

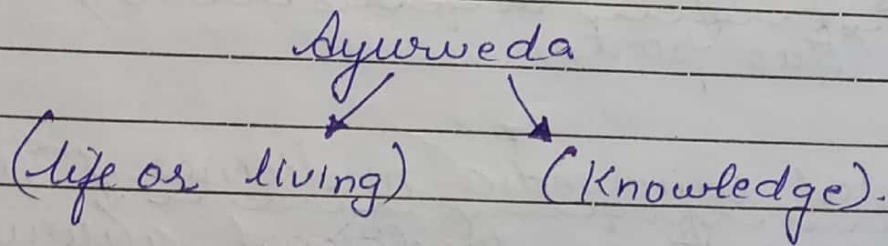
1B1 Preparation & Standardization of Ayurvedic Formulation

Introduction of Ayurvedic dosage forms are prepared from plants etc. Intended for internal or external use for the treatment & prevention of disease in human beings.

Ayurvedic formulation can be categorized into 4 types based on their physical nature of dosage forms.

- ① Solid dosage forms For example of Vatika, Gullitika pills
- ② Semi solid dosage forms Pakā, Lepā, Avleha, Kalkā, Ghrita
- ③ Liquid dosage forms Asava, Aristas (Zandu pancharishta), Taila
- ④ Powders Bhasma, Churna.

Method of preparation of Ayurvedic formulation



Ayurveda medicine is a system of healing that originated in ancient India. So, ayurveda defined as the "Knowledge of living" or the "science of Longevity".

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Ayurvedic Formulations of ① Different solvent (menstrum) used in preparation of ayurvedic formulation are water, oil, milk, ghee, cow's urine etc.

② The use of sweetening agents, binding agents, colorants, flavouring principles & other adjuvants is also very common in ayurvedic preparation.

③ With an objective of obtaining maximum therapeutic benefits & making the formulation potable, different pharmaceutical process are prescribed in ayurveda.

④ According to drugs & cosmetic act 1940, ayurvedic medicine includes all medicines intended for internal or external use, or in the diagnosis, treatment or prevention of disease or disorder in human beings or animals.

Types of Ayurvedic formulations It is divided into two parts.

① Classical ayurvedic medicines These medicines are present in traditional ayurvedic text books such as Charaka Samhita, Sushruta Samhita. The manufacturing company follows the same formula & prepare medicines.

For example of Bhasma, Asava, Drishta & Taila etc.

- ② Proprietary ayurvedic medicines It also called as patent medicine or modern ayurvedic medicines. Their formula, dosage form are decided by the manufacturing company & ingredients used in these preparation are not found in traditional ayurvedic text books. Every company has its own formula & conducts clinical trials, research on the medicine about its efficacy. For example Capsule, Syrups.

Aristas & Asarvas

They are also known as preparation contain self generated alcohol (alcoholic preparation). The medication which is prepared by mixing together different kinds of medicinal juice, decoction, jaggery & flowers of dhataki (wood forda fruticosa) in an earthen vessel buried deep into a heap of grains for flavouring & to initiate fermentation.

Preparation of Aristas

Crude drug are coarsely powdered



Decoction is prepared.



Filtered



Mix other ingredients.



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Contents are added to solution of sugar, Honey, or jaggery.

↓
Boiled, cooled & transferred to wooden vessels or pots.

↓
Covered with an earthen lid

↓
Fermentation

↓
Filtered

↓
Stored.

Preparation of Asava

Drug (fine powdered)

↓
Mix with other ingredients

↓
Added solution of sugar, Jaggery or honey

↓
Mix well.

↓
Boiled, cool, & transferred to wooden vessels or pots.

↓
Covered with an earthen lid.

↓
Fermentation

↓
Filtered

↓
Stored.

Standardization of Aristas & Asava

- ① It should be clear without any froth or foam at the top.
- ② It should not become sour upon standing.
- ③ It should have a characteristic aromatic & alcoholic odour.
- ④ There should be no effervescence produced.

For example of Aristas - Ashokarishita, Dasmularishita, Ashwagandharishita, Arjunarishita

Asava - Arvindasava, Kumaryasava, Vasakasava, Purranavasa, Chandanasava, Mudhukasava.

Gutika

These are medicines in the form of tablets (vati) & pills (gutika). They contain single or combinations of herbals, minerals or animal drugs.

Preparation of Gutika

Drug are dried & fine powdered.



Mineral drugs are converted into calcinated products (Bhauma)



Drugs & other ingredients are mixed.



Made into soft paste with specified liquids.

↓
properly ground & made to vati (tablet) or gutika (pills).

Standardization of Gutika ① It should be stable upto two years after preparation.

- ② If, they contain only mineral ingredients. They can be used indefinitely
- ③ They should not lose their original colour, odour, taste & form upon storage
- ④ If they contain sugar/salt, they should be protected from moisture.

For examples of Pranda gutika, Khadiradi gutika & Kasunadi gutika.

Churna

They contain single or combination of drug along with other ingredients in a powder form.

Preparation of Churna

Finely powder raw material are cleaned

↓
Dried & Crushed

↓
Sieved to get uniform size particle

↓
Mixed to get a uniform powder.

↓
Churna must be packed in a air tight glass container.

Standardization of Churna

- ① Churna should be free flowing powder & should not adhere or moist.
- ② Churna are stable upto one year. If they are stored properly.
- ③ Finer the powder, better is its potency & therapeutic value.

For example Triphala Churna, Sudarshan Churna, Trikatu Churna, Drakshadi Churna, Sitopaladi Churna.

Lehya

They are semisolid preparation made by boiling the powdered drug. Extract with a solution of sugar or jaggery.

Preparation of Lehya

Sugar / Jaggery is dissolved in a liquid.

↓
Boiled & filtered

↓
Powdered drugs / Extract along with other ingredients are added.

↓
Continuous stirring to form a homogeneous semisolid

↓
Ghee or oil is also added

↓
while the preparation is hot.

Standardization of Lehya

- ① It should neither become hard nor liquify.
- ② There should be no growth of fungus over it.
- ③ It should not change its colour, odour & taste.
- ④ They can be used upto one year if properly stored.

For example Drakshavaleha, Vasavaleha.

Bhasma

These are the powdered form of drugs prepared by calcination (heating the solid in air to change its original form) of metals, minerals or animal products known as Bhasma.

Preparation of Bhasma These are prepared in two stages

① Sodhana It is a process of purification of metals, minerals by heating them & immersing/soaking in a specific liquid. This is done to remove its toxicity.

② Morana Second stage of preparing Bhasma, in which the purified drugs obtained from sodhana process are ground & mixed with plant/Extract

⇒ After specific time, small cakes are made & Dried in sunlight.

⇒ Dried cake are kept in earthen vessels sealed with clay smeared cloth.

⇒ Pt covered with cow dung & the fire is put on all the sides.

⇒ The contents are removed & ground into a fine powder & stored.

Standardization of Bhasma ① Bhasma are grey, whitish, yellowish or black/coloured powder.

② They are highly stable for long periods.

③ They should not their potency.

For example ① Swarna Bhasma, Shank Bhasma, Tansa Bhasma.