

**SALUTARY EFFECT OF PATOLADI GANA KASHAYA - A RIVIEW****Sumit Sunil Marathe\***

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**ABSTRACT**

Ayurvedic formulations are mainly based on on *Panchavidha Kashaya Kalpana*. There are five types of *Panchavidha kashaya kalpana*. *Swarasa* (juices), *Kalka* (Paste), *Kwatha* (Decoction), *Hima* (Cold infusion) and *Phanta* (Hot infusion). *Kashaya* is used internally for drinking or for *Basti* (medicated enemas) or For *Dhavan* (external wash). *Patoladi Kwath* is a polyherbal Ayurvedic preparation useful in various diseases. It is significantly used in the treatment of *Vishavikar* (Poison) as most of the herbs of this *kashaya* are having *vishaghna* (Antipoisonous) properties. It balances *Kapha & Pitta doshas*. It is mainly used for *Kushtha* (Skin diseases) roga of *Kapha-pitta* Origin. It is used in *Arochaka* (Anorexia), *Vaman* (Vomiting), *Kamla* (Jaundice)

also. As *Patol*, *Katurohini*, *Chandan*, *Guduchi*, *Patha* are the key ingredients of *Vishamjwaranashak Kashaya*. It can be used in *jwara* (fever), *Vishama Jwara* as well as in *Punaravartak jwara* also. As it contains *Kutaki* which have an property of *Pitta rechan & Bhedan* it is mainly indicated in *jwara* of *kapha pitta* origin. It contain *Guduchi*, which is natural immunity booster and having antipyretic action mainly. According to modern science it showed Antipyretic, Hepatoprotective, Antitumour, Anti inflammatory, Antioxidant, Antibacterial, Hepatoprotective, wound healing and Immunodelatory action. *Patoladi Gana Kashaya* is available in market in the name of *Patol-Katurohinyadi Kashaya*. The present study is aimed to critically review the formulation *Patoladi Gana Kashaya* ingredients and Practical application of *Kashaya* with probable mode of action in different clinical conditions.

**KEYWORDS:-** *Patoladi Gana kashay, Vishavikar, Jwara, Kushtha, Kapha-Pitta Dosha.*

## INTRODUCTION

Vagbhata explain *panchavidha kashaya kalpana* in *Dravyakalpaadhyay* of *Kalpasiddhi sthan* thoroughly. *Swarasa, Kalka, Kwatha Hima & Phanta* are the types of *Panchavidha kashaya kalpana* in which from last to first each *kalpana* is more potent than another.<sup>[1]</sup>

1. Preparation of *Patoladi Gana Kashaya* come under *Kwath Kalpana*. In *Sutrasthan* of *ashtanga hridaya Vagbhata* mention different *Ganas* of various herbal combination in *shodhanadigana adhyay* of *sutrasthana*.<sup>[2]</sup> In the same *adhyaya* he explains practical utility and application of those all *gana* in the form of *Kalka, Kwatha, Snehapaka, Leha* according to *Vaatadi doshas, rasa-raktadi dushyas & Mala- Mutradi Malas*.<sup>[3]</sup> *Patoladi Gana* is explain in that *adhyaya* from that herbal combination *Patoladi Gana kwath* is prepared & Prescribed for *Kaphaj Vikara, Pittaj Vikara, Vishavikara, Arochak, Kamala, Kushtha*. It is one of the very potent *Ayurvedic* medicine for jaundice, psoriasis, allergic dermatitis, tinea infection, viral infections and liver diseases.
2. It is widely used in the treatment of skin diseases involving itching, pigmentation and burning sensation. It is very useful in the treatment of fever of *Kapha* and *Pitta* origin. As all the drugs of *Patoladi Gana kwath* having *tikta rasa* with *Katu vipak* and *Ushna virya*. It is very useful in decreasing bad cholesterol.
3. It is a potent antitoxic medicine as *tikta rasa* is having *vishaghna* property it self so it can be used for liver detox. It improves digestion power and relieves anorexia in patients with or without fever. It is a potent antimicrobial medicine. It balances *Kapha* and *pitta* *Doshas* in body and detoxifies full body.

## MATERIAL AND METHOD

The literature about *Patoladi Gana Kashaya* has been reviewed from *Ayurveda* and Modern medicine text. Different *Samhitas* and *Nighantus* were studied thoroughly. Articles related to subject were searched and studied from different journals. This review is mainly focused on Practical application & Probable mode of action of *Ayurvedic* formulation *Patoladi Gana Kashaya*.

The contents of *patoladi gana kashaya* are as follows

**Table 1.**

No	Dravya	Latin Name	Family	Part Used
1.	Patola <sup>[4]</sup>	Trichosanthes dioica	Cucurbitaceae	Patra (Leaf)
2	Katurohini <sup>[5]</sup>	Picrorhiza kurroa	Scrophulariaceae	Mula/Bhoomik Kanda ( Roots/ Stem)
3.	Chandana <sup>[6]</sup>	Santalum album	Santalaceae	Kandasar, Taila (Oil)
4.	Madhusrava <sup>[7]</sup>	Marsdenia tenacissima	Asclepiadaceae	Mula (Roots)
5.	Guduchi <sup>[8]</sup>	Tinospora cordifolia	Menispermaceae	Kanda (Stem)
6.	Patha <sup>[9]</sup>	Cissampelos pariera	Menispermaceae	Mula, Bhoomik Kanda (Roots)

**Table 2: Characteristics of ingredients of patoladi gana kashaya.**

Dravya	Rasa	Virya	Vipaka	Guna	Doshagnata
Patol	Tikta, Katu	Ushna	Katu	Laghu,Ruksha	Tridoshashamak
Katurohini	Tikta	Ushna	KATu	Ruksha,Laghu	Kapha-Pitta
Chandana	Tikta, Madhur	Sheeta	Katu	Laghu-Ruksha	Kapha-Pitta
Madhusrava	Tikta, Kashay	Ushna	Katu	Guru-Ruksha	Tridoshhara
Guduchi	Tikta, Kashay	Ushna	Madhur	Laghu,Snigdha	Tridoshahara
Patha	Tikta	Ushna	KATu	Laghu,Teekshna	Pitta-Kapha

### Method of preparation of decoction<sup>[10]</sup>

The *Patol Patra* (Leaf), *Kutaki Mool* (Bhoomik Kanda) (Roots) *Chandan Kanda* (Stem) *Madhusrva Mool* (Roots), *Guduchi* stem, *Patha mool* (roots) bark are taken in equal proportion. *Bharad* (coarse powder) of these dravyas is taken in 1 pala (approx 48gms) quantity and boiled in 1/2 prastha (approx 384ml) water till volume reduces to one- fourth.

### Therapeutic indications<sup>[11]</sup>

- *Kaphaj vikara*
- *Pittaj Vikara*
- *Kushtha* (Skin Diseases) specifically of *kapha-pitta dosha* origin
- *Jwara* (Fever)
- *Vishavikar* (Poisoning)
- *Vaman* ( Vomiting)
- *Arochaka* (Anorexia)
- *Kamala* (Jaundice)

- Dose- 2 Pala (96 ml)<sup>[12]</sup>

**Table 3: Ingredients of *patoladi gana kashaya* with their ayurvedic properties & pharmacological action.**

<i>Dravyas</i>	<b>Ayurvedic properties</b>	<b>Pharmacological action</b>
<i>Patol</i>	<b>Rogagnata:-Kushtha, Kandu, Jwara, Daha</b> <b>Doshagnata- Tridoshaghna</b> <b>Karma- Sukhavirechankar, varnya, vrushya, rochana, deepana</b>	Chemo Preventive Activity, <sup>[13]</sup> Laxative activity <sup>[14]</sup> Nematocidal and Antihelminthic effects <sup>[15]</sup> Anti inflammatory & anti nociceptive acitivity <sup>[16]</sup> Anti-hyperglycemic <sup>[17]</sup> & antihyperlipidemic activity <sup>[17]</sup> Cholesterol Lowering Activity <sup>[18]</sup> Neuropharmacological properties such as depressant action on the CNS. <sup>[19]</sup>
<i>Katurohini</i>	<b>Rogagnata:- Vishamjwara , Arochaka, Prameha, Shwas, Kasa, kushtha, krumi, Yakrutvik ar, Kamala,</b> <b>Doshaghanata- Kaphapittahara</b> <b>Karma- Bhedan, Dipan, Hrudya</b>	Hepatoprotective, <sup>[20]</sup> Antimicrobial, <sup>[21]</sup> Nonirritant purgetive action, <sup>[22]</sup> Antimutagenic Activity, <sup>[23]</sup>
<i>Chandana</i>	<b>Rogagnata:- Daha, Shramashosha, trushna raktapitta, visarpa,</b> <b>Doshagnata-Kapha- Pittashamak</b> <b>Karma- Durgandhahara, Vishaghna</b>	Hepatoprotective activity, <sup>[24]</sup> Anti-ulcer Activity <sup>[25]</sup> Antibacterial activity <sup>[26]</sup> Antifungal Activity, <sup>[27]</sup> Antiviral Activity, <sup>[28]</sup> Antioxidant efficacy, <sup>[29]</sup> Haemolytic activity, <sup>[30]</sup> Anticancer activity, <sup>[31]</sup> Antipyretic activity <sup>[32]</sup>
<i>Madhusrava</i>	<b>Hrudroga, Vaman, Prameha, Kushtha, Vishamjwara</b> <b>Doshagnata- Tridoshghara, Karmadeepan, aampachan, pittasarak, anuloman</b>	Antitumour Activity <sup>[33]</sup> Antidibetic activity & Antihyperlipidemic, <sup>[34]</sup>
<i>Guduchi</i>	<b>Rogagnata:- Jwara, daha, Trushna, Vami, Vaat-rakta, Prameha, Pandu, Bhrama, Vali, Palit, Kushtha</b> <b>Doshagnata- Tridoshshamak</b> <b>Karma-Sangrahik, vibandha prashaman, Vishaghni</b>	Analgesic, antipyretic, anti-inflammatory and antileprotic properties, <sup>[35]</sup> antimicrobial, hepatoprotective, and antioxidant properties <sup>[36]</sup>
<i>Patha</i>	<b>Rogagnata:-Jwara, Chardi, Atisar, Shulaghni, Visha, Daha, Kandu, shwasa, Hrudroga, Krumi, Gulma, Gara, Vrana</b> <b>Doshagnata- Tridoshaghna</b> <b>Karma- Sangrahik, vibandhaprashaman , Vishaghni</b>	Anti-inflammatory activity, <sup>[37]</sup> Antifertility activity <sup>[38]</sup> Antioxidant activity <sup>[39]</sup> Chemo preventive effects <sup>[40]</sup> Anti-hemorrhagic effects <sup>[41]</sup>

## DISCUSSION

The main objective of this study is mainly focused to find out the important properties of the individual drugs and their possible effects of *Patoladi Gana Kashay* in *Samprapti Bhanga* of diseases.

*Acharya Vagbhata* states that, in certain drugs from *Rasa, Virya, Vipaka, Prabhava* the one which is more potent/ Powerful than the other shows its action mainly & Dominate the Other. On the basis of different physiochemical properties of *Patoladi Gana* kashaya, probable mode of action can be understood as follows,

### Probable mode of action of *patoladi gana* kashaya

*Patoladi Gana Kwatha* contains drugs namely *Patol, Katurohini, Chandan, Madhusrava, Guduchi, Patha*. All of these drugs are having *Tikta* rasa and some drugs are having *Madhur-Kashaya* as an *Anurasa*. Almost 83% of Contents of *Kashaya* having *Ushna Virya* while 17% have *Sheeta Virya*. 83% Dugs of this formulation are having *Laghu guna* where as 17% are having *Snigdha guna*, almost 66% ingredients have *Rooksha-Guna* and 16% Have *Teekshna Guna*. These are said to be *Kapha-PittahaVikarhara*.

### Based on the *rasa, guna, Virya and Vipaka*

In *Patoladi Gana Kwath*, drugs having *Tikta, Kashay, Madhur Rasa*. All three rasas are pittaghana.<sup>[42]</sup> 100% of drugs of this formulation having *Tikta* rasa; it is *visha, kushtha, jwara, Krumi, murcha, utklesha, daha shamak* in nature. It is used in *Aruchi* (Anorexia) due to *jwara* (Fever). It is having *Shoshan* and *Shodhan* properties because of this it is very useful in *kleda-Medas* condition of disease such as *Kushtha* of *Kapha Pitta* origin.<sup>[43]</sup> *Kashay Rasa* is *Pitta-Kaphahara & Raktashodhak*. It is having special property of *Kleda-meda vishoshan & Ropan* (Healing).<sup>[44]</sup> *Madhur rasa* is *Ajanma satmya, baladayak* to *rasadi 7 dhatus*. It is *Pitta- Vaata –Vishahar* (antipoisonous).<sup>[45]</sup> The Polyherbal formulation mainly helps in balancing *Kapha Pitta doshas* in different diseases like *Kushtha* (Skin Diseases), *Jwara, Kamala, Vaman* (Vomiting). It shows *Vishaghna* Property as all drugs and their *rasa* of this formulation have very important property i.e *Vishaghna* (Antipoisonous) so that it can be used in different *Gara-Dooshivishajanya vikaras, Viruddha ahar janya vikaar* and other *visha vikaras*. On examining the *Gunas*, it is observed that most of the drugs possess *Laghu* and *Ruksha Guna*. *Laghu Guna* helps in increasing *Jatharagni* as they are easily digestible. *Tikshna Guna* helps in absorption of *Sama Meda (Malarupi Kapha)*. *Ushna Virya* increases metabolism (catabolism). *Agni Deepana* property of the Drugs: Almost all the Drugs of the

present formulation have *Agni Deepana* property. The drugs in the polyherbal formulation- *Patoladi Gana Kashaya* possess *Katu Vipaka*, which is *Jatharagniwardhak, Deepan, Pachan, Shodhan & Shoshan*. By virtue of *Rasa*, the *Ayurvedic* drugs help in pacifying *Kapha-pitta* simultaneously with the establishment of *Dhatu Rupi Pitta-Kapha* and increases the *Agni*. The formulation help in maintaining equilibrium of *Doshas* by pacifying increased and vitiate *Dosha*.

## CONCLUSION

This study confirms that the ingredients present in *Patoladi Gana kashaya* serves multifunctions for human life. Pharmacological activities of the ingredients of the *Patoladi Gana Kashaya* has shown its use as Antipyretic, Hepatoprotective, Antitumour, Antihyperlipidemic, Anti inflammatory, Antimicrobial & Antioxidant properties. This review helps the researcher to explore this formulation for more pharmacological activities of the *Patol-Katurohinyadi kashaya*. The present study shows the various therapeutic uses of *Patoladi Gana Kashaya* mentioned in *Vagbhata* and recommends that there is huge scope of further scientific research on various therapeutic aspect of this important formulation.

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