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## Clinical indications of *Patoladi kwatha* an experiential and scientific view

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### ABSTRACT: -

Kashaya formulations are commonly used in the management of both acute and chronic debilitating disorders by Ayurvedic physicians in Indian subcontinent. *Kashayas like Amritottara Kashaya, Maharasnadi Kashaya, Mahamanjishthadi Kashaya, Maha Sudarshana Kashaya, Triphala Kashaya, Yavadi Kwatha, Panchatikta Kashaya, Paripathadi Kashaya, Guduchi Kashaya*, are few formulations which are frequently used by Ayurveda physicians. *Patoladi kashaya* is one such preparation which is commonly used in the management of *pittaja* disorders. Diseases like *Amlapitt, Parinama Shoola, Annadrava Shoola*, non-ulcer dyspepsia, hyperacidity syndrome, peptic ulcer, duodenal ulcer, gastric ulcer and chronic gastritis are few indications of *Patoladi Kashaya*. The ingredients of *Patoladi Kashaya* are having the actions like *Pittahara, Antacid, Shoolahara, Amapachaka, Tiktarasa Yukta*, anti-inflammatory, ulcer protective, soothing action on the mucous membrane and *Vatahara* actions. The present paper highlights about the clinical indications of *Patoladi Kashaya* in an experiential and scientific view.

**Key words :** *Patoladi kashaya, Ayurveda, pittahara, amlapitta.*



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## INTRODUCTION

*Patoladi kashaya* is a decoction of *Pittahara* and *Tiktarasayukta* drugs like *Patola*, *Nimba* And *Vasaka* etc. These drugs are having actions like *Pittahara*, *Tikta Rasayukta*, *Dipana*, *Ama Pachana*, *Krimighna*, *Virechana*, *Malavatanulomana*, antacid, cytoprotective, antiulcer, *Shoolahara*, *Vrina Ropana*, soothing action on gastric mucosal cells, anti-infective, antibacterial, bactericidal, anti-inflammatory, pitta *Virechana*, hepatoprotective, hepatic stimulant and immunomodulator actions. It can be effectively given in *Pittaja* and some GIT disorders. There are least adverse drug reactions after the administration of *Patoladi Kashaya* internally.<sup>[1][2]</sup>

### Ingredients

1. *Patola* ( *Trichosanthus dioica* )
2. *Haritaki* ( *Terminalia chebula* )
3. *Vibhitaki* *Terminalia bellerica* )
4. *Amalaki* ( *Emblica officinalis* )
5. *Nimba* ( *Azadirachta indica* )
6. *Karanja* ( *Pongamia pinnata* )
7. *Guduchi* ( *Tinospora cordifolia* )
8. *Dhavani* ( *Solanum indicum* )
9. *Vasa* ( *Adathoda vasaka* )

### Actions<sup>[3][4]</sup>

1. *Pittahara*
2. *Tikta rasayukta*
3. *Dipana*
4. Antacid
5. Hepatoprotective
6. Hepatic stimulant
7. *Pitta virechana*
8. *Choalaguague*
9. *Virechana*
10. *Pachana*
11. *Krimighna*
12. Cytoprotective
13. Antihistaminic
14. Symphatholytic

15. Anti-infective
16. Bactericidal
17. Antibacterial
18. Immunomodulator

### Clinical indications<sup>[5][6]</sup>

1. *Amlapitta*
2. *Parinama shoola*
3. *Annadrava shoola*
4. Peptic ulcer
5. *Udara krimi*
6. *Pittaja atisara*
7. *Kamala*
8. Viral hepatitis
9. Non ulcer dyspepsia
10. Hyper acidity syndrome
11. Chronic gastritis
12. Acute gastritis
13. *Arochaka*
14. *Agnimandya*
15. *Ajirna*
16. Alcoholic liver disease
17. Alcoholic hepatitis
18. Cirrhosis of the liver

### *Amayika prayoga*<sup>[7][8]</sup>

- *Amlapitta* - It is given with *sootha shekhara rasa* and *pravala panchamrita rasa*
- *Parinama shoola* - It is given with *Agnitundi Vati* And *Mukta Panchamrita Rasa*.
- Peptic ulcer – It is given with *Agnitundi Vati*, *Pravala Panchamrita Rasa* And *Avipattikara Choorna*.
- *Udara krimi* – It is given with *Vidangarishta* And *Krimimudgara Rasa* Or *Krimikuthara Rasa*.
- *Pittaja atisara* – It is given with *Kutaja Ghana Vati*.
- *Kamala* - It is given with *godanti bhasma* and tender coconut water.

- Viral hepatitis - It is given with *Arogyavardhini Vati and Godanti Bhasma* with tender coconut water.
- Non ulcer dyspepsia - It is given with *Agnitundi Vati and Lavana Bhaskara Choorna* .
- Hyper acidity syndrome - It is given with *Avipattikara Choorna and Kamadugha Rasa*.
- Chronic gastritis It is given with *Avipattikara Choorna and Mukta Panchamrita Rasa*.
- Acute gastritis - It is given with *Madiphala Rasayana and Laja Manda*.
- *Arochaka* - It is given with *Lashunadi Vati*.
- *Agnimandya* – It is given with *Hingwashtaka Choorna* .
- *Ajirna* – do.
- Alcoholic liver disease – It is given with *Kharjuradi Mantha, Arogyavardhini Vati and Punarnavadi Mandoora*.
- Alcoholic hepatitis – It is given with *Guduchi Kashaya And Arogyavardhini Vati*. High carbohydrate and fat free diet is given .
- Cirrhosis of the liver – It is given *With Arogyavardhini Vati, Punarnavadi Mandoora* and high protein diet.

## DISCUSSION

*Patoladi kashaya* is usually given in *pittaja* and gastrointestinal disorders. It contains bitter drugs which are having *pittahara* and antacid properties. The ingredients are having the actions like *pachana*, ulcer healer, cytoprotective, *rasayana*, cholinergic, sympatholytic, anti-histaminic, anti-infective, anti-inflammatory, antibacterial, bactericidal, anti-helminthic, *Krimighna*, hepatoprotective, hepatic stimulant, *Pitta Virechana*, *Virechana*, and immunomodulator actions. It is commonly given in GIT disorders like

*Amlapitta*, *Udara Shoola*, *Pittaja Atisara*, duodenal ulcer, gastric ulcer, non ulcer dyspepsia, hyper acidity syndrome, chronic gastritis and worm infestation. It has least adverse drug reactions even after prolonged usage. But due to bitter taste, it is not palatable. With suitable adjuvants it can be effectively given in various disorders with good outcome.

## CONCLUSION

1. *Patoladi kashaya* is a formulation with bitter drugs as ingredients and is usually given in *pittaja* and GIT disorders.
2. There are least adverse drug reactions even after prolonged use of this formulation.
3. With suitable disease specific adjuvants, it can be effectively given in various disorders.

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