

LOGICAL CONCEPT BEHIND COMBINATIONS AND PROCESSING OF  
TRADITIONAL AYURVEDA FORMULATIONS: A REVIEW

\*Dr. Shivchandra Vishwanath Gurme

HOD &amp; Asso. Professor, Samhita Dept., MUP'S Ayurved College, Risod, Dist. Washim, Maharashtra, India.

\*Corresponding Author: Dr. Shivchandra Vishwanath Gurme

HOD &amp; Asso. Professor, Samhita Dept., MUP'S Ayurved College, Risod, Dist. Washim, Maharashtra, India.

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## ABSTRACT

Ayurveda the ancient medical science of India encompasses various concepts and principles proposed by different *Acharya*. Ayurveda deals with human health and suggests way to healthy living, in this regards ayurveda science emphasized that disciplinary life style and good dietary habits help to maintain normal health status. While abnormal health status resembling diseased condition, here ayurveda recommended use of various traditional formulations for the management of such pathological situations. These traditional formulations generally involve use of herbs, minerals, metals and other natural materials. These ayurveda formulations uses for specific purposes and their uses differ from each other in terms of effect and potency. The ancient practitioner of ayurveda described conceptual reasoning behind the preparation and utilization of ayurveda formulations. The logical approach of physicians (*Yukti*) helps to understand the fact that why some selective formulation used only for specific purposes? It is also very important to prepare traditional formulation as per prescribed methods since there is logical correlation behind therapeutic potency and preparatory methods of ayurveda formulations. Considering these all aspect present article summarized logical concept of various ayurveda formulation in a view to explore knowledge of traditional science.

**KEYWORDS:** Ayurveda, Formulations, *Yukti*, Processing.

## INTRODUCTION

Ayurveda literatures described different types of traditional formulations practicing for various health benefits such as; *Churna*, *Vati*, *Kwatha*, *Asava*, *Arishta*, *Avaleha* and *Pak* etc (**Table 1**). The *Virya* of these formulations differs from each other therefore these dosage forms offers diversified health benefits. These ayurveda formulations can be administered

through various routes like; oral, topical, nasal and through cavities, etc. The variety of Ayurveda formulations enable physician to prescribe same drug for different age groups. The wide range of ayurveda formulations in different dosage forms (liquid, semisolid, solid and *Dhupan*, etc.) also enhances patient compliances.

**Table 1: Ayurveda formulations.**

S. No.	Formulation	Example
1	<i>Ark</i>	<i>Gulab Ark</i>
2	<i>Asava &amp; Arishta</i>	<i>Arjunarishta</i> and <i>Kumaryasava</i>
3	<i>Avaleh</i>	<i>Chyavanprash</i> and <i>Drakshavleh</i>
4	<i>Bhasma</i>	<i>Swaran Bhasma</i> , <i>Abhraka bhasma</i> and <i>Praval</i>
5	<i>Churna</i>	<i>Sitopladi Churna</i>
6	<i>Ghrita</i>	<i>Amrit ghrit</i> & <i>Jatyadi ghrit</i>
7	<i>Guggulu</i>	<i>Yograj guggulu</i> & <i>Triphala guggulu</i>
8	<i>Kwath</i>	<i>Drakshadi kwath</i>
9	<i>Pak</i>	<i>Musli Pak</i>
10	<i>Ras Rasayan</i>	<i>Swarna Soot Shekhar Ras</i>
11	<i>Taila</i>	<i>Anu taila</i>
12	<i>Vati</i>	<i>Arogyavardhini vati</i> & <i>Chanderprabha vati</i>

The global fraternity of medical science now a day's looking towards the basic principles of Ayurveda due to its natural healing approaches which not only cure common diseases but also relieve serious ailments. Therefore it is required to develop novel Ayurveda formulations so to explore this science in whole world. However before going forward to make novel ayurveda formulation it is very important to understand fundamental rationality of Ayurveda formulations. The utilization and preparation of each and every ayurveda formulation merely design through the logical consideration of different scientific principles. The evidence based practice of ancient ayurveda physician also helped to understand logical fundamental of various ayurveda formulations.

It is believe that ayurveda formulations must possesses some qualities like; palatability, desired potency, efficacy and safety etc. These qualities of formulations depend upon rationale combinations, method of preparations and route of administration of drugs. The consideration of drug concentrations (dose regimen), time of administration and *Prakriti* of patient also very important to achieve maximum beneficial effects of ayurveda drugs. Similarly use of specific formulation in particular *Dosha* & *Dushya* is another concerning factor while using ayurveda medicine.

#### General desirable properties of ayurveda formulation

- ❖ Must exerts desired biological response
- ❖ It should eliminates plentiful impurity
- ❖ Formulation should be free from external impurities
- ❖ It should be non toxic and tolerable
- ❖ Easily metabolized and excrete from body; should not accumulate in organ for longer time
- ❖ Good in colour, taste and smell
- ❖ Palatable; according to patient compliance
- ❖ Compatible to individual constitution and environmental condition

#### Rationale of Ayurveda Formulations for *Tridoshic* Balances

The vitiation of *Tridoshas* is generally pacified by drugs having opposite characters to *Tridoshas*, there are various ayurveda drugs available to pacifying *Tridoshic* imbalances, in this regards it is believe that drugs having some particular *Shadras* acts on specific *Dosha*. The rationale of use of drugs in particular *Doshic* imbalances depends upon their *Shadras* which are as follows:

- *Madhur, Lavan* and *Amla Rasa* pacify *Vata*.
- *Madhur, Kashaya* and *Tikta Rasa* pacify *Pitta*.
- *Katu, Kashaya* and *Tikta Rasa* pacify *Kapha*.

#### Rationale behind compatibility of formulation

The natural herbs used to prepare any Ayurveda drugs should not be incompatible to each other, in this regards *Charak* has mentioned 18 criteria which suggest about compatibility or incompatibility of drugs. The drugs antagonistic in terms of place, time, dose, processing, potency, indication, combination, palatability and rules

of eating, etc. are comes under the category of incompatibility which should be avoided.

The rationale development of drugs requires consideration of some parameters to avoid incompatibility hazards which are as follows:

- Rough & sharp substances should not be used in dry area, while unctuous & cold drugs combinations need to avoid in marshy region.
- Combination of honey & *ghee* in equal quantity must be avoided.
- Processing of formulations which turn it to poisonous should be avoided.
- *Shitavirya* & *Ushnavirya* substances should not be combined together.
- Edible formulation which is uncooked or overcooked should be avoided.
- Formulation which is recommended with milk should not contain sour materials.
- Excessive addition of arsenic with *Guggulu* is contra indicated.

#### Rationale behind *Sanskar* processing

*Sanskar* used to impart some desired qualities in particular ayurveda formulation, *Sanskar* potentiate biological effects, remove toxicity and make formulation compatible to human use. The preparation of *Bhasma* involves utilization of *Sanskar* processing that purifies metals.

#### Rationale behind *Samyog* processing

*Samyog* means appropriate mixing of drugs to achieve desired biological response of final formulation. Improper combinations or inappropriate mixings can lead undesired biological effects, the rationale behind some suggested combinations are as follows:

1. *Indrayan* is toxic alone therefore recommended to be used with *Shunthi*.
2. The emetic effects of *Madanphala* can be improved synergistically by mixing with *Jimutak* juice.
3. *Badarpashan* can be used with decoction of *Panchtrina* since it increases diuretic action of former one.
4. The some combinations mixed to produce desired taste, smell & colour; sugar & honey mixed with *Aaragvadha* to mask it weird taste. Similarly *Karpura* is mixed in some formulations to produce good smell.

#### Rationale behind *Anupan* (vehicle)

*Anupan* means vehicle which used along with formulations; improves dispersion and bioavailability of drug inside the body. These vehicles prepared according to status of *Doshas* & diseases conditions. The consideration of vehicle is very important aspect while prescribing drugs for special therapeutic purposes.

1. *Madanphala* drugs used for *Vata* aggravation should be given along with vehicles like; *Tushodak*, *Sauvirak*, *Medaka* and *Phalamla*.

2. Grapes, gooseberry and honey used for *Pitta & Kapha* impairment can be given with honey or other decoction.
3. *Triphala, Trivritta & Pippali* can be taken with honey to relief internal haemorrhage & fever.
4. Crude herbs can be used with warm water.
11. Vaidya Ramnarayan. Ayurveda sarsangrah: gutikabatiprakran. Elahabad: Shri Baidyanath Ayurveda Bhawan, 2011; 441.

## CONCLUSION

The literary review suggested that there are several Ayurveda formulations available for various therapeutic purposes and these formulations possess different properties therefore recommended only for specific biological responses. Ayurveda encompasses great logical reasoning behind the each and every aspect of traditional formulations including their combination, method of preparation and applications. The combinations of some drugs provide synergistic effects, while sometimes it helps to reduce adverse effects. Many drugs combined or processed specifically to get desired colour, flavour or order. Palatability and patient compliance is another aspect behind the particular processing of various ayurveda formulations. Finally it can be concluded that combinations, method of preparation and processing of drugs play important role towards the biological activities of ayurveda formulations.

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