



TULSI AYURVEDIC AND YOGA CENTRE

D-833 SARASWATI VIHAR DELHI-110034

Email ID: tulsiayurvedic123@gmail.com

Phone /Landline No.9136070810

SERVICE NAME :	SOP OF KWATHS
DATE CREATED :	22/10/2021
APPROVED BY :	DR. VEENA ARORA
REVIEWED BY :	KWATH

Veena Arora
23/10/2021 5-30 PM

CONTROLLED COPY
TULSI AYURVEDIC AND YOGA CENTRE
D-833, SARASWATI VIHAR,
DELHI-110034

SOP OF KWATHS

- Take the suitable herb in dry, coarse powder form – 1 part
- Add 16 parts of water and Boil for half an hour it.
- While boiling, the useful bio-actives from the herbs get transferred to the water medium.
- Boiling is continued until the total quantity of water is reduced to 1/8th.
- This is then filtered and used afresh. This is the Ayurvedic Kwath.
- For example, 10 grams of coarse powder of herbs are added with 160 ml of water and boiled till the water quantity reduces to 20 ml, filtered.

Rules for preparing Kwath:

- Always use the wide-mouthed vessel, Iron/steel.
- This helps in quick evaporation of boiling water.
- Do not close the lid.
- This is to ensure water reduction by evaporation.
- Stir the contents continuously to avoid charring by the herb particles settling down at the bottom of the vessel.
- Boil in the mild fire. (Once after the water starts boiling, continue on 90 degrees Celsius)
- Boiling at a very high temperature can damage the plant chemicals.
- Use coarse powder as much as possible.
- Using coarse powder helps in the easy filtering of Kwath. Fine herb powder can lead to precipitation of fine particles in the end product.
- Kwath is administered afresh, in mild hot condition.

Preparation of the Kwath:

First of all, the ingredients are to be taken in the required quantity by measuring them. One should be mixing the ingredients by triturating in the order of medicinal drugs, decoction, and then additives; one by one gradually until it becomes a homogeneous mixture. Then it should be churned to make it finer and homogeneous and keep in hot water bath to make it warm or luke warm as per the condition.

- Piccha Kwath with milk prepared from *Salmalia Malabarica* +
Piccha Kwath with milk prepared from *ficusbengalensis* tender leaves.

Application & pouring of cold & sweet drugs.

Treatment told for bleeding disorders (Raktapitta).

Peri umbilical pain due to evacuation of bowel secondary infection.

YashtimadhuKsheeraKwath

Dravya	Dose
KwathDravya :Yashtimadhu 250gm+2000ml water; reduced	300ml
To 1/4 th and add 500ml Cow's milk, boil on mild fire till only milk remanins.	

DashamoolaKwath

Dravya	Dose
Shatapushpa, tashti, Musta, Guduchi, Rasna, Ashvagandha	48gm
Decoction: DashamoolaKwath- 244ml	300ml

AragvadhadiKwath

Dravya	Dose (classics)	Dose
KwathDravya – aragvadhadiKwath	5 Prasruta	500ml

BhadranimbadiKwath

Dravya	Dose (classics)	Dose
Decoction – Bhadranimba, Kulattha, Arka, Koshataki, Guduchi, Sariva, Brihati, Patha, Murva, Aragvadh	4 Prasruta	400ml
Kshara Amla	1 Karsha	6 gm

Dravya (Kanji)	1 prasruta	100ml
----------------	------------	-------

PatoladiKwath

Dravya	Dose (classics)	Dose
Drugs for decoction – Trichosanthes Cucumerina (Patola), Terminalia Chebula (haritaki), Piper longum (Pippali), (Cedrus Deodara) Devadaru, + 8 parts of water, reduced to 1/8 th	5 Prasruta	400ml

Punarnavadi Kath

Dravya	Dose (classics)	Dose
Kwath Dravya- Punarnava, Eranda, bala, Vasa, Pashanabheda, Rakta Punarnava, Palasha, Dashamula (Each 1 Pala) Madanaphala-8 Bilva Majja, kulattha, Yava, Badara, + 1 Adhaka Jala + 1 Adhaka Kshira; Reduced to kshiravashesha	5 Prasruta	500ml

RajatapanaKwath/MustadiYapanaKwath: As the name suggests RajayapanaYapanaKwath is superior in all the kshaya. It is the king of YapanaKwath and is the best Rasayana.

Dravya	Dose (classics)	Dose
--------	-----------------	------

Drugs for decoction – Cyperus rotundus, Vetiveria zizanioides, Sida cordifolia, Pluchea lanceolata, Cassia fistula, Tinospora cordifolia, Picrorhiza kurroa, Gentiana kurroa, Boerhaavia diffusa, Terminalia bellerica, sthiradipanchamula (1 Pala each) & Randia spinosa. Prepare decoction 1:8 reduced to 1/4 th . Add equal quantity of milk of decoction; reduced to quantity equal to milk	5 Prasruta	400ml
--	------------	-------

Eranda muladi Yavana Kwath

Dravya	Dose (classics)	Dose
Kwath Dravya – root of Ricinus communis-Butea monosperma, Laghupanchamula, Pluchea lanceolata, Withania somnifera, Tinospora cordifolia, Boerhaavia diffusa, Cedrus deodara, cassia fistula, randia spinosa. Prepare Kwath 1:8 reduced to 1/4 th . Add equal quantity of milk to decoction; reduced to equal quantity equal to milk	4 Prasruta	300ml

Baldi Yavana Kwath

Dravya	Dose (classics)	Dose
Drugs for medicated milk (ksheerapaka)- Sida cordifolia, Abutilon indicum, Achrantes aspera, Mucuna pruriata, Hordeum Vulgare	Prasruta	400ml

Dravya	Dose (classics)	Dose
Drugs for medicated milk (ksheerapaka)- Sida cordifolia, Abutilon indicum, Achrantes aspera, Mucuna pruriata, Hordeum Vulgare	Prasruta	400ml

SahacharadiYapanaKwath

Dravya	Dose (classics)	Dose
Drug for medicated milk – Barleriapronitis (Sahacara), sidacoedifolia, Dashamoola, Hemidesmus indicus. Prepare Kwath 1:8 reduced to 1/4 th and add equal quantity of milk and reduce till only milk remains.	4 Prasruta	400ml

BrihatyadiYapanaKwath :

Dravya	Dose (classics)	Dose
Drug for medicated milk – solanum indicum, solanum xanthocarpum, tinosporacordifolia, aspergusrecemosus. Prepare Kwath 1:8 reduced to 1/4 th and add equal quantity of milk and reduce till only milk remains.	4 Prasruta	400ml

Uses of Kwath

- For oral administration
- For washing eyes (TriphalaKwath – used for treating eye infection)
- For dripping or washing wounds (TriphalaKwath, PanchavalkaKwath – These cleanse the wounds and cause quick wound healing)
- For mouth gargling – ginger decoction with honey to cleanse throat.
- For Basti – enema treatment. For example, Dashamoolakwath is mixed with many other ingredients and administered as enema for the treatment of neurological Vata imbalance disorders.

Kwath Preparation for Shirodhara(TAKRADARA)

TakraDhara is a variety of Shirodhara, in which medicated buttermilk is poured in a continuous stream over the forehead, in a specified manner.

Materials required

1. AmalakiChurna :300Gms
2. Milk: 1.5litres
3. Water: 6.15litre
4. Nagarmotha : 96 Gms
5. RasnadiChurna : 5g

Preparation of Kwath

Traditional Method: 300 Gms of the dry endocarpe of amla fruit is boiled with 7 litres of pure water till reduced to 1150 ml. To this is added an equal quantity of buttermilk (fat free) made from fresh boiled cow's milk fermented overnight.

- **Current method:** 1.5 liters of Cow's milk diluted with 6.15 liter of water is boiled with 96 Gms of crushed tubers of cyperousrotundus tied in a muslin beg, till the mixture reduces to the original quantity of milk taken. This is then removed form the fire, the bag of medicament taken out and squeezed well. When it becomes cool, this prepared milk is fermented overnight by the addition of a little sour buttermilk. Next morning, the now fermented medicated curd is churned till the butter is completely removed. Then add the 768 ml of decoction of amalaka derived by boiling and reducing 3072 ml of water with 192 Gms of the dry pericarpe of indian gooseberry fruits. The mixture of buttermilk and decoction is used for Dhara.

- **Kwath Preparation for Parishek:**

Materials required

- Erand leaf – 500gram
- Nirgundi leaf- 500gram
- Haldi- 10gram
- Ajwain- 50gram
- Mustard seeds – 50gram

- Methi – 50gram
- Watre – 15 liter

● Method

First Erand leaves and nirgundi leaves are cut into small pieces. After this, mustard seeds, fenugreek and celery are all crushed. After completion of this process, 15 liters of water is taken. Put all these in it and turmeric is also added and left to boil. Boil this decoction till 15 liters of water has been reduced to seven and a half liters. In this way, the process of making a decoction for the consecration is complete.

Veenus Anand
23/10/2021 *5:30 PM*

CONTROLLED COPY
TULSI AYURVEDIC AND YOGA CENTRE
D-833, SARASWATI VIHAR,
DELHI-110034