Review Article

www.ijrap.net

(ISSN Online:2229–3566, ISSN Print:2277–4343)

SUSHRUTA KOSHATAKYADI YAVAGU AS AN AHARA YOGA IN ALCOHOLIC LIVER DISEASES: A REVIEW

Athulya CM [1]*, Abhay H Patkar [2]

[1] PhD Scholar, Department of Agadtantra, ASS Ayurved Mahavidyalaya, Nashik, Maharashtra, India

[2] Professor & HOD, Department of Agadtantra, ASS Ayurved Mahavidyalaya, Nashik, Maharashtra, India

Received on: 05/06/25 Accepted on: 24/12/25

***Corresponding author**

E-mail: cm.athulya@gmail.com

DOI: 10.7897/2277-4343.17132

ABSTRACT

Agadtantra gives a vast description about the signs and symptoms and treatment of different types of poisoning including animate and non-animate poisons and different types of combination poisons. Visha is referred to as those substances which create vishada (despair) to all creatures. Madya (Alcohol) in small doses is considered as medicine but it's inappropriate doses lead to poisoning as both madya and visha (poison) is having similar guna (properties) except in rasa and exactly opposite to ojas. Inappropriate dose creates various disorders affecting all the system including liver where most of its detoxification is taking place. Nutrient deficiency is a major problem in these patients. Koshatakyadi yavagu is an ahara yoga mentioned in Visha chikitsa which is said to be given during the vegantara avastha. This article deals with a review of Koshatakyadi yavagu and its use as an ahara yoga in alcohol induced liver damage.

Keywords: Agadtantra, Visha, Madya, Ojas, Guna, Koshatakyadi yavagu, Vegantara

INTRODUCTION

Agadtantra, one among the Ashtanga Ayurveda deals with bite and treatment of poisonous animals like snakes, spider, rat, insects etc. and also various other kinds of combination poisons[1]. Susrutacharya has described about Agadtantra in Kalpasthana, which is divided into 8 Kalpa's (or 8 chapters) solely dedicated for vast description of visha chikitsa (treatment of poisoning). Visha (poison) is defined as that which causes vishada or dukha (sorrow) in the body[2]. Visha and Madya is having similar properties except in rasa and exactly opposite to that of Oja and causes delirious effect if taken in improper way [3]. All gunas in Tikshna roopa (aggressive state) leads to the tridosha kopa (vitiation of tridosha) and apaki avastha of visha leads to pranaharana. (death)[4]. Visha vega is manifested when visha passes from one Kala to the other Kala and it gives rise to seven visha vegas respectively and the time interval during the process is called as visha vegantara [5]. Koshatakyadi yavagu is mentioned in Sushrut Samhita Sthavara visha vijnaneeya adyaya in treatment of poisoning of visha vega along with sheetal upachara [6]. Acharya Sushrut described Yavagu under Kritanna Varga and described it as 'viraladrava' [7]. Alcoholic liver disease (ALD) can be grouped into fatty liver or simple steatosis, alcoholic hepatitis, and chronic hepatitis with hepatic fibrosis or cirrhosis.[8] The present study aims to evaluate Koshatakyadi yavagu as an ahara yoga in alcoholic liver diseases.

Contents

1. Review of ingredients of Koshatakyadi yavagu.
2. Review of properties of yavagu
3. Review of Koshatakyadi yavagu as an ahara yoga in alcoholic liver diseases.

Ingredients of Koshatakyadi yavagu [6] is given in Table 1.

Table 1: Ingredients of Koshatakyadi Yavagu

Ingredients	Botanical Name	Family	Part Used	Quantity
Koshataki	*Luffa acutangula*	Cucurbitaceae	Phala	1 part
Agnika (Ajamoda)	*Apium graveolens*	Apiaceae	Beeja	1 part
Pata	*Cyclea peltata*	Menispermaceae	Moola	1 part
Amruta	*Tinospora cordifolia*	Menispermaceae	Kaṇda	1 part
Haritaki	*Terminalia chebula*	Combretaceae	Phala	1 part
Shirisha	*Albizia lebbeck*	Mimosaceae	Kandatwak	1 part
Kinihi (Apāmarga)	*Achyranthes aspera*	Amaranthaceae	Samoola	1 part
Shelu	*Cordia dichotoma*	Boraginaceae	Twak	1 part
Haridra	*Curcuma longa*	Zingiberaceae	Prakandha	1 part
Daruharidra	*Berberis aristata*	Berberidaceae	Kaṇda	1 part
Shweta Punarnava	*Boerhavia diffusa*	Nyctaginaceae	Samoola	1 part
Rakta Punarnava	*Trianthema portulacastrum*	Aizoaceae	Moola	1 part
Harenu (Nirgundi Beeja)	*Vitex negundo*	Verbenaceae	Beeja	1 part
Shunti	*Zingiber officinale*	Zingiberaceae	Prakanda	1 part
Maricha	*Piper nigrum*	Piperaceae	Phala	1 part
Pippali	*Piper longum*	Piperaceae	phala	1 part

Sariva	*Hemidesmus indicus*	Asclepiadaceae	Moola	1 part
Bala	*Sida cordifolia*	Malvaceae	Moola	1 part
Suryavalli	*Holastemma adakodein*	Asclepiadaceae	Prakanda	1 part
Giryahva	*Clitoria ternatea*	Fabaceae	Moola	1 part
Rakta Shali	*Oryza sativa*	Poaceae	Beeja	As required

The properties of contents of Koshatakyadi yavagu is given in Table 2.

Table 2: Guna karma of ingredients of Koshatkyadi Yavagu

Dravya	Rasa	Guna	Veerya	Vipaka	Dosha Karma
Koshataki	Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphapitta shamaka
Agnika	Katu Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha vatahara
Pata	Tikta	Laghu, Tikshna	Ushna	Katu	Kapha vatahara
Suryavalli	Tikta kashaya	Laghu, Ruksha, Sara	Ushna	Katu	Kapha vatahara
Haritaki	Lavana varjitha pancha rasa	Laghu, Ruksha	Ushna	Madhura	Tridosha hara
Guduchi	Tikta Kashaya	Guru, Snigdha	Ushna	Madhura	Tridosha hara
Shirisha	Kashaya Tikta Madhura	Laghu, Ruksha Tikshna	Ushna	Katu	Tridosha hara
Kinihi	Katu Tikta	Laghu Ruksha, Tikshna	Ushna	Katu	Kapha vatahara
Shelu	Madhura, Kashaya	Snigdha, Pichila, Guru	Sheeta	Madhura	Kapha pittahara
Haridra	Tikta Katu	Laghu, Ruksha	Ushna	Katu	Kapha vatahara
Giryahva	Katu Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Tridosha hara
Punarnava	Madhura Tikta Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha vatahara
Harenu	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kapha vatahara
Sunthi	Katu	Guru, Ruksha Tikshna	Ushna	Madhura	Kapha vatahara
Maricha	Katu	Laghu, Tikshna	Ushna	Katu	Kapha vatahara
Pippali	Katu	Laghu, Snigdha	Ushna	Madhura	Kaphavatahara
Sariva	Madhura, Tikta	Guru Snigdha	Sheeta	Madhura	Tridoshahara
Bala	Madhura	Laghu, Snigda, Pichila	heeta	Madhura	Tridoshahara
Raktashali	Madhura	Guru, Snigda	Sheeta	Madhura	Tridoshgna

The pharmacological action of the ingredients is obtained from various journals and is tabulated in Table 3.

Table 3: Pharmacological action of the Ingredients

Drugs	Chemical constituents	Properties
Luffa acutangula	Proteins, Flavonoids, Anthraquinone, Fatty Acids [14]	Hepatoprotective, Antioxidant, Antibacterial, Immunomodulatory, And Antiulcer Activity.[14]
Apium graveolens	Carbohydrates, Flavonoids, Alkaloids, Steroids, Glycosides [15]	Hepatoprotective, Anti-inflammatory, Anti-Bacterial, Anti-Fungal, Antioxidant [15]
Cyclea peltata	Carbohydrates, Alkaloids, Saponins, Tannins, Resin, Terpenoids [16]	Anti-Inflammatory, Analgesic, Antihemorrhagic, Gastroprotective, Antioxidant, Cardioprotective [16]
Tinospora cordifolia	Alkaloids, Glycosides, Steroids, Sesquiterpenoids [17]	Immunomodulatory Anti-Inflammatory, Antioxidant, Anti-Allergic, hepatoprotective [17]
Terminalia chebula	Polyphenols, Terpenes, Anthocyanins, Flavonoids, Alkaloids and Glycosides [18]	Antioxidant, Antimicrobial, Hepatoprotective, Anti-Inflammatory, Cardioprotective, Gastrointestinal Motility and Wound healing activity [18]
Albizia lebbeck	Alkaloids, Flavonoids, Tannin, Saponin [19]	Analgesic, Anti-Inflammatory, Antidiarrheal, Immunomodulatory [19]
Achyranthes aspera	Alkaloids, Tannins, Flavonoids and Phenolic [20]	Nephroprotective, Diuretic, Hepatoprotective, Anti Inflammatory, Antihistaminic [20]
Cordia dichotoma	Polyphenols, Flavonoids, Tannins, Alkaloids and Pyrrolizidine Alkaloids [21]	Anti-Inflammatory, Analgesic, Antioxidant, Antimicrobial, Hepatoprotective [21]
Curcuma longa	Flavonoid Curcumin (Diferuloylmethane), Including Turmerone, Atlantone, And Zingiberene [22]	Antioxidant, Anti-Inflammatory, Antiviral and Antifungal Actions [22]
Berberis aristata	Alkaloids, Terpenoids, Flavonoids, Sterols, Anthocyanins [23]	Anti-Microbial, Hepatoprotective, And Cardiotonic Activity. [23]
Boerhavia diffusa	Flavonoids Glycosides Steroids, Triterpenoids, Lipids, Lignans, And Glycoproteins [24]	Hepatoprotective, Anti Inflammatory, Anti-Fibrinolytic, Anti-Cancer, Immuno-Modulatory, Analgesic [24]
Trianthema portulacastrum	Fiber, Proteins, Riboflavin, Potassium, Sodium, Iron [25]	Hepatoprotective, Anti-inflammatory [25]
Zingiber officinale	Phenolic And Terpene Compounds.[26]	Antioxidant, Anti-Inflammatory Antimicrobial, Cardioprotective [26]
Piper nigrum	Phenolics, Flavonoids, Alkaloids, Amides and Steroids, Lignans, Neolignans, Terpenes, Chalcones [27]	Antioxidant, Analgesic, Anti-Inflammatory, Anti-Diarrheal, Antidepressants, Hepatoprotective Immuno-Modulatory, Antibacterial, Antifungal, Anti Colon Toxin [27]
Piper longum	Alkaloids And Related Compounds [28]	Antioxidant, Cardioprotective, Hepatoprotective, Anti-inflammatory, Antioxidant, Immunomodulatory [28]
Hemidesmus indicus	Alkaloids, Glycosides, Carbohydrates, Steroids, Polyphenol, Saponins and Terpenoids [29]	Antimicrobial, Antiulcer, Antivenom, Immunomodulatory, Hepatoprotective, Wound healing Activity [29]
Sida cordifolia	Alkaloids, Flavonoids, Sterols and Fatty Acids [30]	Hepatoprotective, Cardioprotective, Antioxidant, Anti-inflammatory, Analgesic, Hypoglycemic [30]

Holastemma adakodein	Flavonoids, Tannins Steroids, Alkaloids, Anthocyanins [31]	Antipyretic Activity, Antioxidant activity, Antibacterial Activity [31]
Clitorea ternatea	Terpenoid, Flavonoid, Tannin and Steroid [32]	Antioxidant, Anti-inflammatory, Nephroprotective, Antioxidant [32]

Method of preparation of yavagu involves 2 processes

Preparation of kwada (decoction)

- Equal quantity of all ingredients is taken.
- Course powder of each of these ingredients are made and homogenously mixed.
- Kwada is prepared by adding 16 parts of water to the above mixture and reducing it to its ½ by boiling over medium flame.
- Then this decoction is filtered [9]

Preparation of yavagu

- 1 part of rice is added with 6 parts of the above decoction.
- Rice is cooked until it becomes semisolid in consistency [10]

Anupana: Madhu (honey) and Ghruta (ghee) [11]

Action of the formulation

The Doshakarma is Vatakaphahara, Rasa is Tikta katu kashaya, Guna karma is laghu ruksha guna, ushna veerya and katu vipaka. The rakta shali is having madhura rasa and vipaka, guru snigda guna, sheeta veerya and is tridoshagna vishapaha.[12].

Almost all the contents in this Yavagu have proven Hepatoprotective, Antioxidant, Anti-inflammatory, Cardioprotective activity (Table 2) which is highly beneficial in cases of alcohol related liver toxicities.

The guna of yavagu is laghu, deepana, agnijanana, vastishodani, kshuttrut shrama glanihari, and vatnulomana [13.]

CONCLUSION

Alcohol related liver toxicity is a main concern in today's world. Alcoholic liver disease (ALD) progresses through three histological stages that is fatty liver or simple steatosis, alcoholic hepatitis, and chronic hepatitis with hepatic fibrosis or cirrhosis. [33] The mechanism of ALD is still a point to be discovered in proper. 80% of alcohol is detoxified in the liver. Chronic consumption of alcohol may result in the secretion of pro-inflammatory cytokines (TNF-alpha, Interleukin 6 [IL6] and Interleukin 8 [IL8]), oxidative stress, lipid peroxidation, and acetaldehyde toxicity. These factors are responsible for the inflammation, apoptosis and finally results in the fibrosis of liver cells.[34]First aim in Visha chikitsa (treatment of poisoning) is Visha nishkasana and next is Dhatu poshana and Ojo vivardana. Yavagu prepared with raktashali being grahi, deepana and agnijanana is dhatupushtikara. Moreover, Koshatakyadi yavagu provides antioxidant, anti-inflammatory, hepatoprotective, carditonic action. The oxidative stress and nutritional deficiencies caused due to the toxic action of the alcohol which is similar to poison can be managed with koshatakyai yavagu. There is lack of research in areas of treatment of poisoning given in classical ayurvedic texts of Agadtantra. The study of nutritive value, antitoxic, antioxidant action of the formulations like Koshatakyadi yavagu will be highly beneficial for the whole community.

Koshatakyadi yavagu as a pathya kalpana will be highly beneficial as an ahara yoga in the treatment of alcohol related toxicity along with the conventional treatment. Further research is recommended to evaluate the therapeutic potential of Koshatkyadi yavagu.

REFERENCES

1. Yadavji Trikamji Vd. Sushruta Samhita, Sutrasthana, Bhanumati commentary by Chakrapani Datta. Bombay: Pt. Shyam Sunder Sharma; 1939. p. 11.
2. Ambika Dutt Shastri. Sushruta Samhita, Kalpasthana, Ayurveda Tatwa Sandeepika (Hindi commentary). Varanasi: Chaukhamba Publication; 2009. 3/21, p. 41.
3. P. V. Sharma. Charaka Samhita, Chikitsa Sthana, chapter 24/30, revised & enlarged edition. Varanasi: Chaukhamba Orientalia; 2014.
4. Ambika Dutt Shastri. Sushruta Samhita, Kalpasthana, Ayurveda Tatwa Sandeepika (Hindi commentary). Varanasi: Chaukhamba Publication; 2009. 3/25-26, p. 42.
5. U. R. Sekhar Namburi. A Textbook of Agada Tantra (illustrated). New Delhi: Chaukhamba Sanskrit Sansthan; 2009. p. 36.
6. Ambika Dutt Shastri. Susruta Samhita, Kalpasthana, Ayurveda Tatwa Sandeepika (Hindi commentary). Varanasi: Chaukhamba Publication; 2009. 2/44-46, p. 36.
7. Kaviraj Ambikadutta Shastri. Sushruta Samhita, Sutrasthana. Varanasi: Chaukhamba Sanskrit Samsthan; V.S. 2066. p. 271.
8. MacSween RN, Burt AD. Histologic spectrum of alcoholic liver disease. Semin Liver Dis. 1986;6:221-232.
9. Brahmananda Tripathi. Sharangdhara Samhita with Dipika Hindi commentary, Madhyama Khanda, Kwada Kalpana Adhyaya 2/152. Varanasi: Chaukhamba Orientalia; (11th ed). p. 156.
10. Brahmananda Tripathi. Sharangdhara Samhita with Dipika Hindi commentary, Madhyama Khanda, Kwada Kalpana Adhyaya 2/152. Varanasi: Chaukhamba Orientalia; (11th ed). p. 156.
11. Ambika Dutt Shastri. Sushruta Samhita, Kalpasthana, Ayurveda Tatwa Sandeepika (Hindi commentary). Varanasi: Chaukhamba Publication; 2009. 2/44-46, p. 36.
12. Yadavji Trikamji Vd. Sushruta Samhita, Sutrasthana, Dalhana commentary, 46 Adhyaya. Varanasi: Chaukhamba Surbharati Prakashan; 2010. p. 215.
13. Kaviraj Ambikadutta Shastri. Sushruta Samhita, Sutrasthana. Varanasi: Chaukhamba Sanskrit Samsthan; V.S. 2066 (Reprint 2010). p. 301.
14. Shendge PN, Belemkar S. Therapeutic Potential of *Luffa acutangula*: A Review on its Traditional Uses, Phytochemistry, Pharmacology and Toxicological Aspects. Front Pharmacol. 2018;9:1177. doi:10.3389/fphar. 2018.01177.
15. Kooti W, *et al*. A Review on Medicinal Plant of *Apium graveolens*. Adv Herbal Med. 2014;1(1):48-59.
16. Sukanaya BCV, Bhat PR. Phytochemical, antimicrobial, antioxidant and immunomodulatory studies of leaf extracts of *Cyclea peltata* (Lam.) Hook. f. & Thomson. GSC Biol Pharm Sci. 2019;9(3):52-63.
17. Joshi G, Kaur R. *Tinospora cordifolia*: A Phytopharmacological Review. Int J Pharm Sci Res. 2016;7(3):890-97. doi:10.13040/IJPSR.0975-8232.7(3). 890-97.
18. Bag A, *et al*. The development of *Terminalia chebula* Retz. (Combretaceae) in clinical research. Asian Pac J Trop Biomed. 2013;3(3):244-52.

19. Tomar VD Samata, Jawanjal VD Pravin. A critical review on antitoxic formulations of Shirisha (*Albizia lebbeck* L.) WSRT major classics of Ayurveda. Pharma Innovation J. 2019;8(5):149-54.
20. Vijayaraj R, Vidhya R. Biological Activity of *Achyranthes aspera* Linn. — A Review. Asian J Biochem Pharm Res. 2016;6(1)
21. Sason R, Sharma A. The Phytochemical and Pharmacological Properties of *Cordia dichotoma*: A Review. Ayusdhara. 2015;2(3):155-61.
22. Akram M, *et al.* Curcuma longa and curcumin: A review article. Rom J Biol – Plant Biol. 2010;55(2):65-70.
23. Choudhary S, *et al*. Daruharidra (*Berberis aristata*): Review based upon its Ayurvedic Properties. Int J Res Appl Sci Biotechnol. 2021;8(2)
24. Nayak P, Thirunavoukkarasu M. A review of the plant *Boerhaavia diffusa*: its chemistry, pharmacology and therapeutical potential. J Phytopharmacol. 2016;5(2):83-92.
25. Mandal A, Bishayee A. *Trianthema portulacastrum* Linn. displays anti-inflammatory responses during chemically induced rat mammary tumorigenesis through simultaneous and differential regulation of NF-κB and Nrf2 signaling pathways. Int J Mol Sci. 2015;16:2426-44. doi:10.3390 /ijms16022426.
26. Mao Q-Q, *et al*. Bioactive Compounds and Bioactivities of Ginger (*Zingiber officinale* Roscoe). Foods. 2019;8:185. doi:10.3390/foods8060185.
27. Damanhouri ZA, Ahmad A. A Review on Therapeutic Potential of *Piper nigrum* L. (Black Pepper): The King of Spices. Med Aromat Plants. 2014;3:161. doi:10.4172/ 2167-0412.1000161.
28. Osman Gani HM. Ethnomedicinal, phytochemical and pharmacological properties of *Piper longum* (Linn). Asian J Med Biol Res. 2019;5(1):1-7. doi:10.3329/ajmbr.v5i1.41038.
29. Chatterjee S, Banerjee A, Chandra I. *Hemidesmus indicus*: A Rich Source of Herbal Medicine. Med Aromat Plants. 2014;3:e155. doi:10.4172/2167-0412.1000e155.
30. Galal A, *et al.* Sida *cordifolia*, a Traditional Herb in Modern Perspective – A Review. Curr Tradit Med. 2015;1(1).
31. Junapudi Sunil, *et al*. A review on medicinal plants of *Holostemma ada-kodien* (family: Asclepiadaceae). J Pharmacogn Phytochem. 2016;5(3):276-78.
32. Lijon MB, Meghla NS, Jahedi E, Rahman MA, Hossain I. Phytochemistry and pharmacological activities of *Clitoria ternatea*. Int J Nat Soc Sci. 2017;4(1):1-10.
33. MacSween RN, Burt AD. Histologic spectrum of alcoholic liver disease. Semin Liver Dis. 1986;6:221-232.
34. Longstreth GF, Zieve D, editors. "Alcoholic Liver Disease". MedLinePlus: Trusted Health Information for You. Bethesda, MD: US National Library of Medicine & National Institutes of Health; 18 October 2009 [cited date]. (If needed, include "Archived" info.)

Cite this article as:

Athulya CM and Abhay H Patkar. Sushruta Koshatakyadi Yavagu as an ahara yoga in Alcoholic Liver Diseases: A Review. Int. J. Res. Ayurveda Pharm. 2026;17(1):185-188
DOI: http://dx.doi.org/10.7897/2277-4343.17132

Source of support: Nil, Conflict of interest: None Declared