

**GUDUCHYADI KWATH: A MEDICO REVIEW****<sup>1</sup>\*Dr. Ankita Haigune and <sup>2</sup>Dr. Dilip Wange**<sup>1</sup>M.D. 2<sup>nd</sup> Year (Sch) (Kayachikitsa) R. A. Podar Medical College, Worli, Mumbai.<sup>2</sup>M.D. (Chikitsa), Asso. Professor (Chikitsa) R.A. Podar Medical College, Worli, Mumbai-

18.

Article Received on  
15 July 2019,Revised on 04 August 2019,  
Accepted on 25 August 2019

DOI: 10.20959/wjpr201910-15654

**\*Corresponding Author****Dr. Ankita Haigune**

M.D. 2nd Year (Sch)

(Kayachikitsa) R. A. Podar

Medical College, Worli,

Mumbai.

**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. **Kwatha (decoction)** preparations are one among commonest practiced Ayurvedic forms, which are highly effective. ‘Guduchyadi’ Kwath is a polyherb Ayurvedic preparation useful in various diseases. It is mainly used in the treatment of Jwara (fever) as Guduchi has ‘Jwaraghna’ property.

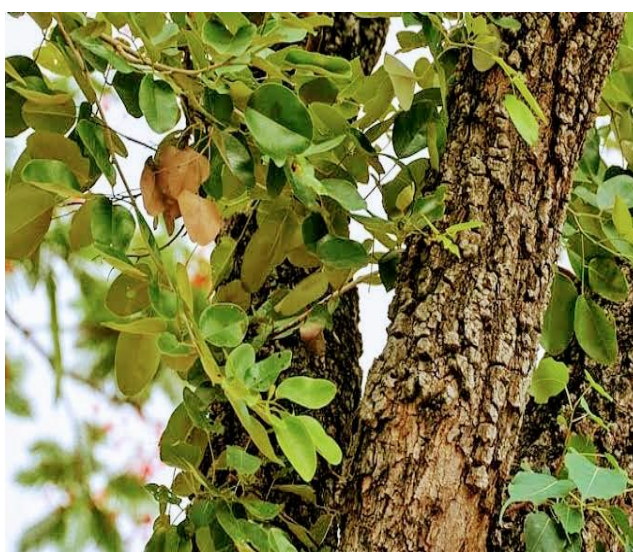
**INTRODUCTION**

‘Guduchyadi Kwath’ is a polyherb Ayurvedic Formulation useful in various diseases. Kwath is a are concentrated decoction of herbs in water which builds immunity and treat all types of fever, repetition of fever after Malaria and Dengue. It detoxifies body and purifies blood also improves functions of Liver and Kidneys and balances three Doshas (Vata, Pitta, Kapha). It can be used in all infections occurring with burning sensation and high grade fever. Its main content is Guduchi, which is natural immunity booster and having Antipyretic action mainly.

**Ingredients****The contents of Guduchyadi Kwath are as follows**Guduchi- *Tinospora cordifolia*Dhaniya- *Coriandrum sativum*Neem- *Azadirachta indica*Raktachandan- *Pterocarpus santalinus*Padmaka- *Prunus cerasoides*

## Characteristics of ingredients of Guduchyadi Kwatha

Dravya	Rasa	Vipaka	Virya	Doshagnata	Rogaghanata
Guduchi	Tikta, Kashaya	Madhur	Ushna	Tridosahara	Jwara, Trushna, Daha, Visarpa, Pandu, Kamala, Prameha
Dhanyaka	Kashaya, Tikta	Madhur	Ushna	Tridosahara	Jwara, Trushna, Daha, Chardi
Neem	Tikta, Kashaya	Katu	Shita	Kapha-Pittahara	Jwara, Kushtha, Krumi, Prameha, Vrana
Raktachandan	Tikta, Madhur	Katu	Shita	Kapha- Pittahara	Jwara, Daha, Bhrama, Raktapitta
Padmaka	Kashaya, Tikta	Katu	Shita	Kapha-Pittahara	Trushna, Raktapitta, Visarpa, Kushtha, Chardi.

Neem (*Azadirachta Indica*)Raktachandan (*Pterocarpus Santalinus*)



**Dhaniya (*Coriandrum Sativum*)**



**Guduchi (*Tinospora cordifolia*)**



**Padmaka (*Prunus cerasoides*)**

### Method of Preparation of Decoction

The Giloy (Guduchi) stem, Neem bark, Raktachandan stem, Dhanyak beej and Padmak stem are taken in equal proportion. Then these are grinded coarsely to prepare a powder called as 'Guduchyadi Churna'. 1 tola (approx 12gms) of this powder is taken and boiled in 16 tola (approx 192ml) water till volume reduces to one-fourth.

**Method of Storage:** airtight container in dry place.

### Pharmacological Actions

'Guduchyadi Kwath' has anti-inflammatory and anti-microbial properties that's why it is useful in reducing inflammation and arresting microbial growth. It mainly eradicates burning sensation, sour taste of mouth, nausea and vomiting associated with acidity. According to Ayurveda, it mainly acts over Pitta Dosha and Kapha Dosha ailments.

### Medicinal Properties

- Antipyretic
- Antioxidant
- Antibacterial
- Antiviral
- Detoxifier
- Antacid
- Antiulcerogenic
- Anti-arrhythmic
- Depurative (purifies blood)
- Immunomodulatory

### Ayurvedic Properties

Dosha Karma	Pacifies mainly Pitta Dosha, then Kapha and Vata Dosha
Dhatu	Acts on Rasa, Rakta, Meda
Organ effect	Over Stomach, Liver, Kidney, Skin
Main indication	Fever and supportive therapy in infections

### Therapeutic Indications

- All types of Jwara (Fever)
- Daha (Burning sensation in body)
- Trushna (Excessive thirst) and problems related to vitiation in Pitta dosha

- Chhardi (Vomiting with nausea)
- Kshudhamandya (Low appetite)
- Ajeerna (Indigestion)
- Twaka vikara (Detoxifies body and purifies blood and thus helps in Skin diseases)

#### **Other Uses as**

- General tonic, Immunomodulator, Antioxidant.
- Rejuvenator, Detoxifier, Digestive Stimulant.
- Acts to eradicate Hyperacidity and Gastritis.

**Dosage:** 15 to 30 ml

[with equal quantity of water twice a day for 2 to 3 weeks]

#### **Previous Research Work**

##### **1. Guduchi**

###### **A. Pharmacological studies**

- It is found to be an effective Anti- rheumatic and Diuretic (Sisodia & Laxminarayan, 1966).
- Hepatoprotective activity also reported (Rege et al: 1984a).
- Anti- oxidant activity of root extracts reported in alloxan Diabetic rats. (Prince P. S. M. et al: 1999).
- Its aqueous extracts has a high phagocytic index (Annal Reports- ICMR, 1968-69; 1992 & Anon; 1976).
- The Potentiability of T. Cordifolia in cancer management is identified (Thatte et al; 1996).

###### **B. Clinical Studies**

- The use of T. Cordifolia as an adjuvant to Anti- tubercular chemotherapy is justified (Rege D.A. et al;2000)
- Water extracts of T. Cordifolia was clinically evaluated in the patients of Amavata & Sandhigatavata (Rege D. A. et al;2001)
- In various clinical trials it was also found to be effective in Twakaroga (Skin disorders), Pandu (Anaemia) and as a Medhya- rasayana (brain tonic).

## 2. Dhanyaka

- Plant extract mediated synthesis of silver and gold nanoparticles and its antibacterial activity against clinically isolated pathogens (D. Mubarakali et al; 2011).
- Plant materials are recently recommended for prevention of several chronic degenerative disorders due to Antioxidant properties of various flavonoids and phenolic acids present in the plant (Vanisha et al; 2009).

## 3. Neem

- Neem oil has been reported to possess strong spermicidal action (Anti-Fertility activity) (Sinha et al; 1984).
- Nimbidin significantly reduced oedema and bark extract produced significant Anti-inflammatory activity (Tidjani et al; 1989).
- Cardiovascular activity of extract of neem leaves showed Profound Hypotension and a minimal negative chronotropic effect (Thompson & Anderson).
- Anti- Diabetic activity of aqueous extract of leaves decreased the blood sugar levels. The onset of action was at 30 min to 4 hours (Murthy et al; 1958).
- It is found effective in Acute Eczema. Ringworm infestation and Scabies (Singh et al; 1978).
- Leaf extract showed varying degree of CNS depressant activity (Singh et al; 1987).
- The aqueous extract of bark showed Anti- Complimentary activity, acting both on alternative and classical pathway activation (Vanderet al; 1987).

## 4. Raktachandan

- Anti- Inflammatory and mild Analgesic activity on topical application of Pterocarpus santalinus powder in chronic inflammation (J. Clinical & Diagnostic Research 2019)
- Alcoholic extract of plant produced depression and caused significant blockade of conditioned avoidance response. It also showed protection against electric shock (J. Res. Ind. Med. Yoga & Homoco. 1979)

## 5. Padmaka

- The whole plant shows Antiurolithiactic action taken in decoction form (Salman et al., 2017).
- It is used in the treatment of various circulatory system disorders (Poonam et al; 2011).

**REFERENCES**

1. Sharangdhar Samhita, Madhyam Khand, 2: 8.
2. Sushruta Samhita, Sutrasthana, 38: 50-51.
3. Sharma P.V. Dravyaguna Vigyan, 14thEdition, Varanasi Chaukambha Bharti Academy, 1993; 2: 654.
4. Vaidya Yadavaji Trikamaji, Charaka Samhita of Agnivesha. Ayurvedic Dipika Commentary by Chakrapani, Chaukhamba Surabharati Prakashana, Varanasi, 2009, Chikitsasthana.
5. Dr. J.L.N. Shastry, Illustrated Dravyaguna Vigyana Volume II, Edition 2010, Chaukhamba Orientalia Publication.