



PHALATRIKADI KWATHA- A MARVELOUS COMPOSITION FOR DIABETIES MELLITUS TYPE 2

Brijesh Kumar^{1*}, Richa Anand and Anil Kumar Singh³

¹Ph.D. Scholar, Department of Dravyaguna, I.M.S, B.H.U, Varanasi.

²Ph.D. Scholar, Department of Bioinformatics, Indian Institute of Information Technology,
Allahabad.

³Professor, Department of Dravyaguna, I.M.S, B.H.U, Varanasi.

Article Received on 22/11/2016

Article Revised on 12/12/2016

Article Accepted on 01/01/2017

*Corresponding Author

Brijesh Kumar

Ph.D. Scholar, Department
of Dravyaguna, I.M.S,
B.H.U, Varanasi.

ABSTRACT

India has a huge health care burden of diabetes person which is likely to reach epidemic proportion due to urbanization and life style changes occurring in country. Life style modification is a corner stone of management for diabetes and prediabetes. Diabetes incur a very

serious economics burden for the health care sector at societies and at personal. All the oral hypoglycemic drug used, having same adverse effect. Herbal drug that are easily available in pure form are chief in cast with least side effect, are good option for the patient of Diabetes mellitus. Who also promoted herbal drug in health care system of developing country. Phalatrikadi Kwatha which contain seven drug mentioned by Acharya Charak under Prameha Chikitsa is very prestigious formulation which is successfully used form the ancient period.

KEYWORDS: Prameha Chikitsa, Diabetes mellitus, Diabetes incur.

INTRODUCTION

Ayurveda is made up by two word 'Ayu' and 'Veda' which means knowledge of life. The Aim of Ayurveda is "Swasthasya Swasthya Rakshnam Vyadi Parimokshnam cha" i.e. to maintain the normal health of a healthy person and to cure the disease of an ill person. Meaning of Prameha is Prabhut Avil Mutrata i.e. to secrete excessive turbid urine. Prameha is mainly disorder of urinary system. Acharya charak mentioned twenty type of prameha and he

mentioned that all the prameha if not treated properly they all converted into Madhumeha and he also mentioned that disease Madhumeha is an incurable disease.

Diet management, Life style modification, excercise and medication these are the first line treatment beneficial in prediabetic patient along with diabetes patient. If the disease is not controlled properly by this measure then we start the Aushadhi.

Medicinal plants formed the basis of traditional medicine system and natural product leads to discovery of new drugs.

Now day WHO encouraging promoting and facilitating the use of herbal drug in developing country health programe. Medicinal plant are to local heritage with global importance that play a vital role in world health care system. Herbal drug are early available with pure form also with least toxic effect. Charak Samhita which is mainly based upon medicine extreme, Mentioned a combination of drug i.e. Phalatrikadi Kwatha under chapter of Prameha Chikitsa in Chikitsa Sttana. Phalatrikadi Kwatha Cantain the drug are Triphala i.e. Amalaki, Haritaki, Vibhitaki, Daruhaldi, Indrayan, Musta and Haridra.

Haritaki : Botanical Name- *Terminalia chebula Retz*

Family – Combretaceae

Hindi Name – Harad, Harade, Harre

English Name – Chabulic myrobalan

A medium to large size deciduous tree up to 30 met. tall with trunk upto one met. diameter. Leaves are alternate to subopposit with an acute tip cordate at base.

Fruit are hard stony drupe like 2-4. cm×1-5-2.0 cm greenish yellow with five-six longitudinal ridges. In some the basal portion is narrower and some white elongated on tapering. Fruit are smooth ellipsoid to ovoid in shape. Haritaki is found through out south east Asia India in sub Himalayan track. Chabulic acid, Gallic acid, Triterpene, Tannin are main chemical constituent that present in Haritki.

Vibhitaki: Botanical Name- *Terminalia bellirica Roxb*

Family – Combretaceae

Hindi Name – Bahera

English Name – Belleric myrobalan

A large deciduous Perineal tree 10 to 20 meter height with thick and dark green bark. Tree tall and straight growing with 20-30 meter. Bark bluish grey covered with numerous fine longitudinal cracks. Wood is yellowish grey hard. Leaves are crowded toward the end of branches, leaf tip is narrow pointed, flower are greenish yellow. Fruit covered with minute pale pubescence. Oil obtained from its seed.

Fruit is a dry droop spherical or ovoid to irregularly round 1.2-2 cm in diameter, dirty whitish brown externally velvety surface and somewhat irregularly wrinkled showing 5 longitudinal ridges. Upper end of the fruit is depressed while lower end is projecting and shows round scar of pedicel up to 5 mm in diameter. It is available all over India.

Amalaki: Botanical Name – *Emblica officinalis* Gaertn

Family – Euphorbiaceae

Hindi Name – Amla, Aonla

English Name – Embelic myrobalan

A medium sized deciduous tree which usually has a crooked trunk and bark light grey or greenish peeling off in small irregular patches.

Fruit is a compact, heavy, fleshy drupe, almost globular in shape 3-4 cm in diameter, smooth shining shows 5-8 longitudinally running furrows and minute light colored specks, a depression at the base and the top indicating the scar of pedicel and style respectively.

Dried pieces are tough and cartilaginous and almost unbreakable by hand : each piece about 1-2 cm in length and 1 cm in breadth.

Fruit are yellowish green in colour, dried ones are greyish white, dark brownish or black in colour.

Fruit are rich source of vit C, Gallic acid, Tannin, Albumin, Cellulose and Mineral also. Chebulic acid is main constituent of fruit.

Daruharidra: Botanical Name- *Berberis aristata* DC

Family – Berberidaceae

Hindi Name- Daruhald, Rasaut

English name – Indian Berberry

An erect spinous deciduous shrub 1.8-3.6 meter in height found in himalayan region at an altituded of 1000 to 3000 meter height area. It is a woody plant with bark that appear yellow to brown from outside and deep yellow inside. The dried root under ordinary light is brown in whole form, faint yellow in fractured form and greyish brown in powder form.

Plant contain Berberine, oxycanthine etc. It is an medicinal plant commonaly use in Ayurvedic system of medicine as in diarrhoeas, oral hypoglycemic drug, cholagogue propartieas. Stem pieces are nearly cylindrical, variable in length about 15-20 mm in width often branched, nodes swollen, surface rough, finely wrinkled longitudenally or deep furrowed.

Bark thin, yellowish brown and gets peeled off at places exposing the inner dark yellow wood. Fracture short in the bark and splintery in wood.

Indrayan: Botanical Name – *Citrullus colocynthis* Linn

Family – Cucurbitaceae

Hindi Name – Indrayan

English Name – Colocynth

A scabrid annual or perrineal herbaceous with prostrate or climbing angular stem and bifid tendril found in the worm arid and sandy parts through out India up to 1500 mtr. in the hills. Fruit are globular slightly depressed variegated yellow green and white glabrous while ripe.

The dried, irregular, broken shrivelled cut pieces of the fruit are very light, varying in size and shape, externally rough, often exshibiting adherent few patches of epicarp and network of knife marking on surface, internally showing few brown glossy seed about 6-8 mm long and 4-5 mm wide.

Fruit contain bitter substance Colocynthin, Colocynthetin.

It is used to treat Madhumeha since it may be able to induce insulin secretion from pancreas.

Musta: Botanical Name – *Cyperus rotundus* Linn

Family – Cyperaceae

Hindi Name – Motha, Nagarmotha

English Name – Java grass, Nut grass

A perennial herb that may reach a height up to 55 inches look like grass and have tuberous root underground which are blackish in colour with distinct smell due to presence of essential oil. Rhizome many, tuber are white succulent when young and black hard when mature.

Motha root contain several active chemical constituent like essential oil, Alpha cyprene, Alpha rotunal and other element like Calcium, Magnesium etc. It have anti-oxidant, anti-hyperglycemic diuretic etc proparties.

The plant is distributed throughout the plains of India up to 1800 met elevation. It grows in moist area, rice fields and along water courses.

Haridra: Botanical Name – *Curcuma longa* Linn

Family – Zingiberaceae

Hindi Name – Haldi, Hardi

English Name – Turmeric

A perennial rhizomatous herb 60-150 cm height with bright yellow aromatic tubers, widely cultivated throughout the warmer parts of the world and almost all states of India.

Haridra is mainly compose of primary and secondary rhizomes. Primary rhizome are vertically growing condensed swollen short pieces known as bulb or round turmeric ovate-oblong : Conical to pear shaped 3-7 cm long 2-3 wide, longitudenally wrinkled and marked with row of circular, 3-5 large depression scar left by removal of the lateral branches and closely arranged leaf scar encircling the whole surface.

Secondary lateral branches arrising from the primary rhizome known as finger or long turmeric, cylindrical curved, tapering bluntly at both end.

Both the rhizome are hard heavy with short fracture, yellowish orange in colour, internally uniformaly dull yellowish, tough horny and waxy in appearance.

DISSCUSION**Proparties of the Drug**

Drug	Rasa	Guna	Virya	Vipaka
Haritaki	Pancha Rasa (Kashaya Pradhan, Except Lavana)	Laghu, Ruksha	Ushna	Madhur
Vibhitaki	Kashaya	Laghu, Ruksha	Ushna	Madhur
Amalaki	Pancha Rasa (Amla Pradhan Except Lavana)	Guru, Ruksha, Shita	Shita	Madhur
Daruharidra	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu
Indrayan	Tikta	Laghu, Ruksha Tishna	Ushna	Katu
Musta	Tikta, Katu, Kashaya	Laghu, Ruksha	Shita	Katu
Haridra	Tikta Katu	Laghu, Ruksha	Ushna	Katu

Acharya Charak mentioned in Nidana sthana i.e. Prameha is "Bahudrava sleshma dosha vishesha". this indicate that Prameha is predominant of Kapha Pradhan dosha. When we seen the properties of drug of this unique formulation i.e. Phalatrikadi Kwatha which mentioned under prameha chikitsa, All the drug having Laghu and Ruksha proparties. Laghu and Ruksha guna both are Kaphaghna in Nature.

So these drug may helpful in pacification of Prameha vyadhi. Again we seen that most of drug having Ushna Virya and Tikta Katu and Kashya Rasa, which are helpful in pacification of Kapha dosha and also helpful in pacification disease prameha.

CONCLUSION

Inclusion of Disease Prameha under Astamahagada by Acharya Charak signified the importance of this disease. There are many more drug describe in relation to treatment of Prameha but still new researches going on. Phalatrikadi kwatha is a good combination of seven herbal drug which might be helpful with good efficacy and safety in treatment of diabetes patient.

REFERENCES

1. Caraka Samhita, of Agnivesa, elaborated by Caraka and Dridhabala, Edited with 'Caraka-Candrika' Hindi commentary along with special deliberation by Dr. Brahmanand Tripathi, Chaukambha Surbharati Prakashan, Varanasi, 3rd Edition., 1994.
2. Charaka Chikitsa sthanam; By Agnivesha; Translated into English by Dr. Ram Karan & Vaidya Bhagwan Das; Chaukamba Sanskrit Series, Varanasi & Krishnadas Academy., 2001.

3. Sushruta Samhita, Edited with Ayurveda Tattva-Sandipika by Kaviraja Ambika Dutta Shastri;Chaukambha Sanskrit Sansthan, Varanasi, 5th edition, 1982.
4. Astanga Hridaya, of Vagbhatta, Edited with the Vidyotini Hindi commentary, by Kaviraja Atrideva Gupta, Chaukambha Sanskrit Sansthan, Varanasi, 13th Edition, 2000.
5. Madhavanidana, with the Madhukosha Sanskrit commentary by Srivijayaraksita and Srikanthadatta with Vidyotini Hindi commentary by Sri. Sudarshana Shastri, Chaukambha Sanskrit Bhawan, Varanasi, 22nd Edition, 1998.
6. Yogaratnakaram- Pramehaprakaranam, By Dr. Indeqdev Thripathi & Dr. Dayashanker Thripathi, Krishnadas Ayurveda Series 54, Chaukamba Krishnadas Academy, Varanasi – 1998; Chapter - Prameha Nidana.,
7. Glossary of Indian Medicinal Plants by R.N. Chopra, S.L. Nayar, I.C. Chopra, Council of Scientific and Industrial Research, New Delhi, 1956.
8. Flora of the Upper Gangetic Plain and the adjacent Siwalik and sub-Himalayan Tracts vol. – I, p.268,by JF Duthie, B.A., F.L.S. Reprinted under the authority of the Government of India. Botanical survey of India Reprinted edition 1960.
9. Anonymous.Glossary of Indian Medicinal Plants, CSIR New Delhi, 1956.
10. Anonymous.Indian Herbal Pharmacopoeia; Revised new edition, Indian Drug Manufacturers association, Mumbai., 2002; 129.
11. Bhavmishra.Bhavaprakash Nighantu edited by Chunekar KC and Pandey CS. 6th edition, Chaukhambha Bharat Academy, Varanasi., 1982.
12. Database on Medicinal Plants Used in Ayurveda,Vol-2, by PC Sharma,MB Yelne and TJ Dennis,Central Council For Reseach In Ayurveda & Siddha, Reprint., 2005,Janakpuri, NewDelhi
13. Dravya GuÆa Vigyana by P.V Sharma Vol. II, Chaukhambha Bharati Academy, Varanasi, Reprint 2003.
14. Dravya GuÆa Vigyana by P.V Sharma., Vol. I, Chaukhambha Bharati Academy, Varanasi Revised Golden Jublee Edn 2006.
15. Flora of British India by Sir J.D. Hooker, Bishen Singh Mahendra Pal Singh, New Connaught Place, Dehra Dun., 1973; 2.
16. Namarupagynam by P.V Sharma; Satyapriya Prakashan, Varanasi, 1st Edition, 2000.