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A Critical Review on Kuchladi Yog

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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-arthritis, 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	<i>Strychnos nuxvomica</i>	Kupilu, Kuchla, vishatindu, karaskara, kaktinduka, tinduka, kak piluka ²
2	Arkmul	<i>Calotropis gigantea</i>	Alarka, Mandara, Sadapuspa, Tulaphala, Ksraparna, Arkaparna, Vikirana, Asphota ² .

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 methoxystrychnine 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, gigantatin, 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.	<i>Kuchla</i>	<i>Strychnos nuxvomica</i>	seeds	1 part
2.	<i>Arkmul</i>	<i>Calotropis gigantea</i>	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	<i>Ganas</i>
1.	<i>kuchla</i>	<i>Nighantu adarsh-Vishtindukadi varga</i> ⁷ <i>Acharya Sushrut- Sursaadi gana</i> <i>Bh.P.Ni - Amradi varga</i> ⁸
2.	<i>Arkmul</i>	<i>Acharya Charak-Bhedaniya, Vamonopaga,Svedopaga</i> ⁴ <i>Acharya Sushrut -Arkadi, Adhobhagahara</i> <i>Vagbhata- Arkadi</i>

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, anticollic, 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.

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