

**Various *Kwath* preparations used for treatment of respiratory disorders.**

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**ABSTRACT:**

Respiratory disorders are the leading cause of death and disability in the world. Towards the end of 2019, corona virus was reported and has been declared as pandemic by WHO. Restrictive measures like social distancing, lock down, use of masks, contact tracing, quarantine, case detection and isolation came into practice. People started thinking about health and hygiene as most important part of life. They came to know the importance of immunity, hence started medications for enhancing immunity which mainly include *kwath* preparation. Commonly used *kwath* preparations are enumerated here which will be helpful in the time of pandemic.

**KEY WORDS:**

 Respiratory disorders, COVID-19, *Kwath*.

**INTRODUCTION:**

The lungs are the vital organs most vulnerable to infection and injury from external environment because of its constant exposure to dust particles,

chemicals, infectious organisms, etc. in the atmosphere. The most common causes of severe illness and death are COPD, Bronchial asthma, Acute lower respiratory tract infections, Lung carcinoma; now new deadly viral disease COVID-19 has taken the chance. Day-by-day, the severity is increasing throughout the world. Already, it took the life of many people all over the world and affected the day-to-day life of people both physically and mentally. Even more distressing is the suffering by the common man during the pandemic and the struggles to overcome the situation.

Most respiratory diseases are preventable by improving the quality of air, changing lifestyles, improving immunity and also newly added social distancing and maintaining proper hygiene by “COVID-19”. Thus, during this time of pandemic, there is a need of proper precautions and care so that half of the game is probably over. The second half is the time for boosting up health and immunity. This can improve the chances to prevent any infections.

There are lots of medicines which are now available in the market under the label of immune boosters, etc. Here, some *kwath* preparations beneficial in respiratory disorders are discussed.

## REVIEW FROM AYURVEDIC TEXTS:

1. **Bharngikanadi kwath:** The ingredients are *bharngi*, *pippali*, *kasahari*, *haridra*, *vasa*, *guduchi*, *nagara*, *dhanyaka*. One pinch of pepper powder should be mixed while consuming. <sup>[1]</sup>
2. **Balajeerakadi kwath:** *Bala*, *jeeraka*, *bilva*, *musta*, *vasa*, *sunthi*, *devdaru*, *guhekshu*, *laja* are the ingredients. This *kwath* is beneficial in *swasa*, *kasa roga*. <sup>[2]</sup>
3. **Balabilvadi kwath:** *Bala*, *bilva*, *mudga*, *sunthi*, *jeera*, *vasa*, *laja*, *ikshu*, stalks of mango leaves (*amrapatra*) are the contents. <sup>[3]</sup>
4. **Dasamoolakatuthrayam kwath:** *Dasamoola*, *trikatu* and *vasa* should be made into decoction and on cooling, this should be consumed by adding honey. This specifies *swasa*, *anila*, *kasa*, *parsva-prishta-trika-murdha ruja*. <sup>[4]</sup>
5. **Panchamooli kwath:** The *kwath* is prepared with drugs of *hraswa panchamoola*. In this *pippali churna* should be added before consuming. This may be more effective in dry cough or acute bronchitis while consuming along with *anna* and *mamsa rasa*. <sup>[5]</sup>
6. **Baladi kwath:** *Bala*, *dwibrihati*, *vasa*, *draksha* are made into decoction. This should be consumed with sugar and honey. This is beneficial in *pitta* predominant conditions. <sup>[6]</sup>
7. **Poushkaradi kwath:** *Pushkaramoola*, *katphala*, *bharngi*, *sunthi*, *pippali*- *kwath* is prepared. This is highly beneficial in *kasa*, *swasa* and *hridgraha* with *kapha* predominance. <sup>[7]</sup>
8. **Kasamardadi kwath:** *Kasamarda*, *vartaka*, *vasa* and *bilva* are the ingredients. The decoction prepared with these drugs are useful in treating respiratory diseases. <sup>[8]</sup>
9. **Dasamoola kwath:** This should be consumed with *pippali churna* in conditions like *parswashoola*, *jwara*, *swasa* and *kaphaja kasa*. <sup>[9]</sup>
10. **Vidaryadi kwath:** The *kwath* is prepared with the drugs of *vidaryadi gana*- *vidari*, *panchangula*, *vrischikali*, *vrischiva*, *devahvaya*, *supyaparni*, *kandukari*, *jeevana panchamoola*, *hraswa panchamoola*, *gopasuta* and *tripadi*. This *gana* is *hridya*, *brimhana*, *vata pitta shamak* and cures *sosha roga*, *swasa*, *kasa*, *angamarda* and *gulma*. <sup>[10]</sup>
11. **Katphaladi kwath:** *Katphala*, *katrina*, *bharngi*, *musta*, *dhanyaka*, *vacha*, *abhaya*, *sringi*, *parpataka*, *sunthi* and *surahva*- should be made into decoction and should be consumed by *madhu* and *hingu*. It is beneficial in *vata kapha kasa*, *kantha roga*, *kshaya*, *shoola*, *swasa*, *hikka* and *jwara*. <sup>[11]</sup>
12. **Bilva-dhanyadi kwath:** *Bilva*, *dhanyaka*, *balamoola*, *laja*, *jeeraka*, *sunthi*, *mudga*, *devdaru*, *jeevanti*-*kwath* made of these drugs should be consumed with sugar and ghee which alleviates *hikka*, *swasa*, etc. <sup>[12]</sup>
13. **Vyaghryadi kwath:** The ingredients are *vyaghri*, *sunthi* and *guduchi* and

*pippali churna* should be added while consuming the decoction. This is *vata kapha shamak* and is useful in treating cough, cold, bronchitis, sinusitis, asthma, fever etc. <sup>[13]</sup>

14. **Nayopayam kwath:** *Balamoola, jeeraka* and *sunthi* are the three ingredients. It is widely used in *swasa, hikka, vata vyadhi*, etc. <sup>[14]</sup>

15. **Amrutotharam kwath/ Nagaradi kwath:** *Nagara, guduchi* and *haritaki* are the contents. It is *amapachak, tridosha shamak* and useful in *jwara, vibandha*, etc. <sup>[15]</sup> Thus, it may work as immunomodulator, antipyretic, antiviral, etc.

16. **Indukantham kwath:** *Putikaranja, devdaru, dasamoola, panchakola* and *saindhava* are the ingredients. It pacifies *vata* and *pitta*. It is beneficial in treating *vataamayas, kshaya, udara, gulma, shola, jwara* and is also *balavardhana*. <sup>[16]</sup> It can improve strength and immunity and also beneficial in treating fever, infections, etc.

17. **Shirishadi kwath:** *Shirisha, vasa, kantakari* and *madhuyashthi* are the contents. It is antiallergic, Broncho dilator, expectorant and *tridosha shamak*. <sup>[17]</sup>

18. **Pathya kustumbaryadi kwath:** Decoction of *pathya, kustumbari, musta, sunthi, katrina, parpata, katphala, vacha, bharngi* and *devahvam*, mixed with *madhu* and *hingu* cures fever of *kapha vata* origin, expectoration of sputum, pain in the abdomen, chest and flanks, diseases of throat, swelling of the face, cough and dyspnea. <sup>[18]</sup>

## CONCLUSION:

Respiratory disorders impose health burden worldwide. Prevention, control and cure of these diseases and promotion of respiratory health should be given top priority. We take our breathing and respiratory health for granted, but the vital organ “lung” is vulnerable to airborne infections, etc. Although, death and disability occur in all parts of the world due to respiratory impairment-crowding, environmental exposures, poor living conditions, etc. increase vulnerability. Thus, all should try to avoid these, maintain proper hygiene, resort to *pathya aahara viharas*, etc. so that we all together overcome the hurdles to survive the battle as soon as possible.

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