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A Comprehensive Review of Traditional Rasna Erandi Kwath

Ms. P. B. Sargar, Mr. P. S. Mane, Ms. P. R. Tandale, Mr. S. D. Joshi
Eklavya College of Pharmacy, Tasgaon

Abstract: *A traditional Ayurvedic polyherbal decoction called Rasna Eranda Kwatha is frequently used to treat inflammatory, musculoskeletal, neurological, and systemic conditions linked to elevated Vata dosha. The Ayurvedic justification, pharmacognostic in characteristics, chemical components, and pharmacological activities of each of Rasna Erandi Kwatha constituent parts are summarized in this article. The study emphasizes the scientific underpinnings of its conventional uses, particularly in neuromuscular diseases, arthritic inflammation, and Vata- vyadhi*

Keywords: Kwatha, Rasna Erandi Kwath, *Pluchea lanceolata , Ricinus Communis*

I. INTRODUCTION

The ancient Indian life science system known as Ayurveda combines physiological, psychological, spiritual, and philosophical concepts to treat illness. It defines health as a state of dosha, dhatu, and mala equilibrium.[1]
Kwatha is one of the Panchavidha Kashaya Kalpana described in Bhaishajya Kalpana. The decoction form is preferred for acute conditions requiring rapid action. Salient features include: Rapid absorption from the gastrointestinal tract. Highly effective for both internal and external therapeutic use. Supports preparation of other formulations such as Taila, Ghrita, Arishta, and Asava. Suitable as an anupana, detoxification medium, and bhavana dravya.[2]

RASNA ERANDI KWATHA

Rasna (Pluchea lanceolata) and Eranda (Ricinus communis) are the main components of Rasna Eranda Kwatha, a traditional herbal decoction that is bolstered by several complementary herbs. Vatavyadhi, Sandhivata (osteoarthritis), Amavata (rheumatoid arthritis), Katigraha, sciatica, inflammatory swelling, respiratory conditions, and general debility are among the conditions for which it is used, according to traditional scripture.[3]

STANDARDS FOR PREPARING KWATH

Proportion of Water

One important aspect of Kwatha Kalpana is the percentage of water. Kwath is made by boiling 16 parts herb to one part water in an uncovered pot over a low flame until the mixture is reduced to one eighth of its original volume. Four, eight, or sixteen times as much water as herb can be used. The hardness of the medicine, such as Mrudu (1:4), Madhyam (1:8), Kathin (1:16), and Dravya, determines how much water is used.
Water is utilized as a herb four times in Mrudu, Dravya. In Kathina, Dravya water is likely consumed sixteen times, while in Madhyam, it is consumed eight times. In the Sharangdhar Samhita, Acharya specifies an alternative water-to-drug ratio, particularly for Sneha Kalpana. The different water proportions mentioned in the classic are determined by hardness and the quantity of medication used. The water-to-drug ratio was explained differently by several Acharyas. The drug-to-water ratio in connection to the drug's weight quantity is also explained in the Sharangdhar Samhita.

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Proportion of kwathaya Dravya and water

Quantity of Kwathaya Dravya	Quantity of water
1 Masha - 1 Pala	16 times of water
Above 1 Pala upto 1 Kudav	8 times of water
Above 1 Kudav upto 1 Prastha	4 times of water
Above 1 Prastha upto 1 Khary	4 times of water

Table No 1.1: Proportion of Kwathaya Dravya and water

Temperature and Heat

Temperature control protects heat-labile phytoconstituents. While getting ready "Madhyamagni" means "mild to moderate heat," according to Kwath. The crucial component in Temperature is what keeps thermolabile components stable. Consequently, the temperature should be maintained between 85° and 90°C in order to make Kwath. Periodic stirring is necessary to ensure that the ingredients are sufficiently homogenized throughout the process.[4]

Duration of Heating:

The original water volume is referred to as "one-fourth" and "one-eighth" in traditional Kwath preparation techniques. Depending on the degree of boiling and the Laghutwa (easy to digest) and Gurutwa (hard to digest) characteristics of Kwath, some or all its active ingredients may be eliminated. Due to thermosensitivity, excessive heat can cause unwanted phytoconstituents to enter Kwath and lower the amount of active ingredients. When the active principle's concentrations in the solid and the solvent. Equilibrium is reached when the materials are equal, and the mass transfer rate decreases as the active principle's concentration in the solvent increases. Following that, the active principle will stop moving mass from the plant material into the solvent.[5]

PLANT PROFILE

Sr.No.	DRUG	BIOLOGICAL NAME (FAMILY)	ACTIVE CONSTITUENT	PHARMACOLOGICAL ACTIVITY
1	Rasna	*Pluchea lanceolata [Asteraceae.* [6]*]*	Stigmasterol, Beta- sitosterol-D- glucoside.[7]	Anticancer,Anti- oxidative,Anti-inflammatory.[8]
2	Eranda	*Ricinus Communis [Euphorbiaceous.*[9]*]*	Ricinine,Flavonide, ricinoleic acid.[10]	Anti-cancer,Anti- dibetic, helminthiasis.[11]
3	Bala	*Sida Cordifolia Linn. [Malvaceae.*[12]*]*	Sterculic,Malvalic , Indole, Ephedrine, Quinoline.[13]	Parkinsons disease , Activity of hypoglycemia. [14]
4	Shachara	*Baeleria Prionitis Linn. [Acanthaceae.* [15]*]*	Flavonoids,Terpenoid Phytosterols, Carbohydrates.[16]	Diuretic, Hepatoprotective,Anti-dibeticactivity,Anti-hypertensive .[17]
5	Vasa	*Adhatoda Beddomei [Acanthaceae .*[18]*]*	Vasicine,Vasicinon, Terpenoide,Vitamin C	Anti- Allergic, Antituberculor, AntiInflammatory, Anti-Microbial . [19]
6	Vari	*Asparagus Racemosus [Asparagaceae.*[20]*]*	Asparagus racemo , copper , Cobalt , manganese ,Calcium,, Racemosol, Kaempferol.[21]	Anti-Dipressant ,,Neuroprotection,Anti-Anxiety.[22]
7	Amrita	*Tinospora Cordifolia [Menispermace.*[23]*]*	Alkloids- Bererine,palmatine. Glycosides- Furanoid diterpene glucoside. Steroids-B sitosterol, 8-sitosterol, 20 β- Hydroxy ecdysone.[24]	Anti-cancer,Anti-toxin activity, Anti-diabetic, Immunomodulatory, antioxidant.[25,26,27,28,29]
8	Dusparsa	*Alhagi Pseudalhagi [Fabaceae.*[30]*]*	Kaempferol,Chrysoeriol,	Antiinflammatory,Antimicrobial

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			Isorhamnetin,	microbial,Hepatoprotectiv,Urinary tract effect.[31]
9	Devdaru	*Cedrus Deodara [Pinaceae.[32]]*	Taxifolin,Limonene, Phthalic Acid	Anti-Cancer,Anti-Convulsant,Anti-Hyperglycemic. [33]
10	Ativisa	*Aconitum Hetrophyllum [Ranunculacea.[34]]*	Alkaloids, Amide Alkaloids, Flavonoids, Flavonol Glycosides.[35]	Anti-inflammatory, Anti-Bacterial Action. [36,37]
11	Ghana	*Cyperus Rotunuds Linn. [Cyperaceae.[38]]*	Alkaloids-Aconitine, Atisine Terpenoid –Atisenol. Fatty Acids - Ethyl 14-Oxotetracosanoate. Hydrocarbon – Hentricontane.[39]	Anti-Inflammatory Anti Analgesic,Anti- Arthritic.[40,41]
12	Iksura	*Astercanta Longifolia [Acanthaceeae.[42]]*	Lupeol, Stigmasterol, Isoflavone Glycoside,, Alkaloids.[43]	Anti-Cancer, Diuretic ,Cardioprotective Anti-Bacterial.[44]
13	Sathi	*Hedychium Spicatum Ham [Zingiberaceae.[45]]*	1,8-Cineole, Camphene, Sabinene, Bpinene, Myrcene, A-Phellandrene, Δ-2-Carene.[46]	Anti-Hyperglycemic Ulcer Prevent ,Prmote Hair Growth,Lowers the Blood Pressure. [47]
14	Visva	*Zinziber Officinalis [Zingerberaceae.[48]]*	Sesquiterpene Hydrocarbons, Mainly,Zingeberene , Curcumene , And Farnesene.[49]	Anti-Cancer,Anti-Inflammatory,Cardiova Scular Activity,Anti- Microbial. [50]

Table No 1.2: Plant Profiles

II. CONCLUSION

Preliminary results from the continuing investigation suggest that Ayurvedic formulations such as Rasna Erandadi Kwatha may have great pharmacological potential due to the combined impact of their different herbal ingredients. Preliminary findings suggest that each component may have unique therapeutic advantages, including analgesic, immunomodulatory, antibacterial, anti-inflammatory, and antioxidant qualities. These features imply that the formulation might be useful in circumstances involving inflammation and tissue degradation. These results are not conclusive, but more thorough pharmacological study, larger sample studies, and additional experimental validation are required to completely understand the underlying mechanisms and validate these effects. Further research will reveal the full amount of its therapeutic potential, which could ultimately aid in the integration of Ayurvedic knowledge with modern evidence-based medicine to provide a safe, effective, and affordable natural therapy option for health.

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