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THERAPEUTIC APPLICATIONS AND AYURVEDA REVIEW ON *MUSTADI KWATH*

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Abstract

Mustadi Kwatha is polyherbal formulation traditionally used in many diseases and its description was mentioned in *Charaka Samhita* and in *Bhaisajya Ratnavali*. As per Ayurveda *Acharya Charakait* can cure all types of *Santarparjanya Vyadhi*. It can cure all type of *Prameha* and *Mutrakriiccha*, *Mustadi Kwatha* contains 13 medicinal herbs thus used for metabolic syndrome and related disease. This drug offers anti- hyperglycaemic, antioxidant and anti-hyperlipidemic, etc., effects. The *Rasa*, *Veerya*, *Guna*, *Prabhava* and *Vipaka*, etc. of *Mustadi Kwatha* imparts many therapeutic effects in several health ailments.

Key-Words: *Ayurveda, Mustadi Kwatha, Diabetes, Metabolic Disorder.*

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Introduction

Mustadi Kwathais ayurveda formulation that contains *Musta*, *Haridra*, *Devdaru*, *Triphala*, *Indravaruni*, *Lodhra* and *Murva*, etc. The *Tikta* and *Kashya rasa* of drug gives therapeutic relief in many pathological conditions [1, 2]. The details of ingredients of *Mustadi Kwatha* depicted in **Table 1**.

Table 1: Ingredients of *Mustadi Kwatha* [2-5]

S. No.	Name of Drugs (Ingredients of <i>Mustadi Kwatha</i>)	Parts used
1	<i>Musta</i>	Dried Rhizome
2	<i>Amalaki</i>	Dried fruit
3	<i>Haritali</i>	Dried fruit
4	<i>Bibhitak</i>	Dried fruit
5	<i>Haridra</i>	Dried Rhizome
6	<i>Devdaru</i>	Heart wood (Kandasara)
7	<i>Murva</i>	Root
8	<i>Indrwaruni</i>	Root
9	<i>Lodhra</i>	Bark

Method of Preparation of *Mustadi Kwatha*:

1. Making coarse powder of *Mustadi kwathdravyas* separately and then mixed all together.
2. Preparation of decoction in water then mild heat applied continuously, continuous stirring done to facilitate mixing and uniform evaporation.
3. Filtration of *Kwath* using single folded cotton cloth.
4. Filtered material collected in separate vessel and stored.

Properties of Ingredients of *Mustadi Kwatha*:

- **Triphala** is *Rasayana* drug; it gives *Pramehaghna*, *Medoghna* and *Kledaghna* effect.
- **Haridra** improves cholesterol level and offers hypoglycaemic as well as antioxidant effects.
- **Patha** exhibit hypoglycemic, analgesic, anti-pyretic and anti-inflammatory activities.
- **Mustais** responsible for hepatoprotective, antioxidant, anti-inflammatory and anti-obesity effects.
- **Kutaj** provides anti-amoebic, antimicrobial, anti-bacterial and anti-inflammatory action.
- **Aargwadha** imparts hepatoprotective, antioxidant and hypoglycemic effects.
- **Daruharidra** is responsible for antiobesity and anti-hypercholesterolemia action since it reduces excessive fat (*Meda*) from body [5-7].

Ayurveda properties of *Mustadi Kwatha*:

- ❖ **Rasa:** *Tikta, Katu* and *Kashaya*
- ❖ **Guna:** *Laghu* and *Ruksha*
- ❖ **Vipaka:** *Katu*

Biological and Therapeutic Actions of *Mustadi Kwatha*:

- ✚ The *Ama Pachana* and *Lekhana* effects of drug help to reduces *Gaurava*, *Alasya*, *Snigdhangata*, *Swedadhikya* and *Angachalatva* thus useful for obesity.
- ✚ *Trishnanigrahana* property of *Musta* reduces *Atipipasa* associated with *Atikshudha*.

- ✚ *Mustadi Kwatha* shows depletory action on *Sthayi Medo Dhatu*.
- ✚ *Mustadi Kwatha* reduces levels of bad cholesterol and helps to correct dyslipidemia therefore can be recommended for metabolic disorders like obesity and diabetes.
- ✚ *Mustadi Kwatha* is also useful for atherosclerosis and cardiovascular disease.
- ✚ The *Tridosha Shamaka*, especially *Kapha* and *Vata Shamaka* effect of *Mustadi Kwatha* helps to combat against diseases associated with *Kapha* and *Vata* vitiation.
- ✚ The *Kapha Shamaka* effect reduces excess *Mamsa, Meda, Sweda, Kleda* and *Vasa*.
- ✚ The *Anulomana* effect of drug helps to correct vitiation of *Vayu* and control *Vatapradhana Samprapti*.
- ✚ Diuretic effect relieves excess *Kleda* and detoxify body thus provides relief against metabolic toxin accumulation.
- ✚ *Aragvadha, Nimba, Khadir, Haridra, Daruharidra* and *Kutajact* on *Medo Dhatu* and considered helpful for diseases like *Medo Roga, Prameha* and *Kushtha*, etc.
- ✚ *Mustadi* also indicated for *Santarpanajanya* diseases including *Kushtha* and *Medoroga*.
- ✚ Ingredient of formulation like *Neem, Triphala* and *Patha* improves digestive fire thusboost formation of *Rasadi Dhatus* and nourishes body.
- ✚ The digestion of *Ama* relieves gastric and digestive troubles.
- ✚ The *Rasayana* effect promotes *Dhatus* and pacifies vitiated *Doshas* thus helps to maintain overall physical as well as mental health [8-10].

Conclusion

Mustadi Kwatha is an Ayurvedic formulation practicing from ancient time and recommended for metabolic disorders like hyperlipidemia, obesity and diabetes mellitus, etc. The *Tikta, Katu, Kashaya Rasa*, and *Laghu, Ruksha Guna* offers *Ama Pachana* and

Lekhana effects thus reduce *Gaurava*, *Snigdhangata* and *Angachalatva* in obesity. *Tridosha Shamaka* effect of *Mustadi Kwatha* is considered useful for *Santarpanajanya* diseases like; *Kushtha* and *Medoroga*. This review suggested that *Mustadi Kwatha* is very useful drug especially for metabolic disorders like obesity and diabetes mellitus, etc.

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