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COMPARATIVE PHARMACEUTICAL AND ANALYTICAL STUDY OF AYURVEDA VS SRI LANKAN TRADITIONAL METHOD OF *KWATHA* DECOCTION

Senarathne URSRK*¹, Herapathdeniya KMK²

¹Provincial Ayurveda drug production unite, Pallekele, Kundasale.

²Institute of Indigenous Medicine, University of Colombo

rksenara@gmail.com

Kwatha is one of the basic preparations among *Panchavidha Kashaya Kalpana* described in Ayurveda. *Kashaya* is the well-known term to be found in the Sri Lankan indigenous medical System. *Kashaya* has been popularizing medicine in such a tradition for more than 5000 years. Also there is some mystification regarding the definition of *Kwatha* in Ayurveda and indigenous usage. As per the Ayurveda, *Kwatha* preparation defined as one *Phala* (48g) of coarse powder of *Kwatha dravya* (raw material) are taken and it should be reduced in to 1/8th (96ml) from 16 times of water (768ml) over mild fire. According to the Sri Lankan indigenous system; 12 *Kalan* (60g) of washed and crushed *Kashaya dravya* (raw material) are to be taken and heated over mild fire with 08 *Patha* (1920 ml) of water till it is reduced to 1 *Patha* (240 ml). To clear this controversial fact, 05 types of *Kashaya* were prepared by following both Methods and checked for the qualitative parameters. Aims and Objectives are to compare and evaluate the both preparation methods and standardize them to find the most effective method of preparation. Five types of *Kwatha/ Kashaya* of *Sinhasyapanchamooli*, *Thrikatukadi*, *Thriphala*, *Dasamoola* and *RasnaSaptakam* were considered and 30 samples were derived. Each method of preparation consists of 15 samples and one includes three samples of individual *Kwatha* and *Kashaya*. Each sample was tested for organoleptic parameters like colour, odor, taste and modern parameters of pH, density, and Brix value and time duration for preparation also considered. As a result, colour and taste, density and brix value were greater as well as pH was more acidic and time duration was less in Ayurvedic method. Research finding indicates significant differences in each method and Ayurvedic method is more concentrated in all the parameters. Therefore the Ayurvedic method of *Kwatha* preparation could be more effective on disease concept as well as economic and social point of view.

Keywords: Ayurveda, Effectiveness, *Kwatha*, *Kashaya*, Sri Lankan indigenous medicine