

A REVIEW ON AMRUTOTTARA KASHAYA

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ABSTRACT

Kwatha Kalpana is one among the *Panchavidha Kashaya Kalpana*. It is considered as primary and potent dosage form in *Bhaishaya Kalpana* which is widely prescribed. *Amrutottara Kashaya* is used in *Ayurveda* practice for the treatment of *Jwara*. The reference of this formulation is first mentioned in “*Sahasra Yogam*”. Later on this formulation got a mention in “*Ayurvedic Formulary of India*” (AFI, an authentic and standard book for *Ayurvedic* formulations) as “*Nagaradi Kwatha churna*” (*Amrutottara Kwatha churna*). There are 6 formulations with the name *Nagaradi Kashaya* and one *Amrutottara kashaya* as such in *Sahasra Yogam*. But the “*Nagaradi Kwatha*” having *Nagara* (*Zingiber officinale*), *Amruta* (*Tinospora cordifolia*) and *Haritaki* (*Terminalia chebula*) is considered as “*Amrutottara Kashaya*” in the ratio of 2:6:4 respectively. This paper is an attempt to review the formulation “*Amrutottara Kashaya*” explained in various literature of *Ayurveda* Pharmaceutics.

Keywords: *Amrutottara Kashaya, Nagaradi Kashaya, Jwara*

INTRODUCTION

Kwatha Kalpana is one among the *Panchavidha Kashaya Kalpana* and is considered as primary dosage form in *Bhaishajya Kalpana*. *Amrutottara Kashaya* is a common formulation used in *Jwara* that contains *Guduchi/Amruta* (*Tinospora cordifolia*), *Haritaki* (*Terminalia chebula*) and *Shunti* (*Zingiber officinale*).¹ This formulation is widely used in *Ayurveda* practice for the treatment of *Jwara*. The ingredients of this formulation are easily available and it's easy to prepare and is cost effective in nature. The Sanskrit word “*uttara*” means predominant/later/ followed by/latter/ more powerful/ chief/excellent/ superior. Thus the name *Amrutottara Kashaya* suggest a *kwatha* preparation in which the drug *Amruta* is more powerful, predominant

among others, have powerful action and used as chief ingredient.

The reference of this formulation is first mentioned in “*Sahasra Yogam*”. Later on this formulation got a mention in “*Ayurvedic Formulary of India*”(AFI) as “*Nagaradi Kwatha churna*” (*Amrutottara Kwatha churna*).¹

MATERIALS AND METHODS

Kwatha is a filtered decoction obtained by boiling coarse powder of drugs in proportion of 4 and 8 times of water for *Mrudu* and *Madhyama dravya* (Soft and moderately soft drugs) respectively and reduced to one-fourth and 16 times of water for *Kathina dravya* (Hard drugs) and reduced to one – eight. In this process water soluble active principles present in the drugs are extracted.

⁵ Amrutottara Kashaya contains drugs of Madhyama hardness and hence the drug water ratio taken generally is 1:8 and reduced to 1/4th. There are different opinions regarding the proportion of drugs to be taken in this formulation. There are 6 formulations with the name Nagaradi Kashaya in Sahasra Yogam.² Among them the first mentioned Nagaradi Kashaya is considered as Amrutottara Kashaya and used extensively

in treating Jwara. The same yoga has been named as “Tridosha jwara hara Kashaya” by Sharma.S in his Hindi translation book of Sahasra yogam.³ There is one more formulation named “Amrutottara kashaya” which is therapeutically used for Khudavata (Vatarakta) and Angamarda.⁴

Table 1: Different formulations with the name Nagaradi Kashaya/Amrutottara Kashaya

SI. No	Name Of Formulation	Ingredients	Indication	Anupana	Reference
1.	Amrutottara Kashaya	Amruta Leaves - 6 parts Bala leaves – 4 parts Devadaru leaves – 2 parts	Vatarakta, Angamarda	Sita with Jeeraka Churna/Sita with Ksheera/ Ghrita with Jeeraka Churna	(22 nd yoga)Rao Pandit D B.Sahasrayoga Hindi Translation.New Delhi. Kendriya Ayurvediya Vijnana Anusandhana Parishad;2011.p.5
2.	Tridosha Jwara-hara Kashaya	Shunti – 1 part Guduchi – 2 parts Haritaki - 4 parts	Tridoshaja jwara, Anulomana and Srotohodhana	Sharkara	Sharma.S,Sharma.R. Sahasrayogam. Reprinted ed. Delhi. Chaukhamba Sanskrit Pratisthana; 2012.p.4.
3.	Nagaradi Kashaya	Nagara – 2 parts Amruta – 6 parts Haritaki - 4 parts	Sannipata jwara	Sharkara	(248 th yoga) Rao Pandit D B.Sahasrayoga Hindi Translation.New Delhi. Kendriya Ayurvediya Vijnana Anusandhana Parishad;2011.p.50
4.	Nagaradi Kashaya	Nagara,Pushkaramula,Guduchi,Kan-	Kasa,Shwasa, Parshwanti,	-	(249 th yoga) Rao Pandit D

		<i>takari</i>	<i>Vatashleshmot-tara jwara</i>		B.Sahasrayoga Hindi Translation. New Delhi. Kendriya Ayurvediya Vijnana Anusandhana Parishad; 2011. p.50
5.	<i>Nagaradi Kashaya</i>	<i>Nagara, Ativisha, Musta, Bhunimba, Amruta, Vatsaka</i>	All types of <i>Atisara</i> and <i>Jwara</i>	-	(250 th yoga) Rao Pandit D B.Sahasrayoga Hindi Translation. New Delhi. Kendriya Ayurvediya Vijnana Anusandhana Parishad; 2011. p.51
6.	<i>Nagaradi Kashaya</i>	<i>Nagara, Ativisha, Musta/Dhanyaka and Nagara</i>	<i>Trishna, Atisara, Shulaa, Laghu, Deepana, Pachana</i>	-	(251 th yoga) Rao Pandit D B.Sahasrayoga Hindi Translation. New Delhi. Kendriya Ayurvediya Vijnana Anusandhana Parishad; 2011. p.51
7.	<i>Nagaradi Kashaya</i>	<i>Nagara, Ativisha, Musta</i>	<i>Amapachana</i>	-	(252 nd yoga) Rao Pandit D B.Sahasrayoga Hindi Translation. New Delhi. Kendriya Ayurvediya Vijnana Anusandhana Parishad; 2011. p.51
8.	<i>Nagaradi Kashaya</i>	<i>Nagara, Balamula, Bilwamula sidha jala/ Kashaya used for preparation of Lajap-eya</i>	<i>Daha, Trishna</i>	-	(253 rd yoga) Rao Pandit D B.Sahasrayoga Hindi Translation. New Delhi. Kendriya Ayurvediya Vijnana

					Anusandhana Parishad;2011.p.51
9.	Amrutottara Kwatha Churna/ Nagaradi Kwatha Churna	<i>Nagara (Shunti rizome) – 2 parts Amruta (Guduchi stem) – 6 parts Haritaki (Pericarp) – 4 parts</i>	<i>Jeerna jwara, Sannipata jwara</i>	<i>Sarkara</i>	Anonymous.Government of India Ministry of Health and Family Welfare. The Ayurvedic Formulary of India. 2 nd ed. New Delhi: National Institute of Science Communication and Information Resources; 2003.p.53

Among these formulations, SI.No 2, 3 and 9 are taken as *Amrutottara kashaya* generally.

Proportion of drugs:

TABLE 2: Ratio of drugs in Amrutottara Kashaya

DRUGS	Acc. to AFI & D B Pandit Rao (Sahasra yoga hindi translation) OPINION 1	Acc. Shrirama Sharma (Sahasra yoga hindi translation) OPINION 2
<i>Nagara</i>	2	1
<i>Amruta</i>	6	2
<i>Haritaki</i>	4	4

This difference of opinion is due to the perception done by the simile given for the *pramana* of drugs to be taken.

Opinion 1: In the commentary, word “Naga” has three meanings viz ²

1. *Nara* (Human being)
2. *Triphani Sarpa* (3 Headed snake)
3. *Gaja* (Elephant)

In this context if all the three taken respectively as the indicators of the ratio of the drugs i.e. *Nagara*, *Amruta* and *Haritaki* the formulation should be as follows.

Nagara – Nara hasta bhaga – 2 parts

Amruta – Triphani sarpa nayana bhaga – 6 parts

Haritaki – Hasti anghri bhaga – 4 parts

Opinion 2: The word “Naga” is considered as elephant. In this context, if this is taken as the indicator for the ratio of the drugs ie *Nagara*, *Amruta* and *Haritaki*, the formulation should be as follows.³

Nagara – Naga hasta bhaga ie trunk of elephant – 1 part

Amruta – Naga Nayana bhaga – 2 parts

Haritaki – Naga Anghri (foot) bhaga – 4 parts

Drug water ratio: In *Amrutottara Kashaya* the drugs used are *madhyama* in nature. Thus coarse powder of drugs is boiled in proportion of 8 times of water and reduced

to one-fourth.⁵ Based on the therapeutic action intended, for instance *Pachana*, *Deepana*, *Shoshana* etc, the drug water ratio can be varied.⁶

CONCLUSION

Amrutottara Kashaya is also known as “*Nagaradi Kashaya*” and “*Tridoshaja jwara hara Kashaya*”. There is a formulation named as “*Amrutottara Kashaya*” as such, with *Amruta*, *Devadaru* and *Bala* as ingredients, which is indicated in *Vatarakta* condition. There are 6 yogas with the name “*Nagaradi Kashaya*” with *Nagara* as an ingredient along with other drugs. But the “*Nagaradi Kwatha*” having *Nagara*, *Amruta* and *Haritaki* is considered as “*Amrutottara Kashaya*” as AFI. The drugs *Nagara*, *Amruta* and *Haritaki* is taken in the ratio of 2:6:4 respectively as per the opinion of commentator of “*Sahasrayogam*”. Even AFI takes this ratio into account. This formulation is generally indicated in case of *Jwara* of different etiology and is been practiced clinically by many Ayurvedic Physicians.

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Source of support: Nil
Conflict of interest: None Declared