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Review Article

THERAPEUTIC REVIEW OF *HRIBERADI KWATH* IN *RAKTADUSHTIJANYA TVAK VIKARA*.

Dr.Vijay Singh Yadav[1], Dr. Sisir Kumar Mandal[2], Dr. Prodyut Dhara[3]

1. Ph.D Scholar, Vikriti Vigyan Department, Faculty of Ayurveda, IMS, BHU.

2. Professor, Vikriti Vigyan Department, Faculty of Ayurveda, IMS, BHU.

3. Associate Professor, School of Biochemical Engineering, IIT, BHU.

Address for correspondence:
Dr.Vijay Singh Yadav, Ph.D Scholar, Vikriti Vigyan Department, Faculty of Ayurveda, IMS, BHU.
Email Id: drvijays.yadav09@gmail.com
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1. ABSTRACT

Hribedadi Kwatha is primarily used in managing bleeding disorders *(~Rakta pitta).* This review gathers evidence from texts like *Charaka Samhita* to highlight *Hribedadi Kwatha's* potential as a safe and holistic approach to treating *Raktadushti*-related skin conditions. It contains a synergistic mix of herbs such as *Hribera, Raktacandana, Ushira, Mustaka, and Prapataka,* which together offer antioxidant, anti-inflammatory, hepatoprotective, hemoprotective, and antimicrobial effects. The pharmacological properties of each ingredient have been validated through various experimental and clinical studies, supporting skin healing and immune modulation. Skin diseases are very common today. In *Ayurveda,* most skin conditions fall under *Kustha vyadhi. Rakta* is one of the main *Dushyas* involved in the pathogenesis of *Kustha. Raktadushti* also causes skin conditions like *Kandu, Kotha, Pidika, Charmadala,* and *Visarpa.* In treating *Raktadushti, Acharya Charaka* mentioned that it can be managed with *Raktapittahara* treatments*, Virechan, Upavasa, etc.* Therefore, using *Hriberadi Kwath* may be effective for skin diseases and could help prevent recurrence, which is more common in skin conditions.

KEYWORDS: *Hriberadi Kwath, Kustha, Raktadushti, Raktapittahara Chikitsa.*

INTRODUCTION:

Hriberadi Kwatha is named after its first ingredient, *Hribera* (*Valeriana hardwickii Wall.*). In the *Charaka Samhita,* it is mentioned as a *Hriberadi Paniya* in *Raktapitta Chikitsa*[i] used to treat *Pipasaa*. *Hriberadi Kwatha* contains multiple ingredients, each contributing specific therapeutic properties. Each herb is selected for its specific properties and its ability to interact with other ingredients in the formulation. Understanding the individual properties of each ingredient helps explain the overall therapeutic benefits of the formulation, which is crucial for standardizing and ensuring the quality of *Hriberadi Kwatha*. *Hriberadi Kwatha* has *Raktaprasadaniya* character. Hence, it facilitates the formation of healthy new tissue and strengthens the blood vessels. It helps balance *Tridosha*. It is particularly effective in helping to maintain *Pitta* vitiation and also balance *Kapha Dosha*. The research paper aims to review the existing literature on *Hriberadi Kwatha*, its key

ingredients and their properties, traditional uses and indications, preparation and pharmacological actions and mechanisms, and safety profile.

Ultimately, this may provide insights into the potential integration of *Hriberadi Kwatha* into evidence-based medical practices, thus enhancing our understanding of its role in holistic health and management.

Classical Background:

Reference to *Hriberadi Kwatha* can be traced in *Charaka Samhita* in the name of *Hriberadi Paniya Kwath,* and lists five ingredients with *Hribera* (*Juniperus communis*) as the first herb.

ह्रीबेरचन्दनोशीरमुस्तपर्पटकैः शृतम् |

केवलं शृतशीतं वा दद्यात्तोयं पिपासवे || **(*Ch. Chi.* 4/31)**

The formulation primarily features *Hribera, Raktachandan, Ushira, Parpataka,* and *Mustaka*, which are considered the most potent *Pitta Shamaka* and *Raktashodhaka* herbs, known for their deep detoxifying action on the circulatory system.

These herbs are decocted together to form a *Kwatha* (herbal decoction), intended for oral consumption.

Preparation of *Kwatha:*

The traditional preparation of *Kwatha* follows specific guidelines to ensure its potency and effectiveness. A key aspect is using a precise herb-to-water ratio, carefully chosen based on the properties of the herbs and the desired concentration. All ingredients are identified and measured in equal amounts, with each weight taken separately using a scale. The ingredients are then ground into a coarse powder. The coarse powder of *Kwatha Dravya* is soaked overnight in 16 times its weight of water in a clean stainless steel vessel. After soaking, the mixture is gently boiled until the volume reduces to one-eighth. The resulting liquid is filtered through a clean cloth or strainer, and the resulting filtrate is used as "*Hriberadi Kwatha*" for therapeutic purposes.

MATERIALS AND METHODS:

In this article, an attempt is made to collect all the literary data about *Hriberadi Kwatha* from our treaties and all the research articles regarding *Hriberadi Kwatha*. *Rasapanchaka* analysis of the drug is done by collecting the *Rasa, Guna, Virya, Vipaka,* and *Karma* of the individual components of the formulation and analysing them. All this data is compiled and analysed, and the results obtained are presented.

INGREDIENTS AND THEIR PROPERTIES:

HRIBERA*[ii]*:

Latin Name: *Valeriana hardwickii Wall.*

Family: Caprifoliaceae

***Doshghnata*:** *Kaphavātaghna* **Part used:** Rhizome

Rasa: *Katu, Tikta, Kashaya* ***Guna:*** *Laghu, Snigdha*

Virya: *Ushna* ***Vipaka:*** *Katu*

Karma: *Raktadoshahara, Vishghna, Manasadoshahara*

USHIRA*[iii]*:

Latin Name: *Vetiveria zizanioides (Linn.) Nash*

Family: Poaceae

***Doshghnata*:** *Vatapittaghna* **Part used:** Root

Rasa: *Madhura, Tikta* ***Guna:*** *Laghu, Snigdha*

Virya: *Shita* ***Vipaka:*** *Katu*

Karma: *Pachana, Stambhana*

RAKTACHANDANA*[iv]*:

Latin Name: *Pterocarpus santalinus Linn. f.*

Family: Fabaceae

***Doshghnata*:** *Pittahara* **Part used:** Heartwood

Rasa: *Madhura, Tikta* ***Guna:*** *Guru, Ruksha*

Virya: *Shita* ***Vipaka:*** *Katu*

Karma: *Vishya, Vishghna*

MUSTAKA*[v]*:

Latin Name: *Cyperus rotundus Linn.*

Family: Cyperaceae

Doshghnata: *Pittakaphahara* **Part used:** Rhizome

Rasa: *Katu, Tikta, Kashaya* ***Guna:*** *Laghu*
Virya: *Shita* ***Vipaka:*** *Katu*
Karma: *Sothahara, Dipana, Grahi, Krimighna, Pachana, sthaulyahara, tvakdoshahara.*
PRAPATAKA[vi]:
Latin Name: *Fumaria parviflora Lam.*
Family: Fumaraceae
Doshghnata: *Kaphapittahara* **Part used:** Whole plant
Rasa: *Tikta* ***Guna:*** *Laghu*
Virya: *Shita* ***Vipaka:*** *Katu*
Karma: *Raktadoshahara, sangrahi, Rochaka*

DISCUSSION:

Hribera:

Hribera is *Katu, Tikta,* and *Kashaya Rasa Yukta,* and *Ushna Virya Pradhana* drug. Due to these, it is *Kapha Dosha Shamaka.* It has Antimicrobial, Anti-inflammatory[vii], Antioxidant[viii], Analgesic[ix], and Antidepressant[x] Properties. Due to these properties, it is useful in inflammatory skin diseases like Psoriasis.

Raktachanada:

Raktachandana is *Madhura* and *Tikta Rasa Yukta,* and *Sheeta Virya Pradhana* drug. Due to these, it is *Pitta Shamaka* and *Raktashodhaka.* It has Antioxidant[xi], Anti-inflammatory[xii], Hemoprotective[xiii], and Hepatoprotective[xiv] properties. It is also used in different *lepa* for skin diseases. Due to these properties, it is useful in *Raktadushti*-related skin disease. Owing to its *Shita Virya*, it effectively reduces *Daha* (burning sensation), *Raga* (redness), and itching. Classical texts also classify it under *Kushtaghna* and *Varnya* (complexion-enhancing) *Dravya*, highlighting its efficacy in conditions like eczema, urticaria, psoriasis, and pigmentary disorders.

Ushira:

Ushira is *Madhura* and *Tikta Rasa Yukta* and *Shita Virya Pradhana* drug. Due to these, it is *Pittashamaka* and *Raktadaha Nashaka.* Classical texts describe it as *Dahanashamaka* (~relieving burning), *Raktaprasadaka* (~blood purifier), and *Kushtaghna*, highlighting its role in managing conditions like urticaria, boils, and chronic skin rashes. It has Antiseptic[xv], Antioxidant[xvi], Antibacterial[xvii], Antifungal[xviii], and Healing properties. Its oil is used in skin wounds, as well as removing stains, scars, and marks on the skin. *Ushira* is used as a *Gandha Dravya*. In addition to internal use as *Kwatha*, *Ushira* is often employed externally in *lepa* and *snana dravya* (~bathing formulations) for cooling and soothing effects on the skin.

Mustaka:

Mustaka is *Katu* and *Tikta Rasa Yukta* and *Shita Virya Pradhana* drug. Due to these, it is *Pittakapha Shamaka, Dipana,* and *Pachana*. It has Antioxidant, Antibacterial[xix], Anti-inflammatory[xx], Hepatoprotective[xxi], Anti-allergic[xxii], and Hypolepidemic[xxiii] properties.

Parpataka:

Parpataka is *Tikta Rasa Yukta* and *Shita Virya Pradhana* drug. Due to these, it is *Pittashamaka*. It has Hepatoprotective[xxiv], Anti-inflammatory, Anti-oxidant[xxv], Antifungal, Antimicrobial[xxvi], Antihelminthic[xxvii] properties.

Mode of action:

The *Hriberadi Kvatha* has *Tikta Rasa* and *Laghu Guna Pradhana* and *Shita Virya Pradhana*. So, due to *Tikta Rasa* and *Shita Viryata*, it decreases *Pitta Ushnata*, and due to *Tikta Rasa* and *Laghu Guna,* it decreases *Kapha Guruta*, and increases *Vata Laghuta*. So the *Hriberadi Kvatha* may be effective in *Raktadushtijanya Vikara*.

CONCLUSION:

Hriberadi Kwath contains *Hrivera, Raktachandana, Ushira, Mustaka,* and *Prapaṭaka.* These are classical *Ayurvedic* drugs widely recommended in the management of *Tvak Vikara* (skin disorders) owing to their *Shita Virya*, *Pittahara*, and *Raktashodhaka* actions. All five *Dravya* act synergistically to pacify aggravated *Pitta* and *Rakta Dhatu*, the primary pathological factors in most skin diseases. Their properties—*Kushtaghna*, *Dahashamaka, Raktaprasadaka,* and *Varnya* - make them effective against conditions such as eczema, urticaria, boils, psoriasis, and pigmentary disorders. Traditionally used both internally (as decoctions and powders) and externally (as *Lepa* and *Snana Dravya*), these herbs not only purify blood and reduce systemic inflammation but also provide local soothing, cooling, and healing effects. Modern studies further support

their anti-inflammatory, antioxidant, and antimicrobial activities, reaffirming their therapeutic relevance in chronic and inflammatory skin diseases.

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