

VARANADI KASHYAM: AN HERBAL PRODUCT FOR PROSTATE TREATMENT

Pradip Debnath*

Maharaja Bir Bikram College, Agartala, Tripura-799004, India.

Article Received on 30 July 2026,
Article Revised on 20 August 2026,
Article Published on 01 Sept. 2026,

<https://doi.org/10.5281/zenodo.22159208>

*Corresponding Author

Pradip Debnath

Maharaja Bir Bikram College,
Agartala, Tripura-799004, India.



How to cite this Article: Pradip Debnath*. (2026). Varanadi Kashyam: An Herbal Product For Prostate Treatment. World Journal of Pharmaceutical Research, 15(17), 393-402.

This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Varanadi Kashyam is an ayurvedic proprietary medication that commonly used for the treatment of urinary problems, including Benign Prostatic Hyperplasia (BPH) and reduces inflammation-induced urinary retention. Traditionally, it is used for the treatment of fatty liver disease, abdominal lumps, and rheumatoid arthritis. Ayurvedic practitioners prescribe Varanadi Kashyam for the treatment and management of Kapha diseases that include obesity, dull aching headaches, fatty liver problems, abdominal lumps, rheumatoid arthritis, internal abscesses, and frozen shoulder etc. This potent formulation has the power to adjust metabolism and digestion, and therefore, it aids in mitigating obesity, belly fat, and fatty liver. This article describes the composition of varanadi and its potential health benefits.

KEYWORDS: Varanadi Kashyam, Kapha diseases, Urinary diseases, Benign Prostatic Hyperplasia (BPH), Liver disease.

1. INTRODUCTION

Phytochemicals are natural bioactive chemical compounds found in plants exhibiting diverse biological activities and acted as their primary defense mechanisms. In medicinal plants, secondary metabolites—such as alkaloids, flavonoids, and terpenoids, provide crucial therapeutic properties, including powerful antioxidant, antimicrobial, antiviral, and anti-inflammatory effects to prevent and treat human diseases.^[1-3] From the ancient times, phytochemicals of plants played an important role in the development of potent therapeutic agents. In folk medicine, these medicinal plants have been widely used for the treatment of

various human diseases. Research has shown that natural products derived from medicinal plants represent a vast and underutilized reservoir of biologically active molecules with potent antiviral and antibacterial properties.^[4] This is because of natural product-based healthcare is often associated with lesser side effects compared to synthetic chemical drugs. According to a survey conducted by the World Health Organization (WHO), approximately 80% of people worldwide rely on traditional medicines mainly plant based herbal products to sustain primary health care for remedies to various diseases.^[5] Notably, recent studies have revealed that over 25% of all approved drugs are derived from natural sources. Many bioproducts have been identified for the treatment of infections caused by pathogens such as Dengue virus, influenza, HIV, herpes, hepatitis, and, more recently, SARS-CoV-2.^[6,7]

In Indian medicinal treatment system, the two main traditional system of medicine are Ayurveda, and Unani and Siddha. Ayurveda is considered as one of the oldest healing system of India, based on lifestyle diet and herbs.^[8,9] In Ayurvedic medicine, the general health and well-being of an individual is governed by a balance of the five major elements of nature, space, air, fire, water and earth.^[9] Any imbalance in these elements present in the body leads to different types of diseases. There are numerous of Ayurvedic preparations from plants which are widely used to treat various ailments. According to Ayurveda, all body processes are regulated by equilibrium among the three doshas (Vata, Pitta and Kapha).

Varanadi Kashyam is an ayurvedic proprietary medication that commonly used for the treatment and management of Kapha diseases.^[10,11] The main ingredient of Varanadi Kashyam is *C. nurvalais*, which is also known as varana. *C. nurvala* is considered valuable in treating Vata (blood flow, waste elimination and breathing), Pitta (fever and metabolic disorder), Kapha (joint lubrication, skin moisture, wound healing, strength and vigour, memory loss, heart and lung weakness and weak immune systems).^[12] This ayurvedic formulation is also used for the treatment of urinary problems, including Benign Prostatic Hyperplasia (BPH) and reduces inflammation-induced urinary retention. In folk medicine, it is used for the treatment of fatty liver disease, abdominal lumps, and rheumatoid arthritis. Ayurvedic practitioners commonly prescribe Varanadi Kashyam for the treatment and management of Kapha diseases that include obesity, dull aching headaches, fatty liver disease, abdominal lumps, rheumatoid arthritis, internal abscesses, and frozen shoulder.^[13-16] This potent formulation has the power to adjust metabolism and digestion, and therefore it aids in mitigating obesity, belly fat, and fatty liver.^[16] This ayurvedic formula also exhibited benefits by promotes weight loss, improves

renal health, enhances digestion, reduces liver issues, enhances cardiac performance and remedies from pain and inflammation.^[13-16] In this article, we aim to discuss the chemical composition of Varanadi Kashyam and its potential health benefits. Literature survey reveals that Varanadi Kashyam is highly beneficial for the treatment of urinary problem including BPH and effective to reduce the inflammation-induced urinary retention, reduces liver issues and enhances cardiac performance.

2. Composition of Varanadi Kashyam (Ingredients)

The main ingredients of Varanadi Kashyam is *Crataeva nurvala* (Varuna) which exhibits a number of biological activities including anti-diabetic, antibacterial, anthelmintic, anti-nociceptive, contraceptive, anti-urolithiatic, anti-fertility, anti-inflammatory, anti-diarrhoeal, wound-healing, analgesic, cardioprotective and antimalarial activity.^[17,18]

Other important ingredients^[19] are *Asparagus racemosus* (Shatavari), *Plumbago zeylanica* (Chitrak), *Strobilanthes ciliatus* (Sairyaka), *Aerua lanata* (Bhadra), *Pongamia glabra* (Karanja), *Holoptelia integrifolia* (Pootikaranja), *Premna corymbosa* (Jaya), *Terminalia chebula* (Hareetki), *Chonemorpha fragrans* (Moorva), *Aegle marmelos* (Bael), *Aristolochia bracteata* (Vishanika), *Solanum melongena* (Brihati), *Moringa oleifera* (Bahalapallava), *Desmostachya bipinnata* (Kush), *Semecarpus anacardium* (Agnimukh).

3. Varanadi Kashayam Ayurvedic Indications

The application of this amazing herbal mixture for time and gain has been widely discussed in multiple ayurvedic scriptures and journals of Charaka Samhita, Susruta Samhita, Raj Nighantu, and Bhaishajya Ratnavali, the holistic science of herbal treatments.^[19] These indications include:

- i. Rasayani (rejuvenates the whole body)
- ii. Deepana (enhances stomach fire)
- iii. Pachana (helps in digestion)
- iv. Amahara (treats indigestion)
- v. Dahahara (relieves burning sensation)
- vi. Yakrit Vikara (treats liver problems)
- vii. Amavata (relieves rheumatoid arthritis)
- viii. Sandhi shula (treats gouty arthritis)
- ix. Kapha hara (treats respiratory issues)
- x. Mehahara (treats urinary tract disorder)

- xi. Ashmari (treats urinary calculi)
- xii. Mutrakrichra (treats dysuria)
- xiii. Dahahara (treats burning sensation)
- xiv. Mutraghata (treats urinary obstruction)
- xv. Udara (treats ascites)
- xvi. Antravruddhi (treats Hernia)
- xvii. Varnya (improves complexion)
- xviii. Shotha (treats oedema)
- xix. Hridaya (treats heart problems)
- xx. Shonitasthapana (prevents bleeding)
- xxi. Pushtida (good for nutrition)

4. Medicinal Properties of Varanadi Kashayam

Varanadi Kashayam is intrinsically blessed with the following healing properties:

Diuretic; uricostatic, anti-lithogenic, anti-obesity, antibacterial, antimicrobial, digestive stimulant, appetizer, antioxidant.^[13-16] Ayurvedic practitioners commonly prescribe Varanadi Kashayam for the treatment and management of Kapha diseases that include obesity, dull aching headaches, fatty liver disease, abdominal lumps, rheumatoid arthritis, internal abscesses, and frozen shoulder. This potent formulation has the power to adjust metabolism and digestion, and therefore it aids in mitigating obesity, belly fat, and fatty liver.

5. Health Benefits of Varanadi Kashayam

This ayurvedic formula also exhibited benefits by promotes weight loss, improves renal health, enhances digestion, reduces liver issues, enhances cardiac performance and remedies from pain and inflammation Literature survey reveals that Varanadi Kashayam is highly beneficial for the treatment of urinary problem including BPH and effective to reduce the inflammation-induced urinary retention, reduces liver issues and enhances cardiac performance.

5.1. Promotes Loss of Weight

Unhealthy food choices, inactivity that lowers stomach fire during digestion or Agni that results in an accumulation of fat deposits in the body are the main causes of weight increase. The high concentration of alkaloids and flavonoids in Varanadi Kashayam reduces cravings for unhealthy food at odd hours and speeds up the body's weight loss process by accelerating metabolic changes and preventing the body from accumulating more fat.^[13] It efficiently

eliminates undesirable toxins from the body and raises Agni in the stomach because of its ability to eliminate AMA doshas from the body. Furthermore, it decreases the body's production of LDL cholesterol, commonly known as bad cholesterol or low-density lipoproteins.

5.2. Improves Renal Health

By significantly lowering the danger of kidney stones, reducing urinary tract infections, and improving the general health of the kidneys and urinary system, Varanadi Kashayam is one of the greatest traditional treatments for supporting kidney health and enhancing renal function. Varanadi Kashayam is well-known for its diuretic qualities, which help to stimulate the ureter's formation of urine by dissolving built-up stones.^[13-15] Additionally, this aids in reducing water retention in the tissues, supporting kidney health, and eliminating toxins from the body.

5.3. Relieves Urinary Issues

Possessing predominant diuretic and anti-inflammatory properties, Varanadi Kashayam is an effective treatment for urinary diseases, including burning sensation during urination, painful micturition, and urinary incontinence. Traditionally used to manage Benign Prostatic Hyperplasia (BPH) and reduce inflammation-induced urinary retention.^[13] Breaking up the stones in the urinary tract, it promotes urine production and relieves uncomfortable urination. It cures dysuria and is a mild diuretic, or Mutral formulation. Urinary tract infections are avoided by the potent antimicrobial and antibacterial characteristics. Take it every morning to treat different types of urinary abnormalities.

5.4. Enhances Digestion

This traditional mixture provides amazing relief for all digestive problems because of the mild carminative and digestive qualities of the herbs used for preparing Varanadi Kashayam. By reducing gas production in the digestive tract, the anti-flatulent characteristic helps to alleviate symptoms such as bloating, constipation, abdominal distension, and flatulence.^[13] Furthermore, a high-fibre diet greatly facilitates the peristaltic movement of fully digested and assimilated food out of the gut and aids in fully removing feces from the intestines.

5.5. Reduces Liver Issues

Because Varanadi Kashayam is naturally endowed with strong hepatoprotective herbs, it is a very effective formulation for the treatment of illnesses like jaundice, where the liver is

severely affected. It also helps the body get rid of dangerous poisons and control the production of bile. In addition, it lowers the risk of liver cancer and aids in the treatment of cirrhosis, hepatitis, and liver damage.

5.6. Remedies Pain and Inflammation

Due to the inclusion of predominant bioactive components, Varanadi Kashayam is sanctified with significant analgesic, anti-inflammatory, and pain-relieving capabilities.^[15] This results in considerable relief from pain and inflammation in cases of gout, rheumatoid and osteoarthritis, as well as joint discomfort. This formulation is used to treat arthritic disorders, severe muscle spasms, sore muscles, and other inflammatory conditions because it naturally dilates blood vessels in the body. According to a number of studies, consuming this herbal concoction has significantly reduced arthritis symptoms and even controlled the immune system.

5.7. Addresses Edema

Varanadi Kashayam is perfect for people with high blood pressure and edema since it contains Bael, which is highly regarded as one of the best natural diuretics that aids in promoting fluid drainage. This exceptional ayurvedic formulation has potent analgesic and anti-inflammatory properties that make it an excellent choice for treating kidney difficulties, bladder and kidney stone disorders, and various UTIs.

5.8. Enhances Cardiac Performance

Varanadi Kashayam's potent antioxidant properties make it a highly efficient treatment for a variety of heart conditions. It lowers the risk of heart attacks, heart blocks, cardiac arrests, blood clots, etc. by strengthening the heart muscles and preventing fat accumulation in the blood arteries. Additionally, it is essential for controlling hypotension, or low blood pressure, and decreasing blood cholesterol levels.

5.9. Combats Respiratory Problems

Varanadi Kashayam's strong anti-inflammatory, antibacterial, and anti-asthmatic properties make it a popular traditional remedy for a range of respiratory conditions. It is frequently used to treat symptoms of the flu, sore throat, cough, and common cold. Additionally, it helps the body expel mucus and facilitates breathing by thinning and loosening catarrh particles in the nasal and chest cavities. It also aids in the recovery of asthma and bronchitis.

5.10. Augments Skin Health

The amazing combination of anti-inflammatory and antioxidant herbs in Varanadi Kashayam highlights its blood-purifying abilities. It also helps to manage skin problems by removing toxins from the blood. Taking a prescribed quantity of Varanadi Kashayam is very helpful for treating inflammatory ailments such as eczema, boils, psoriasis, scabies, acne, and pimples. This not only keeps the skin safe from oxidative damage by radicals, but it also stops ageing indications such as pigmentation, fine lines, wrinkles, dark circles, spots, and blemishes and leaves the skin looking flawless.

5.11. Prevents Headache

Varanadi Kashayam works wonders for tension headaches, especially those that last a long time. Most often, a high workload, stress, worry, and other factors cause headaches. It calms the brain, eases irritable nerves, and improves nerve function.

5.12. Controls High Cholesterol Levels

Due to its direct correlation with other underlying health issues, high cholesterol is a highly dangerous illness. Elevated cholesterol levels have the potential to result in serious cardiac problems by causing fat to lodge in the blood vessels. The primary cause of elevated cholesterol, according to Ayurveda, is a compromised Pachak Agni (digestive fire). An accumulation of bad cholesterol and blood vessel blockage is the result of improper tissue digestion, which also generates excess waste products, or Ama, in the body. With its potent digestive fire (Pachana) and appetiser (Deepana) qualities, Varanadi Kashayam helps maintain normal blood cholesterol levels by lowering Ama and significantly enhancing Agni (digestive fire).^[13]

6. Varanadi Kashayam Dosage

The ideal therapeutic dosage of Varanadi Kashayam depends on the patient's age, the severity of their condition, and their tolerance threshold. It is imperative to consult with an ayurveda physician or practitioner, as they will primarily assess the condition's symptoms and recommend the appropriate dosage for the given duration. The general dosages are as follows:

(i) Varanadi Kwath: 20 ml - 40 ml before a meal; (ii) Varanadi Kashayam Tablets: 1 - 2 tablets with warm water an hour before a meal; (iii) Varanadi Kashayam Syrup: 10 - 20 ml added in warm water 30 minutes before a meal.

7. Varanadi Kashyam Side Effects

Even though Varanadi Kashyam is the best remedy for a variety of illnesses, taking more of it than is advised can have some negative effects. The common side effects include, Heartburn, Loss of appetite, Mouth ulcer, Dry mouth, Excessive thirst.

CONCLUSION

Varanadi Kashayam stands as a potent Ayurvedic remedy known for its efficacy in managing various metabolic disorders, including obesity and diabetes. With its blend of natural ingredients, this traditional medicine offers a holistic approach to wellness, targeting the root causes of imbalance in the body. It is essential to maintain a healthy lifestyle, including a balanced diet and regular exercise, while using Varanadi Kashayam to enhance its efficacy in managing obesity and metabolic disorders. Moreover, it's crucial to use Varanadi Kashayam under the guidance of a qualified Ayurvedic practitioner, adhering to recommended dosages and precautions to ensure safety and efficacy.

Conflicts of interest

The author declares no conflict of interest.

ACKNOWLEDGEMENT

The author is thankful to Maharaja Bir Bikram College, Agartala, Tripura to provide infrastructural facilities to conduct this research work.

REFERENCES

1. Kooti, W.; Hasanzadeh-Noohi, Z.; Sharafi-Ahvazi, N.; Asadi-Samani, M.; Ashtary-Larky, D. Phytochemistry, pharmacology, and therapeutic uses of black seed (*Nigella sativa*). *Chinese Journal of Natural Medicines*, 2016; 14(10): 0732–0745.
2. Hussain, W.; Haleem, K. S.; Khan, I.; Tauseef, I.; Qayyum, S.; Ahmed, B.; Riaz, M. N. Medicinal plants: a repository of antiviral metabolites. *Future*, 2017; 12: 299–308.
3. Denaro, M.; Smeriglio, A.; Barreca, D.; De Francesco, C.; Occhiuto, C.; Milano, G.; Trombetta, D. Antiviral activity of plants and their isolated bioactive compounds: An update. *Phytother Res.*, 2019; 34: 742-768. DOI: 10.1002/ptr.6575.
4. Verma S, Singh SP. Current and future status of herbal medicines. *Veterinary World*, 2008; 1(11): 347-50.
5. World Health Organization. Traditional Medicine. Fact sheet 134. Geneva. <http://www.who.int/mediacentre/factsheet/fs134/en/> accessed on 7/11/20

6. Lin, L. T.; Hsu, W. C.; Lin, C. C. Antiviral natural products and herbal medicines. *J Tradit Complement Med.*, 2014; 4: 24–35.
7. Nath, M.; Debnath, P. Therapeutic Role of Traditionally Used Indian Medicinal Plants and Spices in Combating COVID-19 Pandemic Situation. *J. Biomolecular Structure and Dynamics*, 2022; 41(12): 5894–5913. <https://doi.org/10.1080/07391102.2022.2093793>
8. Gupta M, Shaw BP. Uses of medicinal plants in Panchkarma Ayurvedic therapy. *Indian Journal of Traditional Knowledge*, 2009; 8(3): 372-8.
9. Mhaskar KS, Blatter F, Caius JF. (Eds.) in Kirtikar and Basu's Illustrated Indian Medicinal Plants: Their Usage in Ayurveda and Unani Medicines. Delhi: Sri Satguru Publications, 2000; 254-9.
10. Vidyanath R, editor. *Astanga Hrdaya of Vagbhata, Suthra Sthana Vol. 1. Ch. 15, Ver. 21-22. 1st edition.* Varanasi: Chaukhamba Surbharati Prakashan, 2012; 243–44.
11. Vishnu PM, Acharya S. Varanadigana kashaya in the management of sthaulya (obesity) A clinical trial. *Ayurpharm Inte J Ayurveda Allied Sci.*, 2017; 6: 149–56.
12. Vashist, S.; Choudhary, M.; Rajpal, S.; Siwan, D.; Budhwar, V. Varuna (*Crataeva nurvala* Buch. Ham.): A brief review on Phytochemistry, Pharmacological profile and uses in various ailments. *Asian Journal of Pharmacy and Pharmacology*, 2020; 6(2): 119-125.
13. Chinchu, J. U.; Mohan, M. C.; Kumar, B. P. Anti-obesity and lipid lowering effects of Varanadi kashayam (decoction) on high fat diet induced obese rats. *Obesity Medicine*, 2020; 17: 100170, <https://doi.org/10.1016/j.obmed.2019.100170>.
14. J. U. Chinchu, J. U.; Kumar, B. P. In-vitro Anti-lipase and Antioxidant activity of polyherbal Ayurvedic medicine Varanadi kashayam. *Int. J. Pharm. Sci. Res.*, 2018; 9(12): 5373-5381.
15. Chinchu J.U.; Mohan M.C.; Devi S.J.R.; Kumar B.P. Evaluation of anti-inflammatory effect of Varanadi Kashayam (decoction) in THP-1-derived macrophages. *Ayu.*, 2018; 39(4): 243-249. doi: 10.4103/ayu.AYU_53_18.
16. Perera, W. K. A. A. T, Jayawardhane, N. D. N. Observational Case Study on the Effectiveness of the Herbal Decoction Varanadi Kashaya in Managing Obesity of an Individual with Metabolic Disorders. *Journal of Diseases and Medicinal Plants.*, 2023; 9(1): 1-6. doi: 10.11648/j.jdmp.20230901.11
17. Kumar R, Devraj S, Pratiba B, Shavaraya AR, Karunakar H. Evaluation of antibacterial and anthelmintic activity of root extract of *C. nurvala*. *Pharmacology Online*, 2011; 1: 617-22.
18. Sikarwar MS, Patil MB. Antidiabetic activity of *Crataeva nurvala* stem bark extracts in

alloxan-induced diabetic rats. Journal of Pharmacy and Bioallied Sciences, 2010; 2: 18-21.

19. Vidyanath R, editor. Astanga Hrdaya of Vagbhata, Suthra Sthana Vol. 1. Ch. 15, Ver. 21-22. 1st edition. Varanasi: Chaukhamba Surbharati Prakashan, 2012; 243–44.