



## A REVIEW ON VISHWADI DWADASHANGA KWATH: AN AYURVEDIC POLYHERBAL FORMULATION FOR VATAVIKARA

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### ABSTRACT:

**Background** – *Vata* is the governing factor in the maintenance of equilibrium in the body. It is responsible for all types of movements in the human body as well as all types of reflexes carried out by *Vata dosha*. It is the only moving *dosha* among the three and it carries *Pitta* and *Kapha* all over the body along with it. In *Ayurveda* classics, most of the joint pain-related conditions have been explained under the heading of *Vatavyadhi*. eighty *Nanatmaja Vata Vikara* mentioned in *Ayurveda* classics. *Vishwadi Dwadashanga Kwath* is mentioned in one of the *Vatahara Yoga* in *Gada Nigra*. **Aim and objectives** – 1. To explore the mode of action of *Vishwadi Dwadashanga Kwath* in the management of *Vatavikara*. 2. To be aware of medicinal properties and encourage the use of *Vishwadi Dwadashanga Kwath* in the management of *Vatavikara*. **Material and methods** - For this study, *Ayurveda Samhitas*, authentic publications, the internet, and modern medical literature have been reviewed. **Discussion** – The ingredients of this *kwath* include *Madhura-tikta rasa*, *Katu Vipaka*, *Ushna Virya*, etc. On the overall effect of the *Vishwadi Dwadashanga Kwath*, it has been found that the drug has the properties of *Vata-Kaphahara*, *Ushna Virya*, *Shothahara*, *Vedanasthapana* which helps in the pacification of aggravated *Vata* and subside the pain. They all combinedly help in balancing the aggravated *Vata dosha*. All these above powerful ingredients in combination can give excellent results to control symptoms of *Vatavyadhi*'s. **Conclusion** - It is concluded that *Vishwadi Dwadashanga Kwath* can be used as an effective *Ayurvedic* medicine for *Vatavyadi* such as - *Ekanagavata*, *Sarvangavata*, *Katigraha*, *Gridhrasi*, *Avabahuka*, *Vishvachi* etc.

**Keywords** – *Vatavyadhi*, *Vishwadi Dwadashanga Kwath*, *Vata*, *Ayurveda*.

## INTRODUCTION:

The word *Vatavyadhi* has been composed from the two words *Vata* and *Vyadhi*. *Vata* is considered to be the most powerful. *Charaka* has mentioned the importance of *Vata*, "*Vata* is life and vitality: *Vata* is the supporter of all embodied beings, *Vata* is verily the whole universe and *Vata* is the lord of all. By this quotation, *Charaka* has cleared that *Vata* is the main factor, which is responsible for the healthy and diseased status of the individual [1]. *Pitta* and *Kapha* have also the capacity to disturb the normal state of health, but they are *Pangu* without the support of *Vata*. Due to higher efficacy, *Vata* can produce 80 types of defects and derangements in the body [2]. The word *Vyadhi* is suggestive of circumstances in which body and mind both are in distress. In this way, the collective meaning of *Vatavyadhi* indicates the specific disorders that occurred due to *Vata dosha*. *Vatavyadhi* cannot be manifested until and unless *Vata* is involved and this type of disease of *Vata* is known as *Nanatmaja* disorders of *Vata*. *Vatavyadhi Chikitsa* deals with disorders that are associated with the vitiation of *Vata* including symptoms of pain and stiffness, etc. *Vitiated Vata* mainly causes problems like delirium, spasticity of hands, organ atrophy, insomnia, diminishing sperms, numbness, twitches of the head and convulsions, etc. In modern

medicine, the disease is in the early stage, it is managed by medications such as analgesics and anti-inflammatory drugs, Muscle relaxants, corticosteroids, epidural steroid injections, etc. but these drugs have lots of side effects and cannot be used for a long time; When symptoms are moderately severe or more, especially if it hampers the activity of the patient, surgical intervention is advised. So, it is the need of time to seek other treatment options mentioned in *Ayurveda* classics.

*Vishwadi dwadashanga kwatha* [3] is one of the *Vatahara yoga* which is mentioned in *Gadanigraha* in *Vatarogadhikara Adhyaya* is selected as *Shamanaushadhi* in this study. *Vishwadidwadashanga kwatha* is indicated in *Mamsa, Ama*, and *Shleshma- Sandhisthita* and *Majja, Asthi, Snayu* and *Sarvanga-gatavayuvikaras*. These *Vishwadi Dwadashanga Kwath* (*Madhur, Tikta Rasa, Katu Vipaka*, and *Ushna Virya* properties) remove aggravated *Dosha* and provide early relief in painful symptoms of diseases.

## AIM AND OBJECTIVES:

1. To explore the mode of action of *Vishwadi Dwadashanga Kwath* in the management of *Vatavikara*.
2. To be aware of medicinal properties and encourage the use of *Vishwadi Dwadashanga Kwath* in the management of *Vatavikara*.

## MATERIAL AND METHODS:

For this study, *Ayurveda Samhitas*, authentic publications, the internet, and modern medical literature have been reviewed.

Classical reference of *Vishwadi Dwadashanga Kwath* is mentioned in *Vatarogadhikar Prakaran* of *Gadanigraha*.

**Ingredients of *vishwadi dwadashanga kwath*:**





### Drug review

**Table No. 01: Ingredients of *Vishwadi Dwadashanga Kwath* [3] -**

S.No.	DRUG	BOTANICAL NAME	QUANTITY
1.	<i>Vishwa</i>	<i>Zingiber officinale</i>	1 Part
2.	<i>Eranda</i>	<i>Ricinus communis</i>	1 Part
3.	<i>Devdaru</i>	<i>Cidrus deodara</i>	1 Part
4.	<i>Vacha</i>	<i>Acorus calamus</i>	1 Part
5.	<i>Shunthi</i>	<i>Zingiber officinale</i>	1 Part
6.	<i>Haritaki</i>	<i>Terminalia chebula</i>	1 Part
7.	<i>Ativisa</i>	<i>Aconitum heterophyllum</i>	1 Part
8.	<i>Naagarmotha</i>	<i>Cyperus rotundus</i>	1 Part
9.	<i>Yavasa</i>	<i>Alhagi comelorum</i>	1 Part
10.	<i>Vasa</i>	<i>Adhatoda vasica</i>	1 Part
11.	<i>Guduchi</i>	<i>Tinospora cardifolia</i>	1 Part
12.	<i>Shatavari</i>	<i>Asparagus recemosus</i>	1 Part

**Figure No. 1: Ingredients of *Vishwadi Dwadashanga Kwatha* -**

			
<b>AMALAKI</b>	<b>VIBHITAKI</b>	<b>SHUNTHI</b>	<b>VASA</b>
			
<b>DEV DARU</b>	<b>ATIVISA</b>	<b>VACHA</b>	<b>GUDUCHI</b>

			
<b>SHATAVARI</b>	<b>YAVASA</b>	<b>NAGARMOTHA</b>	<b>ERANDMOOL</b>

### Method of preparation

First of all, prepare the coarse powder of all the ingredients and add water to it. Then this mixture is boiled until it is reduced to one-eighth. On completion of the process, it should be filtered with a clean cloth and used in a lukewarm state.

### Method of administration

**Table 02: Method of Administration**

S.No.	DRUG	DOSAGE FORM	DOSE	ANUPANA
1.	<i>Vishwadi Dwadashanga Kwath</i>	<i>Kwath</i>	40 ml BD	With an equal amount of water

### Indications<sup>[3]</sup>

*Mansagata Vata, Ama, Shlesh Sandhigata Vata, Majjagata Vata, Asthigata Vata, Snayugata Vata, Katigata Vata, Sarvangata Vata etc.*

### Ras-panchaka and roghagnata

**Table 03: Ras, Guna Virya Vipaka and Doshghnata of Vishwadi Dwadashanga Kwath –**

S.No.	DRUG	RAS	GUNA	VIRYA	VIPAKA	DOSHAKARMA
1.	<i>Vishwa</i> <sup>[4]</sup>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kapha-vatashamaka</i>
2.	<i>Eranda</i> <sup>[5]</sup>	<i>Madhur Kasaya</i>	<i>Snigdha Tikshna, Sukshma</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Vatakapha shamak</i>
3.	<i>Devdaru</i> <sup>[6]</sup>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamak</i>
4.	<i>Vacha</i> <sup>[7]</sup>	<i>Katu, Tikta</i>	<i>Laghu, Tikshan</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamak</i>

5.	<i>Shunthi</i> <sup>[8]</sup>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kapha-vatashamaka</i>
6.	<i>Haritaki</i> <sup>[9]</sup>	<i>Kasaya, Katu, Tikta, Amla, Madhur</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosha Shamak specially Vatashamak</i>
7.	<i>Ativisa</i> <sup>[10]</sup>	<i>Katu, tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha shamak</i>
8.	<i>Nagarmotha</i> <sup>[11]</sup>	<i>Tikta Katu, Kasaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapitta shamak</i>
9.	<i>Yavasa</i> <sup>[12]</sup>	<i>Madhur, Tikta, Kasaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapitta shamak</i>
10.	<i>Vasa</i> <sup>[13]</sup>	<i>Tikta, kasaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapitta shamak</i>
11.	<i>Guduchi</i> <sup>[14]</sup>	<i>Tikta, Kasaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosha shamak</i>
12.	<i>Shatavari</i> <sup>[15]</sup>	<i>Madhur, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vatapitta shamak</i>

**Table No. 04: Rogagnata of Vishwadi Dwadashanga Kwath** <sup>[4-15]</sup>.

S.No	Drug	Karma	Rogagnata	Chemical composition	Pharmacological Action
1.	<i>Vishwa</i>	<i>Dipana, Pachan, Anuloman, Aama Doshara, Vatakaphapaha, Shothahara, Sheetaprashama na, Shrotoshodhak Truptighna,</i>	<i>Agnimandhya, Pandu, Udararoga, Aamavata, Aruchi, Shotha, Daurbalya, Sandhivata, Vata-Vikara,</i>	Essential oil, pungent constituents (gingerol and shogaol), resinous matter, starch, protein, Carbohydrate, Mineral, Calcium, phosphorous, Iron, Iodine, Chlorine, Vit-A, B, and C	Anti-inflammatory, hypolipidemic, antipyretic, antioxidant, analgesic, antidepressant, hepatoprotective, antiemetic, antiulcer, antibacterial, antifungal, cholagogic.

		<i>Rochana, Shula Prashamana, Arshoghna</i>	<i>Chardi Ajirna, Hritshoola, Shitaitta, Shwasa, Kasa, Pratishyaya, Jwara Etc</i>		
2.	<i>Eranda</i>	<i>Dipana, bhedana, Krimihara, Shothahara, Vedanasthapana, Vishaghna etc.</i>	<i>Shula, Pakshaghat a, Amavata, Shotha, Kampavata etc.</i>	Triglycerides of ricinolic acid, ricinine, gallic acid, calcium, aluminum, chloride, nitrate, magnesium, manganese, oleic, palmitic, ricinolic, stearic, sodium.	Anti-inflammatory, Spasmolytic, hepatoprotective, Antifertility, purgative, analgesic.
3.	<i>Devdaru</i>	<i>Vatahara, Kaphahara, Dushtavrina shodhaka.</i>	<i>Vibandha, Adhyamana, Shotha, Tandra, Hikka, Jvara, Prameha, Pinasa, Kasa, Kandu, Krimi, Kushtha, Amavata, Raktavikara, Sutikaroga.</i>	Terpenoids, Flavonoids, Glycosides.	Anti-inflammatory, immunomodulatory, antispasmodic, anticancer, anti-apoptotic, anti-bacterial, antifungal, antimicrobial, analgesic, antidiabetic, anti-hyperglycemic, antiulcer
4.	<i>Vacha</i>	<i>Vatahara, Kaphahara, Malamutra vishodhini,</i>	<i>Apsmara, Unmada, Vibandha, Adhyamana,</i>	Acorin, Asamyl alcohol, Asarone, Eugenol, Starch, and tannin.	antidiabetic, anti-obesity, anti-inflammatory, antihypertensive, antioxidant, antidepressant,

		<i>Dipana, Kanthya, Krimihara, Vamaka, Medhya</i>	<i>Shula, Karna Srava, Kasa, Shwasa, Smriti daurbalya</i>		antibacterial, insecticidal, anti-ulcerative
5.	<i>Shunthi</i>	<i>Dipana, Pachan, Anuloman, Aama Doshara, Vatakaphapaha, Shothahara, Sheetaprashama na, Shrotoshodhak Truptighna, Rochana, Shula Prashamana, Arshoghna.</i>	<i>Agnimandhya, Pandu, Udararoga, Aamavata, Aruchi, Shotha, Daurbalya, Sandhivata, Vata-Vikara, Chardi Ajirna, Hritshoola, Shitaitta, Shwasa, Kasa, Pratishyaya, Jwara Etc.</i>	Essential oil, pungent constituents (gingerol and shogaol), resinous matter, starch, protein, Carbohydrate, Mineral, Calcium, phosphorous, Iron, Iodine, Chlorine, Vit-A, B, and C.	Anti-inflammatory, hypolipidemic, antipyretic, antioxidant, analgesic, antidepressant, hepatoprotective, antiemetic, antiulcer, antibacterial, antifungal, and chologogic.
6.	<i>Haritaki</i>	<i>Shothahara, Deepan, Paachan, Anuloman, Mridu Rechan, Mutral, Sroto Shodhan, Yakrut Uttejak, Rasayan, Balya, Medhya, Prajasthapan</i>	<i>Agnimandya, Vibandha, Aruchi, Udararoga, Shotha, Pandu, Prameha, Ajirna, Amlapitta</i>	Tannins, anthraquinones, and polyphenolic compounds - Anthraquinones glycosides, chebulinic acid, tannic acid, terchebin, tetra-chebulin, vitamin C (fruits); arachidic, behenic, linoleic, palmitic, and stearic	Antimicrobial, antifungal, antispasmodic, hypotensive, anti-hepatitis B virus activity, hypo-lipidaemic, inhibitory activity, anthelminthic, purgative.

				acids (fruit kernels); chebulin (flowers); 2hydroxy micromeric acid, maslinic acid and 2hydroxy ursolic acid (leaves).	
7.	<i>Ativisa</i>	<i>Dipana, Pachana, Sangrahaika, Kaphapittahara</i>	<i>Jvar, Kasa, Chhardi, Amatisara, Krimiroga.</i>	Atisine, dihydroatisine, hetisined and heteratisine.	Expectorant, febrifuge, anthelmintic, antidiarrhoeal, antiemetic, anti-inflammatory.
8.	<i>Nagarmot ha</i>	<i>Pittakaphahara, Sthaulyahara, Shothahara, Dipana, Pachana, Grahi, Trishnanigraha, Krimighna, Tvak doshahara, Jvaraghna, Vishaghna.</i>	<i>Agnimandhya, Ajirna, Trishna, Jvar, Sangrahi, Shwasa, Kasa, Mutrakrichha, Vaman, Stanyavikara, Sutikaroga, Atisara, Amavata, Krimiroga.</i>	Volatile oil.	anti-inflammatory, antipyretic, anti-diabetic, anti-obesity, anti-malaria, hepatoprotective etc.
9.	<i>Yavasa</i>	<i>Kaphahara, Pittahara, Dipana, Balya.</i>	<i>Trishna, Chhardi, Jvar, Kasa, Vatarakta, Raktapitta, Visarpa</i>	Melizitose, Sucrose, Inver Sugars.	Anti-inflammatory, antioxidant, antimicrobial, diuretic, expectorant, antipyretic, aphrodisiac, laxative, blood purifier
10.	<i>Vasa</i>	<i>Kaphapittahara, Raktasangrahaika, Kasaghna,</i>	Chronic respiratory tract	Vasicine, vasicinine, B-sitosterol, adhatodic acid etc.	Anti-tubercular activity, Antiulcer activity, anti-asthmatic and

		<i>Hridya.</i>	infection, Kshaya, Kasa, Jvar, Kamla, Raktapitta, etc.		bronchodilator activity, anti-allergic activity, insecticidal activity, anti-bacterial activity, abortifacient, and uterotonic activity.
11.	<i>Guduchi</i>	<i>Rasayana, Sangrahi, Balya, Agnidipana, Tridosha shamaka, Hridya, Chakshushya</i>	<i>Jwara, Daha, Vibandha, Vatarakta, Prameha, Pandu, Bhrama, Valipalita, Kasa, Pandu, Trishna, Chhardi, Aruchi etc.</i>	Berberine, Palmatine, Tembetarine, Tinosporine, Tinocordifolioside A, B, C, D, E, Tinosporic acid, Giloin, Giloinin, B-sitosterol.	Antioxidant, Antiallergic, Antihyperglycemic activity, Immunomodulatory activity, Antioxidant, Cardioprotective, Antileprotic, Diuretic, Antiulcerative, Antifertility, Osteoprotective etc.
12.	<i>Shatavari</i>	<i>Vrishya, Shukraja, Balya, Medhya, Rasayan, Kaphavataghna, Pittahara, Vatahara, Stanyakara, Hridya, Netraya, Shukrala, Agnipushtikara</i>	<i>Shotha, Kshaya, Parinama, Shula, Gulma, Atisara, Raktatisara, Raktavikara, Arsha, Vatajvara, Swarbheda, Naktandhya, Vatarakta, Raktapitta, Visarpa,</i>	Shatavarine, Aspargamine, Linoleinic acid, Vitamin A, Racemosol, Racemofuran, Polysacharides, Mucilage.	Galactagogue effect, Antisecretory, Antiulcer, Antitussive, Antibacterial, Antiprotozoal, Molluscicidal, Antihepatoprotective, Immunomodulatory Antioxidant, Antiuro lithiatic, Antidepressant, Anti-inflammatory, Aphrodisiac, Diuretic, Antistress,

			<i>Sutika roga, Stanya dosha, Stanyakshaya.</i>		
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## DISCUSSION:

The *Dhatukshaya* and *Avarana* cause aggravation of *Vata Dosha* further vitiate *Strotas* and affect the physiological movement of biological elements [16]. *Ruksha, Khara, Parusha,* and *Laghu Guna* cause lodging of vitiated *Dosha*. The *Strotas* lost their properties like smoothness, stickiness unctuousness, etc. Vitiated *Vata* affects *Strotas* and produces *Ekanga or Sarvanga Vyadhi*. Mode of action of *Vishwadi Dwadashanga Kwath* - This *kashaya* has an indication in *Mamsa, Asthi, Majja,* and *Sarvanga Vata* [17]. In the *phalashruthi* of this formulation, it is specified that it is indicated in *Shleshaka Sandhi* disorders. The vitiation of *Vata* is due to *Margavarodha* with *kapha dosha*. Most drugs of this formulation have *Ushna Veerya* which helps in removing the *Avarana* and *doshagnata* is *Kapha-Vatahara*. It also has drugs that have *Shothahara, Vedanasthapaka,* and *Deepana Pachana* properties.

*Vishwa* having *katu rasa, teekshna, rooksha guna, ushna veerya* and *madhura vipaka* does *Vata-Kaphahara* [18].

*Eranda* has *madhura, katu, kashaya rasa, snigdha, teekshna guna, ushna veerya,* and *madhura vipaka* that does *Kapha Vatashamaka* act as *Shotha, Shoolahara* [19].

*Devadaru* is *tikta rasa, snigdha guna, ushna veerya* does *Kapha-Vatashamaka* acts as *Shothahara* [19].

*Vacha* has *katu rasa, teekshna guna* and *ushna veerya* does *Kapha Vatahara*.

*Shunthi* has *snigdha guna, ushna veerya* which does lubrication of joints, and does *Shophahara*. It also does *Deepana, and Pachana* [19].

*Abhaya* due to its *kashaya rasa, ruksha guna* does *Shophahara*. It does *Vata-anulomana*. As *Sandhigata Vata* occurs in *Vrudavastha*, it helps in *Vayasthapana*.

*Ativisa* and *Musta* has *tikta, katu rasa, ushna veerya* and *katu vipaka* does *Kapha Pittahara, Shothahara*.

*Vishwadi Dwadashanga Kwath* is a unique formulation mentioned by *Acharya Shodhal* in the contest of *Vatarogadhikar*. It possesses properties like *Vatahara* and removes pain, stiffness, and numbness.

On the overall effect of the *Vishwadi Dwadashanga Kwath*, it has been found that the drug is predominant in *Ushna Virya* which helps in the pacification of aggravated *Vata* and subside the pain. All these above powerful ingredients in combination can give excellent results to control symptoms of *Vatavyadhi's*.

#### CONCLUSION:

*Vata Vyadhi* mainly involves pathological events of *Gati Vriddhi*, *Akarmanyata*, or change in *Gati of Vata*. The symptoms of *Vata Vyadhi* are mainly associated with an increase in *Parushata*, *Kharata*, *Rukshata*, and *Sheetata* characteristics. *Shoola*, *Stamba*, and *Graha* of organ observed in *Vata Vyadhi* due to the increase in *Shita Guna* of *Vata Dosha*. The vitiation of *Vata* affects the musculoskeletal, neuromuscular, circulatory; and neurohormonal systems of the body. The ingredients of this *Kwath* include *Madhura-tikta rasa*, *Katu Vipaka*, *Ushna Virya*, etc. They all combined help in balancing the aggravated *Vata dosha* and favor the normal functioning of *dhatvagni* facilitating increased nutrition to the *Asthi dhatu* also *Tikta Rasa* has *Srotoshodhana* properties which help to clear the *Srotosanga*. So it is concluded that *Vishwadi Dwadashanga Kwath* can be used as an effective *Ayurvedic* medicine for *Vatavyadi* such as - *Ekangavata*, *Sarvangavata*, *Katigraha*, *Gridhrasi*, *Avabahuka*, *Vishvachi* etc.

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