iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 12 **Issue:** I **Month of publication:** January 2024

DOI: https://doi.org/10.22214/ijraset.2024.58203

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 12 Issue I Jan 2024- Available at www.ijraset.com

A Critical Review on Kuchladi Yog

Kamlesh Kumar Meena[1], Ritu Kapoor[2], Devender Singh Chahar[3]
[1, 2]*Department of Agad Tantra Evam Vidhi Vaidyaka, Dr. S.R. Rajasthan Ayurved University, PGIA, Jodhpur, Rajasthan*
[3]*Department of Maulik Siddhant, Dr.S.R. Rajasthan Ayurved University, PGIA, Jodhpur, Rajasthan*

Abstract: Introduction -Kuchladi Yog is an Ayurvedic drug mentioned in Siddha Bhaisjya manimala. The main content of Kuchladi Yog is purified kuchla and Arkmul indicated in addiction.[1]* Kuchladi yog as an *appetite stimulant and also effective in treating various diseases of the heart, including anxiety, insomnia, epilepsy, psychosis, memory loss, depression, and disorders of the nervous system. Method-A Critical review on kuchladi yog from various Ayurved and Modern classics books, texts, research, journals and recently published books. Results- The Kupilu calm down the withdrawal effect of Tobacco which has properties like* Vaat-Pitta Shamak, Medhya, and Deepan-Pachana *drugs will be helpful to reduce withdrawal symptoms and cravings. Discussion-*Kuchladi Yog *have been selected for the management of tobacco smoke addiction. The main ingredient of this formulation is* kuchla*, which is used to revitalise the brain and nervous system, nourishing intellectual clarity and sharpness.
Keywords: Kuchladi Yog, Kuchla, Arkmul, Addiction, Smoking, Nervine -tonic, Insomnia.

I. INTRODUCTION

Kuchladi yog is a polyherbal *Ayurvedic* medicine mentioned in Siddha *Bhaisjya manimala as an* appetite stimulant and also effective in treating various diseases of the heart, including anxiety, insomnia, epilepsy, psychosis, memory loss, depression, and disorders of the nervous system. The main ingredient of this formulation is Kuchla *(Strychnos nuxvomica)*, Arkmul(*Calotropis gigantea)* in Ayurveda is a well known poisonous herb that consists of multiple health benefits in Indian system of medicine. Strychnine is a main chemical constitution of Kuchla which was first used in 1540 for the purpose of medicine and continued to be used in many stimulants, tonics and cathartics. Research studies have reported its anti-allergic, antiinflammatory, antimicrobial, anticancer, antipyretic, gastroprotective, antidiabetic, antialcoholic, hepatoprotective, antioxidant, antinociceptive, anti-snake venom and neuropharmacological properties, Along with Arkmul belong to the family Asclepiadaceae, locally known as “aak” is being used as herbal medicine. Asthma, colds, coughs, piles, ulcers, diarrhoea, heart disorders, leprosy, rheumatism, and ailments of the skin, spleen, liver, and abdomen have all been treated with this herb in the traditional Indian medical system. Calotropis gigantea has a wide range of biological properties, including those that are hepatoprotective, cytotoxic, anti-diabetic, analgesic, anti-inflammatory, anti-arthritic, anti-oxidant, anthelmintic, wound healing, and anti-convulsant. The plant Calotropis gigantea, also known as milkweed, produces latex, which is a milky substance. When the plant's green portions are injured, a significant amount of latex is removed. Rubber, which is the primary component of latex, is sometimes used locally to treat fungus infections.

II. AIMS AND OBJECTIVES

To study the Synonyms, Pharmacodynamic properties, Chemical constituents and therapeutic Action of drugs are Kuchla (Strychnos nuxvomica), Arkmul (Calotropis gigantea)

III. MATERIALS AND METHODS

References of *Kuchaladi Yog* were collected from Siddha Bhaisjya manimala various available classical texts of Ayurveda, some dissertations and articles from various Ayurved and Modern classics books, texts, research, journals and recently published books.

Table No -1 Synonyms and Contents of Kuchaladi Yog Ingredient

S.No.	Ingredient	Latin Name	Synonyms
1	Kuchla	Strychnos nuxvomica	Kupilu,Kuchla, vishatindu,karaskara, kaktinduka, tinduka, kak piluka[2]
2	Arkmul	Calotropis gigantea	Alarka, Mandara,Sadapuspa,Tulaphala ,Ksraparna,Arkaparna,Vikirana,Asphota[2].

©IJRASET: All Rights are Reserved

ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 12 Issue I Jan 2024- Available at www.ijraset.com

Table No -2 Pharmacodynamic properties (*Rasa Panchaka*) of Kuchladi Yog

S.n.	Drug	Rasa	Guna	Virya	Vipaka	Dosha karma
1.	kuchla	Katu	Laghu,grahi,ushna	Ushna	Katu	Kaph-vat shamak[6,7]
2.	Arkmul	Katu-Tikta	Laghu-Ruksha,Tikshana	Ushna	Katu	Vatahara,Recana,Visaghna,Dipana[6,7]

Table No -3 Chemical constituents & Therapeutic Action of Kuchladi Yog

S.N.	Drug	Chemical Constituents	Therapeutic Action
1.	kuchla	brucine, strychnine, vomicine and vomicine, novacine methoxystrychinine[8]	The pulp of the ripe fruit is used in treating paralytic affections of paws and foot. The seeds are bitter, nervine, tonic, alexiteric, aphrodisiac, appetiser, antiperiodic, anthelmintic, emetic, digestive, febrifuge, emmenagogue, purgative, stimulant and stomachic.
2.	Arkmul	akundarin and calotropin, uscharin, calotoxin, calactin, a- and B- calotropeols, gigantin, glutathione[8]	The dried whole plant is a good tonic, expectorant, depurative and anthelmintic. The root bark is febrifuge, anthelmintic, depurative, expectorant and laxative and it is useful in cutaneous diseases, intestinal worms, cough, ascites and anasarca. Powdered root promotes gastric secretions and is useful in asthma, bronchitis and dyspepsia Leaves are useful in treatment of paralysis, arthralgia, swellings and intermittent fevers

Table No -4 Composition of Kuchladi Yog

S.N.	Ingredients	Latin name	Used Part	Quantity
1.	*Kuchla*	*Strychnos nuxvomica*	seeds	1 part
2.	*Arkmul*	*Calotropis gigantea*	root	1 part

Method for preparation of *Kuchladi Yog*
Above mentioned content of *Kuchladi Yog* will be taken in above explained ratio and fine powder will be made. The pills (vati) of 125 mg each will be prepared with the help of water, and stored in an airtight container.
Dose of *Kuchladi Yog*- 1-1vati twice in a day with Lukewarm water.
Dose: 125mg

Anupan: *Lukewarm water.*

Table No -5 *Ganas* of Kuchladi Yog:

S.No.	Drug Name	*Ganas*
1.	*kuchla*	*Nighantu adarsh–Vishtindukadi varga*[7] *Acharya Sushrut– Sursaadi gana* Bh.P.Ni - Amradi varga[8]
2.	*Arkmul*	*Acharya Charak-Bhedaniya, Vamonopaga,Svedopaga*[4] *Acharya Sushrut -Arkadi, Adhobhagahara* *Vagbhata- Arkadi*

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

IV. DISCUSSION

Kuchladi yog is a herbal medicine drug prepared with shodit kuchla and ark mul mentiond in sidh bhaishajya mani mala. All the indegrient of kuchladi yog have ushna veerya , katu ,tikta rasa, katu vipak and laghu, ushna guna in property which is useful in vatavyadhi, rheumatic and nervine disorders, cough, loss of appetite or digestive power, visuchika, agnimandya, piles or haemorrhoids, worms affection, general debility, jvara, vishaghna, visamajvara, paralytic disorders, abdominal colic, gout, ulcer, insomnia, cramp, skin disease and senile disorders. In higher or overdose and excess or prolonged use, it is convalescent. Kuchla when used as a impure state it enhance Vata Dosha but when it is used in purified form, it has a Vatahara Property. Kupilu is a digestive, nervine tonic, anti-rhematic, aphrodisiac, analgesic, anticolic, antipyretic, astringent, stimulant, antidermatosis, and anthelmintic. Arkmul is a Antiimplantation, antiinflammatory, anticancer and spasmolytic. In ayurveda ark mul is used in chronic cough, cold, asthma, rhinitis, pain and agni mandhya etc.

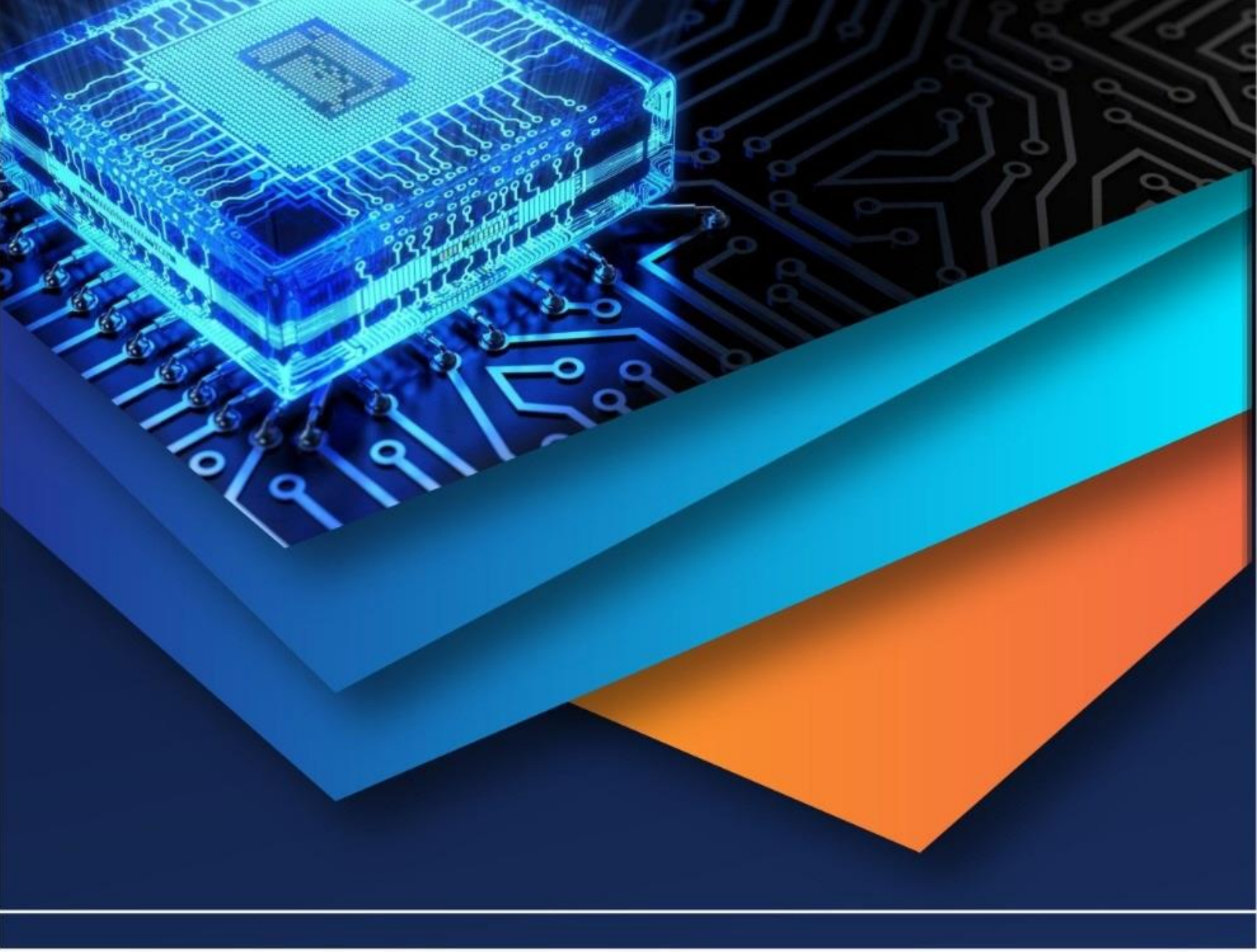
V. CONCLUSION

Kuchaladi Yog is very effective in digestive, nervine tonic ,cough, anti-cholic, stimulant, nerve disorder, debiality, insomnia, and cramps.

REFERENCES

[1] Siddha bhjya manimala Chowkhambha Krishndas Academy Varanasi Vishchitiksha Chatrut Guch page no 353.
[2] Acharya Dr.J.L.N. Sastry Dravyaguna vighyan Vol 2 Publication choukhmbha orientaliya Varanasi,p.no.346,354
[3] Rasa tantra sara & siddha pryoga Samgraha,first part publication Krishna gopala Ayurveda bhawana (july 2003) Rasa Prakaran Page232
[4] Charak samhita, Vol.1st, Sutra sthan,chapter no.9 shlok no.7 Publication choukhmbha orientaliya Varanasi,Pandit Kashinath sharma,
[5] Rasa tantra sara & siddha pryoga Samgraha,first part publication Krishna gopala Ayurveda bhawana (july 2003) Rasa Prakaran Page232
[6] Acharya Priyarta sharama dravaya guna vighyan,Vol. 2nd Publication choukhmbha orientaliya Varanasi, Madakari prakarana.Page 16,83,362.
[7] Nighantu Aadrsh, shri Bapalal vaidhya, Vishtindukadi varga page 61, publis. choukhambha bharti akadami, varanasi,2001
[8] Bhav Prakash nighantu, Acharaya Bhavmishra, Haritkyadi varga page 126 publis. choukhambha bharti akadami, varanasi,2003
[9] Acharya Priyarta sharama dravaya guna vighyan,Vol. 2nd Publication choukhmbha orientaliya Varanasi, Madakari prakarana.Page 16,83,362.
[10] Acharya Priyarta sharama dravaya guna vighyan,Vol. 2nd Publication choukhmbha orientaliya Varanasi, Madakari prakarana.Page 16,83,362.
[11] www.easyayurveda.com

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)