



Review Article

EXPLORING THE HEALTH BENEFITS AND THERAPEUTIC USES OF AMRUTHOTHARAM KASHAYAM

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ABSTRACT

Amruthotharam kashayam, or *Nagaradi Kashayam*, is prepared with three herbal remedies; *Haritaki (Terminalia chebula)*, *Shunti (Zingiber officinale)*, and *Guduchi (Tinospora cordifolia)* in 6:4:2 ratio. This formulation has the potential to treat numerous diseases. Comparing to the other drugs, the proportion of *Amritu* is higher than *Nagara* and *Harithaki*, hence the name *Amruthotharam Kashayam*. In various diseases with different *Anupanas* it is highly beneficial. *Amruthotharam kashayam* is an amazing formulation mentioned under *Kashaya Prayoga prakarana*. Through the qualities of *Rasapanchaka* and the synergistic impact of ingredients, *Amruthotharam Kashayam* effectively reduces *Ama* and raises *Agni*. When used logically with the right *Anupanas*, *Amruthotharam Kashayam* produces amazing results for a wide range of illnesses. According to classical literature, its *Anupana* is *Saindhava* (rock salt) and *Guda* (jaggery). However, this *Kashayam* can be made more effective by combining it with other medications during preparation, as in *Anaha* and *Gulma*- with *Hinguvachadi choornam*. Because *Hinguvachadi choornam* is mentioned in both *Agnimandya* and *Amadosha*, it will have an additional effect. Since *Amruthotharam Kashayam* possesses the properties of *Amapachana*, it is strictly prohibited to be consumed with *Ghrita*. *Avarti tailas* are also contraindicated due to their *Guruta* (heaviness). In Ayurvedic treatment, *Amruthotharam kashayam* is frequently used as a stand-alone medication for a variety of ailments.

INTRODUCTION

Amruthotharam Kashayam is a traditional Ayurvedic herbal decoction used to treat digestive disorders, to boost immunity and to detoxify the body. It is also known as *Nagaradi Kashayam* and is widely prescribed in fever, indigestion, and inflammatory issues etc. Although this formulation is not found in *Brihatrayi*, it is notably referenced in the Traditional Keraliya texts such as *Chikitsamanjari*, *Sahasrayogam* and *Sarvaroga Chikitsaratnam*. It is a combination of *Guduchi/Amruta (Tinospora cordifolia)*, *Haritaki (Terminalia chebula)*, and *Nagara (Zingiber officinale)*. The ingredients of this formulation are easily available, easy to prepare and cost-effective. It has been one of the effective formulations during epidemic waves such as *chikungunya* and *COVID-19*.

Amruthotharam Kashayam

Nagamritha harithaki kramat
Nagahastham nayananghri bhaghasaha
Saadhusiddhamudhakam sa sarkaram
Nasayathyakhila doshagam jwaram

Sahasrayogam -Jwara chikitsa

The proportion of the ingredients in this preparation is described very interestingly. *Nagara*, *Amritu* and *Haritaki* are taken as *Anghribhaga* (one fourth part) of *Naga*, *Nagahasta* and *Naganayana* respectively. Here, *naga* represents the eight elephants of *Ashtadigpaalakaas*. *Nagam* should be taken as *Naga Bhaga*, that is 8 parts. *Amritu* should be taken as *Naga Hasta bhaga* which means hands (2+1 including trunk) that means 8x3=24 parts. *Haritaki* should be understood with *Nayanam* which means eyes (8x2=16) and should be taken as 16 parts. All three should be taken as *Anghribhaghasaha*, which means 1/4 parts. Thus, *Nagam*-8x1/4=2 parts, *Amritu*-24x1/4=6 parts, *Harithaki*-16x1/4=4 parts.

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Anupanam-Sarkara, Indication: All types of *Jwara* (fever).^[1]

Amritharukazhanjaakku

Naal Kazhanju Kadukkayum

Chukku Randum Kashayathaal

Virechichoziyumu jwaram (Sarvaroga chikitsaratnam)

Amritu-6 Kazhanju=32.4gm, Kadukka-4 Kazhanju=21.6gm, Chukku-2 Kazhanju=10.8gm Indication- Virechanam in *Jwaram*.^[2]

Amritumaarukazhanjay, Rechaki Naal Kazhanjay Akhilamirukazhanjaay,

Kondu Pakwam Kashayam Gulalavana Sametham Tat Pibetaasutheerum

Paniyodu Malasangham Veekkavum Kamila Cha (Chikitsa Manjari)

Here *Rechaki* is *Haritaki* indicating the purgative effect and *Akhilam* is *Nagara*. *Gudam* (jaggery) and *Lavanam* (*Saindhavam*) are the *Anupana*

Drug	Rasa	Guna	Virya	Vipaka	Doshakarma
<i>Nagara</i>	<i>Katu</i>	<i>Laghu snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatakaphasamaka</i>
<i>Haritaki</i>	<i>Madhura Amla Katu Tikta Kashaya</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshahara</i>
<i>Amritu</i>	<i>Tikta Kashaya</i>	<i>Laghu snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshahara</i>

Synergetic Action of Amritu, Nagara and Haritaki

Through the synergetic action, it balances the bowel movement and improves metabolism. Here *Amritu* removes the *ama* by *Pachana* and thus reduces the body temperature by correcting the *Agni* in *Jwara*. It reduces tissue swelling and edema and relieves inflammation and pain^[4]. *Haritaki* acts as *Anulomana* and *Nagara* acts as *Grahi*. Both *Nagara* (ginger) and *Haritaki* stimulate and support the digestive fire (*Jataragni*), promoting strong digestion and overall digestive health. It relieves the abdominal flatulence and colic arising from indigestion. At the same time, it rectifies metabolic disorders and improves liver function. Whereas *Haritaki*, one of the three herbs of *Triphala* is antiaging, rejuvenating, and acts as a mild laxative. *Ama* is mainly due to *Jataragnimandhya*. *Ama* is the cause for almost all the diseases like *Amavata*, *Grahani Dosh*, *Tamak Swasa* etc.^[5]

Additional Ingredients in Specific Conditions

The formulation can be modified by adding *Rasna* to cure *Arthralgia*, as it alleviates joint pain and inflammation. *Punarnava* is effective in reducing swelling in *Sandhisopha* (joint swelling). Because of its diuretic effect and anti-inflammatory properties, it aids in the body's elimination of excess uric acid.^[6] *Kiratathiktham* aids in managing intermittent fevers seen in conditions like SLE and RA^[7] *Haridra* helps to reduce inflammation in conditions with elevated IGE levels.^[8]

mentioned. Indications: *Jwaram*, *Malabhandham*, *Sopham* and *Kamala*.^[3]

Therapeutic Actions

Doshakarmam- *Kaphavatasamanam*, *Tridoshaharam*, *Vatanulomanam* *Dhatukarmam*- *Rakta prasaadhanam* *Agnikarmam*-*Deepanam*, *Paachanam* *Malakarmam*-*Virechanam*

Srothokarmam- *Srothovisodhanam*, *Lekhanam*

DISCUSSION

Amruthotharam kashayam is an internally applicable formulation mentioned under *Kashaya Prayoga prakarana* of *Sahasrayogam*. In combination with other drugs, it can be used in manifold conditions as per the *Yukti* of the physician. According to the principles of Ayurveda, the basis for the use of a drug is by analyzing its *Rasapanchaka*, namely *Rasa*, *Guna*, *Vipaka*, *Virya* and *Prabhava*. Hence, assessment of *Rasapanchaka* is necessary for thorough knowledge of the drugs and its formulations.

Role of Anupana: Generally, *Guda* is the *Anupana*. *Guda* eliminates the feces and urine by not excessively vitiating the *Kapha*. Thus, it presumably amplifies the impact of *Kashayam*^[9] *Lavana* is *Vrushya*, *Hrudya*, and calms the *Tridoshas*. It has a mild *Madhura* *rasa*. It is *Deepana*, does not create *Vidaha* during digestion and is not very *Ushna* and good for the eyes. So, *Lavana* will add on the effects of *Kashayam*.^[10]

Other Anupanas in Practice

In *Jwaram*- with *Vettumaran gulika*, *Chukkum thippalyadi gulika*

In *Anaha* and *Gulma*- with *Hinguvachadi choornam*.

In *Prameha* -with *Nisamalaki churnam*

In *Yakruth- pleeha Rogam*-with *Navayasam Gulika*^[11]

If increased bowel movements are required in the above conditions, *Erandatailam* (castor oil) can be added, as it has natural laxative properties that helps to promote regular bowel movements and alleviate constipation^[12]. In *Kriyakoumudi* it has been described in *Akhuvisha Prakaranam*. This *Kashayam* is beneficial in conditions like *Pratisyaya* and *Twakroga*.^[13]

It is strictly prohibited to consume *Ghrita* because *Amruthotharam Kashayam* possess the *Amapachana* property.

External Application

The combination of *Amruthotharam Kashayam* taken internally with *Suryaprabha Gulika*, along with the external application of *Rasnadi Churnam*, exhibits

Kapha-hara properties. This combination provides several health benefits, particularly in addressing and managing *Kapha* imbalances.^[14]

In Ayurvedic practice, *Amrutotaram kashayam* is typically used as an independent medication for a variety of ailments. However, combining additional medicines with this *Kashayam*, during preparation or giving *Anupana* can enhance its effectiveness and make it more feasible for patients to take the medication easily instead of giving a set of medications.

CONCLUSION

Amruthotharam kashayam is a wonder formulation with easily available ingredients, cost-effective, and easy to prepare. It is an effective formulation in many types of *Jwara* like chikungunya, COVID-19, rheumatoid arthritis and skin diseases. *Amruthotharam kashayam* through *Rasapanchaka* properties and its synergetic effect of the ingredients proves to be effective in reducing *Ama* and thereby corrects the *Agni*. Logical usage of *Amruthotharam kashayam* with proper *Anupanas* gives immense results in a wide spectrum of diseases.

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