

Maharasnadi Kwatha Churanam

-by Sheela Rani Chunkath

Two parts of *rasna*, one part each of *punarnava*, *guduchi*, *gokshura*, *satavari*, *pippali* and so on were taken till I had the 26 ingredients required for the *Maharasnadi kwatha churanam*. I felt like some kind of alchemist putting together a potent brew when I decided to make the *churanam* at home. *Rasna*, from which the *churanam* gets its name, imparts a delightful fragrance to the *churanam*. *Rasna* is known as *sitharathai* in Tamil. All the 26 ingredients are easily available in any shop selling herbs, a *Nattu Marunthu Kadai* as it is called in Tamil Nadu.

A *kwatha churanam* is a coarsely powdered mixture of all the herbs. This is later boiled in water to extract the *kashayam*. Ready-made preparations are also available off the shelf but I invariably prefer to make the *churanam* and the *kashayam* at home.

Almost everybody over the age of 50 suffers from one of the following — low back pain, painful knees, inflammation, rheumatic pains, arthritis, sciatica, neuritis, upper back pain etc. The *Maharasnadi kashayam* is an effective remedy against these ailments. For those who have some time and feel good about making their own herbal preparations, I am reproducing below the recipe given in the ***Sahasra Yoga: Kashaya Prakarana***. This text is popular among Kerala *vaidyars* and has also been translated into Tamil. The ingredients are given in the table below with its scientific, Tamil and Malayalam names.

If you go to any country drug shop and show them the list of drugs they will give you all the required herbs. The sales people are invariably quite knowledgeable and help you get exactly what you want. Get 50 gm of the first ingredient, *Sitharathai* and 25 gm of the other 25 ingredients. Coarsely grind the ingredients and store them in an airtight container. About a tablespoon of the *churanam* (around 10 gm) is added to 2 glasses of water and boiled to reduce the volume to a quarter glass. This is taken twice daily on an empty stomach. *Maharasnadi* is a wonderful cure for all types of *vata* complaints. Taking this *kashayam* for about 2 months helped me greatly with those numerous aches and pains for which allopathy has only painkillers to offer.

Scientific Name	Tamil Name	Malayalam Name
<i>Alpinia galanga</i>	Sitharathai	Rasna
<i>Tragia involucrata</i>	Poonaikkanchoriver	Choriyanamver
<i>Sida cordifolia</i>	Sitramuttiver	Kurunthottiver
<i>Ricinus communis</i>	Aamanakku	Aavanakku
<i>Cedrus deodara</i>	Thevatharam	Thevatharam
<i>Curcuma zeodara</i>	Kicchilikkizhangu	Cherukacholam
<i>Acorus calamus</i>	Vasambu	Vayambu
<i>Adhatoda vasica</i>	Aadatoda ver	Aadolotakam ver
<i>Zingiber officinale</i> (Dried)	Chukku	Chukku
<i>Terminalia chebula</i>	Kadukkai	Kadukkai
<i>Piper chaba</i> (roots)	Kandan Thippali	Kandan Thippali
<i>Cyperus rotundus</i>	Korai Kizhangu	Kora Kizhangu
<i>Boerhavia diffusa</i>	Mookkirattai	Thazhuthamai
<i>Tinospora cordifolia</i>	Seenthil	Amrita valli
<i>Argyrea nervosa</i>	Kadar-palai	Samudrappachai
<i>Anethum sowa</i>	Sadakuppai	Sathakuppa
<i>Tribulus terrestris</i>	Nerunjil mullu	Gnerinjal
<i>Withania somnifera</i>	Amukkura Kizhangu	Aswagandha
<i>Aconitum heterophyllum</i> (roots)	Athividayam	Ativisha
<i>Cassia fistula</i> (bark)	Sarakkonrai	Konna
<i>Asparagus racemosus</i>	Thanneervittan Kizhangu	Satavari Kizhangu
<i>Piper longum</i>	Arisi Thippali	Thippali
<i>Barleria prionitis</i>	Chemmulu	Mulkkurinji
<i>Coriandrum sativum</i>	Kotthamalli	Kothampalari
<i>Solanum virginianum</i>	Kandankathiri	Kantakari
<i>Solanum violaceum</i>	Mullukatri	Cheru vazhuthinai

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