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AN INSIDE REVIEW OF *PATHADI KWATH CHURNA*- A POTENT POLYHERBAL FORMULATION FOR DIARRHEA

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ABSTRACT

Atisara (diarrhea) is quite a common problem of the present era, due to irregular and unhealthy habits relating to *ahara* and *vihara*, which leads to *sarira* and *manavaigunyata* (physical as well as psychological involvement). The incidence of Atisara (diarrhea) is increasing day by day due to the influence of western food habits, inappropriate diet regimen and mental stress. In developing countries, diarrhea becomes a major health problem leading to morbidity and mortality. Researchers are doing experiments to establish the relation between the claimed action and observed pharmacological activities. After screening a lot of treatment modalities mentioned in the text for the diarrhea the *Pathadi kwatha churna* is taken for review to establish its antidiarrheal properties as a polyherbal combination because of the easy availability, low cost, less ingredients and negligible side effects.

KEYWORDS: *Patha*, *atisar*, antidiarrheal, polyherbal, *kwatha*, *Churna.*

INTRODUCTION

Atisara is disease of intestinal disturbances; involves water & electrolyte imbalances, malnutrition and undernutrition. Atisara is not only affects health of children but also considered responsible for infant mortality especially in tropical and sub-tropical countries. The traditional text of Ayurveda described various treatment options for the management of Atisara including medicine and it is believed that drugs possess Madhura, Mridu, Laghu, Surabhi sampurna, Sheetal & Sanshamaka properties may offer relief in Atisara. Ayurveda

described that Deepan and Pachan drugs may break the Samprapti of Atishara.[1-5] Nowadays, use of medicines from plant source increases significantly with conventional therapies. Hence, the plants are gaining more attention by the researchers to find out new and effective agents for different diseases. Several medicinal plants in the different regions of the world have been used to cure diarrhea.[6-8] It is, therefore, documentation of such knowledge as well as reported the scientific basis of their pharmacological potential is necessary since they are usually consider as free from adverse effects. A range of medicinal plants were reported for their effectiveness in diarrhea.[9-13] India has a rich plant resources providing valuable medicine, which are conveniently used in Ayurveda, Unani, and other system of medicines for the treatment of various diseases.[14] Keeping this in view, the present article was initiated, with an aim to compile the scientific basis of *Pathadi kwatha churna* [15] mentioned in the text to used to cure diarrhea.

Method of preparation of *pathadi kwatha churna,*[16]

Following ingredients are used for the preparation of *pathadi kwatha churna.*[17]

S.no.	Ingridients	Latin name	Family	Part used	Quantity
1	Patha	Cissampelos pareira	Menispermaceae	Roots	1 part
2	Indrayava	Holarrhena antidysentrica	Apocynaceae	Seeds	1 part
3	Harataki	Terminalia chebula	Combretaceae	Pulp	1 part
4	Shunthi	Zingiber officinale	Zingiberaceae	Rhizome	1 part

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.[18]

Ingredients and their pharmacological and therapeutic properties.

S. No.	Name of the Drug	Rasadi panchak & Ayurvedic properties	Pharmacological properties
1	Patha	*Rasa –katu,* *Guna- laghu ,teekshna* *Virya- ushna* *Rogaghanta& Doshaghanta-vatakaphanashak shoola,jawara,vaman,kustha,atisara,hrudroga daha,kandu,visha,shwasa,krimi,gulma,visha vrananashaka,*[19]	Antidiarrheal,[20] Antimicrobial,[21]
2	Indrayava	*Rasa –katu,kashaya* *Guna- ruksha* *Virya- sheeta* *Rogaghanta- arsha,atisar,kushta,jwara* *Karma- agnideepka,pachaka,*[22]	Antibacterial,[23,24] Antidiarrheal,[25]

3	Harataki	*Rasa - Kashaya, Tikta, Madhura, Katu, Amla. Guna - Laghu, Ruksha, Virya - Ushna, Vipaka - Madhura, Prabhava- Tridoshshamak, Rogaghnata -Tridoshashamaka* specially *Vatashamaka, Dogaghnata - Vatavyadhi, shotha - Vednayuktavikara, netrabhishyanda, Agnimandya, shoola, Anaha, Gulma, vibandha, Udararoga, Arsha, kamala, Yakritpleehavriddhi,krimiroga, Kushtha, Karma - Deepan, Pachana, Yakriduttejaka, Hridya Shothahara,Vednasthapana, , kaphaghna, Srotaha - Shodhana, prajasthapan, garbhashayashothahara, Rasayana.*[26]	Hypolipidemic,[27] Antibacterial.[28-34] Antidiarrheal.[35-36]
4	Shunthi	*Rasa - Katu Guna - Laghu, Snigdha (Shunthi), guru, Ruksha, Teekshna Ardraka). Virya - Ushna, ,Vipak - Katu (Ardraka), Madhur(Shunthi), Doshaghnata - Kaphavatashamak, Rogaghnata – Amavata, Aruchi,Chhardi,agnimandya,Koshthavata, sheetpitta, Kasa, Shwasa, pratishyay. Karma - Shothahara, vednasthapana, Nadiuttejak, rochana, Dipan, Pachana, vatashamak, Triptighna, vatanulomak, Grahi, Bhedana,kaphahara, Shwasahara, vrishya.*[37]	Antidiarrheal,[38] Antibacterial,[39,40]

DISSCUSION

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,[41] *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,[42] Haritaki increases digestion, regulates colon function and stimulates the absorption of nutrients.[43] Growth inhibitory activity of active component from *Terminalia chebula* fruits against intestinal bacteria.[44] Hence, *Pathadi kwatha churna* improve appetite, relieve defecation frequency, relief abdomen pain, tenderness and reduce production of Ama.

CONCLUSION

This review has presented a collective knowledge on therapeutic, pharmacological property as anti diarrheal, antibacterial, antimicrobial, bioavailabilty. So this review will also facilitate to gain all about the past scientific research and the necessary information about the enormous pharmacological activities of *Pathadi kwatha churna* polyherbal formulation which helps the researcher to explore this formulation for experimental, clinical studies and also for the promotion of health as it is cost effective formulation because of the few ingredients.

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