



Katuki

(*Picrorhiza kurroa*)

Picrorhiza kurroa commonly called Katuki / Kutki is a well-known herb in the Ayurvedic system of medicine and has traditionally been used to treat disorders of the liver and upper respiratory tract.

The herb appears to be potently Hepatoprotective when taken prior to or after exposure to a toxin and the protective effects also extend to states of intrinsic liver dysfunction like viral hepatitis. Animal studies indicate Katuki's active contents exhibit a strong anticholestatic activity against a variety of liver-toxic substances, appearing to be even more potent than silymarin.

It is a small perennial herb from the Scrophulariaceae family, found in the Himalayan region growing at elevations of 3,000-5,000 meters. Katuki has a long, creeping rootstock that is bitter in taste, and grows in rock crevices and moist, sandy soil.

Active contents:

Kutkin is the active principal of *Picrorhiza kurroa* and is comprised of kutkoside and the iridoid glycoside, picroside I, II, and III. Other identified active constituents are apocynin, drosin, and nine cucurbitacin glycosides.

Herb actions:

Katuki is considered as one of the best drug for liver diseases such as liver cirrhosis, jaundice, hepatitis etc.

The other actions of *Katuki* are antibacterial, antiperiodic, cathartic, laxative, stomachic and bitter tonic, hepatoprotective, anti-cholestatic, anti-inflammatory, anti-allergy, antioxidant; modulates the immune system and liver enzyme levels.

Katuki is an important herb in the traditional Chinese and Ayurvedic systems of medicine, used to treat liver and upper respiratory conditions. Its traditional uses include treatment of a wide range of conditions, including fevers, constipation and dyspepsia. It is also traditionally used to treat disorders of the upper respiratory tract, and is thought to be beneficial as an herbal treatment for bronchial asthma.

Katuki has a powerful antioxidant and anti-inflammatory effect. It has also shown that the active constituents of *picrorhiza kurroa* may prevent liver toxicity and the ensuing biochemical changes caused by numerous toxic agents. *Katuki* is thought to be helpful as a remedy for a number of auto-immune diseases such as vitiligo and psoriasis.

Indications: Liver disorders, Fever, Auto-immune disorders.

Contraindications: None

Dose: 1 capsule two times a day or as advised by the Physician

Composition: Each capsule contains 250mg standardized extract of Katuki (*Picrorhiza kurroa*).