

KUTAJARISHTA: AN ANTI-DIARRHOEAL REMEDY

Dr. Ajit kumar N. Sahu^{1*} Dr. Geeta D. Parulkar²

¹M.D. 2nd year (Kayachikitsa), R.A. Podar Medical College, Worli, Mumbai- 18
Maharashtra.

²M.D. (Chikitsa) (Mum); PhD.(Chikitsa) (Mum) Professor, Department of
Kayachikitsa, R.A. Podar Medical College, Worli, Mumbai- 18.

Article Received on
02 April 2018,

Revised on 23 April 2018,
Accepted on 13 May 2018,

DOI: 10.20959/wjpr201810-12354

***Corresponding Author**

Dr. Ajit kumar N. Sahu

M.D. 2nd year

(Kayachikitsa), R.A. Podar
Medical College, Worli,
Mumbai- 18 Maharashtra.

Kutajarishta is a polyherbal Ayurvedic liquid formulation specifically used in treating all types of Abdominal Discomfort (Diarrhoea, Dysentery, Ulcerative Colitis, Sprue Syndrome, IBS, Piles etc). It contains 5 – 10 % self-generated alcohol in it, which with water acts as a media to absorb active herbal components to the body.



Kutaj (Holarrhena antidysentrica)

Ingredients

The contents of Kutajarishta are as follows

Ingredients	Latin Name	Parts used	Quantity
Kutaj	Holarrhena antidysentrica	Stem bark	1 Tula(4.8kg)
Mrudwika	Vitis vinifera	Dry grapes	0.5 Tula(2.4kg)
Madhupushpa	Madhuka longifolia	Flower	10 Pala(480g)
Kashmari	Gmelina arborea	Stem bark / root	10 Pala(480g)
Dhatakupushpa	Woodfordia fruticosa	Flower	20 Pala(960g)

Other ingredients

Content	Quantity
Water	4 Drona (49.152 litres)
Guda(Jaggery)	1 Tula(4.8kg)

Method of Preparation

- Kashaya (Decoction) is made up of coarse powder of first four herbs in given quantity added with water, then boiled over low fire in order to reduce to its specified quantity (1/4th of Water). Then it is filtered and kept.
- To this, Jaggery is added and mixed till it get dissolved, and then Dhataki is added. This mixture is kept closed in a clean air tight container for one month time period for fermentation.
- After a month, it is taken out, filtered and preserved which can be used as

“Arishta”

The Properties of Ingredients of Kutajarishta

Dravya	Guna	Rasa	Virya	Vipaka	Doshagnata	Rogagnata
Kutaj	Laghu, Ruksha	Tikta, Kashaya	Shita	Katu	Pittahara	Raktarshas(Bleeding Piles), Atisaar(Diarrhoea), Grahani(Sprue Syndrome), Jwara(Fever)
Mrudwika	Snigdha, Mrudu, Guru	Madhura	Shita	Madhura	Vata-Pittahara	Jwara(Fever), Raktapitta(Bleeding Disorders), Kamala(Jaundice)
Madhupushpa	Guru, Snigdha	Madhura, Kashaya	Shita	Madhura	Vata-Pittahara	Raktapitta(Bleeding Disorders), Kshaya(Malnutrition)
Kashmari	Guru	Tikta, Kashaya	Ushna	Katu	Vata-Pittahara	Shoola(Pain), Arsha(Piles), Jwara(Fever)

Dhatakpushpa	Laghu, Ruksha	Kashaya	Shita	Katu	Kapha- pittahara	Atisaar(Diarrhoea), Raktapitta(Bleeding Disorders)
--------------	------------------	---------	-------	------	---------------------	--

Primary Uses In

1. **Atisaar-** Diarrhoea
2. **Jwara-** Sarva Jwara (All types of Fever)
3. **Sangrahani-** Sprue Syndrome, Irritable Bowel Syndrome
4. **Raktajatisaar-** Ulcerative colitis, Dysentery etc
5. **Agnimandya** – Low Digestive fire causing Indigestion etc.

Other Uses As

- General tonic
- Anti-Spasmodic
- Detoxifier (Ama-Nashak)
- Digestive Stimulant

Dosage

15 to 30 ml [with equal quantity of water, especially lukewarm, twice a day for 1-2 weeks] or otherwise depending on severity of Diseases.

Side effects

- Kutajarishta **usually does not develop any side-effects** when used according to Doshadushti and in the recommended dosage prescribed by Physician.
- But if used in High Dosage, it can cause mild constipation.

Previous Clinical Trials/ Research Work on Kutaj

- The pharmacological and clinical application of the total as well as individual alkaloids of the Plant in Acute and Chronic Amoebic Dysentery was reported (Chopra et al., 1927 and 1933).
- Conesine was reported to be more potent as an Amoebic agent in- vitro, in comparison to the other alkaloids, as tested against the 'C' strain of Entamoeba Hystolica (Basu and Jayaswa, 1968)
- The mother tincture prepared from the bark with 70% alcohol exerted the maximum antispasmodic activity as compared to the other tinctures prepared with varying percentages of alcohol. (Nandi & Mazumdar 1979)

Previous Research Work on Kutaj /Kutajarishta in CCRAS/ AYUSH/ Other Institutes

1.	Dr. Harbans Singh	Research officer (National Institute of Ayurvedic Pharmaceutical Research)	Clinical evaluation of kutajarishta in the management of Irritable Bowel Syndrome (IBS). CTRI/2014/09/005066 [Registered on: 25/09/2014]
2	Renu Singh et al.	Journal of Research in Ayurvedic Sciences. ISSN- 2456-5601 DOI: 10.5005/jp-journals-10064-0015	Clinical Safety of Selected Ayurvedic Formulations in the management of Irritable Bowel Syndrome

Articles on Kutaj/Kutajarishta in International Journals

Sr. No.	Name of Author	Journal Details	Title
1.	Dr.Dineshchand RA, Dr.S.K. Dixit, Dr. P.C Sen & Dr. D. Joshi	Ancient Science of Life, Vol. VIII, No.2, October 1988, pages 100-102	An experimental study of Kutajarishta with special reference to Amoebiasis.
2.	Prashant B. Shamkuwar* and Sadhana R. Shahi	Pelagia Research Library; Der Pharmacia Sinica, 2012, 3 (1):71-75; ISSN: 0976-8688 CODEN (USA): PSHIBD	Antimotility and Antisecretory Effect Of Kutajarishta: An Ayurvedic Antidiarrhoeal Formulation

REFERENCES

1. Bhaishajya Ratnavali – Atisaar Rogadhikar Shlok 97-99.
2. Illustrated Dravyaguna Vijnana by Dr. J.L.N. Shastry, Volume II, Edition- Chaukhamba Orientalia Publication, 2010; 331-332.
3. http://ctri.nic.in/Clinicaltrials/pdf_generate.php?trialid=9871&EncHid=&modid=&compid=%27,%279871det%27.
4. http://www.jaypeejournal.com/eJournals/ShowText.aspx?ID=13195&Type=FREE&TYP=TOP&IN=_eJournals/images/JPLOGO.gif&IID=1028&Value=5&isPDF=YES.
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3331359/pdf/ASL-8-100.pdf>.
6. <http://www.imedpub.com/articles/antimotility-and-antisecretory-effect-of- kutajarishta-an-ayurvedic-antidiarrhoeal-formulation.pdf>.