

## Pathyadi Kwatha , A Polyherbal Formulation For Diarrhea – A Review

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### Abstract

Indian literature from Ayurvedic texts and other books claim the potency of several plants in the treatment of diarrhea. As the global perspective of Ayurvedic medicines is increasing, interest regarding the scientific basis of their actions is parallelly increasing. Researchers are doing experiments to establish the relation between the claimed action and observed pharmacological activities. Economically, diarrhea is one of the major health challenges to humans as it causes loss of productive life due to premature mortality, disability and increased health-care costs. The authentic subject material has been reviewed from Ayurveda and modern medical literature. Different research and review articles were screened from different journals to establish the antidiarrheal potential of pathyadi kwatha .After reviewing the properties of the pathyadi kwatha ,it can be concluded that it possesses anti diarrheal properties and this look promising in the treatment of diarrhea.

**Keywords:** Polyherbal, *atisara*, pathya, antidiarrheal,

### Introduction

Diarrhea has long been recognized as an important health problem in all age groups and is a major cause of morbidity and mortality in rural communities of socio-economically backward and developing, third-world countries<sup>1</sup>. It may be infectious or non-infectious with increase in frequency of passage of liquid faeces and alteration in stool character (amount and consistency). Infectious causative organism (virus, parasite or bacterium) spreads through contaminated food or drinking-water or from person to person as a result of poor hygiene<sup>2</sup> while different toxins,

chronic diseases or antibiotics are contributed in non infectious diarrhea<sup>3</sup>. Economically, diarrhoea is one of the major health challenges to humans as it causes loss of productive life due to premature mortality, disability and increased health-care costs<sup>4</sup>. **Diarrhea** is described in Ayurvedic classics with the name of “*Atisara*”. *Atisara* term is made up of two terms “*ati*” (excessive) and “*sara*” (passing of liquid matter through anus). It means excessive flow of watery stool through anus<sup>5,6,7</sup>. *Dalhana* on his commentary on *Sushruta samhita* stated that passing of watery stools in increased quantity is a characteristic feature of *atisara*<sup>8</sup>. Along with modern drugs it is important to identify available natural drugs as well as explore documented traditional medicinal knowledge, indigenous herbal preparation. So that it may prove an alternatives to currently used anti-diarrhoeal drugs, which are not always free from adverse effects<sup>9,10</sup>. So *pathayadi kwatha* is taken here for the review which proves that it have antidiarrheal properties<sup>11</sup> and it looks promising in the treatment of diarrhea

#### Method of preparation *pathyadi kwatha*<sup>12</sup>

S.No	Ingredients	Latin name	Family	Part used	Quantity
1	Haritaki	<i>Terminalia chebula</i>	<i>Combretaceae</i>	Bark	1 part
2	Devdara	<i>Cedrus deodara</i>	<i>Pinaceae</i>	St.bk.	1 part
3	Vacha	<i>Acorus calamus</i>	<i>Araceae</i>	Rz.	1 part
4	Motha	<i>Cyperus rotundus</i>	<i>Cyperaceae</i>	Rz.	1 part
5	Shunthi	<i>Zingiber officinale</i>	<i>Zingiberaceae</i>	Rz.	1 part
6	Ateesa	<i>Aconitum heterophyllum</i>	<i>Ranunculaceae</i>	Rt.	1part

Rt.- root, St.bk.- stem bark , Fr. P- fruit pulp, Rz.- rhizome

The coarse powder of all the ingredients are prepared separately and mixed together in the prescribed quantity. It is administered in the form of decoction as prescribed in the Ayurveda classics<sup>13</sup>.

Ingredients of *Pathyadi kwatha* and their pharmacological and therapeutic properties

S.No.	Name of the drug	Rasadi panchak & Ayurvedic properties	Pharmacological properties

1	Haritaki	<p><b>Rasa</b> - Kashaya, Tikta, Madhura, Katu, Amla.</p> <p><b>Guna</b> - Laghu, Ruksha,</p> <p><b>Virya</b> - Ushna, , <b>Vipaka</b> - Madhura,</p> <p><b>Prabhava</b>- Tridoshshamak,</p> <p><b>Roshagnata</b> -Tridoshashamaka specially Vatashamaka,</p> <p><b>Dogagnata</b> - Vatavyadhi, shotha - Vednayuktavikara, netrabhishyanda, Agnimandya, shoola, Anaha, Gulma, vibandha, Udararoga, Arsha, kamala, Yakritpleehavridhhi,krimiroga, Kushtha,</p> <p><b>Karma</b> - Deepan, Pachana, Yakriduttejaka, Hridya Shothahara,Vednasthapana, , kaphaghna, Srotaha - Shodhana, prajasthapan,garbhashayashothahara, Rasayana.<sup>14</sup></p>	<p>Hypolipidemic<sup>15</sup></p> <p>Antibacterial.<sup>16,17,18,19,20,21,22</sup></p> <p>Antidiarrheal<sup>23,24</sup></p>
2	Devdara	<p><b>Rasa</b>- tikta</p> <p><b>Guna</b>- lagu,snigdha,ushna</p> <p><b>Virya</b>- ushna</p> <p><b>Vipaka</b>- katu</p> <p><b>Karma</b> –</p> <p>Aadmanhara,shothahara,tandrahara,hikka, Peenasa,aamdoshara,premaha,atisarahara<sup>25</sup></p>	<p>Antidiarrheal<sup>26</sup></p>
3	Vacha	<p><b>Rasa</b>- tikta,katu</p> <p><b>Guna</b>- ushna</p> <p><b>Virya</b>- ushna</p> <p><b>Karma</b> –</p> <p>Aadmanhara,shulahara,agnijanak,vamankarka Krimihara,unmada,atisarahara<sup>27</sup></p>	<p>Antidiarrheal<sup>28</sup></p> <p>Antimicrobial<sup>29</sup></p>
4	Motha /musta	<p><b>Rasa</b> – katu,tikta,kashaya</p> <p><b>Virya</b>- sheeta</p>	<p>Antidiarrheal<sup>31</sup></p> <p>Antispasmodic<sup>32</sup></p>

		<p><b>Rogaghanta-</b> <i>jwara,aruchi,trisha,kapha pitta nashak krimihar</i></p> <p><b>Karma-</b> <i>agnideepka,pachaka,grahi,swedajanaka</i><sup>30</sup></p>	
5	Shunthi	<p><b>Rasa - Katu</b></p> <p><b>Guna - Laghu, Snigdha (Shunthi), guru, Ruksha, Teekshna Ardraka).</b></p> <p><b>Virya - Ushna, ,Vipak - Katu (Ardraka), Madhur(Shunthi),</b></p> <p><b>Doshagnata -</b> <i>Kaphavatashamak,</i></p> <p><b>Rogagnata</b> – <i>Amavata, Aruchi,Chhardi,agnimandya,Koshthavata, sheetpitta, Kasa, Shwasa, pratishyay.</i></p> <p><b>Karma -</b> <i>Shothahara, vednasthapana, Nadiuttejak, rochana, Dipan, Pachana, vatashamak, Triptighna, vatanulomak, Grahi, Bhedana,kaphahara, Shwasahara, vrishya.</i><sup>33</sup></p>	<p>Hypo-lipidaemic,<sup>34</sup></p> <p>Antidiarrheal<sup>35</sup>,</p> <p>Antibacterial<sup>36</sup></p>
6.	Ateesa	<p><b>Rasa –katu,tikta</b></p> <p><b>Guna- ushna</b></p> <p><b>Virya- ushna</b></p> <p><b>Rogaghanta-</b> <i>atisara,ama,visha,vamana,krimiroga</i></p> <p><b>Karma- agnideepka,pachaka</b><sup>37</sup></p>	<p>Antidiarrheal<sup>38</sup>,</p>

## Discussion

Most ingredients have *katu,tikta,kashaya rasa* ,and *Kashaya* dominant drugs can be incorporated in the subsequent phases which facilitates for Shoshana (absorption) of liquefied or detoxified, a state produced by Tikta Rasa and Katu Rasa<sup>39</sup> *Z. officinale* decoction also affected host cell metabolism as seen by the reduction in colonization to HEp-2 cells of *E. coli* B170, *E. coli* E134 and that of *S. flexneri* in the HEp-2 pre-incubation protocol. Thus the results demonstrate that the *Z. officinale* decoction probably affects both bacterial and host cell metabolism to exhibit its

antidiarrhoeal action<sup>40</sup>. *Musta* has produced its antidiarrhoeal effect through decreasing intestinal secretions and antispasmodic effect by inhibiting the intestinal motility.<sup>41</sup>

### Conclusion

This review has presented a collective knowledge on therapeutic ,Pharmacological activities of Pathyadi kwatha churna as, antibacterial, antimicrobial, antispasmodic antidiarrheal. So this review will also facilitate to gain all about the past scientific research and the necessary information about the enormous pharmacological activities of this formulation which helps the researcher to explore this formulations for the promotion of health.

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