

**ASHMARIHAR KWATH - A DRUG REVIEW****Dr. Shivam Verma\*, Dr. Sachin Gupta\*\* and Dr. Prachi Patni\*\*\*\***

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**ABSTRACT**

Ashmarihar kwath is an Ayurvedic formulation commonly used in clinical practice. It is used for the treatment of all urine related problems, especially kidney stones. This article reviews the chemical constituents and pharmacological action of ingredients of Divya Ashmarihar Kwath produced by Patanjali Divya Pharmacy Haridwar.

**KEYWORDS:** Ashmarihar kwath, Ashmari.**INTRODUCTION**

Divya Ashmarihar Kwath is poly-herbal Ayurvedic formulation. This decoction is indicated especially in kidney stones or Vrikk Ashmari. Ashmari is considered as an Ayurvedic term for Urolithiasis (the

process of forming stones in the kidney, bladder, and /or urethra). Ashmarihar Kwath is prepared from diuretic and anti-urolithiatic herbal medicines. This medicine shows a propitious effect in gall-bladder stones, urinary tract infections, burning sensation and painful urination.<sup>[1]</sup>

**AIM:** To study the chemical constituents of Divya Ashmarihar Kwath produced by Divya Pharmacy Haridwar.

**MATERIALS AND METHODS**

Ayurvedic text books were considered to reviewed the key words like Ashmarihar kwath, Ashmari and information regarding chemical constituents of study drugs are collected from Ayurvedic Pharmacopoeia of India.

Table no. 1: Rasa panchaka & dosha karma of ingredients.<sup>[2]</sup>

S.no	Drug	Rasa	Guna	Virya	Vipaka	Doshagnata
1.	Gokshura	Madhura,	Guru, Snigdha	Sheeta	Madhura	Vaata Shamak
2.	Kultath	Kasaya	Laghu, Sara	Usna	Katu	Kaphavatahara
3.	Varun	Tikta, Kashaaya	Laghu, Ruksha	Ushna	Katu	VK Shamaka
4.	Punarnavamool	Madhura, Tikta, Kashaaya	Laghu, Ruksha Sara	Ushna	Katu	VK Shamaka
5.	Pashanabheda	Tikta, Kashaya	Laghu	Sheeta	Katu	KV Shamaka
6.	Methi	Tikta;	Laghu, Snigdha;	Usna	Katu	Vatahara

### 1. Gokshura<sup>[3]</sup>

➤ **Sanskrit-** *Goksuraka, Traikantaka, Trikatna*

➤ **English-** Caltrops fruit

- Prostrate herb, rarely perennial common weed of the pasture lands, road sides and other waste land, chiefly growing in hot, dry and sandy regions throughout India and upto 3,000 m in *Kashmir*.

- Fruit consists of dried, ripe, entire fruit of *Tribulus terrestris* Linn.

➤ **Scientific classification**

- **Botanical name-** *Tribulus terrestris*

- **Family-** Zygophyllaceae

➤ **Constituents**

- **Root-** Alkaloids and saponins.
- **Fruit-** Potassium nitrate, sterols, sapogenin with pyroketone ring (diosgenin), gitogenin and hecogenins.

➤ **Pharmacological action**

- **Root -** *Mutrala, Vrasya, Vatanut, Brumhana*
- **Fruit-** *Vrasya, Vatanut, Brumhana Ashmarrihara, Vastisodhana*

➤ **Therapeutic uses**

- *Svash, Hridroga, Kasa, Vataroga, sularoga, Mutrakcchra, Ashmari, arsh.*

➤ **Dose**

- Root- 20-30 g of the drug used for decoction.
- Fruit- 3-6 g of the drug in powder form.
- 20-30g of the drug for decoction.

## 2. Kulattha<sup>[4]</sup>

*Kulattha* consists of dry seeds of *Vigna unguiculata* (Linn.) Walp. Syn. *Dolichos biflorus* Linn); an annual branched, sub-erect or twining, downy or glabrescent; herb; cultivated all over India.

### Powder

Whitish in colour, under microscope shows broken pieces of testa, parenchymatous cell and starch.

#### ➤ Scientific classification

- **Botanical name-** *Dolichos biflorus*
- **Family-** Leguminosae

#### ➤ Synonyms

- **Sanskri:** *Khalva, Vardhipatraka*
- **English:** Horse gram
- **Hindi:** *Kulathi, Kurathi*

#### ➤ Constituents

- An enzyme (urease) and oil.

#### ➤ Pharmacological actions

- *Vidahi, Svedasangrahaka, Krimihara, Kaphavatahara.*

#### ➤ Therapeutic uses

- *Asmari, Nasartava.*

#### ➤ Dose

- 12 g of the drug in powder form for decoction.

## 3. Varuna<sup>[5]</sup>

*Varuna* Consists of dried stem bark of *Crataeva nurvala* (Buch-Ham), it is a small wild or cultivated tree found throughout the year in India, often found along streams, also in dry, deep boulder places in Sub-Himalayan tracts.

➤ **Scientific classification**

- Botanical name- *Crataeva nurvala*
- Family- Capparidaceae

➤ **Synonym**

- **Sanskrit** - *Varana*
- **English**- Three leaved caper
- **Hindi**- *Baruna, Barna*

➤ **Constituents**

- Saponin and tannin.

➤ **Pharmacological actions**

- Bhedi, Deepana, Vatasleshmahara.

➤ **Therapeutic action**

- Asmari, Gulma, Mutrakrcchra, Vidradhi.

- **Dose:** 20-30 g of the drug for decoction.

#### 4. Punarnava mool<sup>[6]</sup>

- *Punarnava* consists of dried root of *Boerhaavia diffusa* L. (Fam. Nyctaginaceae); a trailing herb with stout root stock and many diffused, slender, prostrate or ascending branches.
- The extract contains not less than 0.005 per cent of boeravinone B when assayed.

**Powder:** Light yellow

➤ **Scientific classification**

- **Botanical name**- *Boerhaavia diffusa* L.
- **Family**- Nyctaginaceae

➤ **Synonyms**

- **Sanskrit**- *Kathilla, sophaghni, sothaghni*
- **Hindi:** *Gadapurna, Lalpunarnava*
- **English:** Horse Purslane, Hog Weed.

➤ **Constituents**

- Punarnavoside, boeravinone C, liriiodendrin.

➤ **Pharmacological actions**

- *Anulomana, Mutravirechniya, Rasayana, shothhara, Vataslehmahara.*

➤ **Therapeutic uses**

- *Dhatu kshaya* (tissue wasting), *Pandu* (anaemia), *shotha* (inflammation).

➤ **Dose**

- Churna (powder): 3-6 g.

### 5. Pashanabheda<sup>[7]</sup>

Consists of rhizomes of *Bergenia ciliata* (Haw.) Sternb, Syn. *Bergenia ligulata* (Wall.) Engl. (Fam. Saxifragaceae), a small perennial herb found throughout temperate Himalayas from Bhutan to Kashmir at an altitude between 2000-3000 m and in Khasia hills upto 1200 m altitude.

➤ **Scientific Classification**

- **Botanical name-** *Bergenia ligulata*
- **Family-** *Saxifragaceae*

➤ **Synonyms**

- **Sanskrit:** *Asmabhedaka, silabheda*
- **English:** --
- **Hindi:** *Pakhanabheda, Silphara, Patharcua, Pakhanabhed, Silpbheda*

➤ **Constituents**

- Tannic acid, gallic acid and glucose.

➤ **Pharmacological actions**

- *Asmari, Meha, Mutrakicchra.*

➤ **Therapeutic uses**

- *Bhedana, Vastisodhana, Asmarighna, Mutravirecaniya.*

➤ **Dose**

- 3-6 g of the drug in powder form.
- 20-30 g of the drug for decoction.

**6. Methi**<sup>[8]</sup>

Consists of seeds of *Trigonella foenumgraecum* L. an aromatic, 30 to 60 cm tall, annual herb, cultivated throughout the country.

*Methi* contains not less than 5 per cent of saponins and not less than 0.2 per cent of 4-hydroxyisoleucine when assayed.

➤ **Scientific classification**

- **Botanical name**- *Trigonella foenumgraecum* L.
- **Family**- *Fabaceae*

➤ **Synonyms**

- **Hindi**: *Methi*
- **English**: Fenugreek

➤ **Constituents**

- Graecunins H, I, J, K, L, M, N; trigofenosides A, D, F, G; trigoneosides IIa, Ib, diosgenin. Trigoneosides Ia, IIb, IIIa, IIIb, Xa, Xb, XIb, XIIa, XIIb and XIIIa, yamogenin tetroside B and C, smilagenin, sarsa-sapogenin, yamogenin, tigogenin and neotigogenin, yuccagenin, gitogenin and neogitogenin, vitexin, saponaretin, homoorientin, vicenin-1 and vicenin-2. Seed oil contains octadecatrienoic acid.

➤ **Pharmacological actions**

- *Deepana, Kaphahara, Ruchya, Vatahara.*

➤ **Therapeutic uses**

- *Aruchi* (tastelessness), *Grahani*, (malabsorption syndrome), *Jvara* (fever), *Prameha* (increased frequency of urine)

➤ **Dose**

- **Churna (powder)**: 3-6 g.

## DISCUSSION

Divya Ashmarihar kwath has six ingredients in which major ingredients have *Katu, Tikta* and *Kashaya ras, laghu, rukha guna, katu vipaka* and have *vaat-kapih shamak, bhedi* and *anulomana karma* properties. Hence, this drug can be used in the management of ashmari.

## CONCLUSION

From the above properties of ingredients of *Divya Ashmarihar kwath*, we can conclude that we can use this decoction in the treatment *nutr ashmari*. The constituents of *Divya Ashmarihar kwath* are important potential medicine in Ayurveda. This formulation can be used without any side effect.

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