

Ayurvedic Formulation

Ayurvedic drugs are developed from Ancient Ayurvedic System of medicine prevalent in India since the Vedic period. The word Ayurveda is made up of two components. 'Ayush' meaning Life and 'Veda' meaning Science, hence Ayurveda is the 'Science of Life'. The origin of this ancient science dates back to Vedic period, about 5000 years ago, Brahma, the creator was the originator of this system who passed it on to the Ashwini Kumars (Physicians of God) who in turn imparted it to the Rishis, from where it was promoted among the people through generations.



OBJECTIVE OF AYURVEDA

The main objective of Ayurveda is maintenance and promotion of positive health and cure of diseases, through medicine, dietary restrictions and regulated life style.

BASIC PRINCIPLES OF AYURVEDA

The basic principles of Ayurveda involve two theories, one is the Panchamahabhuta theory and the other is the Tridosha theory. According to Ayurvedic philosophy all the living and non-living matters are made up of five basic elements in various proportions, they are Prithvi (earth), Jala (water), Teja (fire), Vayu (air) and Aakash (ether). Even the human body is made up of these elements known collectively as the Panchamahabhutas. According to Ayurveda again, all the physiological functions of the body are governed by three biological units namely Vata, Pitta and Kafa each of which in turn is made up

of the Mahabhutas, physiologically these three doshas are responsible for various specific functions. Vata is responsible for all voluntary and involuntary movements in the human body. Pitta is responsible for all digestive and metabolic activities. Kafa provides the static energy (strength) for holding body tissues together. It also provides lubricants at the various points of friction. When these doshas are in the normal state of functioning, it is health and when they lose their equilibrium and get vitiated by various internal and external factors they produce varied diseases in the human body. Hence, Ayurvedic treatment of any disease is aimed at restoring the equilibrium of the doshas.

BRANCHES OF AYURVEDA

Ayurveda is mainly classified into eight branches which specialize in different fields of medicine.

DISEASE PROCESS

Ayurveda has very distinctly dealt with the disease process which has six stages. These stages have been referred to as the Sat Kriya Kalas (Time for treatment) and includes:

1. Sanchaya (stage of accumulation)
2. Prakopa (state of provocation)
3. Prasara (stage of spreading)
4. Sthana Sanshrey (stage of localization)
5. Vyakti (stage disease manifestation)
6. Bheda (stage of complications or chronic). It has been emphasized in Ayurveda to diagnose and treat a disease in its early stages so that its complications can be prevented and at times the manifestation of a disease too can be averted.

DEFINITION OF HEALTH

Health is a state of physical, mental and social well-being and not merely a state free from disease. Considering the objective and the above therapeutic principles of Ayurveda, it provides the best alternative in promoting health of an individual and curing the diseases of the afflicted. Ayurveda has also defined

health as equilibrium of the three biological units (Doshas) and body tissues (Dhatus) and a state of pleasure or happiness of the soul, senses in the mind. These states will certainly lead to the social and spiritual well-being of an individual. This is very much in conformity with the above definition of health as stated by WHO. Hence, Ule importance of Ayurvedic treatment is relevant in modern time as well. In today's fast life and competitive world there has been a revolution in our eating habits and life style. We are exposed more to various types of stress and strain which affects upon our health. Even our diet has become more synthetic; than the natural one which exposes us to the toxins, resulting in various disorders. Even the modern curative agent are synthetic, therefore, in addition to having specific therapeutic action they also create the adverse reactions in the human body, while curing one disease they might be the cause for another disease. With the growing awareness of the dangers and limitations of the allopathic system of treatment the answer now is Ayurveda.

TREATMENT PROCEDURES

Ayurveda lays great emphasis on the preventive and dietary methods during times of good health and illness. Charaka classifies medicines into two kinds:

1. Promotion of vigour in the healthy and
2. Cure of disease in the afflicted.

Ayurvedic medicines besides the herbal and mineral drugs offers a variety of comprehensive treatment procedures structured to the needs of a patient. These include such procedures as oil massage, fermentation, application of medicated pasts, etc. Considerable success has been recorded in the healing of chronic illnesses through Ayurveda in diseases like metabolic and systemic disorders, skin and allergic disorders and psychological disorders which are generally not amenable to other forms of treatment. Ayurvedic medicines are accepted by the human organism in much the same way as it accepts the nourishment from food. "Ayurvedic drug" includes all medicines intended for internal or external use for or in the diagnosis, treatment, mitigation or prevention of

[disease or disorder in human beings or animals, and manufactured] exclusively in accordance with the formulae described in, the authoritative books of (Ayurvedic, specified in the First Schedule;) of the Drugs and Cosmetics Act, 1940.

CATEGORIES OF AYURVEDIC MEDICINES

Avaleha and Pak

Avaleha or leha is prepared by repeatedly boiling the decoction and extract of a and condensing it with sugar, etc. This preparation which can be taken by licking is called Avaleha.

Bati

Those drugs, which have been evolved from plants are pulverized initially and added to honey or any other liquid substances to make up pills and tablets. After mixing, these preparations are either dried directly under the sun or by indirect heat while keeping them in open air if in shade to retain the efficacy of these drugs.

Bhasma

Powder of a substance obtained by calcination is called Bhasma. The process of oxidation of the raw material by heat is regulated scientifically. The raw materials for manufacturing Bhasmas are subjected to test and analysis before processing. The 18 processes in Indian Chemistry namely shodhan, Maran, Jaran, Tiryakptan, Urdhwapatan, Adhahpaljn, Niyaman, Bodhan, etc. are strictly followed while manufacturing different preparations under modern conditions.

Churna

Churna is a coarse powder made by certain drugs or combination of drugs. Ayurvedic medicines derived from plants, are prepared either in form of powders or decoctions. Before these plants are subjected to processing they are thoroughly examined by specialists and proper identification is made. Each of the ingredients is pulverized separately as the

different ingredients when pulverized, together do not pass through the sieve equally which affects the composition.

MEDICATED GHRITA

These are the preparations in which ghee is boiled with prescribed drugs according to the formula. The medicated Ghritas are more effective than ordinary Ghritas. In order to prepare Ghrita in accordance with Ayurvedic system, Ghrita of a particular animal is subjected to several processings. After which Kwath, milk, etc. are added with proper proportion and slowly heated with controlled temperature. The medicated Ghrita from Dabur is manufactured strictly according to the Ayurvedic principles smaller doses. In processing the tablets with finer forms, the ingredients attain special effectiveness in the treatment of diseases.

MEDICATED OIL

The oils are boiled along with the certain drugs as prescribed in the formula. These oils have the property and efficacy almost in the same manner as of the medicines. It is used generally for inunctions and massage. The process of preparing medicated oils includes addition of Kwath, Swaras and Kalka subjecting the mixture in a regulated temperature.

PRAVAH KWATH

Certain drugs or combination of drugs are made into coarse powder (JA VKUn and kept for preparation of Kasaya. Such powders are called Kwath. Drugs are cleaned and dried and coarsely powdered. Weighed as per formula and mixed well before packing.

Ark

Ark is a liquid preparation obtained by distillation of certain liquids or drugs soaked in water using the Arkayantra or any convenient modern distillation apparatus.

SHODHIT DRAVYA AND SATVA

Satva is water extractable solid substance collected from a drug. The drug is cut into small pieces, macerated in water and kept overnight then it is strained through cloth and solid matter is allowed to settle. The supernatant liquid is decanted and Satva washed by repeating the process adding water and decanting. The Satva so sedimented is dried and powdered.

PARPATI

It is prepared by mixing of purified mercury with sulphur, i.e. Kajjali or with other drugs mentioned in formula and subjecting them to heat according to the Ayurvedic principles. During processing the whole mass takes the shape of a cocktail which is indicative of perfection. Due to the presence of mercury and sulphur in combination, the drug has the efficacy to kill bacteria.

PISHTI

The ingredients prescribed in the texts are grinded into fine particles in a pestle and mortar made of Mug un I stone and tritura Hng it with rose water for 8, 14 or 21 days, drying them at night under the moon or in the day time under the sun. It is therefore, either called 'Chandraputit' or 'Suryaputit' accordingly. The adjuncts are used exactly the same way as those of Bhasma.

RAS-RASAYAN

Preparation containing mineral drugs as main ingredients are called Ras Yogas, Mercury, Sulphur, Yatsanabha, Hingu-Tankan, Alum, Kuchila, Opium, Dhatura, Siddhi and laypal are fully tested and purified and a method of manufacture of complete Ras (Tablets) is established to give more effect in...

ASAVA AND ARISHT

A Either decoction or water extract is made from the crude drug to which molasses, honey, sugar and certain astringents – such as Dhatakpushp, Babbul, etc. are mixed for a certain

period. In this condition fermentation takes place and these original drugs undergo chemical changes and develop into one drug—such a preparation is called Arishta. Asava–Arishta of higher potency is clear liquids with pleasant odour. It is said that the more these Asava-Arishtas become old the more effective they are in their action.

Prior to 1964, definition of ‘drug’ under Section 3(b) of the Act had the excluding clause “other than medicines and substances exclusively used and prepared for use in accordance with the Ayurvedic or Unani system of medicines. Therefore, the Ayurvedic drugs were not covered by the Act. The Ayurvedic and Unani drugs have been brought within the scope of the Act. The Ayurvedic and Unani drugs were brought within the scope of the Act because of the following reasons:

- The commercialization of Ayurvedic and Unani drugs by the firms.
- Difficulty in exercising control over Ayurvedic drugs under the Drugs and Cosmetics Act, 1940 because of growing tendency on the part of certain manufacturers to market preparations containing partly modern drugs and partly Ayurvedic drugs.
- Costly raw materials such as gold, musk, pearl, saffron, etc. which are ingredients in the various preparations were either not used or substituted by imitation products.
- The raw materials used in the preparation of drugs should be genuinely and properly identified.
- The formula or the true list of all the ingredients contained in the drugs should be properly displayed on the label of every container.
- The manufacture should be carried under prescribed hygienic conditions, under supervision of a person having prescribed qualification.

By amending the Act 13 of 1964, the excluding clause in the definition of drug under Section 3(b) of the act has been deleted and definition of Ayurvedic drug has been incorporated under Section 3(a) of the act. Definition of Ayurvedic, Siddha or Unani drug as per Section 3(a) of the Drugs and Cosmetics Act, 1940. “Ayurvedic, Siddha or Unani drug” includes all medicines

intended for internal or external use for or in the diagnosis, treatment, mitigation or prevention of [disease or disorder in human beings or animals, and manufactured] exclusively in accordance with the formulae described in, the authoritative books of Ayurvedic, Siddha and Unani Tibb systems of medicine [specified in the First Schedule]

THE FIRST SCHEDULE AYURVEDIC SYSTEMS

<i>Sr. No</i>	<i>Name of book</i>
1.	Arogya Kalpadruma
2.	Arka Prakasha
3.	Arya Bhishak
4.	Ashtanga Hridaya
5.	Ashtanga Samgraha
6.	Ayurveda Kalpadruma
7.	Ayurveda Prakasha
8.	Ayurveda Samgraha
9.	Bhaishajya Ratnvali
10.	Bharat Bhaishajya Ratnakara
11.	Bhava Prakasha
12.	Brihat Nighantu Ratnakara
13.	Charaka Samhita
14.	Chakra Datta
15.	Gada Nigraha
16.	Kupi Pakva Rasayana
17.	Nighantu Ratnakara
18.	Rasa Chandanshu
19.	Rasa Raja Sundara
20.	Rasaratna Samuchaya
21.	63[Rasatantra Sara Va Siddha Prayoga Sangraha –Part I]
22.	Rasa Tarangini
23.	Rasa Yoga Sagara
24.	Rasa Yoga Ratnakara
25.	Rasa Yoga Samgraha
26.	Rasendra Sara Samgraha
27.	Rasa Pradipika
28.	Sahasrayoga
29.	Sarvaroga Chikitsa Ratnam
30.	Sarvayoga Chikitsa Ratnam

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31. Sharangadhara Samhita
32. Siddha Bhaishajya Manimala
33. Siddha Yoga Samgraha
34. Sushruta Samhita
35. Vaidya Chintamani
36. Vaidyaka Shabda Sindu
37. Vaidyaka Chikitsa Sara
38. Vaidya Jiwan
39. Basava Rajeeyam
40. Yoga Ratnakara
41. Yoga Tarangini
42. Yoga Chintamani
43. Kashyapasamhita
44. Bhelasamhita
45. Vishwanathachikitsa
46. Vrindachikitsa
47. Ayurvedachintamani
48. Abhinavachintamani
49. Ayurveda-ratnakar
50. Yogaratnasangraha
51. Rasamrita
52. Dravyagunanighantu
53. Rasamanjari
54. Bangasena
- 54-A Ayurvedic Formulary of India (Part I)
- 54-B Ayurveda Sara Samgraha
55. Siddha Vaidya Thirattu
56. Therayar Maha Karisal
57. Brahma Muni Karukkadai (300)
58. Bhogar (700)
59. Pulppani (500)
60. Agasthiyar Paripuranam (400)
61. Therayar Yamagam
62. Agasthiyar Chenduram(300)
63. Agasthiyar (500)
64. Athmarakshmrutham
65. Agasthiyar Pin (80)
66. Agasthiyar Rathna Churukkam
67. Therayar Karisal (300)

68. Veeramamuni Nasa Kandam
69. Agasthiyar (600)
70. Agasthiyar Kanma Soothiram
71. 18 Siddhar's Chillari Kovai
72. Yogi Vatha Kaviyam
73. Therayar Tharu
74. Agasthiyar Vaidya Kaviyam (1500)
75. Bala Vagadam
76. Chimittu Rathna (Rathna) Churukkam
77. Nagamuni (200)
78. Agasthiyar Chillari Kovai
79. Chikicha Rathna Deepam
80. Agasthiyaar Nayana Vidhi
81. Yugi Karisal (151)
82. Agasthiyar Vallathi (600)
83. Therayar Thaila Varkam
84. Siddha Formulary of India (Part I)

Customized formulations are for various disorders. These formulations are made from a mixture of pure natural herbs processed under the most hygienic conditions. The customized formulations are available in special packages in different quantities as per the requirement of the clients. Various actual examples are mentioned below.

Contents for HIV/Aids Treatment

<i>Each capsule contains</i>	<i>Wt/unit</i>
Cressa cretica	20 mg
Leptadenia reticulate	20 mg
Tinospora cordifolia	20 mg
Picrorhiza kurroa	20 mg
Asparagus adscendens	20 mg
Zingiber officinale	20 mg
Tribulus terrestris	20 mg
Caesalpinia crista	20 mg
Asparagus racemosus	20 mg
Piper longum	20 mg
Swertia chirata	20 mg
Phaseolus radiatus	20 mg
Piper nigrum	20 mg

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Withania somnifera	20 mg
Ocimum sanctum	20 mg
Mineral pitch	20 mg
Mucuna prurita	20 mg
Commifera mukul	20 mg
Glycyrrhiza glabra	20 mg
Holarrhena antidysenterica	20 mg
Feroso revie oxide	20 mg
Pueraria tubearsa	20 mg
Curcuma longa	20 mg
Azadirachta indica	20 mg
Terminalia chebula	20 mg

Contents for the Treatment of Black Spots or Pigmentation

<i>Composition</i>	<i>Wt (%)</i>
Pterocarpus santalinus	10%
Symplucos recemosa	10%
Santalum album	10%
Inula racemosa	10%
Nelumbo nucifera	10%
Berberis Aristata	10%
Myristica fragrans	10%
Termanalia arjuna	10%
Multani	10%
Khapariya	10%

Contents for the Treatment of Sperm Production

<i>Each capsule contains</i>	<i>Wt/unit</i>
Cressa cretica	200 mg
Mineral pitch	200 mg
Mucuna prurita	200 mg
Withania somnifera	100 mg
Asparagus racemonus	100 mg
Zinc	100 mg
Boitite	50 mg
Iron	50 mg

Contents for the Treatment of Hypertension

<i>Each capsule contains</i>	<i>Wt/unit</i>
Rauwolfia serpentina	150 mg
Convolvulus pluricaulis	100 mg
Santalum album	50 mg
Symplocos racemosus	50 mg
Tinospora cordifolia	50 mg
Terminalia chebulla	25 mg
Piper longum	100 mg
Termanalia arjuna	25 mg
Hyoscyamus niger	25 mg

Contents for the Treatment of Type 2 Diabetes

<i>Composition</i>	<i>Wt (%)</i>
Cressa cretica	10%
Vitex negundo	10%
Terminatia chebula	10%
Elugenia jamboloma	10%
Picrorhiza kurroa	20%
Enicostama littorale	20%
Azadirachta indica	20%

Contents for Increasing Strength

<i>Each capsule contains</i>	<i>Wt/unit</i>
Mineral pitch	50 mg
Feroso revie oxide	50 mg
Piper longum	50 mg
Pueraria tubeursa	50 mg
Swertia chirata	50 mg
Asparagus adscendens	100 mg
Cressa cretica	150 mg

Contents for the Treatment of Allergy

<i>Each capsule contains</i>	<i>Wt/unit</i>
Solanum indicum	150 mg
Cressa cretica	150 mg
Ocimum sanctum	100 mg
Piper longum	100 mg

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Contents for the Treatment of Strong Hair

<i>Composition</i>	<i>V/V (%)</i>
Cressa cretica	5 %
Berberis aristata	5 %
Eclipta alba	5 %
Vitex negundo	5 %
Bacopa monniera	5 %
Azadirachta indica	Q.S.

Contents for the Treatment to Reduce Cholesterol (LDL)

<i>Each capsule contains</i>	<i>Wt/unit</i>
Termanalia arjuna	300 mg
Annona cherimolia	150 mg
Piper longum	50 mg

Contents for the Treatment of Baldness

<i>Composition</i>	<i>V/V (%)</i>
Cressa cretica	10%
Berberis aristata	10%
Eclipta alba	5%
Vitex negundo	5%
Bacopa monniera	5%
Azadirachta indica	Q.S.