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A critical review on *Dhatryadi Kwatha*

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ABSTRACT

Rasashastra and *Bhaishajya Kalpana* is indeed a significant branch of *Ayurveda*, focusing on formulations prepared from different sources such as metals, minerals, marine drugs, herbal drugs, and silicate drugs. The *Dhatryadi Kwatha* is categorized under *Kwatha Kalpana*,^[1] which involves the preparation of decoctions. *Dhatryadi Kwatha* specifically mentioned in classical texts for its therapeutic benefits in conditions such as *Mutrakrichra* (dysuria), *Switra Kustha* (leprosy), *Hikka* (hiccups), *Prameha* (Diabetes mellitus), *Shiroroga* (disease related to head), and *Raktapitta* (bleeding disorders). The drugs mentioned in *Dhatryadi Kwatha* are known for properties such as anti-inflammatory, anti-tussive, anti-asthmatic, diuretic, antioxidant, and demulcent effects. According to various classical texts like *Bhaishajya Ratnavali*, *Yogaratanakara*, *Vangasena*, *Chakradatta*, *Vrandamadava*, *Gadanigraha*, and *Vaidyamrutha*, In total, there are eight references across these classical texts that elaborate on the composition and therapeutic uses of *Dhatryadi Kwatha*, emphasizing its effectiveness in various medical conditions.

Key words: *Dhatry*, *Dhatryadi Kwatha*, *Mutrakrichra*, *Switra Kustha*

INTRODUCTION

In Ayurvedic therapeutics drug therapy is given prime importance. There is a very well -developed sub-discipline entirely devoted to drug formulations known as *Bhaishajya Kalpana* is originated during the medieval period around the 8th century, centers on the formulation of medications like *Swarasa*, *Kalka*, *Kashaya*, *Taila*, and *Ghrita* etc. employing ingredients such as herbs, minerals and metals.

Kwatha is a medicinal formulation where a coarse powder of medicinal substance is boiled in sixteen

parts of water until the liquid reduces to one eighth of its original volume, and then filtered.

Dhatryadi Kwatha is documented in various classical texts such as *Bhaishajya Ratnavali*, *Yogaratanakara*, *Vangasena*, *Chakradatta*, *Vrandamadava*, *Gadanigraha*, and *Vaidyamrutha*. It is recommended for conditions like *Mutrakrichra* (dysuria), *Swittrakustha* (leprosy), *Hikka* (hiccups), *Prameha* (urinary disorders), *Shiroroga* and *Raktapitta* (bleeding disorders) etc. One specific formulation, *Dhatryadi Kwatha*, is notably available in the market, with references of *Bhaishajya ratnavali* from, indicating its wide usage in clinical practice.

Dhatryadhi Kwatha primarily consists of herbal ingredients. *Amalaki* (*Emblica officinalis*) *Draksha* (*Vitis vinifera*), *Vidarikanda* (*Pueraria tuberosa* DC), *Madhuyasti* (*Glycyrrhiza glabra*), *Goksura* (*Tribulus terrestris*), *Darbha* (*Imperata cylindrica*), *Magadi* (*Piper longum* linn), *Sunti* (*Zingibera officinale*), *Haritaki* (*Terminalia chebula* retz), *Bibitaki* (*Terminalia belerica* roxb), *Haridra* (*Curcuma longa*), *Guduchi* (*Tinospora cardifolia* miers), *Kiratatikta* (*Swertia chirata* buch ham), and *Nimba* (*Azadirachta indica* jus). *Khadira*

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(*Acacia catechu*) and *Bakuchi* (*Psoralea corylifolia*), *Mustha* (*Cyperus Rotundus* linn) and *Haridra* (*Curcuma longa*) are the ingredients in the formulation due to its multiple therapeutic benefits.

Although core ingredients such as *Dhatri* are consistent across texts, slight variations can be observed among different textbooks in terms of additional or omitted ingredients in the *Kwatha*. The method of preparing *Dhatryadi Kwatha* is mostly uniform but variations in therapeutic applications and specific ingredients can be found across different textbooks. In this work, an effort was made to gather information on *Dhatryadi Kwatha* from various ayurvedic textbooks.

MATERIALS AND METHODS

References for *Dhatrayadi Kwatha* were gathered from various classical texts on Bhaishajya Kalpana, highlighting the unique contributions of each source. Due to the absence of published research data on *Dhatrayadi Kwatha*, it was essential to complete traditional information.

Method of preparation of *Kwatha*

Take the coarse powder of the ingredients and mix it with 16 parts of water. Heat the mixture gently over low heat until it reduces to 1/8th of its original volume. After simmering and reducing strain the decoction to remove any solid particles.

Table 1: References from different texts

SN	References	Ingredients	No. of Ingredients	Anupana (Adjuvant)	Indication
1.	Bhaishajya Ratnavali ^[1] <i>Laghu</i>	<i>Amalaki</i> (<i>Emblica officinalis</i>), <i>Draksha</i> (<i>Vitis vinifera</i>), <i>Vidarikanda</i> (<i>Pueraria tuberosa</i> DC), <i>Madhuyasti</i> (<i>Glycyrrhiza glabra</i>), <i>Goksuru</i> (<i>Tribulus</i>	5	<i>Sharkara</i>	<i>Mutrakrichra</i>

		<i>terrestris</i> , water and sugar			
2.	Bhaishajya Ratnavali ^[2] <i>Bruhat</i>	<i>Amalaki</i> (<i>Emblica officinalis</i>), <i>Draksha</i> (<i>Vitis vinifera</i>), <i>Madhuyasti</i> (<i>Glycyrrhiza glabra</i>), <i>Vidarikanda</i> (<i>Pueraria tuberosa</i> DC), <i>Goksuru</i> (<i>Tribulus terrestris</i>), root of <i>Darbha</i> (<i>Imperata cylindrica</i>), "root of black sugarcane (<i>Saccharum officinarum</i>), <i>Haridra</i> (<i>Curcuma longa</i>), water and sugar	8	<i>Sharkara</i>	<i>Mutrakrichra</i>
3.	Yogaratkara ^[3]	<i>Amalaki</i> (<i>Emblica officinalis</i>), <i>Magadhi</i> (<i>Piper longum</i> linn), <i>Sunti</i> (<i>Zingibera officinale</i>), and sugar	3	<i>Sharkara</i>	<i>Hikka</i>
4.	Vangasena ^[4]	<i>Amalaki</i> (<i>Emblica officinalis</i>), <i>Haritaki</i> (<i>Terminalia chebula</i> retz), <i>Bibitaki</i> (<i>Terminalia belerica</i> roxb), <i>Haridra</i> (<i>Curcuma longa</i>), <i>Guduchi</i> (<i>Tinospora</i>	7		<i>Timira</i>

		<i>cardifolia</i> miers), <i>Kiratatika</i> (<i>Swertia chirata</i> buchham), and <i>Nimba</i> (<i>Azadirachta indica</i> jus).			
5.	Vrandam adava ^[5]	<i>Amalaki</i> (<i>Emblica officinalis</i>), <i>Khadira</i> (<i>Acacia catechu</i>) and <i>Bhakuchi</i> (<i>Psoralea corylifolia</i>) seeds	3	<i>Bakuchi</i>	<i>Switra Kustha</i>
6.	Chakradatta ^[6]	<i>Amalaki</i> (<i>Emblica officinalis</i>), <i>Khadira</i> (<i>Acacia catechu</i>) and <i>Bhakuchi</i> (<i>Psoralea corylifolia</i>) seeds.	3	<i>Bakuchi</i>	<i>Switra Kustha</i>
7.	Gadanigraha ^[7]	<i>Amalaki</i> (<i>Emblica officinalis</i>), <i>Khadira</i> (<i>Acacia catechu</i>) and <i>Bhakuchi</i> (<i>Psoralea corylifolia</i>) seeds.	3	<i>Bakuchi</i>	<i>Switra Kustha</i>
8.	Vrandam adhava ^[8]	<i>Amalaki</i> (<i>Emblica officinalis</i>) <i>Mustha</i> (<i>Cyperus Rotundus</i> linn) and <i>Haridra</i> (<i>Curcuma longa</i>).	3		<i>Vatarakta</i>

Table 2: *Rasapanchaka*

Ingredients	Latin name	Rasa	Guna	Virya	Vipaka
<i>Amalaki</i> ^[9]	<i>Emblica officinalis</i>	<i>Amlapradana</i> (Sour) <i>Lavana</i> <i>Varjitha</i> <i>Pancharasa</i>	<i>Ruksha</i> (Non unctuousness), <i>Laghu</i> (Lightness), <i>Sara</i>	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)
<i>Draksha</i> ^[10]	<i>Vitis vinifera</i>	<i>Madhura</i> (Sweet)	<i>Snigdha</i> (Unctuousness), <i>Guru</i> (Heaviness)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)
<i>Khadira</i> ^[11]	<i>Acacia catechu</i>	<i>Tikta</i> (Bitter) <i>Kasaya</i> (Astringent)	<i>Laghu</i> (Lightness), <i>Ruksha</i> (non-unctuousness)	<i>Sita</i> (Cold)	<i>Katu</i> (Pungent)
<i>Yastimadhu</i> ^[12]	<i>Glycyrrhiza glabra</i>	<i>Madhura</i> (Sweet)	<i>Guru</i> (Heaviness), <i>Snigdha</i> (Unctuousness)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)
<i>Bhakuchi</i> ^[13]	<i>Psoralea corylifolia</i>	<i>Tikta</i> (Bitter) <i>Madhura</i> (Sweet)	<i>Ruksha</i> (Non- Unctuousness), <i>Sara</i> , <i>Laghu</i> (Lightness)	<i>Sita</i> (Cold) <i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)
<i>Darbha</i> ^[14]	<i>Imperata cylindrica</i>	<i>Madhura</i> (Sweet) <i>Kasaya</i> (Astringent)	<i>Laghu</i> (Lightness), <i>Snigdha</i> (Unctuousness)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)
<i>Haritaki</i> ^[15]	<i>Terminalia chebularetz</i>	<i>Kasaya</i> (Astringent) <i>Madhura</i> (Sweet) <i>Amla</i> (Sour) <i>Katu</i> (Pungent) <i>Tikta</i> (Bitter)	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Non- Unctuousness)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)

<i>Guduchi</i> ^[16]	<i>Tinospora cardifolia</i> miers	<i>Tikta</i> (Bitter) <i>Kasaya</i> (Astringent)	<i>Guru</i> (Heaviness), <i>Snigdha</i> (Unctuousness)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)
<i>Kiratati kta</i> ^[17]	<i>Swertia chirata</i> buch - Ham	<i>Tikta</i> (Bitter)	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Non-Unctuousness) <i>Sara</i>	<i>Sita</i> (Cold)	<i>Katu</i> (Pungent)
<i>Vibitaki</i> ^[18]	<i>Terminalia bellerica</i> roxb	<i>Kasaya</i> (Astringent)	<i>Ruksha</i> (Non-Unctuousness), <i>Laghu</i> (Lightness)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)
<i>Nimba</i> ^[9]	<i>Azadirachta indica</i> juss	<i>Tikta</i> (Bitter) <i>Kasaya</i> (Astringent)	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Non-Unctuousness)	<i>Sita</i> (Cold)	<i>Katu</i> (Pungent)
<i>Musta</i> ^[20]	<i>Cyperus rotundus</i> linn	<i>Tikta</i> (Bitter) <i>Kasaya</i> (Astringent) <i>Katu</i> (Pungent)	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Non-Unctuousness)	<i>Sita</i> (Cold)	<i>Katu</i> (Pungent)
<i>Haridra</i> ^[21]	<i>Curcuma longa</i>	<i>Tikta</i> (Bitter) <i>Katu</i> (Pungent)	<i>Ruksha</i> (Non-Unctuousness), <i>Laghu</i> (Lightness)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)
<i>Shunti</i> ^[2]	<i>Zingiber officinale</i>	<i>Katu</i> (Pungent)	<i>Laghu</i> (Lightness) <i>Snigdha</i> (Unctuousness)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)
<i>Vidarikanda</i> ^[23]	<i>Pueraria tuberosa</i> DC	<i>Madhura</i> (Sweet)	<i>Guru</i> (Heaviness), <i>Snigdha</i> (Unctuousness)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)

<i>Ikshumula</i> ^[24]	<i>Saccharum officinarum</i>	<i>Madhura</i> (Sweet)	<i>Snigdha</i> (Unctuousness) <i>Guru</i> (Heaviness)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)
<i>Magadil</i> ^[25]	<i>Piper longum</i> linn	<i>Katu</i> (Pungent)	<i>Laghu</i> (Lightness) <i>Teekshna</i>	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)
<i>Gokshura</i> ^[26]	<i>Tribulus terrestris</i>	<i>Madhura</i> (Sweet)	<i>Guru</i> (Heaviness) <i>Snigdha</i> (Unctuousness)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)

DISCUSSION

A total of eight references of *Dhatryadi Kwatha* have been compiled. It can be inferred that the earliest reference is found in *Chakradatta* (11th century), followed by *Gadanigraha* (12th century) and *Bhaishajya Ratnavali* (19th century). In *Bhaishajya Ratnavali*, Under *Mutrakrichra Adhyaya*, two formulations known as *Dhatryadhi Kwatha* are mentioned in *Brihat* and *Laghu*. These formulations include *Gokshura* and *Darbha*, renowned for their potent diuretic properties and antibacterial effects. Both preparations share the same method of preparation and therapeutic applications, using *Sharkara* as an *Anupana*.

In *Yogaratanakara*, *Dhatryadhi Kwatha* is noted under the *Hikka Chikitsa*. This formulation includes *Amalaki* and *Pippali*, which possess *Rasayana* (rejuvenating) properties. *Pippali* is specifically recognized for its antitussive and anti-asthmatic effects in relieving *Hikka*. The primary doshas involved in *Hikka* are *Vata* and *Kapha*. *Shunti* (ginger) characterized with *Katu Rasa*, *Laghu Guna*, *Madhura Vipaka*, *Ushna Virya*, serves as a remedy that alleviates *Vata* and *Kapha*, thus aiding in the relief of *Hikka* (hiccup).

According to *Vrandhamadava*, *Dhatryadi Kwatha* is mentioned in two contexts with the same preparation method but different ingredients one under *Kustha Adikara* and another in *Vatarakta Chikitsa*.

Vrandhamadava, *Chakradatta*, and *Gadanigraha* describe identical ingredients, *Anupana*, therapeutic uses, and preparation methods. This formulation

includes *Amalaki*, *Khadira*, and *Bakuchi*, known for their *Kushthaghnha* and *Switraghnha* action. Additionally, *Amalaki* and *Khadira* have *Vyadhipratyanika* action while *Bakuchi* is drug of choice in *Switra*. *Amalaki* aids in coloring and *Khadira* enhances absorption. All three drugs have *Rasayana* effects, which support the balanced state of *Dosha* and *Dhatu*.

Previous research work on therapeutic usage of *Dhatryadi Kwatha* is widely used in therapeutic conditions. One example shows significant efficacy, with an overall repigmentation rate of 42.49%. Considerable improvement in *Romavivarnatha* (hair color) was observed at 69.84%. Relief from *Kandu* (itching) and *Twak Rukshata* (dryness of skin) was noted at rates of 74.07% and 55.22%, respectively. *Daha* (burning sensation) symptoms, seen in two individuals, were completely relieved.^[27]

Dhatryadi Kwath is also used in conditions like *Mutrakrucchra* (urinary disorders). In 40 patients with *Pittaja Mutrakrucchra*, statistical tests applied to questionnaire scores indicated a reduction in symptoms such as *Sarujam Mutrapravrutti* (bloody urine), *Sadaha Mutrapravrutti* (burning urination), and *Muhurmuhu Mutrapravrutti* (frequent urination).^[28]

CONCLUSION

The preparation "*Dhatryadi Kwatha*" appears to be mentioned in various classical Ayurvedic texts like *Bhaishajya Ratnavali*, *Yogaratanakara*, *Vangasena*, *Vrandhamadava*, *Chakradatta*, *Gadanigraha*, across different chapters (*Adhikara*) dedicated to specific diseases (*Rogas*) such as *Mutrakrichra* (urinary disorders), *Kusta* (skin diseases), *Shiroroga* (head diseases), etc. Each reference provides its own unique interpretation and composition of the formulation, often with slight variations in ingredients. Despite these variations, the intended therapeutic effect (*Tridosha Shamaka* - balancing of the three *Doshas*) and dosage remain consistent across different authors. Additionally, different texts suggest varied *Anupana* for the formulation.

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