



**Sri Satya Sai Murlidhar Ayurvedic College & Hospital**  
**Moga (Punjab) -142001**  
**KATUKI**

**Botanical Name :** *Picrorhiza kurroa*

**Family :** Scrophulariaceae

**Introduction**

“Katuki” is a Sanskrit term meaning “bitter.” It is a valuable herb commonly used in Ayurvedic treatments and belongs to the Plantaginaceae family.

**Names in different languages**

Sanskrit name – Katuki, Katurohini, Katvi, Katumbhra, Thiktha, Ashokarohini, Arishta, Chaakrangi

English Name – Picrorrhiza, Hellebore, Yellow gentian

Hindi Name – Kutki, Katuka

Gujarati Name – Kadu, Katu

Bengali Name – Katuki, Katki

Malayalam name – Kadugurohini

Punjabi Name – Kaundd, Kaud, Karu

**Morphology**

Katuki is a perennial herb with a long, greyish-brown rhizome, 2.5 to 12 cm in length and 0.3 to 1 cm thick, featuring furrows and root scars. The rhizome has vascular bundles of xylem and phloem, with buds at the tips enclosed by leaf crowns. Leaves are alternate, 5 to 10 cm long, and the plant has terminal spikes. Flowers are pale blue-white, with a five-part calyx and a bilobate corolla. Flowering occurs from June to August, and the fruit is a 12 mm capsule that splits into four valves. Seeds are numerous, ellipsoid, with a thick coat. Roots are tubular, curved, and linked to the rhizome.

**Distribution and habitat**

Himalayas region like from Garwal to Bhutan and Kashmir to Sikkim, Pakistan, Tibet, west of China and north Burma.

**Chemical constituents**

d-mannitol, kutkiol, kutkisterol, apocyanin.

**Properties**

Rasa – Tikta

Guna - Laghu, Ruksha

Virya - Sheeta

Vipaka - Katu

It balances Kapha and Pitta dosas; bhedani, deepana, Hridya.

**Indications**

Prameha, Swash, Kasa, Kustha, Krimi.

**Part used:-** Root

**Dose: -** 0.5-1 g

**Uses**

Root powder mixed with honey given to treat upper respiratory infections.

Equal quantity of katuki and haridra treats Prameha.

