

**TENDER COCONUT BASED DECOCTIONS IN KERALIYA
BALACHIKITSA: A NARRATIVE REVIEW OF KARIKKU KASAYAM
AND RELATED FORMULATIONS**

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<https://doi.org/10.70057/ijaar.2026.70903>

ABSTRACT

Background: Pediatric treatises of Kerala describe a distinctive decoction preparation known as *Karikku Kasayam*, in which tender coconut water serves as the liquid medium instead of water. This pharmaceutical process differs considerably from the conventional method of *Kwatha Kalpana*. The present review aims to explore the classical references, pharmaceutical methodology, and potential therapeutic significance of *Karikku Kasayam*.

Aim: The aim of the study is put an insight on various references and indications of *Karikku Kasayam*, throw light upon other tender coconut-based decoctions and to understand the mode of action of *Karikku Kasayam*.

Methods: References pertaining to tender coconut-based decoctions were collected from *Vaidyatarakam* and *Arogyakalpadrumanam*, the pediatric texts of Kerala. Additional information was obtained from classical Ayurvedic texts, including *Charaka Samhita*, *Ashtanga Hridaya* and *Sarangdhara Samhita* along with relevant databases.

Conclusion: *Karikku Kasayam* represents a unique pharmaceutical preparation in the *Keraliya* pediatric tradition, distinguished by its use of tender coconut water and indirect heating. Although it is widely used by traditional practitioners, particularly in the management of pediatric dermatological disorders, its method of preparation presents both advantages and limitations.

Clinical Significance This review consolidates the available classical evidence on *Karikku Kasayam*. By highlighting its distinctive pharmaceutical process, traditional therapeutic indications, and potential clinical applications, the review provides a scientific basis for its rational use in pediatric practice. It also identifies critical gaps in pharmaceutical standardization and clinical evidence, thereby facilitating future pharmacological and clinical investigations to validate its safety, efficacy, and therapeutic potential.

Keywords: *Karikku Kasayam*, *Ilaneer Kasayam*, *Tender coconut- based decoctions*, *Karappan*, *Ayurvedic management*, *Pediatric skin conditions*

INTRODUCTION: *Panchavidha Kasayakalpana*¹ (~five therapeutic preparations) comprises five fundamental pharmaceutical methods used in Ayurveda

to transform crude medicinal substances into therapeutically effective formulations. Among these, *Kwatha (Kasaya) Kalpana*² is one of the most widely employed

preparations. In this process, coarsely powdered herbal drugs are boiled in water over mild heat in an open vessel until the liquid is reduced to a predetermined fraction of its initial volume, thereby concentrating the active constituents and enhancing the therapeutic efficacy³. The preparation of a decoction requires several essential conditions, including the use of coarsely powdered raw materials, an earthen or stainless-steel vessel, mild to moderate heat, and continuous boiling in an uncovered container. Depending on the hardness of the plant material, water is added in proportions of four, eight, or sixteen times the weight of the drug and subsequently reduced to one-fourth or one-eighth of the original volume⁴. This process facilitates the extraction of water-soluble and heat-stable phytoconstituents. The finished decoction acquires the characteristic colour, taste, and aroma of its ingredients. *Kasaya* may be administered internally or externally and also serves as a *Vasthi dravya* (~enema formulation), *Anupana*(~adjuvant), or as a base material in the preparation of formulations such as *Arista*, *Avaleha* and *Rasakriya*, as well as in *Sodhana* and *Marana* procedures (~purification process)⁵. Traditional Ayurvedic literature also refers to *Kasaya* by the synonyms *Srita*, *Kvatha* and *Niryuha*⁶.

A unique type of decoction preparation explained in the Keraliya texts of traditional pediatric practice like *Vaidyatarakam* and *Arogya kalpadrumam* is *Karikku Kasayam* or tender coconut-based decoctions explained in the context of the disease *Karappan* or *Balavisarpam*.⁷ These are certain groups of skin disorders having acute onset and which are comparable to

infectious skin diseases associated with itching, discharge, pain, and other inflammatory signs. These texts describe a wide range of internal and external therapeutic interventions for the management of *Karappan* and *Visarpam*. Internal therapies include decoctions, milk- and tender coconut-based decoctions, ghee preparations, purgatives, and herbal powders, while external therapies comprise *lepana*, *pottali*, medicated oils, eye drops, and medicated bathing powders⁸.

The objectives of this review are

1. To put an insight on various references and indications of *Karikku Kasayam*
2. To understand the mode of action of *Karikku Kasayam*
3. To throw light upon other tender coconut- based decoctions

MATERIALS AND METHODS

Literature was searched extensively by critically examining traditional ayurveda texts of Kerala like *Vaidyatarakam* and *Arogya Kalpadrumam*, classical Ayurvedic literature and contemporary scientific publications related to the pharmaceutical preparation, therapeutic applications, and pharmacological properties of tender coconut-based decoctions. The available evidence was synthesized to provide a comprehensive understanding of the formulation.

RESULTS

Tender coconut decoctions formulations explained in *Balachikitsa* texts

Four distinct formulations are described in *Vaidyatarakam* as part of the general therapeutic approach to the management of *Karappan*.

1. *Karikku Kasayam*⁹
2. *Ilaneer Kasayam*¹⁰

3. *Putapaka Kasayam*: Two different formulations are listed as *Putapaka Kasayam*¹¹: The details are given in Table 3(a), 3(b)

These are mentioned in the management of all kinds of *Karappan* or *Visarpam* in “*Arogyakalpadrūmam*”

1. *Shaakadoorvadi Kasayam*¹²: The details are given in Table 4(a)
2. *Vidangakutajadi Kasayam*¹³: The details are given in Table 4(b)
3. *Velamalakadi Kasayam*¹⁴: The details are given in Table 4(c)

Methods of Preparation of Tender coconut decoctions

The preparation of tender coconut-based decoctions differs substantially from the conventional method of decoction preparation. In this unique process, finely powdered medicinal drugs are introduced into a tender coconut of *Gourigaatram* (*Chowghat Orange Dwarf*) variety through a small opening, which is subsequently sealed before heating. Unlike conventional decoctions, no additional water is used; instead, the naturally occurring tender coconut water serves as the extraction medium. Traditional texts describe different heating techniques for the preparation of these decoctions, which are discussed in subsequent sections.

Although classical Ayurvedic literature describes numerous indigenous herbal formulations for a wide range of diseases, the use of tender coconut-based decoctions

is specifically documented for the management of dermatological disorders, particularly those affecting children. This distinctive mode of preparation appears to be a specialized therapeutic approach reserved for pediatric skin diseases in the traditional Ayurvedic pharmacopeia.

There are two methods of preparation of tender coconut-based decoctions explained in these texts.

1. Indirect boiling method

The medicinal ingredients specified in the formulation are coarsely powdered. A 6–7-month-old tender coconut of *Gowrigaatram* (*Chowghat Orange Dwarf*) variety is selected, and the outer orange husk covering the apical portion is removed. A small opening is made at the apex to collect the tender coconut water. Approximately 48 g of the coarsely powdered drugs is then introduced into the coconut cavity, after which the collected coconut water is poured back and the opening is sealed securely. The sealed tender coconut is immersed in approximately 3 L of water contained in a closed earthen (mud) pot and heated over a medium flame until the volume of the external water is reduced to about 750 ml. (Fig 1) The coconut is then removed and opened, and the medicated liquid obtained from within the coconut is referred to as *Karikku Kaṣayam* (tender coconut-based decoction).¹⁵

Fig 1: Method of preparation of Karikku Kasayam



2. Putapaka method

In this traditional method, the powdered medicinal ingredients are filled into a tender coconut, which is then tightly sealed and coated with successive layers of mud paste and cow dung. The coated coconut is heated directly in a fireplace (350-450°C) for one *Nadika* (approximately 24 minutes). Upon completion of heating, the coconut is removed, the outer coating is discarded, and the medicated liquid obtained from within

the coconut is collected as the tender coconut-based decoction.¹⁶

Dosage and Anupama (~adjuvant):

The classical texts do not specify a fixed dosage for tender coconut-based decoctions. Instead, the entire quantity of medicated decoction obtained from a single tender coconut is recommended to be administered orally to the child, with honey serving as the *adjuvant*.

Table 1: Ingredients of Karikku Kasayam

Drug- local name	Sanskrit name	Latin name	Doshahara Karmam
Chenthengin Karikku	Gowrigatram	<i>Cocos nucifera L</i>	Pitha hara
Cherupunnayari	Jyothishmathi	<i>Celastrus paniculatus Willd</i>	Vatakapha hara
Grambu	Lavanga	<i>Syzygium aromaticum (L.) Merr. & L.M.Perry</i>	Kaphapitta hara
Vaalmulaku	Kankolam	<i>Piper cubeba L.f.</i>	Kaphavatahara
Akraavu	Aakallaka	<i>Anacyclus pyrethrum (L.) Link</i>	Kaphavatahara
Jathipatri	Patri	<i>Myristica fragrans Houtt.</i>	Vatakapha hara
Jathikka	Jatiphala	<i>Myristica fragrans Houtt.</i>	Kaphavata hara
Kiriyaathu	Nilaveppu	<i>Swertia perennis L</i>	Kaphapitta hara
Mulaku	Maricha	<i>Piper nigrum L.</i>	Kaphavatahara
Thippali	Pippali	<i>Piper longum L.</i>	Kaphavatahara
Chukku	Shunti	<i>Zingiber officinale Roscoe</i>	Vatakapha hara

Makkipoovu	Damanaka	Artemisia vulgaris L.	Tridoshahara
Mayakku	Mayaphala	Quercus infectoria Oliv.	Pittakaphahara
Konna	Aragwadha	Cassia fistula L.	Vatapitta hara
Nellika	Amalaki	Phyllanthus emblica L	Tridosha hara
Vizhalari	Krimishatru	Embelia ribes Burm.f.	Kaphavatahara
Pachila	Patra	Cinnamomum tamala L.	Kaphavatahara
Perumjeeraka	Deergagham	Foeniculum vulgare Mill.	Vatakapha hara
Karinjeerakam	Krishnajeeraka	Carum carvi L.	Vatakaphahara
Jeerakam	Jeeraka	Cuminum cyminum L.	Vatakapha hara
Vayambu	Vacha	Acorus calamus L	Kaphavatahara
Kudakapalayari	Kutaja	Holarrhena pubescens Wall. ex G.Don	Pittakapha hara
Elathari	Ela	Elattaria cardamomum (L.) Maton	Pittavata hara
Kothambalari	Dhanyaka	Coriandrum sativum L	Tridoshahara
Karkokilari	Bakuchi	Cullen corylifolium (L.) Medik.	Kaphavatahara

Figure 2: Ingredients of Karikku Kasayam



From top to bottom (Left to right)

Swertia perennis L, *Celastrus paniculatus* Willd, *Cullen corylifolium* (L.) Medik., *Piper nigrum* L. *Phyllanthus emblica* L, *Acorus calamus* L, *Coriandrum sativum* L, *Cassia fistula* L., *Anacyclus pyrethrum* (L.) Link, *Cuminum cyminum* L., *Quercus infectoria* Oliv., *Embelia ribes* Burm.f., *Piper cubeba* L.f., *Cocos nucifera* L, *Syzygium aromaticum* (L.) Merr. & L.M.Perry, *Foeniculum vulgare* Mill, *Myristica fragrans* Houtt., *Holarrhena pubescens* Wall. ex G.Don, *Elattaria cardamomum* (L.) Maton, *Artemisia vulgaris* L, *Carum carvi* L., *Piper longum* L. *Zingiber officinale* Roscoe, *Cinnamomum tamala* L.

Table 2: Ilaneer kashayam

Drug-local name	Sanskrit Name	Latin name	Doshaharakarama m
Vrisha	Vasa	<i>Adhatoda vasica</i> Nees	Kaphapitta hara
Neelini	Madhuparnika	<i>Indigofera tinctoria</i> L.	Kaphavatahara
Amalpori	Sarpagandha	<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	Vatakapha hara
Kirathathikta	Bhunimba	<i>Swertia perennis</i> L	Kaphapittahara
Mashakk	Mayaphala	<i>Quercus infectoria</i> Oliv.	Pitta kaphahara

Ashali	Bhadra	<i>Lepidium sativum</i> L.	Vatakaphahara
Krimishatru	Paribadra	<i>Erythrina variegata</i> L.	Kaphavata hara
Neendi	Sariva	<i>Hemidesmus indicus</i> var. <i>indicus</i>	Kaphavatahara
Kana	Pippali	<i>Piper longum</i> L.	Kaphavatahara
Koorkila neeru	Parnayavani/	<i>Plectranthus amboinicus</i> (Lour.) Spreng.	Kaphavata hara
Karikku	Narikela	<i>Cocos nucifera</i> L	Pitha hara
Kudakapalayari	Kutaja	<i>Holarrhena pubescens</i> Wall. ex G.Don	Pittakaphahara
Elathari-	Ela	<i>Elattaria cardamomum</i> (L.) Maton	Pittavata hara
Kothambalari	Dhanyaka	<i>Coriandrum sativum</i> L	Tridoshahara
Karkokilari	Bakuchi	<i>Cullen corylifolium</i> (L.) Medik.	Kaphavatahara
Cherupunnayari	Jyothishmathi	<i>Celastrus paniculatus</i> Willd	Vatakaphahara
Vizhalari	Vidanga	<i>Embelia ribes</i> Burm.f.	Kaphavata hara
Jathipatri	Patri	<i>Myristica fragrans</i> Houtt.	Vatakapha hara
Jathikka	Jatiphala	<i>Myristica fragrans</i> Houtt.	Kaphavata hara

Table 3 [a]: Putapaka kashayam in Vaidyatharakam

Drug-local name	Sanskrit name	Latin name	Dosha harakarmam
Thekkin koombu	Bharngi	<i>Rothea serrata</i> (L.) Steane & Mabb	Kapha vata hara
Nisha	Haridra	<i>Curcuma longa</i> L	Kaphapitta hara
Daruharidra	Daruharidra	<i>Berberis aristata</i> DC	Pittakapha hara
Karuka	Durva	<i>Cynodon dactylon</i> (L.) Pers	Kaphapitta hara
Chethipushpa m	Paranthi	<i>Ixora coccinea</i> L.	Pitha hara
Kadukka	Hareetaki	<i>Terminalia chebula</i> Retz.	Tridosha hara
Jathiphalam	Jathiphala	<i>Myristica fragrans</i> Houtt.	Kapha vata hara
Thippali	Pippali	<i>Piper longum</i> L.	Kaphavata hara
Aanathippali	Gaja pippali	<i>Scindapsus officinalis</i>	Kapha hara

		(Roxb.) Schott	
Karmurrikkin thalir	Paribadra	Erythrina variegata L.	Kaphavatahara
Mashakku	Mayaphala	Quercus infectoria Oliv.	Pithakaphahara
Karikku	Narikela	Cocos nucifera L	Pitha hara

Table 3 [b]: Putapaka kashayam in Vaidyatharakam

Drug-local name	Sanskrit name	Latin name	Dosha harakarmam
Kudakapalayari	Kutaja	Holarrhena pubescens Wall. ex G.Don	Pittakapha hara
Elathari	Ela	Elattaria cardamomum (L.) Maton	Pittavata hara
Kothambalari	Dhanyaka	Coriandrum sativum L	Tridosahara
Karkokilari	Bakuchi	Cullen corylifolium (L.) Medik.	Kaphavatahara
Cherupunna	Jyothishmathi	Celastrus paniculatus Willd	Vatakapha hara
Vizhalari	Vidanga	Embelia ribes Burm.f.	Kaphavata hara
Karuka	Durva	Cynodon dactylon (L.) Pers	Kaphapitta hara
Saribadwaya	Sweta saribha Krsna saribha	Hemidesmus indicus var. indicus Ichnocarpus frutescens (L.) W.T.Aiton	Tridosha hara
Karmurikk	Paribadra	Erythrina variegata L.	Kaphavatahara
Muthanga	Mustha	Cyperus rotundus L.	Pittakaphahara
Kaattuvellari	Vishala	Citrullus colocynthis (L.) Schrad.	Kaphapithahara
Kaishiki	Mayaphala	Quercus infectoria Oliv.	Pithakaphahara
Karikku	Narikela	Coccus nucifera L	Pitha hara

Table 4[a]: Shaakadoorvadi Kasayam

Drug-local name	Sanskrit name	Latin name	Dosha haraaramam
Shaaka	Bharngi	Rotheca serrata (L.) Steane & Mabb	Kapha vata hara
Doorva	Doorva	Cynodon dactylon (L.) Pers	Kaphapittahara
Nisha	Haridra	Curcuma longa L	Kaphapitta hara
Daruharidra	Daruharidra	Berberis aristata DC	Pitta kapha hara
Paranthi	Paranthi	Ixora coccinea L.	Pitha hara
Abhaya	Hareetaki	Terminalia chebula Retz.	Tridosha a
Vidanga	Vidanga	Embelia ribes Burm.f.	Kaphavatahara
Kaishiki	Mayaphala	Quercus infectoria Oliv.	Pithakaphahara
Jathiphala	Jathiphala	Myristica fragrans	Kaphavatahara

		Houtt.	
Thippali	Pippali	Piper longum L.	Kaphavatahara
Aanathippali	Gaja pippali	Scindapsus officinalis (Roxb.) Schott	Kapha hara
Karikku	Narikela	Cocos nucifera L	Pitha hara

Table 4[b]: Vidangakutajadi Kasayam

Drug-local name	Sanskrit name	Latin name	Dosha harakarmam
Vidanga	Vidanga	Embelia ribes Burm.f.	Kaphavatahara
Kutaja	Kutaja	Holarrhena pubescens Wall. ex G.Don	Pithakaphahara
Ela	Ela	Elattaria cardamomum (L.) Maton	Pittavataharam
Indurekha	Bakuchi	Cullen corylifolium (L.) Medik.	Kaphavataharam
Dhanyaka	Dhanyaka	Coriandrum sativum L	Tridosha hara
Parpata	Parpata	Fumaria parviflora Lam.	Pittakapha hara
Jyothishmati	Jyothishmati	Celastrus paniculatus Willd	Vatakaphahara
Durva	Durva	Cynodon dactylon (L.) Pers	Kaphapittahara
Shaka	Bharngi	Rotheca serrata (L.) Steane & Mabb	Kapha vata hara
Kimshuka	Palasa	Butea monosperma (Lam.) Taub.	Vatakaphahara
Paranthi	Paranthi	Ixora coccinea L.	Pitha hara
Amboda	Mustha	Cyperus rotundus L.	Pittakaphahara
Abhaya	Hareethaki	Terminalia chebula Retz.	Tridosha hara
Vishala	Vishala	Citrullus colocynthis (L.) Schrad.	Kaphapittahara
Saribadwaya	Sariba	Hemidesmus indicus var. indicus Ichnocarpus frutescens (L.) W.T.Aiton	Tridosahara
Kaishiki	Mayaphala	Quercus infectoria Oliv	Pithakaphahara
Karikku	Narikela	Cocos nucifera L	Pitha hara
Perumjeerak	Deergagham	Foeniculum vulgare Mill.	Vatakaphahara
Karinjeeraka	Krishnajeeraka	Carum carvi L.	Vatakapha hara
Jeerakam	Jeeraka	Cuminum cyminum L.	Vatakapha hara

Table 4[c]: Velamalakadi Kasayam

Drug-local name	Sanskrit name	Latin name	Dosha harakarmam
Vella	Vidanga	Embelia ribes Burm.f.	Kaphavatahara
Amalaka	Amalaki	Phyllanthus emblica L	Tridosahara

Vrishchiva	Punarnava	Boerhavia diffusa L. nom. cons	Kapha vata hara
Vikankaka	Swadukantaka	Flacourtia indica (Burm.f.) Merr.	Vatapittahara
Nisha	Haridra	Curcuma longa L	Kaphavatahara
Daruharidra	Darvi	Berberis aristata DC	Pittakaphahara
Shaaka	Bharngi	Rotheca serrata (L.) Steane & Mabb	Kapha vata hara
Kadamba	Nipa	Neolamarckia cadamba (Roxb.) Bosser	Tridosahara
Dhava	Dhava	Vateria indica L.	Kapha pitha hara
Perumjeerakam	Deergagham	Foeniculum vulgare Mill.	Vatakaphahara
Karinjeerakam	Krishnajeeraka	Carum carvi L.	Vatakapha hara
Jeerakam	Jeeraka	Cuminum cyminum L.	Vatakapha hara
Devahva	Devadaru	Cedrus deodara (Roxb.) G. Don	Kaphavata hara
Hima	Chandana	Santalum album L.	Kapha pitha hara
Yasti	Madhuka	Glycyrrhiza glabra L.	Tridosahara
Draksha	Gostani	Vitis vinifera L.	Vatapittahara
Khadira	Khadira	Acacia catechu (L.) Willd., Oliv.	Kaphapittahara
Shaileya	Shilapushpa	Parmotrema perlatum (Huds.) M. Choisy	Kaphapittahara
Madhuka	Madhuka	Madhuca longifolia (J. König) J.F. Macbr.	Vatapittahara
Nalada	Nalada	Nelumbo nucifera Gaertn.	Kaphapithahara
Karikku	Narikela	Cocos nucifera L	Pithavatahara

If an ingredient in these formulations is absent or unavailable, certain drugs can be used as substitute. For example, *Embelia Tsjeriam* A. Dc¹⁷ instead of *Embelia ribes* Burm.f., *Vallaris Solanacea* O Ktze¹⁸ instead of *Hemidesmus indicus* var. *indicus*, *Coscinum fenestratum*¹⁹ instead of *Berberis aristata* DC etc.

DISCUSSION

Tender coconut has much water and is a natural source of essential electrolytes and nutrients, including proteins, sugars, sugar alcohols, lipids, amino acids, nitrogenous compounds, organic acids, enzymes, vitamins, minerals like calcium, phosphorus, iron, iodine, chlorine, sulphur, potassium, magnesium, carbohydrates, and B-complex vitamins such as vitamins B1, B2, and B5. It also contains folate (vitamin B9)²⁰. Tender coconut water is the natural

isotonic beverage with almost the same level of electrolyte balance as in human blood. Because of this, it can replenish the electrolytes of the human body excreted through sweat, such as sodium, potassium, magnesium and calcium. Besides its nutritional role, coconut water also appears to have growth regulatory properties, e.g., cytokinin-type activity. It also has anti-nociceptive and anti-inflammatory effects²¹.

Medicinally, it has been proven to possess various pharmacological activities like hepatoprotective, anti-inflammatory, antipyretic, wound healing, anti-thrombotic, antioxidant, hypolipidemic, antihypertensive, diuretic, renal regenerative and growth promoting actions. For optimal nutritional quality, water obtained from freshly opened coconuts is preferably consumed soon after exposure to

air, as prolonged exposure may contribute to the deterioration of certain nutrients. Coconuts harvested during approximately the seventh to eighth month of maturity are considered suitable for obtaining tender coconut water with a desirable balance of nutrients and natural sweetness. In Sanskrit literature, the coconut palm is referred to as *Kalpavriksha*, literally signifying a “wish-fulfilling tree,” reflecting its traditional recognition as a plant that provides numerous resources essential for human life. *Narikela Jala* (~coconut water) is *Basthishodhana* (~bladder cleansing), *Balya* (~strengthening), *Deepana* (~digestive stimulant) and *Jwaraghna* (~antipyretic).²²

The method of preparation of *Karikku Kasayam* is closed and indirect boiling where the drugs inside the nut are slowly cooked in moderate heat without any direct contact with the fire. *Karikku Kasayam* and other tender coconut-based decoction formulations have a variety of drugs and spices which have antimicrobial, anti-inflammatory and healing properties. The active components of the powdered drugs are released into the tender coconut water itself on heating. This method helps in preserving the volatile components of these drugs.

Karappan is a spectrum of pediatric dermatological conditions with manifestations such as rise in temperature especially head region, headache, congestion of eye, oedema and fluid filled skin lesions which easily turn pustular with oozing. Considering the above characteristics, these skin lesions can be considered as infectious ones, predominantly of *Pithakaphaja* (~types of body humors) nature. The detailed description of *Karappan* is only available in the traditional Keraleeya textbooks of pediatric practice. The reason might be the increased prevalence of such skin diseases occurring in children. Kerala is *Anoopa Sadharana Desha* (~marshy or moderate

humid regions) with practically only two seasonal variations, that is a short rainy season followed by long months of hot climate. These seasonal changes generally lead to the occurrence of skin infections, especially *Pithakaphaja Vyadhis*.

Descriptions of tender coconut water-based *kashayas* appear predominantly in traditional paediatric texts of Kerala, while comparable formulations are not commonly documented in the major classical Ayurvedic texts. This regional practice may be associated with the widespread availability and cultural significance of coconut (*Kera vriksha*) in Kerala. When we consider the properties of the medicinal drugs in the tender coconut based decoctions, most of them are *Pithakaphahara*, *Rooksha Laghu*, *Sheetha Veerya* and *Madhura Vipaka*. It is indeed a question as to why it is important in childhood. Childhood is the phase where tissues are in the continuous process of growth and development. It has been advised in classics to administer medicines which are of *Soumya* and *Mridu Guna* (~congenial qualities) to children so as not to hamper the tissue growth. In tender coconut-based decoctions, in addition to medicated powders, it has nutritional components due to the presence of tender coconut. Apart from *Srotoshodhana* (~clearing all the body channels), purifying *Kleda* (~the fluid compartment of the body), pacifying vitiated *Doshadhatus*, the synergistic action of tender coconut in which the decoction of drugs is prepared provides nutritional elements too, which may hasten the recovery of tissues and restore the health of skin in pediatric dermatological conditions.

Traditional pediatric practitioners commonly modify the crude drug composition of formulations based on the disease condition and the prevailing *Doṣha* status of the patient. Similar modifications are also practiced in the preparation of tender coconut-based decoctions, with the

selection of medicinal ingredients tailored to the underlying pathology. Formulations such as *Amrithotharam Kaşaya Yoga*, *Punarnavadi Kaşaya Yoga*, *Gopichandanadi Gulika Yoga*²³, *Tikthaka Kaşaya Yoga*, and other medicinal combinations indicated for *Pitha–Kapha*-predominant disorders may be incorporated into the tender coconut and prepared using the traditional method. Although these decoctions are primarily described for the management of dermatological disorders, traditional practice also extends their use to febrile illnesses, gastrointestinal disorders, and other systemic conditions characterized by *Pitha–Kapha* predominance.

Tender coconut-based decoctions represent a unique pharmaceutical preparation with distinct advantages and inherent limitations that warrant consideration.

Advantages:

- Ideal for pediatric use
- Sweet taste of tender coconut enhances palatability of the decoction
- Very fragrant odour of the crude drugs and decoction
- Tender coconut water enhances the *soumya, mridu guna* of the decoction which are the ideal characteristics of a pediatric formulation.
- Enhances the bioavailability of nutrients, which helps in the repair of infected and damaged skin
- Rejuvenates *rasa dhatu* by the huge content of electrolytes and nutrients
- Supports growth and development in childhood

Disadvantages

- Reduced shelf life
- Difficulty in storage
- Tedious method of preparation
- Time consuming
- Increased expenditure
- Increased fuel consumption
- Difficulty in standardization of drug-fluid ratio as size and water content of the tender coconut varies according to its type and maturity

- Difficulty in procuring the not so common coconut variety - *Chowghat Orange Dwarf* - where ever specified

CONCLUSION:

Karikku Kaşāyam is a traditional Ayurvedic formulation primarily indicated for the management of *Karappan* and *Visarpa*. Despite its long-standing use in traditional practice, the available preclinical and clinical evidence supporting its safety and therapeutic efficacy remains limited. Future research should focus on comprehensive safety assessment, phytochemical characterization, quality standardization, pharmacological evaluation, and well-designed randomized controlled clinical trials to establish the efficacy and safety of *Karikku Kaşāyam* and other tender coconut-based decoctions. Such studies are essential to facilitate their evidence-based integration into contemporary clinical practice.

AI-Use Declaration: The author declares that no generative AI tools were used to create scientific content, interpret data, or draft any sections of this manuscript. AI-based tools were used solely for minor language and grammar refinements.

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- Source of Support:** Nil
Conflict of interest: None Declared
- Cite this Article as: [Sreedivya Ramachandran, Jithesh M: Tender Coconut Based Decoctions in Keraliya Balachikitsa: A Narrative Review of Karikku Kasayam and Related Formulations] www.ijaar.in: IJAAR VOL 7 ISSUE 9 JUL- AUG 2026 Page No: - 478-490