

AMRITARISHTA: A MEDICO REVIEW

¹*Dr. Abhishek Girish Taksale and ²Dr. Geeta D. Parulkar

¹M.D. 2nd Year (Sch) (Kayachikitsa) R.A. Podar Medical College, Professor (Chikitsa) Worli,
Mumbai-18 Worli, Mumbai-18.

²M.D.(Chikitsa), PhD.(Chikitsa), Mumbai Professor (Chikitsa) R.A. Podar Medical College,
Worli, Mumbai-18.

Article Received on
03 Dec. 2016,

Revised on 13 Jan. 2017,
Accepted on 23 Jan. 2017

DOI: 10.20959/wjpr20172-7754

*Corresponding Author

**Dr. Abhishek Girish
Taksale**

M.D. 2nd Year (Sch)
(Kayachikitsa) R.A. Podar
Medical College, Worli,
Mumbai-18 Worli, Mumbai-
18.

Amritarishta is a Polyherbal Ayurvedic liquid formulation specifically used for eradication of all types of Jwara (Fever). It contains 5-8% of self-generated natural alcohol and also water, with the help of which Amritarishta absorption takes place in body.

It's main content is Amrita (Guduchi), which is natural immunity booster and having Antipyretic action mainly.

Ingredients – The contents of Amritarishta are as follows

Amrita - Tinospora cordifolia Dashamoolas – Bilva - Aegle marmelos
Agnimantha - Premna mucronata Shyonaka - Oroxylum indicum
Gambhari - Gmelina arborea Patala - Stereospermum suaveolens
Shaliparni -Desmodium gangeticum Prishniparni - Uraria picta
Brihati - Solanum indicum Kantakari - Solanum xanthocarpum

Gokshura – Tribulus terrestris.

Prakshepa Dravyas

Ajaji - Cuminum cyminum Parpat - Fumaria vaillantii Saptaparna - Alstonia scholaris
Trikatu- a}Shunthi - Zingiber officinale b}Pippali - Piper longum c}Maricha - Piper nigrum
Mustaka - Cyperus rotundus Nagakeshara - Musua ferrea Katuka - Picrorhiza kurroa
Ativisha - Aconitum heterophyllum Indrayava - Holarrhena antidysenterica

Other ingredients

Water

Guda (Jaggery)

Characteristics of ingredients of Amritarishta

Dravya	Rasa	Vipaka	Virya	Doshagnata	Rogagnata
Amrita (Guduchi)	Tikta, Kashaya	Madhura	Ushna	Tridosahara	Jwara, Pandu, Kamala Kushtha, Chhardi, Prameha
Bilva	Kashaya, Tikta	Katu	Ushna	Vata-Kaphahara	Atisara, Grahani, Prameha, Shotha
Agnimanth	Tikta, Katu, Kashaya, Madhura	Katu	Ushna	Kapha-Vatahara	Shotha, Pandu, Udara, Medoroga
Shyonaka	Madhura, Tikta, Kashaya	Katu	Ushna	Kapha-Vatahara	Amavata, Atisara, Vatavyadhi, Shoola
Gambhari	Tikta, Kashaya, Madhura	Katu	Ushna	Vata-Pittahara	Jwara, Shotha, Daha
Shaliparni	Madhura, Tikta	Madhura	Ushna	Tridosahara	Shotha, Kasa, Shwasa, Jwara, Atisara
Prishniparni	Madhura, Tikta	Madhura	Ushna	Tridosahara	Shotha, Jwara, Chhardi, Daha
Brihati	Katu, Tikta	Katu	Ushna	Kapha-Vatahara	Shwasa, Shoola, Chhardi, Kushtha
Kantakari	Katu, Tikta	Katu	Ushna	Kapha-Vatahara	Kasa, Shwasa, Shotha, Hikka
Gokshura	Madhura	Madhura	Shita	Vata-Pittahara	Mutrakrucchra, Ashmari, Prameha, Hrudroga

Primary Uses in

All types of Jwara (Fever)

Vishama Jwara (Enteric Fever, Malarial Fever, Dengue Fever etc.)

Yakrut & Pliha vikaras (Liver & Spleen Disorders)

Ajeerna (Indigestion)

Amavata (Rheumatoid arthritis)

Other Uses as

General tonic Immunomodulator Antioxidant

Mild Analgesic

Rejuvenator Detoxifier Digestive Stimulant

Dosage – 15 to 30 ml

[with equal quantity of water twice a day for 2 to 3 weeks].

Previous Research Work**1. Amrita****A. Pharmacological studies**

- It is found to be an effective Anti-rheumatic and Diuretic (Sisodia & Laxminarayan, 1966)
- Hepatoprotective activity also reported (Rege et al: 1984a)
- Anti-oxidant activity of root extract is reported in alloxan Diabetic rats. (Prince P.S.M. et al ; 1999)
- It's aqueous extract has a high phagocytic index (Annual Reports-ICMR, 1968-69;1992 & Anon; 1976)
- The Potentiality of T.Cordifolia in cancer management is identified (Thatte et al; 1996).

B. Clinical Studies

- The use of T.Cordifolia as an adjunct to Anti-tubercular chemotherapy is justified (Rege D.A. et al; 2000)
 - Water extract of T.Cordifolia was clinically evaluated in the patients of Amavata & Sandhigatavata (Rege D.A. et al; 2001)
 - In various clinical trials it was also found to be effective in Twakrogas i.e. Skin disorders, Pandu i.e. Anaemia and as a Medhya-rasayana effect i.e brain tonic.
2. **Bilva:** It is proved that Bilvamoola has CVS activity, Antidiabetic property as well as Antihelmintic activity.
 3. **Agnimantha:** A compound isolated from root bark of Agnimantha was active against gram – positive organisms.
 4. **Shyonaka:** It was found that the oral administration of O.Indicum (Concentrated aqueous extract powder) led to symptomatic improvement as well as absence of Ent. histolytica cyst in the stool of Intestinal amoebiasis patients.
 5. **Gambhari:** Premnazola (one of the major chemical constituent of Gambhari) has probable effect on ACTH regulation.
 6. **Patala:** Plant extract (Lopachal) showed highly significant activity against walker- 256 carcinosarcoma & Ethnololic extract showed Hypoglycemic action in rats.
 7. **Shaliparni:** The aqueous extract of the root exhibited anti-inflammatory, antibacterial and anti-fungal activities.
 8. **Prushniparni:** Flavonoids isolated from U. lagopodiodes (one of the species of uraria genus) exhibited activity against snake venom.
 9. **Brihati:** Both chloroform soluble and insoluble fraction of ethanolic extract showed cytotoxic activity.

10. Kantakari: The efficacy of Kantatari on non-specific cough and other respiratory disorders is reported.

11. Gokshura: It is proved that Gokshura has Nephro and Hepatoprotective activity, Diuretic activity as well as Anti-cancer activity.

Side effects

Amritarishta usually does not develop any side effects when used in the recommended dosage.

REFERENCES

1. Bhaishajya Ratnawali – Jwaradhikara (Adhyay 5/1239-1242).
2. Dravyaguna Vijnana (Vol II) by Dr. J.L.N. Shastry.