



International Journal of Research in Academic World

Received: 11/January/2024

IJRAW: 2024; 3(2):73-76

Accepted: 14/February/2024

AN AYUEVEDIC LITERARY REVIEW ON THE EFFECT OF KATUKI (*Picrorhiza kurroa* Royle ex Benth) IN TWAK GATA ROGA (SKIN DISEASES)

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Abstract

There are so many herbal ingredients have been used by the pharmaceutical house in preparation of medicines for skin diseases. As day-by-day newer skin diseases are affecting humans but satisfactory solutions are not so much observed in modern medicine so the scholars of Ayurveda are becoming interested to find out the solution through the references of our Ayurvedic ancestors. Katuki (*Picrorhiza kurroa* Royle ex Benth) is very common herb has been used by our classics frequently in the management of skin diseases namely Kustha (leprosy) including obstinate skin diseases and other systemic disorder also. In present study different Ayurvedic literature of Vedic period, Samhita period, Samgraha period and modern era have been review to collect information regarding the properties, action and therapeutic uses and those have been furnished here in a methodical manner and finally a conclusion has been made regarding its effectiveness against Twakgata Roga (skin diseases), so the aims and objective of the study is to focus the knowledge of pharmacodynamics of Katuki to the scholar, practitioner of this field for encouraging them towards use of the said herbs in different skin problem.

Keywords: Katuki and Twak Roga, Charma Roga and Katuki

Introduction

Katuki (*Picrorhiza kurroa* Royle ex Benth) each also known as Katki, Kuru, Kadu etc ^[1]. It is a trailing hairy herb with jointed zig-zag, off-shoots as joints and also rooting at the nodes. Root stock thick, perennial 15-25 cm. long, clothed with scars of withered leaf tags². In Ayurveda the root or underground skin (rhizome) has been taken as the parts of use. It has been taken into different Ayurvedic ethical preparation like Arogyabardhani, Phalotrikadi, Pachan, Sarvajwarahara Louha, Nimbadi Churna, Katurohini Churna³ etc. by our classics for the treatment of skin disease, hepatosplenomegaly, fever, helminth infestation, amoebiasis etc. the ancient literature like Charak Samhita (2500 BC/1000 BC), Sushrut Samhita (500 BC), Ashtanga Hridaya (400 AD), Sarangadhar Samhita (1300 AD), Cakradutta (1100 AD), Bhabprakash (1600 AD) have also used this drug in different systemic disorders. Several important Ayurvedic Pharmacopoeias like Bhabprakash Nighantu, Madan Pal Nighantu, Dhanwantari Nighantu, Priya Nighantu, Shaligram Nighantu, Kaiyadeva Nighantu etc. have been vividly reviewed and those have also been stated here in present work. The Katuki acted as Pitta-Kapha Samak and it

possesses the properties Laghu (light), Ruksha (rough) and Tikshna (sharp) and having the Virya (potency) Sita. The important therapeutic action of this drug is Kshudabardhak (appetizer), Rechak (laxative), Dahanasak (relieving burning sensation), Jwaranasak (antipyretic), Rakta Sodhak (blood purifier), Kriminasak (anthelmintic) etc. The all sorts of skin diseases specially Kustha (obstinate skin diseases including leprosy) seven types of Mohakustha and eleven types of Kshudrakustha treated frequently with the aid of Katuki by our practitioners from ancient era to till date. It pacifies Vata and Kapha so the spreading of skin eruption or rases can be arrested by this drug. As all sorts of Kandu (itching) are caused by Kapha so by the Kaphahara activities of it the symptoms like itching or Oozing (discharging) could be cured. The minor skin diseases where etiology is less and intensity of the disease are not so much severe in those cases it has also been significantly used by our classics. As the Virya (potency) of Katuki is Sita so it has the action against burning sensation. So through literature review it has been observed that the main features of all sorts of skin diseases like eruption, speeding of patches, itching and burning sensation etc. could be relieved by the used of this drug.

The hepatoprotective activity of this drug has also been mentioned by our classics in their respective texts. It is needless to mention here that Katuki has a definite role over reticuloendothelial system. As a result it is also used in Pandu, Kamala, Raktapitta etc. The Kriminasak activities of Katuki signifies anthelmintic, antiparasitic action of the drug. In present study all those information have been furnished in tables and charts.

Materials and Method

Review of Ayurvedic literature of different era like Charak Samhita (2500 BC/1000 BC), Susrut Samhita (500 BC), Astanga Hriday (400 AD), Sarangadhar Samhita (1300 AD), Cakradutta (1100 AD), Bhabprakash (1600 AD) and different nighantus like Bhabprakash Nighantu, Madanpal Nighantu, Dhanwantari Nighantu, Priya Nighantu, Shaligram Nighantu,

Kaidev Nighantu have been done vividly to collect data rather information.

The information regarding the properties, action, therapeutic uses etc. have been furnished in table and charts very methodically.

Scientific Name ^[4]: Picrorhiza kurroa Royel ex Benth

Family ^[5]: Scrophulariaceae

Synonym: Asoka, Cakrangi, Katurohini, Matsyasakala, Tikta.

Table 1: Position of Katuki in different classical texts ^[6]

Charak	Susrut	Vagbhat
Bhedaniya Lekhaniya Stanyasodhana Tikta skandha	Patoladi Pippalyadi Mustadi	Patolyadi Mustadi (A.H.) Pippalyadi (A.S.)

Table 2: Showing the Properties of Katuki in different classical texts.

Properties	B.N.	M.P.N.	D.N.	P.N.	R.N.	Shali.N.	N. A.	S.N.	K.N.
Rasa	Katu	Tikta	Tikta Katu	Tikta	Tikta Katu	Tikta	Tikta Katu	Katu	Tikta Katu
Guna	Laghu Ruksha Tikshna	Laghu Ruksha Sara	-	-	-	Laghu	-	Laghu Ruksha Tikshna	Laghu Ruksha
Virya	Sita	Sita	Sita	Usna	Sita	Sita	Sita	-	Sita
Vipak	Katu	Katu	-	-	-	-	Katu	-	Katu

Table 3: Showing the actions of Katuki on dosha as per different classical texts.

	B.N.	M.P.N.	D.N.	P.N.	R.N.	Shali.N.	N. A.	S.N.	K.N.
Dosha Karma	Pitta Kapha Samak	Pitta Kapha Samak	Pitta Kapha Samak	Pitta Kapha Samak	Pitta Samak	Pitta Kapha Samak	Pitta Kapha Samak	Kapha Samak	Pitta Kapha Samak

Table 4: Showing the Attributes and Action of Katuki as per different classical texts.

	B.N.	M.P.N.	D.N.	P.N.	R.N.	Shali.N.	N. A.	S.N.	K.N.
Appetizer	+	-	+	-	+	-	-	-	-
Laxative	+	-	-	-	+	-	-	+	-
Chardi Nigraha	-	+	-	-	-	-	-	-	-
Svasahara	-	+	-	-	-	-	-	-	-
Dahahara	-	+	-	-	-	-	-	-	-
Jvarahara	-	+	-	-	-	-	-	-	-
Raktadosa	-	-	+	-	+	-	-	-	-
Bhedan	-	-	-	+	-	+	-	-	+
Anuloman	-	-	-	+	-	-	-	-	-
Dipan	-	-	-	+	-	+	-	-	-
Pittarecana	-	-	-	+	-	-	-	-	-
Hridaya Hitakari	-	-	-	-	-	+	+	-	-
Stanya Suddhaya	-	-	-	-	-	-	+	-	-
Kapha Pitta Vikar	-	-	-	-	-	-	+	-	-
Agni dahak	-	-	-	-	-	-	-	+	+

Table 5: Showing Therapeutic Indications of Katuki as per different classical texts.

	B.N.	M.P.N.	D.N.	P.N.	R.N.	Shali.N.	N. A.	S.N.	K.N.
Jvara	+	-	-	+	+	-	-	+	+
Mutratisara (poly urea)	+	-	-	-	-	-	-	-	-
Svas roga	+	-	-	-	+	+	-	+	-
Kasa	+	-	-	-	-	+	-	+	+
Rakta Vikar	+	-	-	+	-	+	-	+	-
Daha	+	-	-	-	-	+	-	+	+
Kustha	+	+	-	+	-	-	+	-	+
Krimi	+	-	-	+	-	+	-	+	+
Hridroga	-	+	-	-	-	-	+	+	-
Pandu	-	+	-	-	-	-	-	-	-
Visama Jvara	-	-	+	-	-	-	-	+	-
Yakrit roga	-	-	-	+	-	-	-	-	-
Kamala	-	-	-	+	-	-	-	-	-
Vibandha	-	-	-	+	-	-	-	-	-
Balas roga	-	-	-	-	+	-	-	-	-
Prameha	-	-	-	-	-	+	-	+	+
Stanya Sodhan	-	-	-	-	-	-	+	-	-
Kapha Pittajvara	-	-	-	-	-	-	+	-	-
Hikka	-	-	-	-	-	-	+	-	-
Jvara Daha	-	-	-	-	-	-	+	-	-
Pitta Jvara	-	-	-	-	-	-	+	-	-
Sita pitta	-	-	-	-	-	-	-	+	-
Ksaya	-	-	-	-	-	-	-	+	-
Visa	-	-	-	-	-	-	-	+	-
Kotha	-	-	-	-	-	-	-	+	-
Arsa	-	-	-	-	-	-	-	-	+

B.N.-Bhavprakash Nighantu

M.P.N.-Madan Pal Nighantu [7]

D.N.-Dhanwantari Nighantu [8]

P.N.-Priya Nighantu

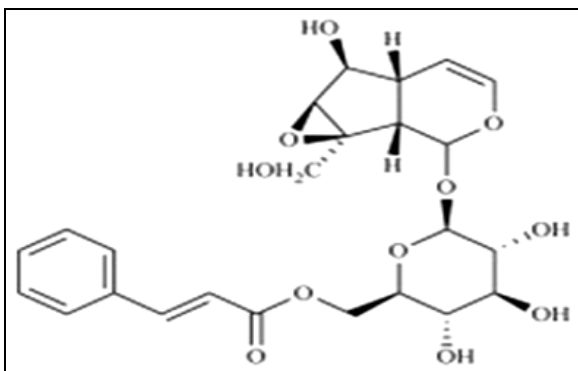
R.N.-Raj Nighantu

Shali.N.-Shaligram Nighantu

N.A.-Nighantu Adarsa (Uttarardha)

S.N.-Sankar Nighantu

K.N.-Kaiyadeve Nighantu

Dosage:**Powder:** 0.5-1 gm. (therapeutic) and 3-6 gm (purgative)**Parts Used** [9]: Root, underground Stem (Rhizome & roots)**Chemical Constituents** [10]:**Major:** Picosides I, II and III, Pikuroside, Kutkoside, Cucurbitacins, glycosides.**Others:** Apocynin, androsin, picein, vanillicacid, Veronicoside, minecoside, 6-feruloylcatalpol**Fig 1:** Picoside I**Discussion**

After vivid review of the literatures it has been revealed that Katuku (*Picrorhiza kurroa* Royle ex Benth) is carrying the Rasa-Katu, Tikta it signifies that Kapha and Pittadosha could also be pacified. As it is possessing the Gunas like Laghu, Ruksha and Tikshna so it has the quality of spreading all over the body through minute channels by dissolving the Kapha and Ama which is remaining in the Srotas as Mala. As it has the Sita Virya property so Pitta may be pacified by it and it could act as Prodahanasak or anti-inflammatory agent. As in Vipak it is Katu so Agnidipana or Jatharagni may be enhanced. The pharmacodynamics of Katuki is suggesting that it has the important role over skin diseases because of its Agnidipana, Kaphanashana, Srotosodhana activities. In introduction of this article it has been discussed that the hepatoprotective activities and stimulating activities on reticuloendothelial system of Katuki was well known to our ancient classics and they have used it frequently in the treatment of hepatosplenomegaly, anemia, jaundice etc. As liver and spleen are the root of Raktavaha Srotas show hepatoprotective, hepatocurative and hepatostimulant drug like Katuki will work as Raktasodhak (blood purifier) successfully. The skin diseases mainly becoming longstanding and almost Rasa and

Rakta Dhatus are commonly effected so Amapachak activity of Katuki is beneficial for Rasadhatu whose by product is Twak and Kaphahara and Raktasodhak property of Katuki could definitely show beneficial effect over Twakdusti (obstinate skin diseases), allergy, Vrono (ulceration), Sphotok (boils) abscess. It is noteworthy that Kshudraroga (minor skin affections) and worm infestation could also be treated with adding the said drug.

Conclusion

After above discussion it could be concluded that Katuki is good Raktasodhak or blood purifying agent, it is hepatoprotective, hepatocurative, and hepatostimulant in nature. Katuki has the potent preventing and curative effect over skin diseases and it could be used as a Kriminasak (anthelmintic agent).

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