

## THERAPEUTIC EFFECTS OF KALASAKADI KASHAYA: A CRITICAL REVIEW

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### ABSTRACT

*Kalasakadi kashaya* is a traditional decoction formulation mentioned in well-known classic text – *chikitsamanjari*, *vishoochika chikitsa*. It was commonly used by Ayurvedic physicians for different kind of digestive disorders. The decoction contain 3 ingredients - *Murraya koenigi*, *Terminalia chebula*, *Zingiber officinale* in the ratio 6:4:2 *kazhinj* (1 *kazhinj* = 4 gm). Among the ayurvedic medicinal formulae it is rare to watch the *yogas* mentioned with *prahelikas* (similie), *kalasakadi kashaya* is the one among them. The *prahelikas* are used to indicate the quantity of drugs to be used to prepare according to the given formulation which are given in an indirect form in the literature. This *kashaya* is *kapha vatahara* in nature and is also *deepana pachana*

and *soolaprasamana*. The ingredients of this *yoga* have the property of cyto protective, anti-microbial and also having proton pump inhibition properties. That it is specifically used for ulcerative colitis, irritable bowel syndrome, acid peptic disease, amoebic dysentery and diarrhea related to lactose intolerance, food poison. It can also be useful in *krimi*, *sopha*, *bhrama* conditions.

**KEYWORDS:** *Kalasakadi kashaya*, *Praheleka*, *Kaphavata hara*, *Yogam*.

### INTRODUCTION

There are various kind of formulations (*yoga*) are enumerated in *Ayurveda* classics. But the *yukthi* or logic of a physician decides where these formulations at which stage with which adjuvant and in which *aushada kala* it should be administered. *Kalasakadi kashaya* is one

among the *keraleeya* traditional *yoga* commonly used for digestive ailments. The speciality of this traditional *yoga* is that it consist of *prahelikas*. *Prahelikas (upama)* means similies, used to explain the quantity of each drugs. Only few formulations in *Ayurveda* have this speciality of *prahelika* where the beautiful art of *Acharyas* can be seen to explain drug quantity. They have mentioned the quantities in an indirect way. These type of *yoga* also opens a door for young physicians to use their wisdom to solve a puzzle.

*Kalasakadi kashaya* is a small *yoga* which contains only 3 ingredients *kalasaka*, *vijaya* and *mahoushada* in proportion of 6:4:2 *kazhinj* respectively. This *yoga* is mentioned in *visoochika prakarana*.of *chikitsamanjari*. The similie used in this *yoga* is *rasa yuga akshibhagasha* which means *shad rasa*, 4 *yuga*, and 2 *akshi* are the quantity in which the drugs *kalasaka*, *vijaya* and *mahoushada* should be taken. As the nature of drugs this *kashaya* is *deepana pachana* in action. It is generally prescribed in the management of dysentery, diarrhoea, abdominal colic due to indigestion.

## AIM

1. To find out the therapeutic effect of *kalasakadi kashaya*.
2. To find out the therapeutic effect of *kalasakadi kashaya* other than the *phalasaruthi*.
3. To find out the other *yoga* similar to *kalasakadi kashaya*.

## MATERIALS AND METHODS

All the literature regarding the use, method of preparation, indications and pharmacological action of *kalasakadi kashaya* were collected from classical *Ayurveda* texts, research papers, different articles, journals, authentic websites and the three main ingredients evaluated separately.

### KALASAKADI KASHAYA<sup>[1]</sup>

This is a beautiful *yoga* with similes explained and practiced well by the Ayurvedic practitioners.

कालशाकविजयामहौषधैः

साधितं रसयुगाक्षिभगशः ।

वारिवात्यति शूलतृप्भमान्

वेणिनीमपि विषूचिकां क्षणात् ॥ (Chikitsamanjari – vishoochika prakarana)

Table No: 1- Ingredients of *Kalasakadi kashaya*.

Sl no	Drug	Botanical name	Family	Quantity used
1	<i>Kalasaka</i> <sup>[2]</sup>	<i>Murraya koenigi</i>	Rutaceae	6 kazhinj
2	<i>Vijaya</i> <sup>[3]</sup>	<i>Terminalia chebula</i>	Combretaceae	4 kazhinj
3	<i>Mahoushadhi</i> <sup>[4]</sup>	<i>Zingiber officinale</i>	Zingibaraceae	2 kazhinj



Fig. 1 Kalasaka



Fig. 2 Vijaya



Fig. 3 Mahoushadhi

Table No: 2- *Rasapanchaka* of the drugs.

Sl no	Drug	Rasa	Guna	Virya	Vipaka	Karma
1	<i>Kalasaka</i>	Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha-pittahara, Deepana, Krimighna
2	<i>Vijaya</i>	Lavana varjitha pancharasa	Laghu, Ruksha	Ushna	Madhura	Tridosahara, Anulomana, Rasayana
3	<i>Mahoushadhi</i>	Katu	Guru, Ruksha, Teekshna	Ushna	Katu	Vatakaphahara, Deepana, Pachana

Table No: 3- Pharmacological action of the drugs.

Sl no	Drugs	Active principles	Actions
1	<i>Kalasaka</i> <sup>[5]</sup>	Carbazole alkaloids, metabolites like terpenoids, flavonoids, phenolics, carotenoids, nicotinic acid.	Anti-oxidant, cytoprotective, anti-inflammatory, anti-fungal, anti-microbial, nephroprotective, anthelmintic, analgesics, appetizer, antidiarrheal, anti-depressant agents.
2	<i>Vijaya</i> <sup>[6]</sup>	Glycosides like triterpenes, arjunglucoside 1, arjungenin, chebulosides I & II, gallic acid, chebulinic acid, ethyl gallate, terflavin A, tannic acid, glucose and sorbitol.	Anti-oxidant and free radical scavenging activity, anti-carcinogenic activity, antimutagenic, hepatoprotective, cardio protective, cytoprotective, nephroprotective, anti-viral, anti-bacterial, anti-fungal, anti-inflammatory, anti-spasmodic, wound healing, purgative, anti ulcerogenic, hypolipidemic activity
3	<i>Mahoushadhi</i> <sup>[7]</sup>	Sesquiterpene, gingerolzingiberene, zingiberol, bisapolene	Anti-inflammatory, carminative, appetizer, anti-flatulent, analgesic, antitussive, antiemetic

*Murrayya koeningi* has carbazole alkaloids which are cyto protective and anti-microbial effect. *Terminalia chebula* has chebulinic acid which act as anti-secretory agent and proton pump inhibitor thereby reduces total acidity of gastric secretion. *Zingiber officinale* has zingiberol and gingerol which have an influence on digestive enzymes of intestinal mucosa and it promotes intestinal lipase, sucrose and maltase activity. So it act as carminative and anti-flatulent thereby reducing the abdominal pain and indigestion.

## METHOD OF PREPARATION

The ingredients of the *kalasakadi kashaya* are taken according to the mentioned quantity. i.e, *Kalasaka*, *vijaya* and *mahaoushadi* should be taken as the quantity of *Rasa*, *Yuga* and *Akshibhaga*. This *rasayugashibhaga* is the *prahelika* used here. *Rasa* here means *shad rasa* (*Madura*, *Amla*, *Lavana*, *Tikta*, *Katu*, *Kashaya*). *Yuga* means *chaturyuga* (*Sathya yuga*, *Treta yuga*, *Dwapara yuga*, *Kali yuga*). *Akshibhaga* means eyes which is 2 in number. So the *kalasaka*, *vijaya* and *mahaoushadi* are taken in 6:4:2 (*kazhinj*) respectively.

All these drugs should be washed well and dried up in shade. After that, add 16 times clean water in to it. Allow it to boil and cook with low fire in an open vessel. Then reduce the quantity of water to 1/8<sup>th</sup> of the quantity taken initially. After that, remove the vessel from the fire and the *kashaya* is collected in a clean vessel after discarding the solid waste.

**Matra (Dose):** 2 *pala* is the mentioned *matra* of *kashaya kalpana*. For convenience, if the patient uses bottled *kashaya* then it is advised to take 15 ml *kashaya* with 45 ml lukewarm water twice daily before food which is equal to the 2 *pala*. But it is important to give instruction to the patients especially coming with gastro intestinal disorders, that to prepare *kashaya* themselves and keep away from preservatives which may further irritate gastric mucosa.

**Aushada kala (Time of administration):** *Pragbhaktham* (Empty stomach) is the ideal time for administration of *kashaya* specifically with *apana vaigunya janya rogas*. So the patient is advised to take *kashaya* morning and evening before food.

## PHALASRUTHI (INDICATIONS)

*Soola* - Abdominal colic

*Trit* – Thirst

*Bhramam* – Dizziness

*Veginam vishoochika* – Diarrhea and Dysentery

### THERAPEUTIC INDICATIONS OTHER THAN *PHALASRUTHI*

- *Sopha*
- *Krimi*
- *Tamaka swasa*
- *Seetha pitta*
- *Grahani*

### PHARMACOLOGICAL ACTION OF *KALASAKADI KASHAYA*<sup>[8]</sup>

This formulation is mainly acts on *abhyantara roga marga*. The other pharmacological actions are described below.

*RASA: Tikta, Kashaya, Katu*

*GUNA: Grahi*

*VIRYA: Ushna*

*PRABHAVAM: This yoga contain Vijaya which is usually anulomana, but here act as grahi*

*DOSHA KARMA: Kapha vata hara, Vatanulomana*

*OTHER KARMAS: Deepana, Pachana*

*ROGA KARMA: Soolahara, Krimihara, Vishoochika*

### **SAMAANA YOGAS (Similar formulations)**

- *Kaidaryadi kashayam* – This *kashaya* contains same ingredients of *kalasakadi kashaya* in addition with *patola* (*kaidarya, nagara, patola, haritaki*). It is also used in gastrointestinal disorders like diarrhoea dysentery. This *yoga* is mentioned in *chikitsamajari mahodara chikitsa*.<sup>[9]</sup>
- *Amrutotharam kashayam* – This is a popular traditional *keraleeya yoga* similar to *kalasakadi*. There is only a difference that *amrutotharam* contain *guduchi* instead of *kalasaka*. The 3 ingredients are *guduchi, haritaki, nagara* taken in 6:4:2 ratio. This formulation also contain a *prahelika* to explain the quantity of drugs.<sup>[10]</sup>

### DIFFERENT COMBINATIONS IN CLINICAL PRACTICE

There are many combinations available with *Kalasakadi kashaya*. The commonly used effective combinations are described here.

- In certain type of *Sopha, Dasamoola haritaki lehya* 1 teaspoon is prescribed along with *Kalasakadi Kashaya*, morning before food.

- In *Seethapitta* – *Avipathi choornam* mixed with honey followed by *Kalasakadi Kashaya*.
- For *Virechana* purpose replace the proportion of *haritaki* with *kalasaka* or add *abhayadhi choornam/ eranda taila* with *kalasakadi kashaya*. It is widely used in traditional medicine for the purgative effect.
- In *Tamaka swasa* – *Kalasakadi Kashaya* along with *Vaiswanara choornam* twice daily before food.
- *Bhrama* associated to labyrinthitis, *Kalasakadi Kashaya* prescribed along with *Suvarnamuktha rasa*.
- In *Krimi* – *Manibhadragula* is preferred along with *Kalasakadi Kashaya*.
- In Irritable Bowel Syndrome, *Kalasakadi kashaya* along with *dadimashtaka choornam* is prescribed.
- In ulcerative colitis, *Gairika* and honey is added with *Kalasakadi kashaya*.

## DISCUSSION

*Kalasakadi kashaya* is a wonderful formulation with limited number of drugs. The *yoga* contains only three drugs where *kalasaka* or curry leaves forms the major part of the formulation. *Vijaya* and *mahoushadhi* are the remaining drugs. When these drugs are combined in given ratio, this *kashaya* yields wide range of results especially in gastro intestinal disorders. In this era, it is very useful in the management of IBS, peptic ulcer, amoebic dysentery. The *kashaya* is generally *kapha vatahara* in nature and mainly act on *abhyantara rogamarga*. As it contain *kalasaka* and *mahoushadhi* which may increase the digestion act as carminative and appetizer and also act against toxins in intestines. *Vijaya* also act as proton pump inhibitor and provide a protection to intestinal mucosa. Thus it can be inferred that *kalasakadi kashaya* is effective in management of gastric problems.

Beyond the gastro intestinal disorders *kalasakadi kashaya* give relief to *krimi*, *tamakaswasa* and *seethapitta* etc. *Tamaka swasa* which is acute in origin can be easily manageable with this *yoga*. Since *tamaka swasa* is evolved from *amasaya*, characterised by increased *kapha dosa*, *kalasakadi kashaya* due to its *ushna virya* reduces excessive *kapha*. Thereafter *swasa chikitsa* can be done.

This *yoga* is also very useful in mitigates *krimi* because the *kalasaka* has anti helminthic property. It is also used in *seethapitta* along with *avipathy choornam*. Since all the 3 ingredients have the blood purifying action and are antimicrobial and antioxidant in nature. Other therapeutic indication is that it can be used for *virechana* either with *abhayadhi*



*choornam* or if associated with *ama*, it can be used with *nimbamritadi eranda taila*, *sindhuvara eranda taila* can be combined. The speciality of this *yoga* is that it is act as a *grahi* or *anulomana* in different conditions. Even though, this *yoga* contains *vijaya* as an ingredient, the *grahi* action of *kalasakadi kashaya* help in treating IBS, ulcerative colitis. On the other hand, it is used for *virechana* by replacing the quantity of *kalasaka* with *vijaya* or administering along with *eranda taila* or *abhayadi choornam*. In short, this *kashaya* may be has a lot of unpredictable therapeutic effect which is not still discovered.

## CONCLUSION

It is essential to have a keen knowledge to select very simple, effective and apt *yoga* suitable to each patient and disease among the collection of *yoga*. Going through the *yogas* like *kalasakadi* and likewise traditional *yogas* which may not be known by majority, will definitely enlighten the physicians. There are enormous formulations mentioned in *keraleeya* traditional text books. Most of them are not explored yet due to the availability of these special *yogas* limited to the native language. Considering these kind of formulations while in clinical practice, will enhance the scope of *Ayurveda*.

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