

## Rati nality of *kakārāshtaka* in the management of mineral toxicity

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### Abstract

Drug preparations including Pārada (mercury) and other metals are called rasaushadha. Rasaushadha is well acclaimed for its therapeutic efficacy in Ayurveda authentic texts. The texts have mentioned that some foods have been avoided during the consumption of rasaushadha and kakārāshtakais the main category. According to the texts, it is said that those substances emit pārada (mercury) from the body through feces and urine. If those substances are emitting heavy metals which accumulate in the body, they can be use for the management of mineral toxicity. The ingredients of kakārāshtaka are varies with the text and author. A rationality study of kakārāshtaka was done by using selected authentic text as well as Pubmed, Medline database were used for the search of relevant literature and research papers. According to the data 95% of texts mentioned; kushmānda (*Biniscushispida*), karkoti (*Memordicadioica*), kalinga (*Citrulus vulgaris*), kāravella (*Memordicacharantia*), kusumbhi (*Berberisaristata*), karkati (*Cacumisutilissium*), kadali (*Musa pardisiaca*), kākamāchi (*Solanumnigrum*) as substances of kakārāshtaka. Other than that some texts has mentioned various other substances. Pharmacological analysis showed that most of substances were having Madura Rasa; Laghu, snigdhaGuna; MadhuraVipāka and SheethaVirya. Analysis of various research studies showed that the substances of kakārāshtaka possesses diuretic action, renal protective action, antioxidant, opioid withdrawal benefits, anti angiogenic effect, bronchodilator effect and gastro protective actions. According to the Madhura Rasa, SheethaVirya, Muthrala(diuretic) guna, renal protective, gastro protective and antioxidant action it can be use for the management of kidney disease due to heavy metal toxicity. However scientific evidence regarding the action of detoxification of heavy metals (such as pārada etc.) is lacking and hence it should be study further.

**Keywords:** mineral toxicity, heavy metal, *rasaushadha*, *kakārāshtaka*, detoxification