya, Amavatahara, Shoolahara, Shothahara</i>
7.	<i>Punarnava</i> ⁶⁶	<i>Madhura, Teekta, Kashaya</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Anulomana, Shothahara, Mootrala</i>
<i>Prakshepa Dravya</i>						
1.	<i>Shunthi</i> ⁶⁷	<i>Katu</i>	<i>Ruksha, Teekshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Vatashamaka, Vedanasthapana, Shothahara, Deepana, Pachana, Amavataghani, Shoolahara, Vatahara</i>
2.	<i>Eranda Taila</i> ⁶⁸	<i>Tikta, Madhura</i>	<i>Guru, Sara, Visra</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Shoolahara, Vatanashaka, Rasayana, Vatashodhana, Vatashoolahara</i>

Table 3 reveals that among all the ingredients most are having *Tikta Rasa, Madhura Rasa, Guru, Snigdha Guna, Ushna Veerya, Madhura Vipaka, Vatahara, Deepana, Pachana, Shothahara, Shoolahara, Vedana Sthapana, Amapachana* properties and actions. *Shunthi* or *Eranda Taila* has been recommended by most of the authors. Both are having some similar properties to the above said ingredients. *Shunthi* is recommended as best for *Amapachana*, *Eranda Taila* is also recommended as very effective medicine for *Amavata*, *Yoga Ratnakara* has said *Eranda Taila* is like *Gajakesari* (King of Elephants) for *Amavata*.

Rasnasaptaka Kwatha is recommended to be used in *Amavata* or in some conditions of *Vata Vriddhi* i.e. *Janghashoola, Prishthashoola, Janu shoola* etc. The pathogenesis of *Amavata* is due to *Viruddha Ahara, Acheshta, Mandagni, Nishchala, Ama*, inspired by *Vayu* get increase in *Shleshmasthan* and then features

of *Amavata* occurs⁶⁹. So, the main factors are *Amavastha, Vatavridhi, Vedana & Shotha* (in *Amavata* and other indications). *Rasnasaptaka Kwatha* covers all these aspects of the diseases. All the above-mentioned drugs having *Tikta Rasa, Ushna Veerya, Katu vipaka* are effective for *Amapachana*. *Madhura Rasa, Madhura Vipaka, Ushna Veerya, Guru & snigdha Guna* do the *Vatashamana*. *Ushna Veerya, Snigdha, Sukshma guna* are having *Vedanasthapana* nature. *Ushna Veerya, Guru, Snigdha & Sukshma Guna* reduces the *Shotha*. *Rasna, Eranda, Shunthi and Eranda Taila* as per their properties do *Vatashamana, Shoolahara, Shothahara and Vedana Sthapan*. *Shunthi* does *Amapachana*. *Devadaru, Argavadha and Eranda Taila* increase the *Rechana* and open the channels of the body and inspire the *Doshas* to flow on their own ways (*Anulomana*). *Punarnava, Gokshura* plays main role in reduction of *Shotha*. *Amrita* is best drug for *Shamana Chikitsa* it reduces *Ama* and also do *Vatashamana*.

CONCLUSION

The *Rasnasaptaka Kwatha* has been designed by ancient scholars with aimed on synergistic action of the herbs to cure all the aspects of *Amavata* and joint pains. It is an effective remedy that's why it is very popular on the pen of the *Ayurvedic* practitioners to cure *Amavata*. As reported in various research that it becomes more efficacious with some supportive medication and *Panchakarma* therapies like *Snehana*, *Swedana*, *Basti*, *Kati Basti* etc. Standardization and evaluation of modified dosages forms of *Rasnasaptaka Kwatha* on laboratory and therapeutic parameters, these are some ideas for further research are suggested on the basis of the present review paper.

REFERENCES

1. Agnivesh. Sootra Sthana, Shadavirechanashatadhyaya, Verse No. 7. In: Charaka Samhita Part-I. Shastri k, Chaturvedi GN editors. Varanasi, Chaukhamba Bharati Academy. 2011. p.67.
2. Sharangdhara. Madhyama Khanda, Chapter 1, Verse no. 1. In Sharangdhara Samhita. Murthy KSR editor. Varanasi, Chaukhamba Orientalia. 2012. p. 51.
3. Sharangdhara. Madhyama Khanda, Chapter 2, Verse no. 1-3. In Sharangdhara Samhita. Murthy KSR editor. Varanasi, Chaukhamba Orientalia. 2012. p. 56
4. Sharangadhara, Madhyama Khanda - Chapter 2, Verse no. 3. In: Sharangadhara Samhita. Tripathi B editor. Varanasi: Chaukhamba Surbharti Prakashan Seereja; 2012. p.133
5. Sharangdhara. Madhayam Khanda, Dveetiya Adhyaya, Verse No. 1 Deepika Commentry. In: Sharnadhara Samhita. Adhmalla, Kashiram commentators. Shastri P editor. Varanasi, Chaukhamba Surbharti Prakashan. 2013.p. 144.
6. Govindadas. Dveetiya Khanda. In: Vaidyaka Paribhasha Pradeepa. Tripathi I, editor. Varansi, Chaukhamba Orientalia. 2007. p. 50.
7. Available form <https://www.biology-online.org/dictionary/Decoction> cited on 4th May, 2019 at 4:00 pm.
8. Available from <https://en.wikipedia.org/wiki/Kashayam> cited on 4th May 2019 on 4:30 pm.
9. Available from http://agritech.tnau.ac.in/horticulture/extraction_techniques%20_medicinal_plants.pdf cited on 5th May, 9:30 am.
10. Nagalingam, A. (2017). Drug Delivery Aspects of Herbal Medicines. In: Japanese Kampo Medicines for the Treatment of Common Diseases: Focus on Inflammation, 143–164. doi:10.1016/b978-0-12-809398-6.00015-9
11. Padekar P, Dixit A, Bairwa DR, Sakhita KS & Rao VN. A conceptual review on Panchavidha Kashaya Kalpana. Ayurpub.com: International Ayurveda Publications. 2018.III (5), 1140-6.
12. Vagbhatta. Kalpa Sthana Chapter 8th Verse No. 11. In: Ashtanga Samgraha Vol.II, Gupta KA editor, Varansai, Chaukhamba Krishnadas Academy 2005 P.169
13. Sharangdhara. Madhayam Khanda, Dveetiya Adhyaya, Verse No. 3 Deepika Commentry. In: Sharnadhara Samhita. Adhmalla, Kashiram commentators. Shastri P editor. Varanasi, Chaukhambha Surbharti Prakashan. 2013. p. 145.
14. Sharangdhara. Madhyama Khanda, Chapter 2, Verse no. 5-6. In Sharangdhara Samhita. Murthy KSR editor. Varanasi, Chaukhamba Orientalia. 2012. p. 57
15. Mishra SN. Abhinav Bhaishajya Kalpana Vigyana. Varanasi, Chaukhamba Surabharati Prakashana. 2011. p. 128
16. Sharangadhara, Madhyama Khanda - Chapter 2, Verse no. 3. In: Sharangadhara Samhita. Tripathi B editor. Varanasi: Chaukhamba Surbharti Prakashan Seereja; 2012. p.133.
17. Padekar P, Dixit A, Bairwa DR, Sakhita KS & Rao VN. A conceptual review on Panchavidha Kashaya Kalpana. Ayurpub.com: International Ayurveda Publications. 2018.III (5), 1140-6.
18. Harita, Tiritiya Sthana – Chapter 1, Verse no. 47. In: Harita Samhita. 2nd ed. Tripathi H editor. Varanasi: Chaukhamba Krishnadas Academy. 2009. p. 171.
19. Sharangdhara. Madhayam Khanda, Dveetiya Adhyaya, Verse No. 1 Deepika commentry. In: Sharnadhara Samhita. Adhmalla, Kashiram commentators. Shastri P editor. Varanasi, Chaukhamba Surbharti Prakashan. 2013.p. 144.
20. Anonymous. Jwara Chikitsa, Aushadha Grahana Vichara Verse No. 71. In: Yoga Ratnakara. 3rd ed. Tripathi I & Tripathi DS editors. Varanasi, Chaukhamba Krishnadas Academy. 2011. p. 158.
21. Anonymous. Kwatha Prakarana, Rasna Saptaka Kwatha. In Ayurveda Sara Samgraha. Naini, Elhabad. Shree Baidyanath Ayurveda Bhawana Ltd. 2014. p. 815.
22. Anonymous. Kwatha Choorna, Rasnasaptaka Kwatha Churna. In The Ayurvedic Formulary of India part-II. New Delhi. Government of India, Ministry of Health &

- family welfare, Department of Indian Systems of Medicine and Homeopathy. 2000. p. 82
23. Shah NC. Bharat Bhaishajya Ratnakara Vol- IV. Gopinath editor. New Delhi, B Jain Publishers Pvt. Ltd. 2005. p. 324-33.
 24. Vrinda. Amavatahikara, Rasnadi Spataka Kwatha. In: VrindaMadhava Athava Siddhayoga. Tiwari PV editor. Varanasi, Chaukhamba Vishvabharati. 2007. p. 291.
 25. Tripathi I. Amavata Chikitsa, Rasnasaptaka Chikitsa. In: Chakradatta. Varanasi, Chaukhamba Sanskrit Sansthan. p.166
 26. Tripathi HP. Amavatachikitsa, Maharasnadi Kwatha. In: Vangasena Samhita. Varansai, Chaukhamba Sanskrit Series. 2009. p.733
 27. Sodhala. Amavatachikitsa, Rasandi Kwatha. In: Gada Nigraha. 3rd ed. Varanasi, Chaukhamba Sanskrit Sansthan. 1994, p.547
 28. Sharangdhara. Madhayam Khanda, Dveetiya Adhyaya, Verse No. 83-4. In: Sharnadhara Samhita. Adhmalla, Kashiram commentators. Shastri P editor. Varanasi, Chaukhambha Surbharti Prakashan. 2013.p. 155-6.
 29. Sharangdhara. Madhayam Khanda, Dveetiya Adhyaya, Verse No. 83-4 Deepika commentry. In: Sharnadhara Samhita. Adhmalla, Kashiram commentators. Shastri P editor. Varanasi, Chaukhambha Surbharti Prakashan. 2013.p. 156.
 30. Sharangdhara. Madhayam Khanda, Dveetiya Adhyaya, Verse No. 83-4. Goodhartha Deepika commentry In: Sharnadhara Samhita. Adhmalla, Kashiram commentators. Shastri P editor. Varanasi, Chaukhambha Surbharti Prakashan. 2013.p. 156.
 31. Bhatt T. Dvechatvarinsha Taranga Rasnadi Saptaka Kwatha. In: Yoga Tarangini. Mathur DR editor. Varanasi, Chaukhambha Vidyabhawana. 2003. p. 196.
 32. Anonymous. Amavata- Chikitsa, Rasnasaptaka Kwatha. In Yoga Ratnakara. 3rd ed. Tripathi I, Tripathi DS editors. Varanasi, Chaukhambha Krishnadas Academy. 2011. p. 453
 33. Govinddas. Vatavyadhi Chikitsa Verse No. 69. In: Bhaishajya Ratnavali. 20th ed. Mishra B, Shastri A & Shastri R editors. 2011. p. 536.
 34. Harshkeerti. Kwathadhikara Chaturthadhyaya, Rasani Kwatha. In: Yoga Chintamani Dattaram editor. Bumbai, Nijnenkateshwara stim Mudrana yantralya. p. 112.
 35. Anonymous. Kashaya yoga. In Sahrayoga. Panditrao DB, Arya MS editors. New Delhi, Central Council for Research in Ayurveda Sciences. 2011. p. 90.
 36. Anonymous. Kwatha Prakarana, Rasna Saptaka Kwatha. In Ayurveda Sara Samgraha. Naini, Elhabad. Shree Baidyanath Ayurveda Bhawana Ltd. 2014. p. 815.
 37. Anonymous. Kwatha Choorna, Rasnasaptaka Kwatha Churna. In The Ayurvedic Formulary of India part-II. New Delhi. Government of India, Ministry of Health & family welfare, Department of Indian Systems of Medicine and Homeopathy. 2000. p. 82
 38. Sharma B. Role of Rasnasaptaka Kwatha in Vata-Vyadhi w.s.r to Gridhrasi. Indian Journal of Applied research. 2018. 8;11. p.70.
 39. Pandey S & Chaudhary AK. A review on Rasna Saptak Kwath: An Ayurvedic polyherbal formulation for Arthritis. Int. J. Res. Ayurveda Pharm. 2017. 8 (Suppl 1). 4-11.
 40. Pandey S & Chaudhary AK. A review on Rasna Saptak Kwath: An Ayurvedic polyherbal formulation for Arthritis. Int. J. Res. Ayurveda Pharm. 2017. 8 (Suppl 2). 50-55.
 41. Chacko J, Sivabalaji, Ashwini. Preliminary Analytical Study of Rasnasapthakam Kashayam - An Ayurvedic Polyherbal Formulation. International Journal of Medicinal Plants and Natural Products. 2015. 1 (2). P. 4-7.
 42. Pandey S, Mishra S, Purohit S, Mishra B & Chaudhary. In Vitro Drug Release and Study of Anti-inflammatory Effect of Rasna Saptak Kwath. Asian Journal of Pharmaceutics. 2017.Oct- Dec. (Suppl). 11 (4) 726-30.
 43. Patil AS & Parshurami SP. Clinical study of Rasnasaptaka Kwath in Sandhigata Vata. International Ayurvedic Medical Journal. 2016. 4(2).107-115.
 44. Tike S, Nilesh S & Baghel P. Ayurvedic management of Lumber canal stenosis w.s.r. Katigata Vata: A Case study. European Journal of Biomedical and Pharmaceutical sciences. 2018. 5(01). 742-45.
 45. Tank NG. AYURVED MANAGEMENT OF LOW BACKACHE- A CASE STUDY. . European Journal of Biomedical and Pharmaceutical sciences. 2015. 2(3). 262-76.
 46. Ausare SR & Jawale PP. CASE STUDY OF ANKYLOSING SPONDYLOSIS. World Journal of Pharmaceutical Research. 2016. 5(4). 958-961. DOI: 10.20959/wjpr20164-5878.
 47. Choudhary S, Sharma MK, Sharma GP. A Clinical Case Presentation of Singnaad Gugglu, Rasna Saptak, Punarnava Ashtak Kwath & Baluka Swed in the Management of Amavat W.S.R Rheumatoid Arthritis. International Journal of Advanced Ayurveda, Yoga, Unani, Siddha and Homeopathy. 2018. 7 (1). 464-70. DOI: <https://doi.org/10.23953/cloud.ijaayush.348>.

48. Lekshmi.R., Krishnakumar.K and James Chacko. An Ayurvedic Approach To Rheumatoid Arthritis (Amavata) – A Case Study. *Int J Recent Sci Res.* 2016. 7(10), pp. 13595-13599.
49. Available from <http://www.sandu.in/rasnasaptak.html> accessed on 23/04/2019 at 4:02 pm
50. Available from https://www.aryavaidyasala.com/products.php?cate=6&cate_product=Rasna accessed on 23/04/2019 at 4:15 pm.
51. Available from <https://store.jiva.com/products/rasnasaptak-kwath/> accessed on 23/04/2019 at 4:26 pm
52. Available from <http://avnayurvedaformulations.weebly.com/kashayams--kashayam-tablets.html> accessed on 23/04/2019 at 4:34 pm
53. Available from <https://prachinayurvedkutir.com/rasnasaptak-kwath-granules-20-pouches-of-2gm.html> accessed on 23/04/2019 at 4:43 pm.
54. Tripathi I. Amavata Chikitsa. In: *Yoga Ratnakara.* Varansai, Krishnadas Academy. 1998,p.453
55. Singh N. Kashaya Prakarana, Chirasthaya Kwatha. In: *Rasatantra sara va siddha pryoga samgraha Prathama Khanda.* 27th ed. 2017. p. 349
56. Anonymous. Pravahi Kwatha Prakarana. In *Ayurveda Sara Samgraha.* Naini, Elhabad. Shree Baidyanath Ayurveda Bhawana Ltd. 2014. p. 818-9.
57. Anonymous. Pravahi Kwatha Prakarana. In *Ayurveda Sara Samgraha.* Naini, Elhabad. Shree Baidyanath Ayurveda Bhawana Ltd. 2014. p. 819-20
58. Thakur N. Kashaya Prakarana, In: *Rasatantra Sara va Siddha Prayoga Samgraha.* 27th ed. Ajmer, Krishna Gopal Ayurveda bhawana. 2011. p. 349.
59. Available from <http://www.inchem.org/documents/pims/pharm/pim642.htm#SectionTitle:2.2%20Summary%20of%20clinical%20effects> cited on 7th May 2019, 9:15 am.
60. Bhavamishra. Haritakyadi Varga Rasna. In: *Bhavaprakash Nighantu.* Chunekar KC, Pandey G editors. Varanasi, Chaukhambha Bharati Academy. 2013. p. 76-77.
61. Bhavamishra. Guduchyadi varga, guduchi. In: *Bhavaprakash Nighantu.* Chunekar KC, Pandey G editors. Varanasi, Chaukhambha Bharati Academy. 2013. p. 257-8
62. Bhavamishra. Haritakyadi Varga Argvadha. In: *Bhavaprakash Nighantu.* Chunekar KC, Pandey G editors. Varanasi, Chaukhambha Bharati Academy. 2013. p. 66
63. Bhavamishra. Karpooradi varga, Devadaru. In: *Bhavaprakash Nighantu.* Chunekar KC, Pandey G editors. Varanasi, Chaukhambha Bharati Academy. 2013. p. 187
64. Bhavamishra. Guduchyadi Varga, Gokshura. In: *Bhavaprakash Nighantu.* Chunekar KC, Pandey G editors. Varanasi, Chaukhambha Bharati Academy. 2013. p. 279
65. Bhavamishra. Guduchyadi Varga, Eranda. In: *Bhavaprakash Nighantu.* Chunekar KC, Pandey G editors. Varanasi, Chaukhambha Bharati Academy. 2013. p. 285-6
66. Sharma PV. Ashtama Adhyaya Mootravirechaniya, Punarnava. In *Dravyaguna Vigyana Vol- II.* Varanasi. Chaukhambha Bharati Academy. 2011. p. 630
67. Bhavamishra. Haritakyadi Varga, Shunthi. In: *Bhavaprakash Nighantu.* Chunekar KC, Pandey G editors. Varanasi, Chaukhambha Bharati Academy. 2013. p. 12
68. Anonymous. Taila Prakarana Eranda Taila. In *Yoga Ratnakara.* 3rd ed. Tripathi I, Tripathi DS editors. Varanasi, Chaukhambha Krishnadas Academy. 2011. p. 84.
69. Madhavakara. Madhavanidna, Amavatanidana, Verse no .1-5. In *E-Madhava Nidana.* Available form <http://localhost:4001/madhavanidana/?mod=read>. Designed and developed by National Institute of Indian Medical Heritage, Hyderabad. Accessed on 26th Apr 2019 at 4: 30 pm.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Kanchan Swami et al: Rasnasaptaka Kwatha: An Overview. *International Ayurvedic Medical Journal* {online} 2021 {cited January, 2021} Available from: http://www.iamj.in/posts/images/upload/279_287.pdf