

**A REVIEW ON KARAVIPUSHKARADI DECOCTION: AN AYURVEDA FORMULA  
USED IN SROTOVISHUDDHI FOR HYPERTENSION (ATI RAKTA CHAPA)**

**M.P.G.P. Elkaduwa\* and R.D.H. Kulathunga**

Faculty of Indigenous Medicine University of Colombo, Sri Lanka.  
\*1803688@iim.stu.cmb.ac.lk

*Karvipushkaradi* decoction is an Ayurveda formulation used in the management of various diseases such as *Sthaulya*, *Jwara*, *Ati rakthachapa*, *Dhamaniprathicahay*, *Agnimandya*, *Tamaka shwasa* etc. Among them *Atirakthachapa* is a major risk factor for cardiovascular diseases which can be correlate with hypertension in modern medicine. *Nigella sativa*, *Saussurea lappa*, *Ricinus communis*, *Bacopa monnieri*, *Zingiber officinale*, *Tinospora cordifolia*, *Aegle marmelos*, *Premna obtusifolia*, *Oroxylum indicum*, *Stereospermum chelonoides*, *Gmelia arborea*, *Alysicarpus vaginalis*, *Avera lanata*, *Solunum melongena*, *Solunum virginianum*, *Tribulus terrestris*, *Kaempferia galanga*, *Pistacia integerrima*, *Tragia involucrate*, *Cleorodendrom serratum*, *Boerhavia diffusa* are ingredients of *Karavipushkaradi* decoction. This study was focused to analyze the Pharmacodynamics, Pharmacokinetic and mode of actions of ingredients in *Karavipushkaradi* decoction for hypertension. The data was collected from authentic Ayurveda textbooks, monographs, dictionaries, websites, and research articles. Results of the study revealed that prominent *Rasa* was *Thiktha rasa* (59 %), *Guna* was *Laghu* (68.18%, *Veerya* was *Ushna* (82%), *Vipaka* was *Katu* (63.63%, *Dosha karma* was *Tridoshaghna* (54.54%). *Shothahara* (71.40%), *Deepana* (66.66%), *Vedanasthapana* (52.38%), *Pachana* (47.61%), *Jwaraghna* (42.80%) were found as prominent pharmacokinetic potentials. Further, Anti-oxidant (82%), anti-inflammatory (72.72%), analgesic (54.54%), hepatoprotective (64%), anti-cancer (54.54%), hypotensive (41%) properties also mainly identified. In addition, it can be concluded that *Shothahara*, *Deepana*, *Pachana*, *Vata anulomana* functions are supported as *Srotovishodana* which are beneficial in maintaining healthy channels and prevent further blockages that can lead to hypertension.

**Keywords:** *Karavipushkaradi* decoction, *Srotovishuddi*, Hypertension, Ayurveda