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A Critical Review on *Khadiradi Vati* - An Ayurvedic Formulation

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ABSTRACT

Ayurvedic medicine makes extensive use of herbal and herbo-mineral preparation. Because of its revitalizing qualities, long shelf life, and increased potency even at low doses, *Rasaoushadis* are significant in *Ayurvedic* medicine. One such classical multi-ingredient herbo mineral *Ayurvedic* formulation is *Khadiradi Vati*. *Khadiradi Vati* is a traditional *Ayurvedic* propriety medicine comprising of various plant and mineral based ingredients including *Khadira*, *Javithri*, *Kankola*, *Gairika* and etc. this herbo mineral preparation is used to treat various oral and skin disorders. It balances *Vata*, *Pitta*, *Kapha* and helps in alleviation of sore throat, reduces hoarseness and increases clarity in voice. It has described in various classical texts and can be used in *Kasa*, *Swasa*, *Aruchi*, *Galaroga*, *Talu Roga*, *Kanta Roga*, *Mukha Roga*, *Kushta*, *Arsas*, *Bhagandara*. Due to the presence of flavonoids, phytosterols, alkaloids, it acts as anti-inflammatory, anti-oxidant is used in treating tonsillitis, gingivitis, mouth ulcers and etc.

Key words: *Khadiradi Vati*, herbo mineral preparation, *Javithri*, *Mukha Roga*, anti-inflammatory, anti-oxidant.

INTRODUCTION

Ayurveda is the system of medicine which helps in curing the disease and helps in preventing the disease along with maintaining the healthy state of the body, mind and spirit. *Ayurvedic* system of medicine, which has its roots in the *Vedic* era and the start of civilization, is based on a holistic approach. Its aim is not just the cure of disease but the maintenance of a positive healthy state of body, mind and spirit in a healthy environment

and in harmony with the universe. It also provides way of living for prevention of disease.

In modern era the prevalence of oral diseases continues to increase globally affecting around 3.5 billion people worldwide due to excessive intake of fast food, cold drink, spicy food, chewing betel nut, tobacco, smoking, drinking alcohol, improper brushing of teeth etc. *Khadiradi Vati* is a herbo mineral preparation described in various *Samhithas* and classical texts is used to treat various oral diseases like tonsillitis, gum diseases, foul breath, mouth ulcers, stomatitis. The main ingredients of this preparation are *Khadira*, *Javithri*, *Kankola*, *Kapoor*, *Gairika* etc., it helps in treating disorders relating to the mouth, such as infections of the teeth, throat, tongue, palate, cough, and cold. It can be used as chewable in treating oral diseases. Properties of this formulation is based on drugs and the method of preparation as it has been described in two varieties *Swalpa* and *Brihat Khadiradi Vati* with various ingredients in different classical texts. Its enormous healing properties relieve sore throat reduce hoarseness by reducing vocal cord irritation and

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inflammation, enhances clarity in voice. It helps to balance all the three *Doshas*, but especially *Pitta*, *Kapha*. This herbal preparation used in management of various ailments related to the oral cavity, including bad breath, disorders of the teeth, dental caries, stomatitis, anorexia, locked jaw, tonsillitis, throat and skin diseases.

AIM AND OBJECTIVES

1. To put an insight on various references and indications of *Khadiradi Vati*.

2. To understand the properties (*Guna*) and action (*Karma*) of *Khadiradi Vati* according to Ayurvedic pharmacology (*Dravya Guna*).

MATERIALS AND METHODS

Literary work is done from various texts like *Charaka Samhita*, *Astanga Hridaya*, *Astanga Sangraha*, *Yogarathnakara*, *Bhaishajyaratnavali*, *Gadanigraha*, *Ayurvedasarasangraha*, *Chakradatta*, *Vrinda Madhava*, *Rasa Yoga Sagara*, *API*, articles, etc.

Indications: *Khadiradi Vati* is indicated in wide variety of diseases.

Table 1: Indications according to different authors

Indications	C.S	A.H	A.S	Y.R (1)	Y.R (2)	G.N (Bri)	G.N (Lag)	B.R (Bri)	B.R (Lag)	V.M (Bri)	V.M (Lag)	C.D (Bri)	C.D (Lag)
<i>Mukha Daurganda</i>	+	-	-	-	-	-	-	+	-	-	-	-	-
<i>Mukapaka</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Mukharoga</i>	+	-	-	-	+	-	+	-	+	+	+	+	+
<i>Dantaroga</i>	+	-	-	-	+	-	-	-	+	+	+	+	+
<i>Chaladanta</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Dantasausirya</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Dantakrimi</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Dantabramsha</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Dantasrava</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Dantashaithilya</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Dantasosha</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Danthapichilatva</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Galaroga</i>	+	-	-	-	+	-	-	+	-	+	-	+	-
<i>Svarabhanga</i>	+	-	-	-	-	-	-	+	-	-	-	-	-
<i>Galasosha</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Jihwa roga</i>	-	-	-	-	+	-	-	-	+	+	-	+	+

Mukhajadya	+	-	-	-	-	-	-	-	-	-	-	-	-
Ostaroga	-	-	-	-	+	-	-	+	+	+	+	+	+
Taluroga	-	-	-	-	+	-	-	+	-	+	+	+	+
Kasa	-	-	-	+	-	-	-	+	-	-	-	-	-
Svasa	-	-	-	+	-	-	-	-	-	-	-	-	-
Aruchi	-	-	-	-	-	-	-	+	-	+	-	+	-
Kushta	-	-	+	-	-	+	-	-	-	-	-	-	-
Prameha	-	-	+	-	-	-	-	-	-	-	-	-	-
Grahani	-	-	+	-	-	-	-	-	-	-	-	-	-
Arshas	-	-	+	-	-	-	-	-	-	-	-	-	-
Bhagandara	-	-	+	-	-	-	-	-	-	-	-	-	-

LITERATURE REVIEW

Table 2: Other references of Khadiradi Vati in different books

SN	Name of the book	Reference
1.	Charaka Samhitha	Charaka Chikitsa Sthana chapter-26/199-207.
2.	Astanga Hridaya	Uttarasthana chapter -22.
3.	Astanga Sangraha	Chikitsa Sthana, Kushta Chikitsa.
4.	Yogarathnakara	Kasa Chikitsa, Mukha Roga Chikitsa.
5.	Bhaishajya Ratnavali	Mukha Roga vol-3.

6.	Gadanigraha	Gutikadikara Chathurdha, Shalaky Tantra Mukharogadhikara.
7.	Ayurvedasara Sangraha	Reference of Yogaratnakara.
8.	Chakradatta	Karna Roga Chikitsa Prakaranam.
9.	Vrinda Madhava	Treatment of oral diseases.
10.	Rasa Yoga Sagara	Reference of Gada Nigraha and Astanga Sangraha.
11.	Rasatantrasara Va Siddha Prayoga Sangraha	Reference of Vrindha Madhava.
12.	Ayurvedic pharmacopeia of India	Reference of Charaka Samhita Chikitsa Stana and Brihat as Yogaratnakara Kasa Chikitsa Adhyaya.

Table 3: Drugs mentioned in Khadiradi Vati from different books

Drugs	C.S	A.H	A. S	Y.R (1)	Y.R (2)	G.N (B)	G.N (L)	B.R (B)	B.R (L)	V.M (B)	V.M (L)	C.D (B)	C.D (L)
Khadira	+	+	+	+	+	+	+	+	+	+	+	+	+
Arimeda	+	+	-	-	-	-	-	+	-	+	-	+	-
Sevya	+	+	-	-	-	-	-	-	-	-	-	-	-

<i>Pattanga</i>	+	+	-	-	-	-	-	-	-	-	-	-	-
<i>Sweta Chandana</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Rakta Chandana</i>	-	+	-	-	-	-	-	+	-	+	-	+	-
<i>Tivrit</i>	-	+	-	-	-	-	-	+	-	+	-	-	-
<i>Lodhra</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Pundrahvaya</i>	-	+	-	-	-	-	-	-	-	-	-	-	-
<i>Yastimadhu</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Laksha</i>	+	+	-	-	-	-	-	-	-	-	-	-	-
<i>Anjana</i>	-	+	-	-	-	-	-	+	-	+	-	+	-
<i>Rasanjana</i>	+	+	-	-	-	-	-	-	-	+	-	+	-
<i>Dhataki</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Katphala</i>	+	+	-	+	-	-	-	+	-	+	-	+	-
<i>Haridra</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Haritaki</i>	+	+	+	+	-	+	-	+	-	+	-	+	-
<i>Vibhitaki</i>	+	+	+	+	-	+	-	+	-	+	-	+	-
<i>Amalaki</i>	+	+	+	-	-	+	-	+	-	+	-	+	-
<i>Twak</i>	+	+	-	-	+	-	-	+	-	-	-	+	-
<i>Ela</i>	+	+	-	-	+	-	-	+	-	+	-	+	-
<i>Patra</i>	-	+	-	-	+	-	-	-	-	-	-	-	-
<i>Nagakesara</i>	-	+	-	-	+	-	-	-	-	+	-	+	-
<i>Jongaka</i>	-	+	-	-	-	-	-	-	-	-	-	-	-
<i>Musta</i>	+	+	-	-	-	-	-	-	-	-	-	+	-
<i>Manjista</i>	+	+	-	-	-	-	-	-	-	+	-	+	-
<i>Nyagrodha</i>	-	+	-	-	-	-	-	-	-	-	-	-	-
<i>Vaca</i>	+	+	-	-	-	+	-	-	-	-	-	-	-
<i>Jatamamsi</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Yavasaka</i>	+	+	-	+	-	-	-	+	-	+	-	+	-

<i>Padmaka</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Samanga</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Jatiphala</i>	+	+	-	-	+	-	-	+	+	+	+	+	-
<i>Jatipatra</i>	-	+	-	-	-	-	-	-	-	-	-	+	+
<i>Nakha</i>	+	+	-	-	-	-	-	-	-	-	-	-	-
<i>Lavanga</i>	+	+	-	+	-	-	-	+	-	+	-	+	-
<i>Kankola</i>	+	+	-	-	-	-	+	+	+	+	+	+	+
<i>Karpoora</i>	+	+	-	-	+	-	+	+	+	+	+	+	+
<i>Prapaundarika</i>	+	-	-	-	-	-	-	-	-	-	-	+	-
<i>Kamala kesara</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Hrivera</i>	+	-	-	-	-	-	-	-	-	-	-	-	-
<i>Daruharidra</i>	+	+	-	-	-	-	-	-	-	+	-	+	-
<i>Priyangu</i>	+	-	-	-	-	-	-	-	-	-	-	+	-
<i>Agaru</i>	+	-	-	-	-	-	-	+	-	+	-	+	-
<i>Gairika</i>	+	+	-	-	-	-	-	+	-	+	-	+	-
<i>Asana</i>	-	-	+	-	-	-	-	-	-	-	-	-	-
<i>Bakuchi</i>	-	-	+	-	-	+	-	-	-	-	-	-	-
<i>Chitrakamula</i>	-	-	+	-	-	+	-	-	-	-	-	-	-
<i>Brahmi</i>	-	-	+	-	-	-	-	-	-	-	-	-	-
<i>Bhringaraja</i>	-	-	+	-	-	-	-	-	-	-	-	-	-
<i>Loha</i>	-	-	+	-	-	-	-	-	-	-	-	-	-
<i>Vidanga</i>	-	-	+	-	-	+	-	-	-	-	-	-	-
<i>Mrinala</i>	-	-	-	-	-	-	-	+	-	+	-	-	-
<i>Ambu</i>	+	+	+	-	+	-	+	+	+	+	+	+	+
<i>Vikasa</i>	-	-	-	-	-	-	-	+	-	+	-	-	-
<i>Ghana</i>	-	-	-	-	-	-	-	+	-	+	-	-	-
<i>Sripushpa</i>	-	-	-	-	-	-	-	+	-	+	-	-	-

<i>Kutanatta</i>	-	-	-	-	-	-	-	+	-	-	-	-	-
<i>Vataruha</i>	-	-	-	-	-	-	-	+	-	+	-	+	-
<i>Surabhi</i>	-	-	-	-	-	-	-	+	-	+	-	+	-
<i>Dushta</i>	-	-	-	-	-	-	-	+	-	-	-	-	-
<i>Puga</i>	-	-	-	-	+	-	+	-	+	-	+	-	+
<i>Chameli Ki Patti</i>	-	-	-	-	-	-	+	-	-	-	-	-	-
<i>Kasthuri</i>	-	-	-	-	+	-	-	-	-	-	-	-	-
<i>Pushkaramoola</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Karkataka Shringi</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Dwijayastika</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Sunthi</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Maricha</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Pippali</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Ativisha</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Krishnajeeraka</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Guduchi</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Brihat Kantakari</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Laghu Kantakari</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Valkala</i>	-	-	-	-	-	-	-	-	-	+	-	+	-
<i>Bijaka</i>	-	-	-	-	-	+	-	-	-	-	-	-	-
<i>Nimba Twak</i>	-	-	-	-	-	+	-	-	-	-	-	-	-
<i>Shala</i>	-	-	-	-	-	+	-	-	-	-	-	-	-
<i>Gomutra</i>	-	-	-	-	-	+	-	-	-	-	-	-	-
<i>Bhallataka</i>	-	-	-	-	-	+	-	-	-	-	-	-	-
<i>Ardra</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Dadima Twak</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Babbula Twak</i>	-	-	-	+	-	-	-	-	-	-	-	-	-

<i>Babbula Patra</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Kutaja Twak</i>	-	-	-	-	-	+	-	-	-	-	-	-	-
<i>Tamala</i>	-	-	-	-	-	-	-	+	-	-	-	+	-
<i>Balaka</i>	+	-	-	-	-	-	-	-	-	-	-	+	-
<i>Ushira</i>	+	-	-	-	-	-	-	-	-	-	-	+	-

Table 4: Ingredients of Khadiradi Vati according to Charaka

SN	Sanskrit Name	Scientific Name	Quantity
1.	<i>Khadira Sara</i>	<i>Acacia catechu Willd</i>	4 kg
2.	<i>Arimeda</i>	<i>Acacia farnesiana wild</i>	8 kg
3.	<i>Chandana</i>	<i>Santalum album Linn</i>	10 gms
4.	<i>Padmaka</i>	<i>Prunus puddum Roxb</i>	10 gms
5.	<i>Usira</i>	<i>Vetiveria zizanoides Linn</i>	10 gms
6.	<i>Manjistha</i>	<i>Rubia cordifoila Linn</i>	10 gms
7.	<i>Dhataki</i>	<i>Woodfordia fruticosa (L) Kurz</i>	10 gms
8.	<i>Musta</i>	<i>Cyperus rotundus Linn</i>	10 gms
9.	<i>Prapaundarika</i>	<i>Nelumbo nucifera Gaertn</i>	10 gms
10.	<i>Yastimadhu</i>	<i>Glycyrrhiza glabra Linn</i>	10 gms
11.	<i>Twak</i>	<i>Cinnamomum zeylanica Blume</i>	10 gms
12.	<i>Ela</i>	<i>Elettaria cardomomum Maton</i>	10 gms
13.	<i>Kamalakesara</i>	<i>Pollen of Nelumbo nucifera Gaertn</i>	10 gms
14.	<i>Laksha</i>	<i>Laccifer lacca</i>	10 gms
15.	<i>Rasanjana</i>	<i>Extract of Berberis aristate Dc</i>	10 gms
16.	<i>Jatamamsi</i>	<i>Nardostachys jatamamsi Dc</i>	10 gms

17.	<i>Haritaki</i>	<i>Terminalia chebula</i>	10 gms
18.	<i>Vibhitaki</i>	<i>Terminalia bellerica</i>	10 gms
19.	<i>Amalaki</i>	<i>Emblia officinalis</i>	10 gms
20.	<i>Lodhra</i>	<i>Symplocos racemose Roxb</i>	10 gms
21.	<i>Balaka</i>	<i>Pavonia odorata</i>	10 gms
22.	<i>Haridra</i>	<i>Curcuma longa Linn</i>	10 gms
23.	<i>Daruharidra</i>	<i>Berberis aristate Dc</i>	10 gms
24.	<i>Priyangu</i>	<i>Callicarpa macrophylla vahl</i>	10 gms
25.	<i>Samanga</i>	<i>Mimosa pudica Linn</i>	10 gms
26.	<i>Katphala</i>	<i>Myrica nagi thumb</i>	10 gms
27.	<i>Vaca</i>	<i>Acorus calamus Linn</i>	10 gms
28.	<i>Yavasa</i>	<i>Alhagi camelorum, Fagonia cretica*</i>	10 gms
29.	<i>Aguru</i>	<i>Aquilaria agallocha Roxb</i>	10 gms
30.	<i>Pattanga</i>	<i>Caesalpinia sappan Linn</i>	10 gms
31.	<i>Gairika</i>	<i>Red ochre</i>	10 gms
32.	<i>Anjana</i>	<i>Black antimony</i>	10 gms
33.	<i>Lavanga</i>	<i>Syzygium aromaticum</i>	10 gms
34.	<i>Nakha</i>	<i>Capparis sepiaria</i>	40 gms
35.	<i>Kankola</i>	<i>Piper cubeba</i>	40 gms
36.	<i>Jatikosa</i>	<i>Myristica fragrans Houtt</i>	40 gms

37.	Karpooora	Cinnamomum camphora Linn	160 gms
38.	Water	-	41 litres

Table 5: Rasa Panchaka of different drugs in Khadiradi Vati

SN	Name of Drug	Rasa	Guna	Veerya	Vipaka	Prabhava
1.	Kadhira	Tikta, Kashaya	Laghu, Ruksha	Sheetha	Katu	Balances Kapha, Pitta
2.	Arimeda	Kashaya, Tikta	Laghu, Ruksha	Sheetha	Katu	Kapha Pitta Shamaka
3.	Swetha Chandhana	Tikta, Madhura	Laghu, Ruksha	Sheetha	Katu	Kapha Pitta Shamaka
4.	Rakta Chandhana	Tikta, Madhura	Laghu, Ruksha	Sheetha	Katu	Kapha Pitta Shamaka
5.	Padmak a	Kashaya, Tikta	Laghu, Snigdha	Sheetha	Katu	Kapha Pitta Shamaka
6.	Usira	Tikta, Madhura	Laghu, Ruksha	Sheetha	Katu	Vata Pitta Shamaka
7.	Manjistha	Tikta, Madhura	Laghu, Ruksha	Ushna	Katu	Kaphapitta Shamaka
8.	Dhataki	Kashaya	Laghu, Ruksha	Sheetha	Katu	Kapha Pitta Shamaka
9.	Musta	Tikta, Katu, Kasaya	Laghu, Ruksha	Sheetha	Katu	Kaphapitta Shamaka
10.	Prapaun darika	Kasaya, Madhura, Tikta	Laghu, Snigdha, pichila	sheetha	Madhu ra	Kaphapitta Shamaka
11.	Yastima dhu	Madhura	Guru, Snigdha	Sheetha	Madhu ra	Vatapittaha ra
12.	Twak	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Balances Vata, Kapha.

13.	Ela	Katu, Madhura	Laghu, Ruksha	Sheetha	Katu	Kapha,Vata Shamaka
14.	Kamala Kesara	Kasaya, Madhura, Tikta	Laghu, Snigdha, Pichila	Sheetha	Madhu ra	Kaphapittas hamka
16.	Laksha	Kashaya	Laghu, Snigdha	Sheetha		
17.	Rasanjan a	Tikta, Kasaya	Laghu, Ruksha	Ushna	Katu	Kaphapittah ara
18.	Jatama msi	Tikta, Kasaya, Madhura	Laghu, Snigdha	Sheetha	Katu	Tridosas Shamaka
19.	Haritaki	Kashaya Rasa Pradhana Alavana	Laghu, Ruksha	ushna	Madhu ra	Tridosas Shamaka
20.	Vibhitha ki	Kashaya	Laghu, Ruksha	Ushna	Madhu ra	Kaphavata Shamaka
21.	Amalaki	Amlarasa Pradhana Pancharasa alavana	Guru	Sheetha	Madhu ra	Tridosahar a
22.	Lodhra	Kashaya, Tikta	Laghu, Ruksha	Sheetha	Katu	Kapha Pitta Shamaka
23.	Balaka	Tikta	Laghu, Ruksha	Sheetha		Pitta Kapha Shamaka
24.	Haridra	Tikta Katu	Laghu, Ruksha	Ushna	Katu	Vata Kapha Shamaka
25.	Daruhari dra	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Vata Kapha Shamaka
26.	Priyangu	Tikta, Kasaya, Madhura	Laghu, Ruksha	Sheetha	Katu	Tridosas Shamaka
27.	Samang a	Kashaya, Tikta	Laghu, Ruksha	Sheetha	Katu	Kapha Pitta Shamaka
28.	Katphala	Kashaya, Tikta	Laghu, Teeksh na	Ushna	Katu	Ushna

29.	Vaca	Katu, Tikta	Laghu, Teekshna	Ushna	Katu	Kapha Vata Shamaka
30.	Yavasa	Madhura Tikta, Kashaya	Laghu	Sheetha	Katu	Kapha Pitta Shamaka
31.	Agaru	Katu, Tikta	Laghu, Teekshna	Ushna	Katu	Vata Kapha Shamaka
32.	Pattanga	Kashaya, Tikta, Madhura	Ruksha	Sheeta	Katu	Kapha Pitta Shamaka
33.	Gairika	Kashaya, Madhura,	Snigdha	Sheetha		Kapha Pitta Shamaka
34.	Anjana	Katu, Tikta		Ushna		Kapha Shamaka
35.	Lavanga	Tikta, Katu	Laghu, Snigdha	Sheetha	Katu	Kapha Pitta Shamaka
36.	Nakha	Katu,	Laghu	Ushna	Katu	Kapha Vata Shamaka
37.	Kakkola	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kapha Vata Shamaka
38.	Jatikosa	Tikta, Katu	Laghu, Teekshna	Ushna	Katu	Kapha Vata Shamaka
39.	Karpura	Tikta, Katu, Madhura	Laghu, Ruksha	Sheetha	Katu	Kapha Pitta Shamaka.

Method of preparation of Brihat Khadiradi Vati according to Charaka

Heartwood of *Khadira* and *Arimeda* is washed and separated they should be cooked in water until the water gets reduced to ¼th after straining and again heated slowly till it gets thickened. Then powder of each of the *Dravyas Chandana, Padmaka, Usira, Manjistha, Dhataki, Musta, Prapaundarika, Yastimadhu, Twak, Ela, Kamalakesara, Laksha, Rasanjana, Jatamamsi, Triphala, Lodhra, Balaka, Haridra, Daruharidra, Priyangu, Ela, Samanga, Katphala, Vaca,*

Yavasa, Agaru, Pattanga, Gairika, and Anjana are added after it is cooled then *Prakeshpaka Dravyas* like *Lavanga, Nakha, Kakkola, Jatikosa, Karpura* is added and the whole is made into pills and dried.

Method of preparation of Laghu Khadiradi Vati according to Bhaishajya Rathnavali

Khadira is boiled in water till 1/8th water remains then add each of the *Churna Dravyas* like *Jati, Karpura, Puga, and Kakkola* mix well and made into pills.

Phytochemicals of Khadiradi Vati

Phytochemicals of *Acacia catechu* wild bark extract contains Catechin, catechuic acid, myristic acid, saponins, tannins, phenols, carbohydrates, flavonoids, alkaloids, glycosides.

DISCUSSION

Khadiradi Vati is a traditional Ayurvedic formulation made from multiple herbs. *Khadiradi Vati* has been described in different *Samhithas* and classical texts many authors have described two types *Brihat* and *Laghu* varieties. *Charaka* has described it in *Chikitsa Sthana Trimarmiya Adhyaya* can be used in *Mukha Roga*. *Astanga Sangraha* has described it in *Kushta Chikitsa* used in *Kushta, Prameha, Grahani, Arshas, Bhagandhara*. In *Gada Nigraha* of Sri Vaidya Sodhala they described *Khadiradi Vati* in *Prayoga Khanda* and in *Shalaky Tantra Mukharogadikara* used in *Kushta Roga* and in *Mukha Roga* with different drugs. In *Vrnda Madhava* or *Sidda Yoga* the author has described in treatment of oral diseases, *Swalpa Khadiradi Vatika* used in teeth, lip, palate and mouth disorders and *Brihat Khadiradi Vati* helps in treating diseases of throat, lips, teeth, tongue and palate. *Bhaishajya Ratnavali Mukha Roga* describes two types of *Khadiradi Vati: Swalpa Khadiradi Vati*, used to treat disorders of the mouth, including those of the teeth, palate, lips, and tongue. *Brihat Khadiradi Vati* is used to treat diseases of the tongue, teeth, cough, and palate. In *Chakradatta Karnaroga Chikitsaprakarana Brihat and Swalpa Khadiradi Vati* used in teeth, lip, mouth diseases and *Brihat Khadiradi Vati* used in *Gala Roga, Osta Roga*. In *yoga Rathnakara Khadiradi Gutika* is mentioned in *Kasa Chikitsa and Mukharoga Chikitsa* it is used in lip, teeth, mouth, throat, palate disorders.

According to Srotas

- *Pranavaha Srotas: Kasa, Swasa*
- *Annavaha Srotas: Aruchi*
- *Udakavaha Srotas: Prameha*
- *Rasavaha Srotas: Aruchi, Kushta*
- *Raktavaha Srotas: Kushta*
- *Mamsa Medo Vaha Srotas: Prameha*
- *Asthivaha, Majjavaha: Danta Roga*
- *Mutravaha Srotas: Prameha, Bhagandara*
- *Purishavaha Srotas: Arshas*

In *Mukha*, *Kapha Dosa* along with *Vata* and *Pitta* Dosas gets aggravated and produces *Mukha Roga* along with vitiation of *Rakta Dhatu* occurs.

Khadiradi Vati possess *Vatakaphahara* property has *Tikta, Kasaya Rasa* helps in eliminating *Kapha* which is the main seat of *Mukha Roga*.

Main ingredient of *Khadiradi Vati* is *Khadira Sara* it has the properties of *Tikta, Kashaya Rasa, Laghu, Ruksha Guna, Katu Vipaka, Vata Kaphahara* can be used in *Mukha Roga*.

Triphala, Haridra, Daruharidra, Jatikosa mainly used in eliminating the accumulated *Kapha, Vata*, and balances *Pitta*. *Laghu, Ruksha Guna* of *Khadiradi Vati* acts as *Lekhana* and *Ropana* property cures mouth ulcers. *Khadira, Arimeda, Chandana, Padmaka, Usira, Manjistha, Balaka, Haridra Dwaya, Karpoora, Jatiphala, Samanga, Katphala* which acts as *Mukha Vaisadya Karaka, Srotoshodana* and *Lekhana* of *Kapha*, helps in relieving pain and acts on *Krimi Roga*. *Madhura Rasa* of *Chandana, Usira, Manjistha, Ela, Karpura* decreases burning sensation in mouth, *Sadindriya Prasadaka, Kanthya, Grana, Mukha, Kantha, Osta, Jihwa Prahladana. Gairika, Rasanjana* acts as *Raktashodaka, Shothahara* can be used in *Mukha Rogas*.

Vaca, Yastimadhu, Musta, Laksha acts as *Rasayana*.

Anti-inflammatory and antioxidant helps in relieving swelling of gums, mucous membrane, pharynx, larynx, mouth ulcers. Antimicrobial and oral antiseptic property helps in healing mouth ulcers, dental caries,

tooth decay and emollient helps in soothing throat, mouth and relieves bad breath.

As *Khadira* is the main ingredient in *Khadiradi Vati* it has *Kandughna* and *Deepana, Pachana Karma* along with other drugs, *Raktashodaka* and can be used in skin disorders.

CONCLUSION

Khadiradi Vati is described in various classical text in two different varieties, *Laghu Khadiradi Vati* and *Brihat Khadiradi Vati* it can be used in various diseases like *Mukha Roga, Danta Roga, Osta Roga, Jihwa Roga, Kasa, Swasa, Aruchi, Prameha, Grahani, Kushta, Arsas, Bhagandara* and etc in clinical practice it is mostly used in *Mukha Roga* as chewable and *Kushta* because of its various properties.

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