

Analysis of the properties of *Tamalakyadi Kvatha*: a critique

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Abstract

Tamalakyadi Kvatha is one of the popular decoctions among Ayurveda physicians. It is commonly used for ailments such as *Peenasa*, *Arsha*, *Shwasa*, *Kasa* and *Agnimandya*. This comprehensive overview is a step towards analysing Ayurveda pharmacodynamic properties, phytochemical content and bioactivities of the ingredients of *Tamalakyadi Kvatha* and its utility in the selected diseases. Data were collected from authentic Ayurveda texts and electronic sources. It covers the entire plants of *Phyllanthus amarus* and *Solanum xanthocarpum*, pericarp of *Terminalia chebula*, roots of *Solanum trilobatum*, *Solanum melongina*, *Adhatoda vasica*, *Piper chaba* and *Clerodendrum serrutum*, fruits of *Piper longum*, rhizome of *Zingiber officinale*, stem of *Tinospora cordifolia*, and seeds of *Piper nigrum*. With the predominance of *Tikta Rasa* (67%), *Katu Rasa* (67%), *Laghu Guna* (92%), *Ruksha Guna* (75%) and *Katu Vipaka* (50%), *Tamalakyadi Kvatha* pacifies vitiated *Kapha Dosha*. Due to its *Ushna Veerya* (75%) it pacifies both vitiated *Kapha* and *Vata Dosha*. *Madhura Vipaka* (50%) is capable of pacifying vitiated *Pitta Dosha*. It also has *Deepana* (83%), *Pachana* (83%), *Shwasahara* (58%), *Vatanulomana* (58%), *Kasahara* (50%), *Kaphaghna* (50%), *Jvaraghna* (33%) and *Sirovirechana* (32%) properties. The ingredients are rich with valuable phytochemicals viz; alkaloids, flavonoids, glycosides, tannin and volatile oils. These phytochemicals are scientifically proven to possess anti-inflammatory, anti-cholinergic, antioxidant, antimicrobial, diuretic and hypoglycaemic activities. Therefore, it can be justified that due to its pharmacodynamic properties and bioactivities *Tamalakyadi Kvatha* can be specifically used in the management of *Vata Kapha Janya* diseases. The administration of this *Kvatha* is useful in *Agnimandya* and *Arsha* since it possesses the properties of *Agnivardhaka*.

Keywords: Ayurveda, *Kvatha*, phytochemicals

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