



VARUNADI KWATH: A MEDICO REVIEW

Ayurveda

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KEYWORDS

Varunadi kwath, Renal disorders, Mutra ashmari, Ayurveda

INTRODUCTION –

Varunadi kwath is an Ayurvedic liquid (herbal) medicine used in treatment of various Renal Disorders like Renal Calculi, Urinary tract infection, Urinary tract inflammations causing symptoms like burning micturition, pain in abdomen, dark coloured urine etc

Ingredients –

The contents of Varunadi kwath are as follows:

Ingredients	Latin Name	Parts used	Proportion
Varuna	Crataeva nurvala	Stem bark	Equal Part
Gokshura	Tribulus terrestris	Roots	Equal Part
Shunthi	Zingiber officinale	Tubers	Equal Part
Yavakshara	Hordeum vulgare	Kshara	For Prakshepa

The Properties of Ingredients of Varunadi Kwath-

Dravya	Guna	Rasa	Virya	Vipaka	Doshag h-nata	Rogagnata
Varuna	Laghu, Ruksha	Tikta, Kashaya	Ushna	Katu	Kapha-vatahara	Ashmari, Mutrakrucchra, Bastishoola
Gokshura	Guru, Snigdha	Madhura	Shita	Madhura	Vata-pittahara	Ashmari, Mutrakrucchra, Bastishotha
Shunthi	Laghu, Snigdha	Katu	Ushna	Madhura	Kapha-vatahara	Amapachana, Shothahara, Vednasthapan
Yavakshara	Laghu, Ruksha	Katu	Ushna	Katu	Vata-pittahara	Ashmari, Mutrakrucchra



Varuna



Gokshura



Shunthi

Method of Preparation –

- Kashaya (Decoction) is made up of coarse powder of first three herbs in given proportion added with water, then boiled over low fire in order to reduce to its specified quantity (1/4th of Water). Then filtered and kept.
- Yavakshara (500mg) is added as 'Prakshepa dravya' to it and mixed till gets dissolved

Uses –

Of Varunadi Kwath

- The ingredients of Varunadi Kwath possess properties like Chedana, Bhedana, Lekhana, Tridoshghna, Mutrala, Mutrakrucchrahara, Anulomana, and Krimighna which helps significantly in Mutrashmari treatment.
- The ingredients of this formulation pacify Kapha Dosha by virtue of their Ruksha Guna, Katu Vipaka and Ushna Virya.
- The Vatanulomana, Shothahara and Mutrala properties help to relieve Pain and Shotha, related to Urinary system.
- Thus, in short this formulation has the capacity to disintegrate the pathogenesis of the disease 'Ashmari'.

Of Varuna-

- It has Urinary Antiseptic, Anti-inflammatory and Diuretic properties.
- It is Kaphahara and shows Lekhana property due to Ushna Virya.
- Lupeol, a chemical constituent of Crataeva Nurvala (Varuna) has shown Antiuro lithiatic activity.

Of Gokshura

- It has Anti-Inflammatory, Antimicrobial, Diuretic, Antispasmodic, Litholytic and Anticalcifying properties
- It contains Potassium nitrite in rich quantity which acts as a 'Urine alkaliizer'.

Of Shunthi

- It possesses Madhura Vipak and Ushna Virya, which helps in Vata Dosha shamana whereas Deepana helps for Amapachana.

Of Yavakshara

- Yavakshara is 'Alkaline' in nature (having pH 11.73), thus it helps to neutralize the acidic media and prevent Calculus formation as well as changes in pH of urine, this helps in preventing the Hyperconcentration of the urine.
- Ultimately qualities like Ruksha, Laghu, Teekshna, Shighragami it reduces the growth of the calculus by inhibiting the binding property of Kapha Dosha.

Dosage –

15 to 30 ml, twice a day for 2 to 3 weeks

Side effects –

Varunadi kwath usually does not develop any side effect when used according to Doshadushti and in recommended dosage.

Previous work done –

- Efficacy Of Varunadi Kwath In The Management Of Kaphaja Ashmari (Vesical Phosphate Calculus) – A Clinical Study, IAMJ, 2013, Volume 1; Issue 2
- The Dual Action of Varunadi Kwath in Renal Calculi as well as Uterine Fibroid- A Case Study, Padavi D.M. and Pranauti Mestry, IJAAYUSH, 2015, Vol- 4, Issue 1

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