



Science

## **KHADIRARISHTA: A MEDICAL REVIEW**

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### **Abstract**

In sushrut samhita chikitsa 6/19 it has been mentioned that khadira is effective in all type of kushta. Khadirarishta is a very effective Arishta in the treatment of skin diseases specially Ekakushta. It contains 5-10% of self-generated alcohol in it. It mainly contains Khadira which is potent krumighna and kandughna dravya.

**Keywords:** Khadirarishta; Khadira; Medical.

**Cite This Article:** Dr.Rashmi Rajendra Shinde, and Dr.Kirti Bhangale. (2017). "KHADIRARISHTA: A MEDICAL REVIEW." *International Journal of Research - Granthaalayah*, 5(10), 72-75. <https://doi.org/10.5281/zenodo.1039604>.

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### **1. Introduction**

#### **Ingredients**

The contents of Khadirarishta are as follows

- Khadira – Acacia catechu, Devdaru- Cedrus deodara
- Bakuchi- Psoralea corylifolia, Daruharidra- Berberis aristata
- Haritaki- Terminalia chebula, Bibhitaka- Terminalia bellerica, Amalaki- Emblica officinalis

#### **Prakshepa Dravyas**

- Dhataki- woodfordia fruticosa, Kankola – Piper cubeba, Nagakeshar – Mesua ferrea
- Jatiphala – Myristica fragrance, Lavanga – Syzygium aromaticum
- Ela – Elettaria cardamom, Tvak & Twakpatra – Cinamonum zeylonica.
- Pippali – Piper longum

#### **Other Dravyas**

- Madhu – Honey
- Sharkara – Crystallized sugar lumps, Water

## Characteristics of ingredients of Khadirarishta

Dravya	Rasa	Vipaka	Virya	Doshagnata	Rogagnata
Khadira	Tikta, kashaya	Katu	Sheeta	Kapha pitta shamaka	Kushtaghna, krumighna, kasaghna, vranaropan
Devdaru	Tikta, katu, kashaya	Katu	Ushna	Kapha- vata shamaka	Kushtaghna, krumighna, dushta vana shodhana
Bakuchi	Katu, tikta	Katu	Ushna	Vata-kapha shamaka	Krumighna, kandughna, jwaraghna, swedajanana
Daruharidra	Kashaya, tikta	Katu	Ushna	Pitta-kapha shamaka	Shotaghna, vedanasthpan, vranashodhan-ropan, chakshushya
Haritaki	Pahncharasat maka Lavana varjya	Madhur	Ushna	Tridosahara	Hrudya, kushtaghna, jwaraghna, twachya, krumighna
Bubhitaka	Kashaya	Madhur	Ushna	Pitta-kaphas hamaka	Jwarahara, kasahara, virechanopaga
Amalaki	Pancharasatm aka Lavana varjya	Madhur	Sheeta	Tridoshaghna	Dahashamana, keshya, twachya

**Medical Properties**

- 1) Primary
  - Aam Pachaka
  - Antipruritics
  - Anthelmintic
  - Anti allergic
  - Digestive stimulants
  - Anti microbial
- 2) Secondary
  - Anti-gout
  - Anti histaminic
  - Anti inflammatory
  - Anti oxidant
  - Hepato protective

**Indications**

Mainly used in symptoms like Itching, Rashes and sensitive skin.

### Primary Uses

1. Acne /pimples
2. Atopic dermatitis (Eczema)
3. Intestinal worms
4. Psoriasis
5. Skin allergies
6. Swollen lymph nodes
7. Urticaria

### Other Uses

Spleen enlargement, liver disorders, anemia (generally due to worm infestation), tumors and cysts under the skin, heart diseases, cough and breathing troubles.

### Dose

10-20 ml with luke-warm water.

### Previous Work Done

#### 1) Khadira

##### A. Pharmacological Study

- It has antioxidant property(V.Gayatri Devi, Anitha John,R.Sreekala Devi,A. Prabhakaran)
- Khadira is Anti-bacterial agent (Kushtaghna). It has Anti mycotic, Anti diarrhoeal properties. (Rohit kumar.khatik, Anita Sharma 2014).
- It has anti-fungal activity against dermatophytes. ( thilaga Thendral, T.Laxmi 2017).

##### B. Clinical Study

- Acacia catechu is used in conjunctivitis, Haemoptysis, Pruritis, Leprosy, eukoderma, Skin diseases, Nausea, diarrhoea. ( Kinnari Dhruve, C.R. Harisha,P.K.Prajapata oct-dec 2011)

2) Deodaru- It has Anti inflammatory, Diuretics, Anti pyretic and anti leprotic properties.

3) Bakuchi- It is used as Anti microbial, Anti bacterial, Anti fungal, Anti inflammatory.

4) Daruharidra- It is used as Rejuvenating effect. Also it is Anti pyretic, Anti pruritic, Anti haemorrhoidal properties.

5) Haritaki- It is used as Anti oxidant, Anti microbial, Anti diabetic, Hepato-protective, Anti inflammatory, Anti arthritis, Gastro intestinal and motility wound healing action.

6) Bibhitaki- It has Anti oxidant, Anti microbial, Anti diarrheal, Anti cancer, Anti diabetic, anti hypertensive, Hepato protective Action.

- 7) Amalaki- It has hepato toxic and Anti tumour properties. It is used chronic stress and Hypo lipidemia.

### **Side Effects**

Common side effect like burning sensation or heart burn occurs when taken without water.

### **References**

- [1] Bhaishajya Ratnawali 54/365-370.  
[2] Sharangadhara samhita madhyam khanda 10/60-65.

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