

“AMRUTHADI KASHAYA”- A PROMISING YOGA FOR VISHA CHIKITSA

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ABSTRACT

Ayurveda, which uses the inherent principles of nature, and helps to maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. *Agadatantra* is a branch of *Astanga Ayurveda* developed in ancient times, which deals with the animate and inanimate poison. *Agadatantra* deals with the signs & symptoms & also with the management of poisoning, resulting from the bites of snakes, insects and worms, spiders, rodents etc and various other poisons produced by improper combination of substances or drugs. *Amruthadi Kashaya*¹ from *Sahasrayoga* is a promising *Yoga* for *Visha Chikitsa*. This paper is an attempt to make a review on the formulation “*Amruthadi Kashaya*” which is used in the *Visha Chikitsa*.

KEYWORDS: *Visha, Chikitsa, Agada, Amruthadi Kashaya*.^[1]

INTRODUCTION

Agadatantra or ‘*Damshtra Chikitsa*’ is one among the eight branches of *Ayurveda*, which deals with the effects of poisonous substances, both animate and inanimate and their treatment. The three important principles (*Trisutra*) of *Ayurveda* are *Hethujnana* (Aetiology), *Lingajnana* (Symptomatology) and *Aushadhajnana* (Therapeutics). *Ayurvedic* concepts of pharmacology are included under *Aushadhajnana* and it is dealt with three major sections namely *Dravya, Guna* and *Karma*. *Aushadha* plays an important role in the *Chathushpadhas* of *Chikitsa*.

Hence a comprehensive knowledge is necessary right from identification, procurement, physical–chemical–biological evaluations, to review the drug completely and to try the same clinically.

Amruthadi Kashaya^[1] has ingredients like *Amruta, Vrusha, Patola, Mustaka Saptaparna, Khadira, Nimba, Haridra, Daruharidra* and *Vetra*. Thus, there is a need for documentation of such *Yogas* and their properties by that it can be effectively utilised for clinical evaluation. Hence in this research work an attempt is made to collect all available literature source and other contemporary sources available to introduce a formulation from *Sahasrayoga* which can be effectively used for clinical evaluation.

AIM AND OBJECTIVES

- To study about “*Amruthadi Kashaya*” along with its ingredients and phytochemicals present in it.

MATERIALS AND METHODS

Name of the *Yoga*: *Amruthadi Kashaya*^[1]

Ref: *Sahasrayoga, Visarpavisputa prakara*

Ingredients of *Amruthadi Kashaya*^[1]

Table no 1 Ingredients of *Amruthadi Kashaya*

AMRUTA	VRUSHA
PATOLA	MUSTAKA
SAPTAPARNA	KHADIRA
NIMBA	HARIDRA
DARUHARIDRA	VETRA

1. *AMRUTHA/GUDUCH*^[2]

Botanical Name *Tinospora cordifolia* wall

Family Menispermaceae

Malayalam Name *Amruth*

Synonyms *Amruta, Guduchi, Kundali, Guduchika*

Drug description

It is a large climber with succulent, corky and grooved stem. Leaves are membranous, glabrous, cordate. Flowers – in racemes of about 5cm. axillary terminal or from the old wood, pale yellow white in colour. Fruits – carpels, dorsally convex, ventrally flat, size of a large pea.

Chemical constituents

Tinosporin, Cordifol

Part used: stem, leaf, areal roots

Properties**Table no:2 properties of Amrutha**

RASA- Tikta, kashaya	GUNA- Guru, snigdha
VEERYA- Ushna	VIPAKA- Madhura
KARMA -Tridosha Shamaka, Medhya, Rasayana, Kustahara, Dahahara	

2. VRUSHA/ VASA^[3]**Botanical Name** Adathoda vasica nees**Family** Acanthaceae**English Name** Malabar nut**Malayalam Name** Valiya adalotakam, Peradalotakam.**Synonyms** Brihat vasa, Brihat vasaka, Vrisha, Vrishaka, Simhasya, Adarushaka, Vajidanda**Drug description**

A large shrub grows crowded along waste land, roadsides

etc. Leaves, 10-30 cm long and 3-10 cm broad, lanceolate to ovate-lanceolate, slightly acuminate, base tapering, petiolate, petioles 2-8 cm long, exstipulate, glabrescent, 8-10 pairs of lateral veins bearing few hairs, dried leaves dull brown above. Flowers arise from axillary condensed spikes, white; fruits are capsules.

Chemical constituents: quinazoline vasicine**Part used:** leaf, root, flower**Properties****Table no 3: Properties of Vasa**

RASA -Tikta, Kashaya	GUNA- Laghu, Ruksha
VEERYA -Sheeta	VIPAKA- Katu
KARMA -Kaphapittahara, Hrudy, Svarya Kustahara	

3. PATOLA^[4]**Botanical Name** Tricosanthes dioica**Family** Cucurbitaceae**English Name** pointed gourd**Malayalam Name** Patolam**Synonyms** Kulaka, Rajiphala, Amritaphala

oblong. Flowers are dioecious. Fruits are oblong or nearly spherical, smooth, orange red when ripe.

Chemical constituents

Nicotinic acid, riboflavin

Part used: fruits, leaf, root**Drug distribution**

Climber with wool stem having tendrils. Leaves ovate

Properties**Table no4- Properties of Patola**

RASA- Tikta, katu	GUNA -Laghu, Ruksha
VEERYA- Ushna	VIPAKA -Katu
KARMA -Kapha Pittahara, Vrisya, Varnya, Kandu, Kusta, Daha Hara.	

4. MUSTAKA^[5]**Botanical Name** Cyperus rotundus linn**Family** Cyperaceae**English Name** Nutgrass**Malayalam Name** Muthanga**Synonyms** Hima, sugandhi, megha

subsultary, triquestrous at top. Leaves – long, often overtopping stem. Flowers in compound umbel, spikes loosely spicate of 3-8 spikelet. Seeds- trigonous nuts.

Chemical constituents: Cineol, copaene, cyperenone**Part used:** Tubers

Drug description – Perennial slender herb. Stem – base thickened and suddenly constricted into a wire rhizome,

Properties**Table no5- Properties of Mustaka.**

RASA -Tikta, katu, kashaya	GUNA -Laghu, Ruksha
VEERYA- Sheeta	VIPAKA- Katu
KARMA -Kapha Pittahara, Deepana Pacana, Vishahara, Kanduhara, Kustahara	

5. *SAPTAPARNA*^[6]**Botanical Name** *Alstonia scholaris* R Br**Family** Apocyanaceae**English Name** Dita**Malayalam Name** Pala**Synonyms** *Visala, Sarada***Drug distribution** – A large tree with whorled branches and bitter milky juice. Leaves in whorls of 5-7 sometimes 11, glabrous, oblong. Flower greenish white or yellow. Fruits – slender follicles, in pendulous clusters.**Chemical constituents** Akuammidine, pricrinine**Part used:** Stem bark, latex, flower**Properties****Table no 6- Properties of *Saptaparna*.**

<i>RASA- Tikta, Kashaya</i>	<i>GUNA- Laghu, Snigdha</i>
<i>VEERYA- Ushna</i>	<i>VIPAKA- Katu</i>
<i>KARMA -Tridosahara, Deepana, Vrunahara, Kustahara, Shulahara</i>	

6. *KHADIRA*^[7]**Botanical Name** *Acacia catechu***Family** Mimosoideae**English Name** Cutch tree**Malayalam Name** Karingali**Synonyms** *Gayatri, Raktasara*

brown. Nearly 1.3 cm in thickness. Leaves pinnate. Flowers dark yellow in cylindrical spikes. Pods thin, glabrous, lustrous, straight, dark brown.

Chemical constituents

Catechin, catechutannic acid

Part used: Stem bark, heart wood**Drug description:** Moderate sized tree. Bark greyish-**Properties****Table no7- Properties of *Khadira*.**

<i>RASA- Tikta, Kashaya</i>	<i>GUNA- Laghu, Ruksha</i>
<i>VEERYA- Sheeta</i>	<i>VIPAKA- Katu</i>
<i>KARMA- Kaphapittahara, Medoghna, Deepana, Kandugna, Sothahara, Kustahara</i>	

7. *NIMBA*^[8]**Botanical Name** *Azadirachta indica* A**Family** Meliaceae**English Name** Margosa tree**Malayalam Name** Veppu**Synonyms** *Arista, picumarda***Drug description:** It is a large tree growing up to 18m. high with almost a straight trunk. Leaves are pinnate,

crowded at the ends, of branches. Flowers are numerous. Fruits- 1 seeded drupes, oblongs, yellow when ripe.

Chemical constituents

Azadirachtin, azadirone, nimbin

Part used: Root bark, Stembark**Properties****Table no 8: properties of *Nimba***

<i>RASA- Tikta, kashaya</i>	<i>GUNA- Laghu, Ruksha</i>
<i>VEERYA- Sheeta</i>	<i>VIPAKA- Katu</i>
<i>KARMA- Kaphapittahara, Deepana, Grahi, Vrunahara, Kustahara</i>	

8. *HARIDRZ*^[9]**Botanical Name** *Curcuma Longa* Linn.**Family** Zingiberaceae**English Name** Turmeric**Malayalam Name** Manjal**Synonyms** *Nisa, Peeth, Haladhi*

very large, 1-2 long including the petiole which is about as long as the blade, oblong lanceolate, tapering to the base. Flowers are 10-15 cm long. Peduncles is 15 cm long or more concealed by the sheathing petiole, flowers are during rainy season.

Chemical constituents: Rhizome contains Curcumin and Vit.A**Part used:** Rhizome**Drug Description**

It is an annual herb, root stock large, ovoid, sessile tubers thick, cylindric, bright yellow inside. Leaves petiole,

Properties**Table no 9: Properties of *Haridra*.**

<i>RASA -Tikta , Katu</i>	<i>GUNA- Laghu, Ruksha</i>
<i>VEERYA- Ushna</i>	<i>VIPAKA- Katu</i>
<i>KARMA -Kapha- Vatha Samaka, Vishahara , Sophahara</i>	

9. *DARUHARIDRA*^[10]**Botanical Name** *Berberis aristata* DC**Family** Berberidaceae**English Name** Indian Barberry**Malayalam Name** Maramanjil**Synonyms** *Nisa, Peetha, Haladhi***Drug description:** A large deciduous shrub usually 1.8-3.6 height but attaining 4.5 height at maximum with stem 20 cm diameter. Whitish or pale yellowish brown and

deeply furrowed, rough blaze 5-7.5, bright yellow with coarse reticulate fibre. Leaves obovate, entire, or spinous toothed, base gradually narrowed with prominent reticulate nerves, glossy dark green above, glossy pale green.

Chemical constituents: Stem contains Berberine and Saponin**Part used:** Stem**Properties****Table no 10: Properties of *Daruharidra*.**

<i>RASA -Tikta , Kashaya</i>	<i>GUNA -Laghu, Ruksha</i>
<i>VEERYA- Ushna</i>	<i>VIPAKA- Katu</i>
<i>KARMA -Kapha- Pittahara, Vishahara, Sophahara, Deepana, Graahi, Vrunahara, Kustahara, Kanduhara</i>	

10. *VETRA*^[11]**Botanical Name** *Calamus tenuis* Roxb.**Family** Palmeae**English Name** Bareilly cane**Malayalam Name** Chooral**Synonyms** *Ikshuvaalika***Properties****Table no 11-Properties of *Vetra*.**

<i>RASA- Tikta</i>	<i>GUNA -Laghu</i>
<i>VEERYA- Sheeta</i>	<i>VIPAKA- Katu</i>
<i>KARMA- Pithakapha hara, Graahi, Kruminashana</i>	

PROBABLE MODE OF ACTION

Amruthadi Kashaya is mentioned in *Sahasrayoga* have 10 ingredients which is indicated in all types of *Visha*. Although most of the drugs in *Amruthadi Kashaya* is having *Usna Veerya* with exception of *Nimba, Khadira, Musaka* and *Vasa* with *Sheeta Veerya* and they possess *Thridoshahara* property which pacifies the symptom of *Visha* like *Pidaka*, *Ruja*, effectively. Moreover, many of the drugs of this yoga are having the individual properties like *Vishagna, Twakdosahara, Sroto Shodhana, Kandughna, Kustagna* and *Vedanasthapana*.

All these symptoms are very common in both *Sthavara* and *Jangama Visha*. Hence *Amrutadi Kashaya* is an ideal choice for *Visha* and the ingredients are readily available around us.

DISCUSSION

The toxin and toxicity of poison and its antidotes have been mentioned since Vedic period. *Visha* is a substance that enters the body acts deleteriously and disturbs all body functions and finally results in death. The lethality of *Visha* mainly depends upon its *Guna*. *Visha* mainly possesses 10 qualities (*Teekshnadi Gunas*). When *Visha* enters the body vitiates *Dhatu, Tridoshas* with their seats then finally reaches *Hridaya* and turn fatal. The qualities

of *Visha* are extremely opposite to *Ojas* so it causes sudden death in persons with *Vata Pitta* bodily constitution.

Visha is having the major signs and symptoms like *Ruja, Daha, Kandu, Raga, and Sphota* for both *Jangama* and *Sthavara Visha*. *Amruthadi Kashaya* which contains *Tridosha hara* and *Ushna Veerya* drugs which subsides *Vata Dosha*.

Amruthadi Kashaya have drugs with *Tikta Kashaya Rasa Pradhana* which does the *Pitta Shamana* and *Rakta Shodhana* and gives a better effect in *Daha* a very common symptom in *Visha*.

Most of the drugs in *Amruthadi Kashaya* is, *Tikta Kashaya Rasa Pradhana* and *Usna Veerya*. So does the *Kapha Shamana*.

Amruthadi Kashaya are *Tikta Kashaya Rasa Pradhana* which does the *Pitta Shamana* and *Rakta Shodhana* and gives a better effect in *Raga* in *Pitta Dosha* plays a major role and there will be vitiation of *Rakta dhatu*.

The drugs of *Amrutadi Kashaya* like *Haridra* have *Vishagna* property. As the properties of *Visha* are similar

to properties of *Pitta Dosha*, *Haridra* having *Katu Rasa*, *Laghu Guna*, *Ushna Virya* and *Katu Vipaka* related to aggravation of *Pitta Dosha*, it should aggravate the *Visha* effect. But, due to its *Prabhava Guna (Vichitra Pratyarabdha)*, it acts upon *Visha*.

Amrutha / Guduchi^[13] states that it is effective against diseases by its Anti-inflammatory, Antioxidant, Anti-allergic, Diuretic, Anti-pyretic, Hepatoprotective and Anti-toxic action.

Guduchi is renowned for its *Vishaghna Karma* by *Prabhava* and hence it is included in many *Agada* (anti-toxic formulations) used in poisoned person.

Nimba also possess *Vishagna* property as per *Madanaphala Nigandu*^[12]

Khadira^[14] has antifungal, antimicrobial, anti-inflammatory, antioxidant properties, good disinfectant and digestive properties.

Mustak^[15] is drug having properties like *Katu-Tikta-Kashaya Rasa*, *Sheeta Virya*, *Katu Vipaka* and *Kapha-Pitta-Samaka Doshkarma*.

Hence *Amruthadi Kashaya* can be considered as one of the promising *Yoga* for *Visha Chikitsa*.

CONCLUSION

Ayurveda Samhita describes various types of *Visha* such as *Sthavara Visha* (Inanimate poison), *Jangama Visha* (Animate poison) and *Kritima Visha*. These types of *Visha*, when it enters into the body, it passes through the different *Dhatus* and give rise to different stages of *Vega* in the body and according to these *Vegas*, different types of signs and symptoms appear on the body. *Amrutadi Kashaya* with 10 ingredients have *Vishahara*, *Kustahara* and *Doshashyamaka* properties.

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