



## COMPREHENSIVE ANALYSIS AND EVALUATION OF KARANJADI VATI: AN IN-DEPTH REVIEW

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### ABSTRACT:

A significant portion, approximately 70%, of Ayurvedic pharmaceutical formulations fall into the category of herbo-mineral preparations, with *Karanjadi Vati* being one such example offered in the conventional tablet form. In practical terms, it finds extensive application within the Ayurvedic medical system, primarily for addressing digestive disorders. To establish its efficacy and utility, extensive research has been conducted, drawing on references from Ayurvedic sources, including traditional texts and lexicons, which are thoroughly examined in relation to its ingredients, proportions, recommended dosage, and indications. According to classical texts, *Karanjadi Vati* is particularly renowned for its therapeutic benefits in cases of *Agnimandya* (digestive weakness). Interestingly, there are about nine distinct formulations bearing the name *Karanjadi Vati* documented in various ancient texts.

**Keywords** - *Karanjadi vati, Agnimandya, Ayurveda*

## INTRODUCTION

As per the fundamental principles of Ayurveda, *Agni* plays a vital role in the physiological processes of the body. *Agni* can be broadly categorized into three main types[1]:

1. *Jatharagni*
2. *Dhatwagni*
3. *Bhutagni*

*Jatharagni* holds a prominent position as the primary among all *Agni* (digestive fires). The proper functioning of other *Agni*, such as *Dhatwagni* and *Bhutagni*, relies on the strength and vitality of *Jatharagni*. Therefore, *Jatharagni* is revered with a sense of divinity due to its remarkable and essential role[2].

In Ayurvedic texts, a decrease in the vigor of *Agni* is referred to as *Agnimandya*[3]. References to this condition date back to ancient texts, including the *Mahabharata Adiparva*. Notably, *Acharya Charaka*, *Sushruta*, and *Vagbhata* do not categorise *Agnimandya* as a distinct ailment in their writings[4].

In clinical practice, diarrhoea is a frequently encountered ailment and holds a special place among gastrointestinal disorders since it's a common experience for nearly everyone at some point in life. *Mandagni*, or weak digestive fire, plays a pivotal role in the development of *Atisara* (diarrhoea). In the genesis of many illnesses, including *Atisara*,

the root cause is often traced back to *Mandagni*. Poor dietary choices and unhealthy lifestyle habits can lead to *Agnidushti*, resulting in the accumulation of *Ama* (undigested toxins) and eventually culminating in *Atisara*.

The human digestive system is notably sensitive, responding not only to physiological processes but also to emotional states. It's aptly referred to as the "sounding board of emotions," highlighting its interconnectedness with our mental well-being.

*Acharya Charaka* used various terms to describe fever in Ayurveda, such as *Vikara*, *Roga*, *Vyadhi*, *Aatanka*, and more. Fever is attributed to an imbalance of doshas in both the body and mind, as individuals free of such imbalances generally do not experience it. Symptoms of fever may include elevated body temperature (*santapa*), loss of appetite (*aruchi*), increased thirst (*trishna*), body aches (*angamarda*), and malaise. When doshas enter the *Amasaya* (stomach) and interact with undigested or improperly processed metabolic products (*ama*), it leads to the onset of fever.

The *Karanjadi Vati* is a herbal medicinal formulation as described in Chapter 4 of the *Siddha Bhaishaja Manimala*. This formulation comprises the following key ingredients: *Karanja*, *Ativisha*, *Maricha*, and *Tulsi Swarasa*. According to classical texts, the *Karanjadi Vati*

is traditionally believed to exert therapeutic effects in the treatment of *Atisara* (diarrhoea), *Agnimandya* (impaired digestive function), and *Jwara* (fever)[5].

#### MATERIAL AND METHOD

*Karanjadi Vati* is an Ayurvedic solution with the potential to provide relief from inflammation, pain, and infections. It is commonly employed in Ayurvedic therapies for addressing conditions such as fever, digestive issues, and rheumatoid arthritis. Moreover, it plays a crucial role in fortifying the immune system. Due to its ability to harmonize stomach acid levels, consistent

usage of this *vati* helps prevent acidity. The recommended dosage of *Karanjadi vati* is one tablet (1gm) to be taken at regular intervals with lukewarm water.

Raw drugs are sourced from local markets and subsequently subjected to drug authentication under the scrutiny of experts from the Department of *Dravya Guna* at the National Institute of Ayurveda (NIA), Jaipur. The preparation process was meticulously carried out at the *Rasashala* within the Department of *Rasa Shastra and Bhaishajya Kalpana* (RSBK), NIA, Jaipur.

#### Drug Review:

**Table 1: Ingredients with their botanical name, part used, ratio, chemical constituents and pharmacological activity of *Karanjadi Vati***

S. No	Sanskrit Name	Botanical Name	Part Used	Ratio	Chemical Constituent	Pharmacological activity	<i>Doshaghnata</i>
1	<i>Karanja</i>	<i>Pongamia pinnata</i> Fabaceae	Seed pulp	1	Oleic Acid, Stearic Acid, Palmitic Acid, Karangin, pongamol etc	Anti inflammatory, anti diarrhoeal, anti ulcer, antioxidant etc.	<i>KV hara</i>

2	<i>Ativisha</i>	<i>Aconitum heterophyllum</i> Ranunculaceae	Root	1	Heterophyllum, heteratisine, heterophyllidine etc	Anti fungal, antiviral, immune stimulants, anti inflammatory etc	<i>KP hara</i>
3	<i>Maricha</i>	<i>Piper nigrum</i> Piperaceae	Fruit	1	Piperidine, trichostachine, piperettine, citronellol, crypton, ascorbic acid	Anti oxidant, anti pyretic, anti fungal, anti bacterial, hepatoprotective etc.	<i>KV hara</i>
4	<i>Tulsi Swarasa</i>	<i>Ocimum sanctum</i> Lamiaceae	Whole plant	Q.S	circilineol, circimaritin, isothymusin, apigenin and rosameric acid	xpectorant, analgesic, anticancer, antiasthmatic, antiemetic, diaphoretic, antidiabetic, antifertility,	<i>KV hara</i>

KV- Kapha-Vata; KP-Kapha-Pitta

**Table 2: Rasa, Guna, Virya, Vipaka and Karma of Karanjadi vati drugs:**

S.No	Name of drug	Rasa	Guna	Virya	Vipaka	Karma
1	<i>Karanja</i>	<i>Tikta, katu, kashaya</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vishaghana, Sandhania, Grahi,</i>

						<i>Garbhasthapan</i>
2	<i>Ativisha</i>	<i>Katu, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepan, pachan, atisarhara, anahara, jwarahara</i>
3	<i>Maricha</i>	<i>Katu</i>	<i>laghu, tikshna, sukshma</i>	<i>Ushna</i>	<i>Katu</i>	<i>Krimighna, deepan, shwas-shool har,</i>
4	<i>Tulsi</i>	<i>Katu, tikta</i>	<i>Laghu, ruksha, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepen, vishaghna, kusthahar, parshvarukhara, KV hara</i>

#### **Preparation of Karanjadi Vati -**

To prepare *Karanjadi Vati* with the three ingredients - *Karanja*, *Ativisha*, and *Maricha*, along with the required bhavna of *Tulsi Swarasa*:

##### 1. Collection of Ingredients:

Ensure the quality of the ingredients and verify their authenticity.

##### 2. Preparation of *Karanjadi* Mixture:

- In a clean and dry vessel, take a measured quantity of *Karanja* seed pulp, as per the desired batch size. Add the finely powdered *Ativisha* and *Maricha* to the *Karanja* seeds pulp.

##### 3. Mixing and Blending:

- Thoroughly mix the *Karanja*, *Ativisha*, and *Maricha*, ensuring a homogenous blend. This can be achieved by using a dry blender or mixer if necessary.

##### 4. *Bhavna* with *Tulsi Swarasa*:

- In a separate container, take the required quantity of fresh *Tulsi Swarasa*. The quantity should be sufficient to achieve the desired texture and consistency.

##### 5. Combining *Karanjadi* Mixture with *Tulsi Swarasa*:

- Gradually introduce the *Tulsi Swarasa* to the blended *Karanjadi* mixture. Ensure that the mixture is moistened adequately to form a consistent and workable dough-like texture.

##### 6. Granulation and Shaping:

- Shape the mixture into small, uniform *vati* or tablet forms.

##### 7. Drying and Storage:

- Allow the *vati* to air dry or use suitable drying facilities to remove any excess moisture. This step is crucial for the preservation of the *vati*. Store the finished

*Karanjadi Vati* in an airtight container in a cool, dry place, protecting it from moisture and light.

## DISCUSSION

Many diseases can be attributed to disturbances in the digestive system. Conditions such as *Atisara* and *Agnimandya* are indicative of improper digestion. In *Agnimandya*, an individual's body does not adequately support the digestive process, leading to issues like *Ajeerna*, *Ama*, and *Apach*, among others. Similarly, *Atisara* is a consequence of impaired *agni*, wherein the intestines are unable to effectively retain food, resulting in suboptimal digestion.

Fever, on the other hand, can stem from various causes, but disruptions in the *agni* are significant contributing factors. The vitiation of *agni* and the accumulation of *pitta* can lead to the development of fever.

*Karanjadi Vati* from *Siddha Bhaishjya Manimala* is a herbal medicine designed to address improper *agni* caused by its *katu*, *tikta*, and *kashay rasa* (bitter, pungent, and astringent tastes). This medication is recommended for three primary conditions: *Atisara* (diarrhoea), *Agnimandya* (digestive weakness), and *Jwara* (fever), all of which are associated with improper *agni*.

The ingredients in *Karanjadi Vati* possess *laghu*, *tikshna*, and *rukshna* qualities, which

help balance *kapha dosha*. It also has *ushna virya* (hot potency) and *katu vipaka* (pungent post-digestive effect), making it primarily *Kapha-Pitta shamak* (balancing for Kapha and Pitta doshas) in nature.

Each ingredient is very effective due to their antipyretic, antiallergic, immunomodulatory, anti-inflammatory and analgesic properties.

*Karanja*, with its distinctive pharmacological effects, serves as a versatile herbal remedy in *Ayurveda*. It is characterized by its *Kapha-Vatahara*, *Shothahar*, and *Bhedana* properties, which make it effective in treating a wide range of health conditions. This remarkable herb is known to alleviate ailments such as *Kustha* (skin diseases), *Arsha* (hemorrhoids), *Krimi* (worm infestation), *Visha* (poisoning), *Kandu* (itching), *Yoniroga* (vaginal diseases), *Apasmara* (epilepsy), *Unmada* (insanity), *Urusthamba* (wryneck), *Udawarta* (intestinal gas), *Meha* (urinary disorders), *Shiroroga* (head diseases), *Indralupta* (alopecia), *Shleepad* (filariasis), *Hrudroga* (heart disease), and *Gulma* (tumors). This wide-ranging therapeutic profile underscores the significance of *Karanja* in traditional herbal medicine for addressing diverse health concerns.[6]

The properties of *Karanja*, as described by numerous Ayurvedic scholars, are as follows: It is characterized by the tastes of *Tikta* (bitter),

*Katu* (pungent), and *Kashaya* (astringent) in terms of *Rasa* (taste). It exhibits *Guna* (properties) that are *Laghu* (light) and *Tikshna* (sharp). In terms of *Virya* (potency), *Karanja* is considered *Ushna* (hot), and its *Vipaka* (metabolism) is described as *Katu* (pungent). This comprehensive evaluation of its properties highlights the unique nature of *Karanja* in Ayurvedic medicine. Due to these properties, it alleviates *Vata & Kapha Dosha*.

In the realm of Ayurvedic pharmacology, *Ativisha*, scientifically known as *A. heterophyllum*, is a herb endowed with a spectrum of distinctive properties. It is marked by its *tikta* (bitter) and *katu* (pungent) taste, accompanied by properties that render it as *laghu* and *ruksha*. This herb possesses *ushna virya*, signifying its hot potency, and its *vipaka* is characterized by *katu*, meaning it attains pungency after the process of digestion.

From a therapeutic standpoint, *Ativisha* exhibits a multifaceted nature, capable of addressing various health concerns. It is *kapha-pittahara*, meaning it effectively mitigates imbalances in *kapha* and *pitta* doshas, which are central components of Ayurvedic medicine. Furthermore, *Ativisha* is *dipana*, enhancing the digestive fire, and *pachana*, aiding in the digestion of undigested material. Its *grahi* property serves to prevent excessive loss of bodily fluids, while it also

demonstrates *shotahara* action by acting as an anti-inflammatory agent. Additionally, *Ativisha* is *vishaghna*, proficient in countering toxins, and *krimihara*, effectively tackling worm infestations.

Notably, its *jwarahara* potential is harnessed in reducing fever, functioning as an antipyretic, and it is also *kasahara*, effectively addressing cough as an antitussive. In cases of diarrhoea, *Ativisha* shines as *atisaraghna*, providing relief from this distressing condition. The classical Ayurvedic text, *Charaka Samhita*, recognizes *Ativisha* within specific categories, underscoring its importance in traditional Ayurvedic medicine. It is classified as a *tikta skandha*, denoting a bitter-tasting drug, and *lekhaneeya*, indicating its ability to have a scraping action on tissues and *kapha*. [7], [8], [9].

The fruits of *Maricha*, also known as black pepper, hold significant medicinal value owing to the presence of an important alkaloid called Piperine. This compound is responsible for a wide range of pharmacological actions. *Maricha* is characterized by a pungent taste, a pungent post-digestive effect, and a hot potency. It is particularly effective in alleviating imbalances in the *kapha* and *vata* doshas.

*Maricha* finds its primary utility in addressing conditions such as *Krimi roga* (parasitic

infections), kasa (cough), *shwasa* (breathing difficulties), and *shula* (abdominal colic). Numerous research studies on *Maricha* have highlighted its diverse therapeutic properties, including hepatoprotective (protecting the liver), *hypocholesterolemic* (lowering cholesterol levels), anti-inflammatory, antispasmodic, and antioxidative activities. Furthermore, it has been established as a potent bio-enhancer, enhancing the bioavailability of other substances, and it exhibits antibacterial properties. *Maricha's* remarkable attributes make it a valuable ingredient in traditional medicine systems and modern research.[10]

Several medicinal properties have been attributed to *Ocimum sanctum* L. (16–27). Different parts of Tulsi plant e.g. leaves, flowers, stem, root, seeds etc. are known to possess therapeutic potentials and have been used, by traditional medical practitioners, as expectorant, analgesic, anticancer, antiasthmatic, antiemetic, diaphoretic, antidiabetic, antifertility, hepatoprotective, hypotensive, hypolipidmic and antistress agents. Tulsi has also been used in treatment of fever, bronchitis, arthritis, convulsions, diarrhoea, indigestion etc.[11]

## CONCLUSION

*Karanjadi Vati*, a herbal preparation from *Siddha Bhaishjya Manimala*, targets digestive

problems, particularly *Atisara* (diarrhoea) and *Agnimandya* (digestive weakness), stemming from disrupted *agni* or digestive processes. Moreover, it proves effective in managing fever, often caused by *agni* imbalances and *pitta* accumulation. The ingredients in *Karanjadi Vati* possess properties that harmonize the *Kapha dosha* and *Pitta dosha* and offer antipyretic, antiallergic, immunomodulatory, anti-inflammatory, and analgesic benefits, making it a holistic solution for these digestive and fever-related concerns.

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