



Review Article

## CRITICAL ANALYSIS OF KASMARYADI KWATHA - A COMPREHENSIVE REVIEW

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### Article info

#### Article History:

Received: 21-11-2025

Accepted: 14-12-2025

Published: 20-01-2026

#### KEYWORDS:

*Kasmaryadi Kwatha, Pittadhika vatarakta.*


### ABSTRACT

The mode of action of a compound Ayurvedic formulation must be carefully examined to ensure its therapeutic efficacy. *Kasmaryadi Kwatha* is a least explored Ayurvedic formulation specifically mentioned for the treatment of *Pittadhika Vatarakta*. There are six ingredients in this formulation viz *Kasmarya, Draksha, Aragwadha, Rakthacandana, Madhuka* and *Ksheerakakoli*. *Sarkara (Sita)* and *Madhu* are the *Anupana*. Out of these six ingredients *Ksheerakakoli* is an *Abhava Dravya* and *Satavari* and *Aswagandha* are mentioned as its *Pratinidhi Dravya*. This review highlight which drug can be most suitably used as substitute of *Ksheerakakoli* by analysing similarities in properties and actions This review is an also attempt to explain the mode of action of this formulation. On analysing the properties of the ingredients, it was found that it is predominant of *Madhura Tikta Rasa, Guru Snigdha Guna, Sheeta Veerya* and *Madhura Vipaka*. These properties are responsible for its action in *Pittadhika Vatarakta*. As per modern pharmacology many phytoconstituents present in the drugs are having anti-inflammatory, antioxidant and laxative actions which is also beneficial in the condition. The analysis of mode of action provides a comprehensive understanding of the therapeutic application of this formulation, thereby substantiating its efficacy in alleviating the symptomatology in *Pittadhika Vatarakta*.

### INTRODUCTION

Analysing classical Ayurvedic formulations based on their pharmacological effects and recent research is crucial in understanding why certain ingredients are combined and how they work. *Kasmaryadi Kwatha* is one such Ayurvedic formulation which is least explored for its therapeutic potential. It is first mentioned in *Vangasena Samhita* under the chapter *Vataraktha Adhikara* as *Pittadhika Vataraktha Chikitsa*.<sup>[1]</sup> The drugs present in *Kasmaryadi Kwatha* are *Kasmarya, Draksha, Aragwadha, Rakthacandana, Madhuka* and *Ksheerakakoli*. *Madhu* (honey) and *Sarkara* (sugar) are its *Anupana*. Genuine *Ksheerakakoli* is unavailable and it is mentioned as an *Abhava Dravya* from 15<sup>th</sup> century.<sup>[2,3]</sup>

*Satavari* and *Aswagandha* are the substitute mentioned for *Ksheerakakoli* in *Bhaishajya Ratnavali*<sup>[2]</sup> and *Bhavaprakasha*<sup>[3]</sup> respectively. In the present paper *Satavari* and *Aswagandha* is also reviewed to find out which drug has more properties similar to *Ksheerakakoli* and which can be used as the substitute by analysing similarity in their properties. *Kasmaryadi Kwatha* is a formulation which specifically indicated only for *Pittadhika Vatarakta*. Eventhough many formulations are mentioned under *Vatarakta* in Ayurveda, *Kasmaryadi Kwatha* was selected here as it is a least explored formulation and moreover, all the drugs in this formulation are easily available and has almost all the properties required for *Samprapti Vigatana* of *Pittadhika Vatarakta*. The action of medicinal substances in Ayurveda is determined by their intrinsic qualities, such *Rasa, Guna, Veerya, Vipaka* and *Karma*. So the detailed knowledge of pharmacodynamics of each drug are necessary to understand the mode of action of the medicine in a particular condition. The proper knowledge of chemical constituents and modern pharmacological

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action of the drugs also aid in deciding the desired therapeutic benefit.

**AIMS AND OBJECTIVES**

1. To discuss the probable mode of action of *Kasmaryadi Kwatha* by reviewing pharmacological properties and therapeutic action of ingredients of this *Kwatha*.
2. To critically review different *Abhava Dravya* of *Ksheerakakoli* in *Kasmaryadi Kwatha*.

**MATERIALS AND METHODS**

Material is taken from various texts like Vangasena Samhitha, the *Yoga* mentioned in Vangasena Samhita under the chapter *Vataraktha Adhikara* as *Pittadhika Vataraktha Chikitsa*. It is also mentioned in Bhavaprakasha and Yogaratnakara. A literature search was performed using various classical Ayurveda textbooks, Ayurvedic Pharmacopoeia of India, Indian medicinal plants, a compendium of 500 species and Published articles. Logical explanations were given by critically evaluating the properties of the drugs and understanding the *Samprapti* of the indicated condition.

**Literature Review**

**Table 1: Ingredients of *Kasmaryadi Kwatha***

Ingredients	Botanical Name	Family Name	Parts Used
<i>Kasmarya</i> <sup>[4]</sup>	<i>Gmelina arborea</i> Roxb.	Verbenaceae	Stem bark
<i>Draksha</i> <sup>[5]</sup>	<i>Vitis vinifera</i> Linn.	Vitaceae	Dry fruit
<i>Aragwadha</i> <sup>[6]</sup>	<i>Cassia fistula</i> Linn.	Fabaceae	Stem bark
<i>Rakthacandana</i> <sup>[7]</sup>	<i>Pterocarpus santalinus</i> Linn.f.	Fabaceae	Heart wood
<i>Madhuka</i> <sup>[8]</sup>	<i>Glycyrrhiza glabra</i> . Linn.	Leguminosae	Root
<i>Ksheerakakoli</i> <sup>[9]</sup>	<i>Lilium polyphyllum</i> D.Don ex Royale	Liliaceae	Root bulb

**Table 2: *Pratinidhi Dravya* of *Ksheerakakoli***

Drug	Botanical Name	Family Name	Parts Used
<i>Satavari</i> <sup>[10]</sup>	<i>Asparagus racemosus</i>	Asparagaceae	Root
<i>Aswagandha</i> <sup>[11]</sup>	<i>Withania somnifera</i>	Solanaceae	Root

**Table 3: Properties of Ingredients - Ayurvedic View**

Sanskrit Name	Rasa	Guna	Veerya	Vipaka	Karma
<i>Kasmarya</i> <sup>[4]</sup>	Madhura, Tiktha, Katu	Guru	Ushna	Katu	Kaphahara, Dipana, Pachana, Bhedana, Medhya, Virechanopaga, Vishahara, Dahaprasamana, Sothahara
<i>Draksha</i> <sup>[5]</sup>	Madhura, Kashaya	Guru, Sara, Snigdha	Sheeta	Madhura	Vatapittahara, Virechanopaga
<i>Aragwada</i> <sup>[6]</sup>	Tiktha	Guru	Sheeta	Katu	Vatahara, Pittahara, Koshtasudhikara, Virechanopaga
<i>Raktacandana</i> <sup>[7]</sup>	Madhura, Tiktha	Guru, Ruksha	Sheeta	Katu	Pittahara, Rakthadoshahara
<i>Madhuka</i> <sup>[8]</sup>	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata Pittajit, Rakthaprasadana

**Table 4: Comparing the Ayurvedic properties of *Ksheerakakoli* and its substitutes**

Sanskrit Name	Rasa	Guna	Veerya	Vipaka	Karma
<i>Ksheerakakoli</i> <sup>[9]</sup>	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatahara, Pittahara, Rasayana, Brmhansa, Sukravardhana, Vrsya, Sthanyajanana, Basthivisodhini
<i>Satavari</i> <sup>[10]</sup>	Madhura, Tiktha	Snigdha, Guru	Sheeta	Madhura	Pittahara, Mutrala, Agnivrddhikara, Kaphavatagna
<i>Aswagandha</i> <sup>[11]</sup>	Tikta, Kashaya	Laghu	Ushna	Madhura	Vatakaphapaha, Balya, Rasayana, Vajikarana

**Table 5: Chemical constituents and Pharmacological actions of Ingredients**

Drug	Chemical constituents	Reported Pharmacological actions
<i>Kasmariya (Gmelina arborea)</i> [12,13]	Apigenin, Luteolin, Quercetin, Hentriacontanol $\beta$ -sitosterol	Antioxidant, diuretic, analgesic, anti-pyretic
<i>Draksha (Vitis vinifera)</i> [14,15]	gallic acid, epicatechin, catechin, quercetin, flavonol glycosides, phenolic compounds, caffeic acid, coumaric acid, coumaric acid, ferulic acid, fertaric acid, quercetin-3-beta-D-glucoside, quercitrin, myricetin, linoleic acid, primaric acid, caffeic acid, Flavonols, anthocyanins, phenolic acid, vanillic acid, kaempferol, syringic acid	Antioxidant activity, anti-inflammatory activity, anti-obesity and fatty liver activity, anti-nonceptive activity
<i>Aragwada (Cassia fistula)</i> [16],[17]	Quercetin, Oxyanthraquinone, Flavonol glycosides, Dihydroxyanthraquinone, Leucocyanidin, Fistucacidin (3,4,7,8,4'-pentahydroxyflavon), Lupeol	Antioxidant, anti-inflammatory, purgative, hepatoprotective, anti-tumour
<i>Raktacandana (Pterocarpus santalinus)</i> [18,19]	Santalin A, Santalin B, Santalin C, Quercetin, Oleanolic acid, Pterocarpol, Pterocarptriol, Pterocarpdiolone, Pterostilbene savinin, Calcocedrin, Eudesmin, Neo flavones I and II, Isoliquiritigenin, liquiritigenin, $\beta$ -santalol, Pterocarpol, Isopterocarpolone, Dihydroxy-Curcumene	Radical scavenging and antioxidant activity, anti-inflammatory, effect on cancer, hepatoprotective, gastroprotective, hypolipidemic
<i>Madhuka (Glycyrrhiza glabra)</i> [20,21]	Isovilanthin, Liquiritin, Liquiritin apioside, Neoliquiritin, Neoisoliquiritin, Liquorice glycoside A, Liquiritigenin, Quercetin, Glycyrrhizic acid, Uralsaponin B, Licoarylcoumarin, Isolicoflavonol, Licoricidin, and 18- $\beta$ -glycyrrhetic acid	Anti-oxidant, anti-inflammatory, hepatoprotective

**Table 6: Comparing the chemical constituents and pharmacological actions of substitute of Ksheerakakoli**

Drug	Chemical constituents	Reported Pharmacological actions
<i>Ksheerakakoli (Lilium polyphyllum)</i> [22]	Proteins, vitamins, sugar, flavonoid like Quercetin, Kaempferol, isorhamnetin, carotenoids, steroidal alkaloids, pyrrole alkaloids (lilalin, jatrophan), steroids (beta-sitosterol), tannins, polysaccharides, organic acids, and amino acids	Anti-inflammatory, antioxidant, hepatoprotective, immunomodulatory
<i>Satavari (Asparagus racemosus)</i> [23]	Shatavarin 1, Asparagamine, Racemofuran, Flavanoids like glycosides of Quercetin, Rutin etc, Sitosterol, Zinc, Manganese, Sarsapogenin, Kaempferol	Antioxidant, immunomodulatory, anti-inflammatory, anti-hepatotoxic activity, anti-stress activity, anti-urolithic activity, anti-ulcer activity
<i>Aswagandha (Withania somnifera)</i> [24]	Withasomine, withanolide a, Pseudotropine, isopelletierine, withasomniferol	Anti-tumour, anti-inflammatory, antioxidant, hepatoprotective, immunomodulatory

**Table 7: Properties of Anupana**

Sanskrit Name	Rasa	Guna	Veerya	Vipaka	Karma	Chemical constituents	Pharmacological actions
<i>Madhu</i> [25,26]	<i>Madhura, Kashaya</i>	<i>Guru, Ruksha, Pichila, Yogavahi</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pittaprasamana, Agnideepana,</i>	Flavonoids	Bioavailability enhancer, Antioxidant

Sita <sup>[27,28]</sup>	Madhura	Snigdha	Sheeta	Madhura	Pittahara, Vatahara, Dhathuvaradhaka	Glucose, Fructose, Zinc, Manganese, Copper, Flavonoids and Aminoacids	Antioxidant, Energy booster,
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## DISCUSSION

### Discussion on Selection of *Prathinidhi Dravya* for *Ksheerakakoli*

*Ksheerakakoli* is traditionally described in Ayurveda as having *Madhura Rasa* (sweet taste), *Guru* and *Snigdha Guna* (heavy and unctuous qualities), *Sheeta Virya* (cooling potency), and *Madhura Vipaka* (sweet post digestive effect). Its main effects (*Karmas*) include pacifying *Vata* and *Pitta*, acting as a *Rasayana*, nourishing the body (*Brimhana*), increasing reproductive tissue strength (*Sukravardhana*), functioning as an aphrodisiac (*Vrishya*), supporting lactation (*Stanyajanana*), and purifying the urinary bladder (*Basti Vishodhini*).

*Satavari* exhibits a very similar profile, with primarily *Madhura-Tikta Rasa* (sweet and slightly bitter), *Snigdha-Guru Guna* (unctuous and heavy), *Sheeta Virya* (cool), and *Madhura Vipaka* (sweet). Its known actions on lactation, reproductive health, and the urinary system, along with its *Pittahara* (*Pitta* pacifying) and *Mutrala* (diuretic) properties, align closely with *Ksheerakakoli's* therapeutic actions, particularly in conditions involving *Pitta* aggravation.

In contrast, *Asvagandha* is characterized by *Tikta-Kashaya Rasa* (bitter and astringent), *Laghu Guna* (light), *Ushna Virya* (heating potency), and *Madhura Vipaka* (sweet post digestive effect). Its main actions include pacifying *Vata* and *Kapha*, promoting strength (*Balya*), rejuvenation (*Rasayana*), and aphrodisiac effects (*Vajikarana*). This *Ushna* and *Laghu* nature pharmacologically differentiates it from the *Guru*, *Snigdha* and *Sheeta* properties of *Ksheerakakoli* and *Satavari*.

Phytochemically, *Ksheerakakoli* contains flavonoids such as quercetin and kaempferol,  $\beta$  sitosterol, polysaccharides, and tannins; *Satavari* is rich in steroidal saponins like shatavarin, sapogenins such as sarsapogenin, and flavonoids like quercetin, rutin and kaempferol; while *Asvagandha* is marked by withanolides, chiefly withaferin A and withanolide A, along with alkaloids like isopelletierine and pseudotropine.

Considering both Ayurvedic attributes and phytochemical composition, *Satavari* most closely parallels *Ksheerakakoli* in traditional qualities and

bioactive principles, making it the more suitable substitute compared to *Asvagandha*.

### Critical Analysis of Properties of *Kasmaryadi Kwatha*

*Kasmaryadi Kwatha* is a classical Ayurvedic formulation comprising six drugs predominantly characterized by *Madhura, Tikta Rasa; Guru, Snigdha Guna; Sheeta Veerya* and *Madhura Vipaka*. According to Ayurvedic principles this profile renders the formulation primarily *Vata Pittahara* with additional actions including *Sothahara, Sramsana, Anulomana, Mutrala* and *Raktha Prasadaka*. The chemical constituents like flavanoids and glycosides contribute to anti-inflammatory, anti-oxidant and analgesic activity of the formulation.

### Probable Mode of Action of *Kasmaryadi Kwatha* in *Pittadhika Vataraktha*

*Pittadhika Vataraktha* is a condition characterized by the simultaneous vitiation of *Pitta, Vata* and *Rakta* due to the *Nidana Sevana* provoking the respective *Dosha* and *Dhatu*. Hence, *Vata prakopa* occurs, and *Pitta* attains a *Vidagdha-Amla Kleda-Bahula* state in *Koshta*, which in turn vitiates *Rakta* due to the *Asraya-Asrayi Bhava* and its own provoking factors. This *Dushita Rakta* obstructs *Vata (Margavarana)*, forcing it to move in *Tiryak Gati*. Along with *Ushna* and *Teekshna* predominance of *Pitta*, it spreads the vitiated *Rakta* throughout the body, especially lodging in *Sandhi* (joints), leading to symptoms such as *Ruk* (pain), *Raga* (redness), *Paka, Sopha* (swelling), *Bhrasoshma* (warmth), *Sparsha-Asahishnuta* (tenderness) and other extra-articular symptoms such as *Vidaha* (burning sensation), *Sweda, Moorcha, Bhrama, Moha, Trt and Sosha*, manifesting as *Pittadhika Vataraktha*.

So *Pittadhika Vataraktha* is a *Vata, Pitta*, and *Rakta* predominant disorder which can be considered as *Agni* and *Vayu Bhuta* predominant. So, the condition is characterized by *Ruksha* and *Ushna guna*. *Kasmaryadi Kwatha* is a formulation having the properties such as *Snigdha, Sheeta* and *Guru Guna*, which are predominant of *Jala* and *Prthvi Bhuta* which are opposite to the *Agni* and *Vayu Bhuta* predominance in *Pittadhika Vataraktha*. So, the drug can counter act the *Samprapti*. This shows the role of this *Kashaya* in

*Pittadhika Vatarakta* condition. The *Anupana, Sita*, possesses *Madhura Rasa* and *Sheeta Virya*, which act as *Pittahara* without contributing to *Kapha Vriddhi*, as described in the classics. *Madhu*, on the other hand, exhibits *Pittaprasamana* and *Kapha-Medohara* properties. The line of treatment mentioned for *Pittadhika Vatarakta* involves *Mrdu Virechana* and use of *Swadhu Tikta Sadhitha* drugs as *Samana Oushadhi*. The present drug *Kasmaryadi Kwatha* can exhibit mild laxative effect due to the presence of ingredients with *Virechanopaga* action and moreover, the predominant *Rasa* of the formulation is *Swadhu- Tikta*. So, this therapeutic approach aligns well with classical Ayurvedic principles aiming to alleviate the aggravated *Dosha* in *Pittadhika Vatarakta*.

*Vataprakopa* in *Rakta* and *Paithika Sopha* are the main causes of pain (*Ruk*) in *Pittadhika Vatarakta*. The *Snigdha* and *Guru Guna* of the formulation pacify the *Ruksha* and *Chala Guna* of *Vata*, thereby alleviating *Vataprakopa*. Through its *Rakta Prasadaka* action, attributed to *Tiktha Rasa* and *Seetha Veerya*, the formulation clears *Rakta Dushti* and thereby removes the *Margavarana* of *Vata* by *Rakta*. As a result, *Vata* moves through its normal pathway leading to pain reduction. Additionally, due to *Snigdha Guna, Seetha Veerya and Madhura rasa*, the formulation act as strong *Pittahara* reducing the *Ushna, Teekshna Guna* of *Pitta*. This may help in reduction of different *Paithika* symptoms such as *Sparshakshamatva, Raga, Vidaha, Paka, Moorcha, Trt, Sweda, Moha* and *Bhrama*. The formulation renders *Sophahara* due to the *Sramsana* (laxative) effect, reducing severity of inflammation characterised by *Paithika Sopha*, which shows symptoms like *Raga* (redness) and *Bhrsoshma* (warmth). The flavonoids and phenolic compounds present in the formulation reduce the body's inflammatory response contributing to its cooling effect. The phytochemicals such as quercetin, sitosterol, luteolin, kaempferol, resveratrol, glycyrrhizin, licorice, caffeic acid, gallic acid and ellagic acid contribute to the anti-inflammatory activity of the formulation., providing a scientific base for the traditional anti- inflammatory claims. Quercetin, myricetin, anthocyanins and catechin present in the drugs reduces the oxidative stress by scavenging the free radicals, hence can protect joint tissues and reduce pain. The ingredients such as *Kasmarya, Madhuka* and *Draksha*, being *Virechanopaga*, promote *Sramsana* and *Vatanulomana* due to their *Snigdha* and *Guru Guna*, which are dominated by *Prithvi* and *Jala Mahabhuta*. This helps correct *Agnivaigunya* by eliminating excess *Mala* from the *Koshta*, thereby restoring proper *Agni* function for the proper formation of *Ahara Rasa* which prevents *Dosha Dushti* and supports *Srothosodhaka* action. Similarly, from a

modern perspective, the chemical constituent anthraquinone found in *Gmelina arborea (Kasmarya)*, *Vitis vinifera (Draksha)* and *Cassia fistula (Aragwada)* stimulates intestinal motility producing a mild laxative effect that aligns with these traditional actions.

Thus, by analysing the Ayurvedic and modern properties of *Kasmaryadi Kwatha*, it plays a key role in reversing the pathogenesis of *Pittadhika Vatarakta*.

## CONCLUSION

*Kasmaryadi Kwatha* is least explored Ayurvedic formulation with multi-dimensional pharmacodynamics rooted in Ayurvedic *Rasapanchaka* and substantiated by modern phytochemistry make it a potent formulation for the management of *Pittadhika Vatarakta*. One of its ingredients, *Ksheerakakaoli* is considered an *Abhava Dravya*, and by analyzing its pharmacological properties, *Satavari* can be recommended as the best substitute in managing *Pittadhika Vatarakta*. Its balanced actions on *Dosha*, blood purification, anti-inflammatory, antioxidant, and mild laxative effects address the multifactorial pathology and effectively reduces key symptoms in *Pittadhika Vatarakta* such as *Ruk* (pain), *Raga* (redness), *Sopha* (swelling) *Brshoshma* (warmth), *Vidaha* (burning sensation) *Sparshakshamatva* (tenderness) and other symptoms such as *Trt, Sweda, Moha, Moorcha* and *Bhrama*, substantiating its role in the treatment of this pathological condition.

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**Cite this article as:**

Arun Pratap, Thushara R, Kasthuri Nair. A. Critical Analysis of Kasmariyadi Kwatha- A Comprehensive Review. AYUSHDHARA, 2025;12(6):255-260.

<https://doi.org/10.47070/ayushdhara.v12i6.2347>

**Source of support: Nil, Conflict of interest: None Declared**

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