



The Role Of Kleda Metabolism In Prameha And Twak Vikara: A Case Study On The Effectiveness Of Vasantakusumakara Rasa And Nishakatakadi Kashaya

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Abstract :

Rasa oushadhis are effective in small doses and possesses the properties of *Deepana* and *Pachana*. As emphasized in the ancient text of *Rasashastra*, *Rasa Kalpa* is the primary treatment approach for all diseases. This article highlights the significance of *Vasantakusumakara rasa* and *Nishakatakadi kashaya* in managing the *Kleda Pradhana Vyadhi*, a condition dominated by excess *Kleda dosha*. A case study on *Kleda pradhana vyadhi (Prameha-Madhumeha)* treatment using *Rasa Kalpa* formulations demonstrates its effectiveness in balancing *Kleda dosha*, reducing inflammation, and enhancing immune function. This article underscores the importance of integrating *Rasa Kalpa* into Ayurvedic clinical practice for effective management of *Kleda Pradhana Vyadhis*.

Keywords: *Kleda, Nishakatakadi Kashaya, Vasanthakusumakara Rasa*

Introduction

In *Ayurveda* texts, the *Kleda* word which is seen in the relation of *Dosha, Dhatu, Agni, Mala* as well as in *Guna of Dravya*, etc. Regarding the concept of *Kleda*, it is necessary to remember its association with a *Prakruta Avastha* of a person and *Vikruta Avastha* of the disease¹.

- *Vaikruta Avasta* of *Kleda* is one of the factors that leads to *Prameha* and which also hampers *Rasa karma– Rakta karma*.
- Increased frequency and turbidity of urine is the cardinal feature of *Prameha*. According to *Ayurveda*, *Prameha* is recognized as one of the *Mahagada*², highlighting the significance of *Prameha*.
- *Rasa Kalpa* is the primary treatment approach for all diseases. This article highlights the significance of *Vasanthakusumakara rasa*³ and *Nishakatakadi kashaya*⁴ in managing *Kleda Pradhana Vyadhi*, a condition dominated by excess *Kleda dosha*.

- What is *Kleda*

1. *Kleda* is described in the classics as *Bhava Padartha*.

2. *Kleda* represents *Jala Mahabhoota* in the body.

- Properties and Functions
 1. *Kleda* causes softening and loosening of solid materials.
 2. *Kleda* has *Drava*, *Snigdha* and *Mridu* properties.
 3. *Kleda* is eliminated mainly through *Mootra* (urine) & also *sweda* form.
- Relation to *Tridoshas*
 1. *Kleda* is more related to *Kapha* among the *Tridoshas*.
 2. Formation of *Kleda* needs the involvement of *Pitta*.
 3. *Pitta*'s function is said to be *Swedana*, *Kledasruti*, etc.
- Formation and Elimination
 1. Excess *Drava Bhava* of the body is carried in the form of *Kleda* through *Rakta*.
 2. *Kleda* formation is possible in all *dhathus*.

Kleda's* role in *Prameha* and *Twak vikara

- *Prameha-Kleda vahana* happens through *mutra*-as *Ati-Mutrata*. *Kaphaja prameha, kleda* dominated *avasthas* progresses to *Vataja prameha* are *Dhathu kshaya avasthas* (loss of *shariraja kleda*).
- *Udaka karmas* (*jala mahabhuta* dominated activities) are supported by *prakruta kapha*. 75% of human body is made of water. Thus a proper metabolism of *kleda* is very essential for the healthy body.
- Correcting the *kleda* metabolism is crucial in breaking the *Prameha Samprapti*.
- *Twacha* is nothing but *rasa saarata* and *sweda* functions attributed to *kleda vidhruti*. The derangements in *kleda* metabolism are first reflected as diseases of skin externally.
- *Prakruta Kleda* is associated with *Kledaka Kapha*, which aids in *Anna Kledana* (digestion) in the *Amashaya* due to its *jala guna*, similar to *Kapha Dosha*⁵.
- *Prakruta Kleda* plays a key role in softening the solid components of the body due to its qualities of *Drava*, *Snigdha*, *Picchila*, and *Mrudu*. According to Acharya Sushruta, the process of *Sweda* contributes to the softness of the skin (*Twak*) by retaining *Kleda*.
- When the normal liquid components (*Ardrata*) increase in *Dhatu* as a result of metabolic processes or certain medical condition, they must primarily be expelled.
- बस्तिपूरणवक्लेदकृन्मूत्रं | (Su. Su. 15/2)
- मूत्रस्यक्लेदवाहनम् | (A.H.Su. 11/5)
- *Sweda* also assists in the regulated removal of *Kleda*.
- स्वेदक्लेदत्वक्सौकुमार्यकृत् | (Su.Su.15/2)
- स्वेदस्यक्लेदविधृति | (A.H.Su. 11/5)
- As per *Ayurveda*, *Mutra* and *Sweda* are classified as *Malas*, where *Kleda* is excreted through *Mutra*, while *Sweda* retains it within the bodily tissues. Therefore, the conditions of *Kleda*, *Sweda*, and *Mutra* are interconnected. If we consider *Kleda* as the liquid component, then *Sweda* can be viewed as the solute element in sweat, whereas *Mutra* serves as the solute component in urine. *Sweda* retains *Kleda*, while *Mutra* works to remove it from the body. This principle is practically applied in the treatment of various diseases.

Clinical evidence – case

- Female patient of 36 years old
- History of present case-
- P/V White discharge and itching for 1 year associated with
 1. Skin eruption and itching over bilateral calf region, dizziness,
 2. Severe deep wound and crack over sole,
 3. Weight loss,
 4. Disturbed sleep due to polyuria and polydipsia for 4 months.

Aims and Objectives

To assess the importance of *Kleda* in the disruption of *Mutravaha srotas* and *Udakavaha srotas*, which affects *Vata vruddi*, *Rasa kshaya*, and *Rakta kshaya* in the development of *Prameha* and *Twak vikara*.

Materials and methodology

Probable Samprapti

Nidana sevana

Kaphaja prameha

Pittaja prameha

Vataja prameha

Kleda

Madhumeha

metabolism deranged – *vikruta avastha*

Atimootrata, Shweta pradara (white discharge)

Kleda kshaya-Dhathu kshaya

Vata vruddi

Rasa Rakta kshaya

Rukshata, twak sputana, twak vikara

Intervention

1. *Vasantakusumakara rasa* with water after food 1BD for 15 days, continued after 1 month for 15 days, same pattern followed for once again.

2. *Nishakatakadi Kashaya* with water 15ml + 45ml water BD after food

For 3 months

Pathya- Jawor, Raagi, more intake of fresh steamed vegetables.

Observations

Subjective criteria

Criteria	1 st day	30 th day	60 th day
Debility	+++	+	nil
Dryness in mouth	+++	++	+
Excessive thirst	+++	++	+
Burning sensation at sole	+++	++	+
Polyuria	+++	++	+
Cracks over sole	+++	+	nil
White discharge p/v	+++	+	nil

symptoms and severity of over 60 days

(+mild ++moderate+++severe)

Objective criteria

criteria	1 ST day	30 th day	60 th day
FBS	211mg/dl	147mg/dl	205mg/dl
PPBS	406mg/dl	315mg/dl	247mg/dl

Different blood sugar levels of over 60 days

Before Treatment



Cracks over foot and skin eruptions

After treatment



Healed cracks and skin eruptions

Results

Two months following the treatments, the patient experienced total relief from earlier issues and achieved normal blood glucose levels.

The fasting blood sugar levels are persistently elevated due to an inadequate diet as the patient is facing stress related to their mother's health problems. Here, the factor of stress is involved.

Probable Mode of action of *Vasantakusumakara rasa* and *Nishakatakadi Kashaya*

- *Abhraka bhasma, Swarna bhasma, Rajata bhasma, Lauha bhasma, Nagabhasma, Vanga bhasma, Pravala bhasma, Mukta bhasma- Bhavanadravya are Godugda, Ikshurasa, Vasarasa, Laksha rasa, Tagara Kashaya, Kadali kanda rasa, Kamala pushpa rasa, Champaka pushpa rasa(7 Bhavanas each)*
- *Madhura rasa ,Guru-Snigdha guna, Shita virya, Madhura vipaka, Tridoshanashaka, Brimhaniya, Jeevaniya, Dhatuposhana, Rasayana and Vrishya properties*⁶.

Deepana, Pachana and Srotoshodhaka properties. *Rasa oushasdhis* possess *agnitvatva* that enhances the *Jataragni* and *Dhatwagni*.

Nisha Katakadi Kashaya contains

Kataka(Strychnos potatorum), Paranti(Ixora coccina), Lodra(Symplocos racemosa), Ekanayaka(Salacia reticulata), Bhadraka(Aerva lanata), Amalaki(Emblca officinalis), Nisha (Curcuma longa), Ushira(Vetiveia zizanioides).

- The majority of the drugs having *Kashaya Tikta Rasa*, hence it helps to reduce *Kapha* and *Medas* thus helping to alleviate the disease.

Signs and symptoms	<i>Vasantakusumakara rasa</i> Corresponding actions of ingredients ⁷
<i>Dantamukhalepa and kleda</i>	<i>Mukta</i> and <i>Pravala</i> have <i>kleda nashaka</i> property, <i>champaka pushpa</i> and <i>vasa rasa Mukharoga</i>
<i>Mutrepipelika abhidhavanti</i>	<i>Dhatuposhaka</i> part passes through urine. <i>Lauha, abhraka, Swarna, Rajata Bhasma</i> have <i>dhatusanjanan karma</i>

<i>Pipasadhikya</i>	<i>Rajata Bhasma, ikshurasa, laksha rasa and kadali kanda rasa</i> inhibits excessive thirst
<i>Panipada daha</i>	Most of the drugs are <i>sheeta veerya, Madhura rasa</i> so prevents <i>panipada daha</i>
<i>Swapnadosha</i>	<i>Vanga</i> has quality to prevent <i>swapna dosha</i>

Pharmacological actions of *Vasantakusumakara rasa*

Signs and symptoms	<i>Nisha Kathakadi Kashaya</i> Corresponding action of Ingredients ⁸
<i>Pipasadihya</i>	<i>Sheeta virya Kashaya rasa</i> of <i>Lodhra, Kataka trishnahara</i>
<i>Daha</i>	<i>Ushira</i> and <i>Amalaki</i> having <i>Sheeta virya Madhura Rasa</i> does <i>Dahahara</i>
<i>Raktashodaka</i>	<i>Tikta rasa</i> of <i>Ekanayaka, Badrika</i> Does <i>Raktashodhana</i>
<i>Mootradikya and Pradara</i>	<i>Laghu guna sheeta virya</i> does the <i>Grahi</i> action of <i>Paranti Lodra</i>
<i>Agnimandya</i>	<i>Tikta Kashaya Madhura rasa Sheeta virya Laghu guna</i> does <i>Deepana Pachana</i> of <i>Ushira and Paranti</i> ⁹
<i>Twak Sputana</i>	<i>Nisha, Paranti</i> having <i>Kashaya Tikta Madhura rasa</i> which makes <i>twak prasadana</i>

Pharmacological actions of *Nisha Kathakadi Kashaya*

Discussion

- The treatment was planned considering 3 main factors - **Medicine, Diet, and Lifestyle modification.** The present study includes medications *Vasantakusumakara rasa, Nishakatakadi Kashaya*.
- Kleda* will be of *Prakrta* and *Vikruta*. *Vikrutha avasta* cause *Prameha-Shleshma eva dosha visheha* is *Kapha*. It is going to hamper *Rasa* and *Rakta karma*.
- By *Samanya Siddanta*, *Kleda -Drava dhatu* effects *Rasa vaha* and *Rakta vaha srotas*
- Due to *nidana sevana kaphaja prameha, Pittaja prameha Vataja prameha -Madhumeha, Kleda* metabolism deranged. So the relation between *prameha* and *kleda* as *Prabhuta avila mooltra - mooltrasya kleda vidruti, Shareera kleda* is mixed along with *shleshma meda* which enters to the *mooltrashaya* and get transformed into *mooltra* which shows *shleshma vaishamya gunas* further to *pitta dushti* and *vata dushti* relatively to *ojas*¹⁰. In the present case report *Kleda* will be lost through *bahu mooltra* and whitish vaginal discharge due to which development of *rookshata* in body *Kleda kshaya -Dhatu kshaya -vata vruddi lakshana* leads *Rasa kshaya rakta kshaya* also *Sweda* function is *kleda vidruti* which is depicted as b/l *twak sputana* over sole and *pindikodwestana*.
- Vasantakusumakara rasa* will be *Vyadhipratyanika chikitsa*, *Nishakatakadi Kashaya* will be *Dosha pratyanyika chikitsa*.
- Samprapti vighatameva chikitsa* where, *Rasakalpa* are *deepana pachana* and *srotoshodhaka* having *Agnitva* dominance which does the *jatharagni* and *dhatwagni* correction having *Kashaya* and *Tikta rasa* correcting *kleda* metabolism *Rakta shodhana* in other words *srotoshodhana* i.e, *rasavaha* and *raktavaha, rasadhathu poshana* which leads to *Brimhana Preenana Jeevana* by means correction of *Vata vruddi lakshana*.
- Kashaya* having the action of *ropana* and *twak prasadana*¹¹, *Nishakatakadi Kashaya* the most of the ingredients having *Kashaya Amla Madhura rasa Sheeta virya* and *Laghu guna* it is *Daha, Mehaghna*¹² also *Kapha Vata hara, Vata Pitta Hara*.

- As a diet steamed vegetables which is *Vata Shleshmahara*¹³

Conclusion

Maintenance and balancing of *shareera kleda* is much important where excessive p/v white discharge, itching and Cracks over foot may depict other systemic disorder, Here the importance of *Shareera Kleda* is explains about Unknowingly loss will leads to several linked disorders in the body ,the prognosis was *Prameha*. For which the *Vasantakusumakara rasa* routed *Dhatu poshana* and *Nishakatakadi kashaya* improves *agni*, supporting metabolic health and preventing Complications of *Prameha*.

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