Systematic Ayurvedic Pharmacological Review of Bhrihatdhatryadi Kwath for Mutravaha Srotas Disorders: A Professional Research Paper

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Abstract

Ayurveda considers Dravya as one of the four essential pillars of treatment and places particular emphasis on rational selection of drugs according to Rasa, Guna, Virya, Vipaka, Prabhava and disease-specific action. The supplied Drug Review document presents Bhrihatdhatryadi Kwath as a classical polyherbal formulation used in relation to Mutravaha Srotas and urinary disorders. To convert the supplied drug-review material into a systematic professional research paper without adding unrelated experimental claims, and to present an integrated Ayurvedic and pharmacological appraisal of the formulation.

The attached document was treated as the source dataset. Information was organized under classical background, formulation composition, botanical identity, part used, Ayurvedic pharmacodynamic attributes, Roghnata, Karma, reported chemical constituents and pharmacological activities. A narrative synthesis was then prepared with tables, graphs and a flow diagram. Results: The formulation contains eight principal ingredients: Amlaki, Draksha, Yashtimadhu, Vidarikanda, Darbhamoola, Ikshumoola, Haritaki and Gokshur. All ingredients are linked with urinary, pitta-vata, daha, trishna, mutrakrichchra or supportive restorative actions. Most drugs possess Sheeta Virya and Madhura Vipaka, indicating a cooling, soothing and restorative orientation, while Haritaki provides Ushna, Laghu and Ruksha attributes that support Anulomana and Srotoshodhana. The review also records diuretic, antioxidant, antimicrobial, anti-inflammatory, demulcent, tonic, spasmolytic and cytoprotective activity clusters across the constituent drugs. Conclusion: The formulation shows a coherent classical rationale for use in Mutravaha Srotas-related complaints, particularly where urinary discomfort is associated with burning, pitta-vata involvement, debility and inflammation. The paper remains a review-based synthesis of the supplied document and does not claim new clinical efficacy data.

Keywords: Bhrihatdhatryadi Kwath; Mutravaha Srotas; Mutrakrichchra; Amlaki; Gokshur; Yashtimadhu; Ayurvedic pharmacology; drug review; polyherbal formulation.

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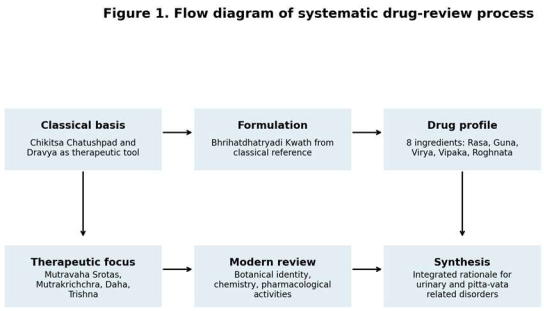

Figure 1. Flow diagram of systematic drug-review process.

1. Introduction

Ayurveda is a comprehensive medical system that aims to maintain health, prevent disease and restore functional balance in the body. The supplied Drug Review document begins with the therapeutic framework of Chikitsa Chatushpad, in which Bhishak, Dravya, Upasthata and Rogi together form the four pillars of treatment. Among these, Dravya receives a central role because the therapeutic intervention is ultimately delivered through a properly selected drug or formulation. The review also emphasizes the Ayurvedic view that no substance is entirely devoid of therapeutic potential when used with proper knowledge, indication, dose, processing and clinical judgment.

The present paper develops this premise into a structured research manuscript. It focuses on Bhrihatdhatryadi Kwath, a classical Ayurvedic formulation mentioned in relation to Mutravaha Srotas and supported by the drug details contained in the attached review. The purpose is not to introduce a new clinical trial, animal experiment or laboratory dataset; rather, it is to reframe the available pharmacognostic, Ayurvedic and pharmacological material as a publishable review-style research article. All observations in the result section are therefore synthesis findings derived from the supplied document.

In Ayurveda, Chikitsa is understood as Samprapti Vighatana, meaning the breaking or reversal of the pathogenic process. In disorders involving Mutravaha Srotas, treatment is directed towards correcting disturbed urine formation, urine flow, burning sensation, obstruction, infection-like presentations, pitta-vata aggravation and associated weakness. The Drug Review document classifies drugs acting on Mutravaha Srotas into Mutravirechaniya, Mutravirajaniya and Mutrasamgrahniya groups. Mutravirechaniya drugs are described as useful in Mutra Apravritti-related conditions, Mutravirajaniya drugs in Mutravarna Vikara and Mutrasamgrahniya drugs in conditions of excessive urine flow. This therapeutic classification provides the conceptual background for examining Bhrihatdhatryadi Kwath.

The formulation is described as containing eight drugs: Amlaki, Draksha, Yashtimadhu, Vidarikanda, Darbhamoola, Ikshumoola, Haritaki and Gokshur. These drugs show repeated references to Mutrakrichchra, Mutradaha, Ashmari, Prameha, Raktapitta, Daha, Trishna, Shotha, Daurbalya and urinary tract irritation. From a pharmacodynamic perspective, the formulation is predominantly Sheeta, Madhura-vipaka, Mutrala, Dahashamaka, Balya, Brimhana and Rasayana in orientation, with selected Ushna, Laghu and Ruksha contributions from Haritaki that help in Anulomana and Srotoshodhana.

The need for systematic presentation arises because traditional drug-review material often remains scattered across classical descriptions, vernacular names, pharmacognostic identification, therapeutic indications and modern pharmacology. A journal-style paper requires this information to be reorganized into a coherent structure: introduction, objective, method of review, results, discussion, limitations and conclusion. The present work therefore arranges the supplied data into a systematic manuscript and highlights the internal logic of the formulation without overstating evidence beyond the document.

2. Aim and Objectives

Aim: To prepare a systematic professional research paper on Bhrihatdhatryadi Kwath using the attached Drug Review material and to evaluate the classical Ayurvedic and pharmacological rationale of the formulation in relation to Mutravaha Srotas disorders.

Objectives: (1) To identify the eight constituent drugs and organize their botanical identity, parts used and traditional classification; (2) to summarize Rasa, Virya, Vipaka, Guna, Doshaghnata, Karma and Roghnata of each drug; (3) to synthesize chemical constituents and pharmacological activities recorded in the source document; (4) to present tables and

graphs showing formulation-level patterns; and (5) to discuss the formulation in a cautious review-based manner without adding unsupported new experimental points.

3. Materials and Methods

This manuscript is based on a single supplied source document titled "DRUG REVIEW." The document was reviewed as a secondary-data source containing classical references, drug names, botanical names, families, classifications, synonyms, vernacular names, habits, parts used, Doshaghnata, Karma, Roghnata, action and uses, therapeutic evaluation, chemical constituents, pharmacological activity and reference list. No additional experimental observation was created for this paper.

The review approach followed a structured extraction method. First, formulation-level information was extracted from the introductory portion of the document, including the purpose of Ayurveda, the Chikitsa Chatushpad framework, the role of Dravya, the concept of Samprapti Vighatana and the classification of drugs acting on Mutravaha Srotas. Second, the eight ingredients of Bhrihatdhatryadi Kwath were listed. Third, each drug was profiled for its classical and modern details. Fourth, the information was reorganized into comparative tables to permit interpretation at formulation level rather than only at individual-drug level.

The extracted Ayurvedic parameters included Rasa, Guna, Virya, Vipaka, Doshaghnata, Roghnata and Karma. The extracted modern parameters included Latin name, botanical family, part used, reported chemical constituents and pharmacological activities. The data were then summarized graphically as distribution of Virya, major Ayurvedic property clusters, plant parts used and therapeutic-action clusters. Since the source document did not report new patient outcomes, statistical analysis was not performed. Graphs are descriptive visual summaries derived from the review content.

The paper uses terminology in a standardized manner. The term Mutravaha Srotas is used for the urinary functional channel described in Ayurveda; Mutrakrichchra is used broadly for painful or difficult micturition-related presentation; Mutradaha is used for burning micturition; Ashmari indicates calculous disorders; and Mutrala is used for diuretic or urine-promoting action as stated in the source text. Where the source document provides typographical variants, the most readable scholarly spelling has been used while preserving the intended meaning.

4. Results

4.1 Composition of Bhrihatdhatryadi Kwath

The review identifies Bhrihatdhatryadi Kwath as a formulation containing eight major drugs. The formulation-level observation is that every ingredient contributes either Mutrala action, urinary-tract relevance, pitta-vata balancing, cooling activity, anti-inflammatory support, demulcent property or restorative activity. Table 1 presents the core Ayurvedic attributes of the eight drugs as standardized from the supplied source.

Table 1. Formulation composition and key Ayurvedic pharmacodynamic attributes.

Sr. no.	Drug	Rasa	Virya	Vipaka	Guna	Major Roghnata/ indication
1	Amlaki	Amla pradhana	Sheeta	Madhura	Guru, Ruksha	Mutrakrichchra; Raktapitta
2	Draksha	Madhura, Kashaya	Sheeta	Madhura	Guru	Mutrakrichchra; Mutradaha
3	Yashtimadhu	Madhura	Sheeta	Madhura	Guru, Snigdha	Mutrakrichchra; Pooyameha
4	Darbhamoola	Madhura, Kashaya	Sheeta	Madhura	Laghu, Snigdha	Mutrakrichchra; Daha
5	Vidarikanda	Madhura, Kashaya	Sheeta	Madhura	Guru, Snigdha	Mutrakrichchra; Daha
6	Gokshur	Madhura	Sheeta	Madhura	Guru, Snigdha	Mutrakrichchra; Ashmari
7	Ikshumoola	Madhura	Sheeta	Madhura	Guru, Snigdha	Mutrakrichchra; Daha
8	Haritaki	Kashaya prad	Ushna	Madhura	Laghu, Ruk	Mutrakrichchra; Mutraghata

		hana			sha	

4.2 Botanical identity and parts used

The botanical profile shows that the formulation uses fruits, roots, tuberous roots, root-stem material and whole plant material. This diverse selection is consistent with a decoction-based formulation where water-soluble and extractable components from different plant parts contribute to a broad therapeutic profile.

Table 2. Botanical identity, plant part and Doshaghnata of the formulation ingredients.

Drug	Latin name	Family	Part used	Doshaghnata
Amlaki	Emblica officinalis Gaertn.	Euphorbiaceae	Fruit; root bark, stem bark, leaf and seed also described	Tridoshashamaka; especially Pittashamaka
Draksha	Vitis vinifera Linn.	Vitaceae	Dried ripe fruit	Vatapittashamaka
Yashtimadhu	Glycyrrhiza glabra Linn.	Leguminosae	Root	Vatapittashamaka
Darbhamoola	Desmostachya bipinnata Stapf.	Poaceae	Root	Tridoshaghna
Vidarikanda	Pueraria tuberosa DC	Fabaceae	Tuberous root	Vatapittashamaka
Gokshur	Tribulus terrestris Linn.	Zygophyllaceae	Whole plant; roots, fruits and seeds therapeutically discussed	Vatapittashamaka
Ikshumoola	Saccharum officinarum Linn.	Gramineae	Root and stem	Vatapittashamaka
Haritaki	Terminalia chebula Retz.	Combretaceae	Fruit	Tridoshashamaka; especially Vatashamaka

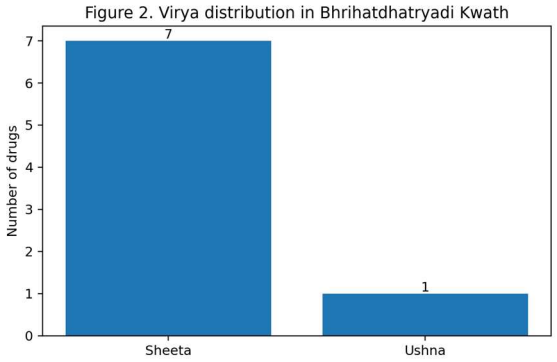

Figure 2. Virya distribution in Bhrihatdhatryadi Kwath.

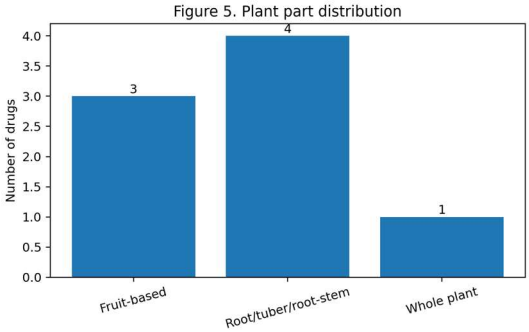

Figure 3. Plant part distribution among formulation ingredients.

4.3 Drug-wise review findings

4.3.1 Amlaki (Emblica officinalis Gaertn.)

Amlaki is identified in the source document as Emblica officinalis Gaertn. belonging to family Euphorbiaceae. The part used is Fruit; root bark, stem bark, leaf and seed also described. Its Ayurvedic profile includes Amla pradhana Rasa, Sheeta Virya, Madhura Vipaka and Guru, Ruksha Guna. Its Doshaghnata is described as Tridoshashamaka; especially Pittashamaka. The Karma profile includes Dahaprashamana, Medhya, Balya, Dipana, Shonitasthapana, Mutrala, Hridya. The listed Roghnata includes Mutrakrichchra, Raktapitta, Pittaja shoola, Amlapitta, Shotha, Aruchi, Agnimandya, Vibandha, Yakrutvikara, Shwasa, Kasa, Jirna jwara. From the action-and-uses section, it is described as Diuretic, astringent, cooling, carminative, digestive, stomachic, laxative and tonic; useful in strangury, dyspepsia, flatulence, inflammation, anaemia and

emaciation. The recorded chemical constituents include Gallic acid, tannic acid and ascorbic acid. The pharmacological activity profile includes Antibacterial, antimicrobial, antifungal, antioxidant, anti-inflammatory, antiulcer, immunomodulatory, spasmolytic and anti-atherosclerotic. Within the formulation, Amlaki contributes to the overall urinary, cooling, restorative or supportive direction of Bhrihatdhatryadi Kwath. Its role should be interpreted as part of the composite formulation rather than as an isolated clinical claim.

4.3.2 Draksha (Vitis vinifera Linn.)

Draksha is identified in the source document as Vitis vinifera Linn. belonging to family Vitaceae. The part used is Dried ripe fruit. Its Ayurvedic profile includes Madhura, Kashaya Rasa, Sheeta Virya, Madhura Vipaka and Guru Guna. Its Doshaghnata is described as Vatapittashamaka. The Karma profile includes Mutrala, Jeevaniya, Balya, Brimhana, Trishnanigrahana, Anulomana, Jwaraghna, Garbhasthapana. The listed Roghnata includes Mutrakrichchra, Mutradaha, Trishna, Chhardi, Daurbalya, Vibandha, Pandu, Hriddaurbalya, Shwasa, Madaatyaya. From the action-and-uses section, it is described as Diuretic, rejuvenating, nervine tonic, digestive, sweet, refrigerant, laxative and demulcent; useful in burning sensation, strangury, anaemia, constipation, dyspepsia and general debility. The recorded chemical constituents include Organic acids including malic and oxalic acid, carbohydrates and tannins. The pharmacological activity profile includes Antibacterial, antifungal, ACE-related activity, hepatoprotective, antioxidant and wound-healing activity. Within the formulation, Draksha contributes to the overall urinary, cooling, restorative or supportive direction of Bhrihatdhatryadi Kwath. Its role should be interpreted as part of the composite formulation rather than as an isolated clinical claim.

4.3.3 Yashtimadhu (Glycyrrhiza glabra Linn.)

Yashtimadhu is identified in the source document as Glycyrrhiza glabra Linn. belonging to family Leguminosae. The part used is Root. Its Ayurvedic profile includes Madhura Rasa, Sheeta Virya, Madhura Vipaka and Guru, Snigdha Guna. Its Doshaghnata is described as Vatapittashamaka. The Karma profile includes Mutrala, Mutravirajaniya, Vatanulomana, Dahashamaka, Vedanasthapana, Shothahara, Nadibalya, Chhardinigrahana, Trishnanigrahana, Jeevaniya, Rasayana, Balya, Mridurechana. The listed Roghnata includes Mutrakrichchra, Pooyameha, Vatavikara, Raktalpata, Daurbalya, Trishna, Vibandha, Udarashoola, Amlapitta and Mutrajanya vikara. From the action-and-uses section, it is described as Sweet, refrigerant, tonic, diuretic, demulcent, alterant, intellect-promoting and mild laxative; useful in ulceration of the urinary tract, retention of urine, fever, consumption and anaemia. The recorded chemical constituents include Glycyrrhizin, asparagin, sulphuric and malic acid, calcium and magnesium salts. The pharmacological activity profile includes Antimicrobial, antiviral, hepatoprotective, spasmolytic, antipyretic, antioxidant and anti-inflammatory. Within the formulation, Yashtimadhu contributes to the overall urinary, cooling, restorative or supportive direction of Bhrihatdhatryadi Kwath. Its role should be interpreted as part of the composite formulation rather than as an isolated clinical claim.

4.3.4 Darbhamoola (Desmostachya bipinnata Stapf.)

Darbhamoola is identified in the source document as Desmostachya bipinnata Stapf. belonging to family Poaceae. The part used is Root. Its Ayurvedic profile includes Madhura, Kashaya Rasa, Sheeta Virya, Madhura Vipaka and Laghu, Snigdha Guna. Its Doshaghnata is described as Tridoshaghna. The Karma profile includes Mutrala, Stanyajanana, Kushthaghna. The listed Roghnata includes Mutrakrichchra, Daha, Raktapitta, Bastishoola, Stanyakshaya, Rakta pradara and Pipasahara. From the action-and-uses section, it is described as Root is described as diuretic, tonic and useful in urinary disorders; traditional sources also describe use as diuretic, tonic, astringent and antiviral. The recorded chemical constituents include Triterpenoids such as cylindrin, arundoin, fernenone, isoborneol and simiarenol, along with terpenes. The pharmacological activity profile includes Diuretic and antiviral activity. Within the formulation, Darbhamoola contributes to the overall urinary, cooling, restorative or supportive direction of Bhrihatdhatryadi Kwath. Its role should be interpreted as part of the composite formulation rather than as an isolated clinical claim.

4.3.5 Vidarikanda (Pueraria tuberosa DC)

Vidarikanda is identified in the source document as Pueraria tuberosa DC belonging to family Fabaceae. The part used is Tuberous root. Its Ayurvedic profile includes Madhura, Kashaya Rasa, Sheeta Virya, Madhura Vipaka and Guru, Snigdha Guna. Its Doshaghnata is described as Vatapittashamaka. The Karma profile includes Atimutrala, Dahaprashamana, Anulomana, Balya, Brimhana, Rasayana, Jivaneeya, Varnya, Pittasaraka, Snehana, Prajasthapana, Stanyajanana. The listed Roghnata includes Mutrakrichchra, Daha, Shotha, Vibandha, Daurbalya, Kshaya, Varnavikara, Pittaja shoola and Angamarda. From the action-and-uses section, it is described as Tuberous roots are sweet, refrigerant, demulcent, emollient, galactagogue, diuretic, rejuvenating and tonic; used in general debility, burning sensation,

strangury and emaciation. The recorded chemical constituents include Gluconic acid and malic acid. The pharmacological activity profile includes Spasmolytic, anti-inflammatory, oestrogenic and progestogenic activity. Within the formulation, Vidarikanda contributes to the overall urinary, cooling, restorative or supportive direction of Bhrihatdhatryadi Kwath. Its role should be interpreted as part of the composite formulation rather than as an isolated clinical claim.

4.3.6 Gokshur (Tribulus terrestris Linn.)

Gokshur is identified in the source document as Tribulus terrestris Linn. belonging to family Zygophyllaceae. The part used is Whole plant; roots, fruits and seeds therapeutically discussed. Its Ayurvedic profile includes Madhura Rasa, Sheeta Virya, Madhura Vipaka and Guru, Snigdha Guna. Its Doshaghnata is described as Vatapittashamaka. The Karma profile includes Mutrala, Vastishodhaka, Vedanasthapana, Vatashamaka, Shothahara, Garbhasthapana, Balya, Brimhana, Agnideepaka. The listed Roghnata includes Mutrakrichchra, Ashmari, Prameha, Kasa, Vastishotha, Vedanayukta vikara, Shotha, Daurbalya and Shosha. From the action-and-uses section, it is described as Roots and fruits are sweet, cooling, diuretic, emollient, appetiser, digestive, anti-inflammatory, alterant, laxative and tonic; useful in strangury, dysuria, chronic cystitis and urinary disorders. The recorded chemical constituents include Alkaloids, steroidal saponins, flavonoid glycosides and amide constituents. The pharmacological activity profile includes Antibacterial, antimicrobial, antifungal, diuretic, analgesic, muscle relaxant and cytoprotective. Within the formulation, Gokshur contributes to the overall urinary, cooling, restorative or supportive direction of Bhrihatdhatryadi Kwath. Its role should be interpreted as part of the composite formulation rather than as an isolated clinical claim.

4.3.7 Ikshumoola (Saccharum officinarum Linn.)

Ikshumoola is identified in the source document as Saccharum officinarum Linn. belonging to family Gramineae. The part used is Root and stem. Its Ayurvedic profile includes Madhura Rasa, Sheeta Virya, Madhura Vipaka and Guru, Snigdha Guna. Its Doshaghnata is described as Vatapittashamaka. The Karma profile includes Mutrala, Saraka, Balya, Brimhana. The listed Roghnata includes Mutrakrichchra, Daha, Trishna, Vibandha, Pandu, Daurbalya, Kshaya, Karshya, Raktapitta and Gulma. From the action-and-uses section, it is described as Roots are cooling, demulcent and diuretic; useful in urinary disorders and traditionally used in conditions related to Pitta and Vata. The recorded chemical constituents include Flavonoids, sugars such as sucrose, glucose and fructose, fibre, nitrogenous substances, fats, waxes, gums, pectins, chlorophyll and anthocyanins. The pharmacological activity profile includes Antioxidant activity. Within the formulation, Ikshumoola contributes to the overall urinary, cooling, restorative or supportive direction of Bhrihatdhatryadi Kwath. Its role should be interpreted as part of the composite formulation rather than as an isolated clinical claim.

4.3.8 Haritaki (Terminalia chebula Retz.)

Haritaki is identified in the source document as Terminalia chebula Retz. belonging to family Combretaceae. The part used is Fruit. Its Ayurvedic profile includes Kashaya pradhana Rasa, Ushna Virya, Madhura Vipaka and Laghu, Ruksha Guna. Its Doshaghnata is described as Tridoshashamaka; especially Vatashamaka. The Karma profile includes Mutrala, Shothahara, Vedanasthapana, Srotoshodhana, Krimighna, Nadibalya, Garbhashaya-shothahara, Prajasthapana, Vayasthapana, Rasayana, Vrishya. The listed Roghnata includes Mutrakrichchra, Mutraghata, Shotha, Shoola, Vibandha, Krimi, Vatavyadhi, Shwasa, Kasa, Trishna and Vishamajwara. From the action-and-uses section, it is described as Diuretic, anti-inflammatory, astringent, sweet, acrid, bitter, sour, thermogenic, digestive, antiseptic and tonic; useful in urinary disorders, inflammations, anorexia, indigestion, flatulence, anaemia and debility. The recorded chemical constituents include Chebulagic acid, chebulinic acid, corilagin, tannin, gallic acid, triacontanoic and palmitic acids. The pharmacological activity profile includes Antimicrobial, antibacterial, antifungal, antispasmodic, antistress, endurance-promoting, hypotensive, anthelmintic, anti-hepatitis B virus, purgative and hypolipidemic. Within the formulation, Haritaki contributes to the overall urinary, cooling, restorative or supportive direction of Bhrihatdhatryadi Kwath. Its role should be interpreted as part of the composite formulation rather than as an isolated clinical claim.

4.4 Chemical and pharmacological synthesis

Table 3 summarizes the chemical constituents and pharmacological activity clusters stated in the source document. The repeated appearance of diuretic, antioxidant, antimicrobial, anti-inflammatory, demulcent and tonic activities gives a coherent modern correlate to the classical Mutrala, Dahashamaka, Shothahara, Balya and Rasayana descriptions.

Table 3. Chemical constituents and pharmacological activities recorded for constituent drugs.

Drug	Reported chemical constituents	Recorded pharmacological activity
Amlaki	Gallic acid,	Antibacterial,

	tannic acid and ascorbic acid	antimicrobial, antifungal, antioxidant, anti-inflammatory, antiulcer, immunomodulatory, spasmolytic and anti-atherosclerotic
Draksha	Organic acids including malic and oxalic acid, carbohydrates and tannins	Antibacterial, antifungal, ACE-related activity, hepatoprotective, antioxidant and wound-healing activity
Yashtimadhu	Glycyrrhizin, asparagin, sulphuric and malic acid, calcium and magnesium salts	Antimicrobial, antiviral, hepatoprotective, spasmolytic, antipyretic, antioxidant and anti-inflammatory
Darbhamoola	Triterpenoids such as cylindrin, arundoin, fernenone, isoborneol and simiarenol, along with terpenes	Diuretic and antiviral activity
Vidarikanda	Gluconic acid and malic acid	Spasmolytic, anti-inflammatory, oestrogenic and progestogenic activity
Gokshur	Alkaloids, steroidal saponins, flavonoid glycosides and amide constituents	Antibacterial, antimicrobial, antifungal, diuretic, analgesic, muscle relaxant and cytoprotective
Ikshumoola	Flavonoids, sugars such as sucrose, glucose and fructose, fibre, nitrogenous substances, fats, waxes, gums, pectins, chlorophyll and anthocyanins	Antioxidant activity
Haritaki	Chebulagic acid, chebulinic acid, corilagin, tannin, gallic acid, triacontanoic and palmitic acids	Antibacterial, antifungal, antispasmodic, antistress, endurance-promoting, hypotensive, anthelmintic, anti-hepatitis B virus, purgative and hypolipidemic

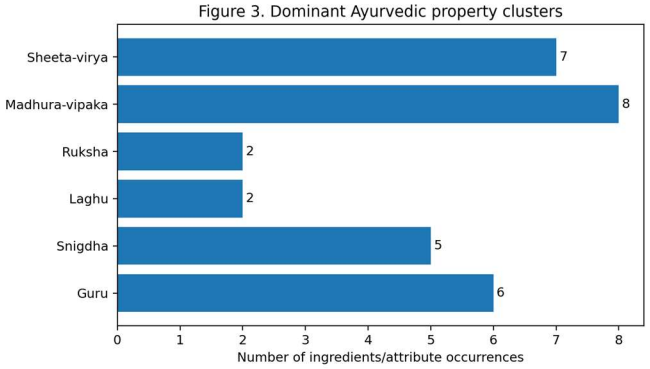

Figure 4. Dominant Ayurvedic property clusters recorded in the formulation.

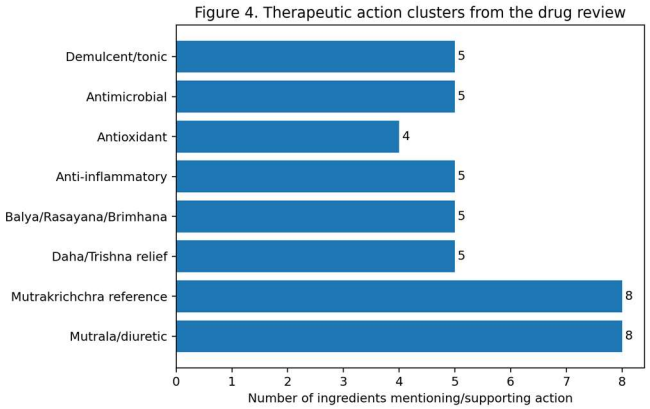

Figure 5. Therapeutic action clusters derived from the source data.

Figure 6. Raw material images extracted from the attached Drug Review file.

4.5 Formulation-level interpretation of results

The first major review finding is that Mutrala action is a recurring feature across the formulation. Amlaki, Draksha, Yashtimadhu, Darbhamoola, Vidarikanda, Gokshur, Ikshumoola and Haritaki are each connected directly or indirectly with urine-promoting, urinary-disorder or Mutrakrichchra-related activity in the source document. This recurrence supports the formulation's placement within the therapeutic context of Mutravaha Srotas.

The second finding is the predominance of Sheeta Virya. With the exception of Haritaki, the ingredients are mainly described as cooling or Sheeta in classical and action-based terms. This suggests that the formulation is particularly aligned with burning micturition, daha, trishna, pitta involvement and irritated urinary passages. The Sheeta and Madhura elements are strengthened by Draksha, Yashtimadhu, Vidarikanda, Gokshur and Ikshumoola, all of which provide soothing, demulcent, balya or brimhana contributions.

The third finding is that the formulation balances cooling and cleansing functions. Haritaki contributes Ushna, Laghu and Ruksha qualities, along with Anulomana and Srotoshodhana actions. This prevents the formulation from becoming purely heavy and nourishing. In a decoction intended for urinary disorders, such balancing is important because the aim is not merely cooling but also removal of obstruction, regulation of channels and restoration of functional flow.

The fourth finding is that the modern pharmacological terms recorded in the source document are consistent with the classical use pattern. Diuretic activity supports Mutrala action; anti-inflammatory activity supports Shothahara and relief of urinary discomfort; antioxidant activity supports tissue-protective potential; antimicrobial and antifungal terms are relevant to infection-like urinary presentations; demulcent and tonic properties support irritated mucosa and systemic weakness.

Table 4. Integrated therapeutic rationale for Bhrihatdhatryadi Kwath.

Therapeutic need	Supporting formulation features	Constituent examples
Difficult or painful micturition	Mutrala, Mutrakrichchra-hara and Bastishodhaka actions	Amlaki, Draksha, Yashtimadhu, Darbha, Vidarikanda, Gokshur, Ikshu, Haritaki
Burning micturition / Daha	Predominance of Sheeta Virya, Madhura Vipaka and Dahaprashamana action	Amlaki, Draksha, Yashtimadhu, Vidarikanda, Ikshumoola
Inflammation and swelling	Shothahara, anti-inflammatory and soothing drug profiles	Gokshur, Vidarikanda, Haritaki, Yashtimadhu, Amlaki
Debility after urinary complaints	Balya, Brimhana, Rasayana and Jeevaniya orientation	Draksha, Vidarikanda, Yashtimadhu, Amlaki, Gokshur
Channel correction	Anulomana, Srotoshodhana and mixed guru-laghu balance	Haritaki with supportive cooling drugs

5. Discussion

The systematic review of Bhrihatdhatryadi Kwath shows that the formulation is not a random combination of cooling or diuretic herbs. It displays a layered pharmacological design in which the majority of ingredients soothe, cool, nourish and promote urine flow, while selected ingredients regulate channels and support digestion, strength and elimination. This kind of design is consistent with the Ayurvedic principle that a formulation should address the main disease process as well as associated factors such as burning, obstruction, weakness, vitiated dosha, tissue irritation and impaired function.

The significance of Amlaki in the formulation lies in its Tridoshashamaka and especially Pittashamaka orientation. Its sour-dominant but Madhura-vipaka and cooling character allows it to act as a rejuvenating, pitta-calming and urinary-supportive ingredient. The source document records diuretic, astringent, cooling, carminative, digestive, laxative and tonic properties, and also notes ascorbic acid, gallic acid and tannic acid. These points together suggest that Amlaki supports both urinary comfort and systemic restoration.

Draksha provides a distinctly soothing and restorative element. Its dried ripe fruit is described as Vatapittashamaka, Mutrala, Balya, Brimhana, Jeevaniya and Trishnanigrahana. Such a profile is valuable in urinary presentations associated with burning, thirst and general debility. The review records antioxidant, hepatoprotective, antibacterial, antifungal and wound-healing activity terms, but within the present paper these are treated as supportive literature-review findings rather than direct evidence of clinical benefit in the formulation.

Yashtimadhu contributes demulcent, cooling, tonic and urinary-tract soothing properties. Its use in ulceration of the urinary tract and retention of urine is particularly relevant for Mutravaha Srotas interpretation. From the Ayurvedic side, it is Madhura, Sheeta, Madhura-vipaka, Guru and Snigdha, while its Karma includes Mutrala, Mutravirajaniya, Dahashamaka, Vedanasthapana, Shothahara, Jeevaniya, Rasayana and Balya. This makes it a key ingredient for reducing irritation, supporting mucosal comfort and improving strength.

Darbhamoola and Ikshumoola represent the grass-root contribution within the formulation. Both are associated with Mutrala and cooling action. Darbha is described as Tridoshaghna, Mutrala and useful in urinary disorders, with diuretic and antiviral activity recorded. Ikshumoola is connected with Mutravirechaniya classification and is described as cooling, demulcent and diuretic. These ingredients strengthen the formulation's urinary-flow orientation while contributing mildness and tissue-soothing action.

Vidarikanda adds a nourishing tuberous-root dimension. Its Balya, Brimhana, Rasayana, Jeevaneeya, Atimutrala and Dahaprashamana properties create a bridge between urinary symptom relief and systemic restoration. The source document lists it for Mutrakrichchra, Daha, Shotha, Daurbalya and Kshaya, which suggests a role in urinary conditions accompanied by weakness or depletion. Its demulcent and emollient actions further support the soothing character of the formulation.

Gokshur is one of the most directly urinary-focused ingredients in the review. It is described as Mutrala, Vastishodhaka, Vedanasthapana, Shothahara and Balya. Its Roghnata includes Mutrakrichchra, Ashmari, Prameha and urinary disorders such as dysuria and chronic cystitis in the action-and-uses section. The recorded presence of steroidal saponins, alkaloids and flavonoid glycosides, together with diuretic, analgesic, antimicrobial, anti-inflammatory and cytoprotective actions, gives a strong review-level rationale for its inclusion.

Haritaki plays a balancing role. Unlike the mainly Sheeta ingredients, Haritaki is Ushna and possesses Laghu and Ruksha qualities. It is described as Tridoshashamaka, especially Vatashamaka, and its Karma includes Mutrala, Shothahara, Vedanasthapana, Srotoshodhana, Krimighna, Nadibalya and Rasayana. In a formulation dominated by cooling and nourishing drugs, Haritaki may support channel clearance, digestive regulation and Vata correction. This balance is important because urinary disorders are rarely only pitta-related; obstruction, pain and altered flow often include Vata involvement.

The modern pharmacological activities recorded in the source review should be interpreted carefully. Terms such as antioxidant, antimicrobial, anti-inflammatory, spasmolytic, analgesic and cytoprotective represent literature-derived or pharmacological observations for individual ingredients. They do not automatically prove efficacy of the finished Kwath in a clinical population. However, they do support biological plausibility and help explain why the classical formulation may have been used in urinary complaints. This balanced interpretation protects the manuscript from overclaiming while still presenting the available data meaningfully.

The formulation-level pattern indicates that Bhrihatdhatryadi Kwath is most logically interpreted as a pitta-vata balancing urinary formulation with Mutrala, Dahashamaka, Shothahara, Balya and

Rasayana support. Its emphasis on Sheeta Virya and Madhura Vipaka suggests usefulness where burning, irritation, thirst and tissue sensitivity dominate. Its inclusion of Gokshur, Darbha and Ikshu supports urine flow, while Haritaki supports Vata regulation and channel clearance. This integrated view is more useful than a simple ingredient list because it demonstrates the reasoned compatibility of the formulation.

6. Strengths of the Review

The main strength of this paper is that it systematically reorganizes the supplied drug-review material into a coherent research-paper format. The original material contains valuable classical and pharmacological information, but it is arranged primarily as a review note. By converting it into a journal-style structure, the paper improves readability and makes the formulation rationale clear.

A second strength is the inclusion of both Ayurvedic and modern parameters. Rasa, Guna, Virya, Vipaka, Doshaghnata, Karma and Roghnata are presented alongside botanical identity, chemical constituents and pharmacological activities. This dual framework is useful for Ayurvedic pharmaceutical research because it respects classical logic while also allowing modern readers to understand the formulation in pharmacological terms.

A third strength is the cautious interpretation of evidence. Since the source file does not provide clinical trial results, this paper does not claim clinical efficacy, cure rates or statistically proven outcomes. Instead, the result section is presented as a systematic review finding. This makes the manuscript academically safer and more suitable for refinement before submission.

7. Limitations

The principal limitation is that the source file is a drug-review document and not a complete experimental thesis with raw clinical or laboratory outcome data. Therefore, the present paper cannot present patient-level results, statistical significance, dose-response analysis or clinical safety outcomes. The word 'results' in this manuscript refers to review findings derived from the source document.

The second limitation is that some entries in the source document contain spelling variations, typographical errors and inconsistent formatting. These have been standardized for readability, but the scientific interpretation remains restricted to the meaning conveyed in the source file.

The third limitation is that a polyherbal decoction may behave differently from isolated ingredients. The pharmacological activities recorded for individual plants support the rationale of the formulation, but they should not be treated as direct evidence for the exact finished product unless future studies evaluate the prepared Kwath by pharmacognostic, phytochemical, preclinical and clinical methods.

Table 5. Review limitations and recommended future controls.

Limitation	Effect on interpretation	Recommended future step
No patient-level clinical data in source file	Clinical efficacy cannot be statistically claimed	Conduct observational or controlled clinical study with predefined outcomes
Ingredient-level pharmacology only	Finished formulation effect remains inferential	Analyze prepared Kwath chemically and pharmacologically
Typographical variability in source	Requires careful standardization	Verify botanical names and Sanskrit references before journal submission
No dose, duration or safety dataset in review	Therapeutic use cannot be generalized	Add dose rationale, adverse-event monitoring and follow-up
No quantitative phytochemical standardization	Batch-to-batch consistency not established	Develop TLC/HPTLC/HPLC fingerprint and marker profile

8. Conclusion

The systematic review demonstrates that Bhrihatdhatryadi Kwath has a coherent classical rationale for use in Mutravaha Srotas-related disorders. The formulation contains Amlaki, Draksha, Yashtimadhu, Vidarikanda, Darbhamoola, Ikshumoola, Haritaki and Gokshur. Across these ingredients, the repeated presence of Mutrala, Dahashamaka, Shothahara, Balya, Brimhana, Rasayana, Anulomana and Srotoshodhana actions supports the formulation's traditional urinary relevance.

The predominance of Sheeta Virya, Madhura Vipaka and soothing demulcent properties indicates that the formulation is especially aligned with urinary burning, irritation, thirst and pitta-vata associated discomfort. Gokshur, Darbha and Ikshu strengthen urine-promoting action; Yashtimadhu and Vidarikanda contribute demulcent and restorative support; Amlaki

and Draksha provide cooling and nourishing action; and Haritaki offers channel-clearing and Vata-balancing support.

The modern review terms recorded in the source document, including diuretic, anti-inflammatory, antioxidant, antimicrobial, spasmolytic, analgesic and cytoprotective activities, support biological plausibility. However, this paper does not add new experimental data or make unsupported clinical claims. It presents a systematic review-based interpretation of the supplied material and provides a structured foundation for future pharmacognostic, phytochemical, preclinical and clinical evaluation of Bhrihatdhatryadi Kwath.

9. Declarations

Ethics approval: Not applicable for the present manuscript because it is a review-based paper prepared from the supplied Drug Review document and does not report new human or animal experimentation.

Conflict of interest: Not declared in the source document.

Funding: No funding information was provided in the source document.

Data availability: All data summarized in this manuscript were taken from the attached Drug Review document supplied by the user.

Author note: Botanical names, references and clinical indications should be verified by the author and guide before submission to a journal.

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