To study the role of guduchyadi kashaya on viral diseases.

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ABSTRACT

Viral infections remain major “worldwide” cause of morbidity and mortality. Herbal extracts or wholesome drugs have been in use for medicinal purposes since ancient time and are known for their antiviral properties and more tolerable side effects. Thus, naturally based pharmacotherapy is a proper alternative for treating viral diseases. Hence this article describes potential antiviral properties of medicinal plants against diverse group of viruses and suggests screening the potential of plants possessing broad spectrum antiviral effects against viral diseases. Guduchyadi Kwath is a polyherb ayurvedic preparation useful in various diseases. It is useful in pitta vikar, shleshma vikar, Jwara, Chardi, Daha, Trushna, and Agnimandya¹. According to modern science it showed anti-inflammatory, antioxidant, antibacterial, antiviral, antimalarial, hepatoprotective, wound healing and immune-modulatory action. The study is aim to the effect of “Guduchyadi kashaya” on viral diseases.

Keywords: Guduchyadi Kwat, kashaya, viral diseases, pitta vikar, Jwara

INTRODUCTION

Emerging viral infections are posing a major threat to this mankind. Medicinal plants have been widely used to treat infectious and non-infectious diseases. It is seen that “Guduchyadi Kashaya” proves its efficiency among the broad spectrum of viral diseases.

“Guduchyadi kashay” is a polyherbal ayurvedic formulation useful in many diseases. The drugs in “GUDUCHYADI KASHAYA” are as follows; Guduchi (Tinospora cordifolia ), Padmaka (Prunus cerasoides), Arishta (Azardirachta indica), Dhanyak (Coriandrum sativum ), Rakta Chandana (Pterocarpus santalinus ). The bioactive components of these drugs i.e.
tinosporin, azadirachtin, etc...showed its action among varied and diverse group of organisms.

**KEYWORDS**

**AIM**

To study role of “guduchyadi kashaya” on viral diseases.

**OBJECTIVE**  
1. Treating various viral infection through classical methods as mentioned in ancient texts.

2. Action of “Guduchyadi Kashaya” on broad spectrum of viral diseases.

**MATERIAL AND METHOD**

Characteristics of drugs of “Guduchyadi kashayam” (2-6)

<table>
<thead>
<tr>
<th>DRAVYA</th>
<th>RASA</th>
<th>VIPAKA</th>
<th>VIRYA</th>
<th>DOSHA</th>
<th>GHNATA</th>
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<td>Jwara, trushna, daha, charidi</td>
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<td>Kapha - pittahara</td>
<td>Jwara, kushtha, krumi, vrana</td>
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<td>Jwara, daha, bhrama, rakta pitta</td>
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<td>Padmaka</td>
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<td>sheeta</td>
<td>Kapha - pittahara</td>
<td>Trushna, rakta pitta, charidi</td>
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**Method of preparation of decoction [7]**

Powder of The *Guduchi* stem, *Neem* bark, *Raktachandan* stem, *Dhanyak* beej and *Padmak* stem are taken in equal proportion. All ingredients are taken together in ratio of 1 part and 16 part of water added to it. And reduced to one-fourth. This is the classical method of making decoction.

| Dosha karma | Pacifies mainly *pitta dosha*, then *kapha* and *vata dosha* |
| Dhatu       | Acts on *rasa*, *rakta* and *meda* |
| Organ effect| *Yakruta* and *vrukka* |
| Main indication| *Jwara* and supportive therapy in infections. |
Ayurvedic Properties:

Therapeutic indications

- All types of Jwara (Fever)
- Daha (Burning sensation in body)
- Trushna (Excessive thirst) and problems related to vitiation in Pitta dosha
- Chhardi (Vomiting with nausea)
- Kshudhamandya (Low appetite)

DISCUSSION –

The main objective of this review article is to study the role of Guduchyadi kashaya in viral disease. Guduchyadi Kashaya contains drugs namely Guduchi, Dhanyak, Nimba, Raktachandan, Padmakashtha. Most of these drugs are having Katu, Tikta, Kashaya-Rasa, Laghu, Rooksha Guna and Katu Vipaka, Ushna-Virya. These are said to be Kaphagna, Raktashodhak, Shothahar, Mutral, Anuloman. Mode of action of Guduchyadi kashay is inharncing agni and aampachan(Dhatugat aam)Stotoshodhana and Koshtagat aam.the basic cause of the viral disease is aam, It helps in digestion of Ama Dosha. Which help the eradication of disease. The study of Guduchyadi kashaya show that it acts in various infectious diseases through its Amapachana, Agnideepana, Jwaraghna and Balya properties. Potential therapeutic properties reported by modern scientific research includes antipyretic, anti-inflammatory, antioxidant, anti-allergic, antispasmodic, adaptogenic, hypoglycemic, anti-stress, anti-rheumatic, anti-malarial, hepato-protective and immuno-modulatory activity, Hypolipidaemic, Angiogenic, Free Radical Scavenging, activity, Hypotensive, Diuretic and Hepato Curative effects etc

CONCLUSION-

Thus it can be concluded that Guduchyadi kashay acts mainly on viral term fever. And it can be used in very broad spectrum disease too. Guduchyadi kashay mention by great Ayurveda sages has proved its efficiency in viral diseases and hence “Guduchyadi kashayam proves its result in viral diseases.

RESULTS-

We find the reference of “Guduchyadi kashayam” in SHARANGDHARA SAMHITA MADHYAMAKHANDA 2/8, ASTANGA HRIDAYAM SUTRASTHANA. The main drug of Kashaya is Guduchi which translates to “that protects the body” and its rasayana property helps to build up body immunity i.e. vyadhishamatva and it has antipyretic action too.

It is Antipyretic, Antioxidant, Antibacterial, Antiviral, Detoxifier, Immune modulator.

Reference-

3) The bhavprakash nighantu with elaborated Hindi cmentry by Padmashri Prof. K. C. Chunekar,
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