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 Nagar (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 Bhaishaja Kalpana. Amrutottara Kashaya is a common formulation used in Jwara that contains Guduchi/Amruta (Tinospora cordifolia), Haritaki (Terminalia chebula) and Shunti (Zingiber officinale). 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.

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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.
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. 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. There is one more formulation named “Amrutottara kashaya” which is therapeutically used for Khudavata (Vata-rakta) and Angamarda.

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

<table>
<thead>
<tr>
<th>SL. No</th>
<th>Name Of Formulation</th>
<th>Ingredients</th>
<th>Indication</th>
<th>Anupana</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.</td>
<td>Nagaradi Kashaya</td>
<td>Nagar, Pushkaramula, Guduchi, Kan- Kasa, Shwasa, Parshwarti</td>
<td>-</td>
<td></td>
<td>(249th yoga) Rao Pandit D</td>
</tr>
<tr>
<td></td>
<td>Nayaradi Kashaya</td>
<td>Nagra, Ativisha, Musta, Bhunimba, Amruta, Vatsaka</td>
<td>All types of Atisara and Jwara</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>---</td>
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<td></td>
</tr>
<tr>
<td>5.</td>
<td>Nayaradi Kashaya</td>
<td>Nagra, Ativisha, Musta/Dhanyaka and Nagra</td>
<td>Trisha, Atisara, Shula, Laghu, Deepana, Pachana</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Nayaradi Kashaya</td>
<td>Nagra, Ativisha, Musta</td>
<td>Amapachana</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Nayaradi Kashaya</td>
<td>Nagra, Ativisha, Musta</td>
<td>Daha, Trishna</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Nayaradi Kashaya</td>
<td>Nagra, Balamula, Bilwamula sidha jala/ Kashaya used for preparation of Lajapeya</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>
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**

<table>
<thead>
<tr>
<th>DRUGS</th>
<th>Acc. to AFI &amp; D B Pandit Rao (Sahasra yoga hindi translation) OPINION 1</th>
<th>Acc. Shrirama Sharma (Sahasra yoga hindi translation) OPINION 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nagar</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Amruta</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>Haritaki</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

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.
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. Nagar, Amruta and Haritaki the formulation should be as follows.

Nagar – Nara hasta bhaga – 2 parts

Amruta – Triphani sarpa nayana bhaga – 6 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 Nagar, Amruta and Haritaki, the formulation should be as follows.

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

Amruta – Naga Nayana bhaga – 2 parts

Haritaki – Naga Anghri bhaga (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. Based on the therapeutic action intended, for instance Pachana, Deepana, Shoshana etc, the drug water ratio can be varied.

**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 Nagar as an ingredient along with other drugs. But the “Nagaradi Kwatha” having Nagar, Amruta and Haritaki is considered as “Amrutottara Kashaya” as AFI. The drugs Nagar, Amruta and Haritaki is taken in the ratio of 2:6:4 respectively as per the opinion of commentator of “Sagasrayogam”. 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.

**REFERENCES**


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