

Review on Effectiveness of the Ingredients of Pathya Prtvi Decoction in Urdhavajatrugatha Roga

P.D.L.Wasana¹, K.P.P.Peiris², H.P.Wakkumbura³

1, 2, 3 Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.

pdlakshmiwasana@gmail.com

Pathya Prtvi decoction is poly herbal formulation commonly used for Dāha, Grahani, Karna and Shirah roga which consists of 13 ingredients i.e. Pathya (*Terminalia chebula*), Prthvi (*Elettaria cardamomum*), Paraga (*Oldenlandia corymbosa* Linn.), Chandana (*Santalum album* Linn.), Kataka (*Strychnos potatorum* Linn), Ushera (*Vetiveria zizanioides*), Shunti (*Zingiber officinale* Rose.), Varala (*Eugenia caryophyllus* Thumb.), Yashti (*Glycyrrhiza glabra* Linn), Jeraka (*Cuminum cyminum* Linn.), Upakulya (*Piper longum* Linn.), Jarana (*Nigella sativa* Linn.), Bilva mula (*Algae marmelos* Linn.). This study is carried out to review on effectiveness of the ingredients of Pathya Prtvi decoction in Urdhavajatrugatha Roga. Ayurveda properties and therapeutic potentials of 13 ingredients were reviewed from related text books in Ayurveda, published articles and journals. According to collected data from Ayurveda, as Panchapadārtha, mainly contain 51.4% of Madura rasa; 59% of Laghuguna; 66.66% of Ushnavirya; 75% of Katuvipaka; as Prabhava, have Thridosaharain Pathya and Chakshusyain Kataka. According to Dosanurupa karma, contain 37.09% of Kaphashamaka, 32.25% of Vatashamaka and 30.64% of Pitta shamaka property. Therapeutic actions of the ingredients which are related to Urdhavajatrugatha roga are Vedana Sthapana, Kaphagna, Kaphanissaraka, Kaphaputihara, Swasahara, Khsayahara, Shirovirechana, Jwaragna, Deepana, Pachana, Uttejaka, Mukhadaurgandhanasaka, Rakthastambhaka, Chakshusya, Keshya, Kantya, and Dahaprasamana. Main therapeutic application of the ingredients are Kaphapittaja, Kaphavataja and Thridosaja roga including Shiroroga (Shirahshula, Pittajashula, Khalitya); Karna roga (Karnashula); Netra roga (Drustimandya, Abhisyandya); Pranaavhasrothasgatha roga (Prathisy, Kasa, Swasa, Kshaya, Rajayakshma, Hikka); Khantaroga (Swarabheda, Khantashosha); Mukharoga (Mukhadurganda, Dantashula, Mukhashosha); Urdavagatha Rakthapittaas Urdhavajatrugatha Roga. According to review on therapeutic potential, majority of ingredients have analgesic, anti-inflammatory, anti-oxidant, anti-microbial, anti-cancer, anti-asthmatic, anti-spasmodic, anti-pyretic activities. Further clinical studies are required to determine the therapeutic potential as well as effectiveness in ingredients of Pathyaprtvi decoction in above Urdhavajatrugatha Roga.

Key words: Pathyaprtvi decoction, Urdhavajatrugatha Roga, Therapeutic potential.