

## Method of preparation of Ayurvedic formulations like: Arista, Asava, Gutika, Taila, Churna, Lehya and Bhasma.

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### Method of preparation of Ayurvedic formulations:

- Ayurveda medicine is a system of healing that originated in ancient India.

**Ayu: Life or Living**

**Veda: Knowledge**

- So, Ayurveda has been defined as the knowledge of living or the “Science of Longevity”.

### Ayurvedic formulations:

- Different solvent (Menstrum) used in preparation of Ayurvedic formulation are water, oils, milk, Ghee, Cow’s urine etc.
- The use of sweetening agent, binding agent, colorant, flavoring agent and other adjuvant is also very common in ayurvedic preparation.
- With an objective of obtaining maximum therapeutic benefit & making the formulation palatable different Pharmaceutical process are prescribed in Ayurveda.
- According to drugs & cosmetic Act 1940, Ayurvedic medicine includes all medicines intended for internal or external use, in the diagnosis, treatment and prevention of disease or disorder in human beings or animals.

### Types of Ayurvedic formulation:

It is divided into 2 parts.

- 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 and prepare medicines.  
**Example: Bhasma, Aswas, Arishtas, & Taila etc.**
- Proprietary Ayurvedic medicines:** It is also called as patient 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 and conducts clinical trial, research on the medicine about its efficacy.

**Example: Capsules, Syrups etc.**

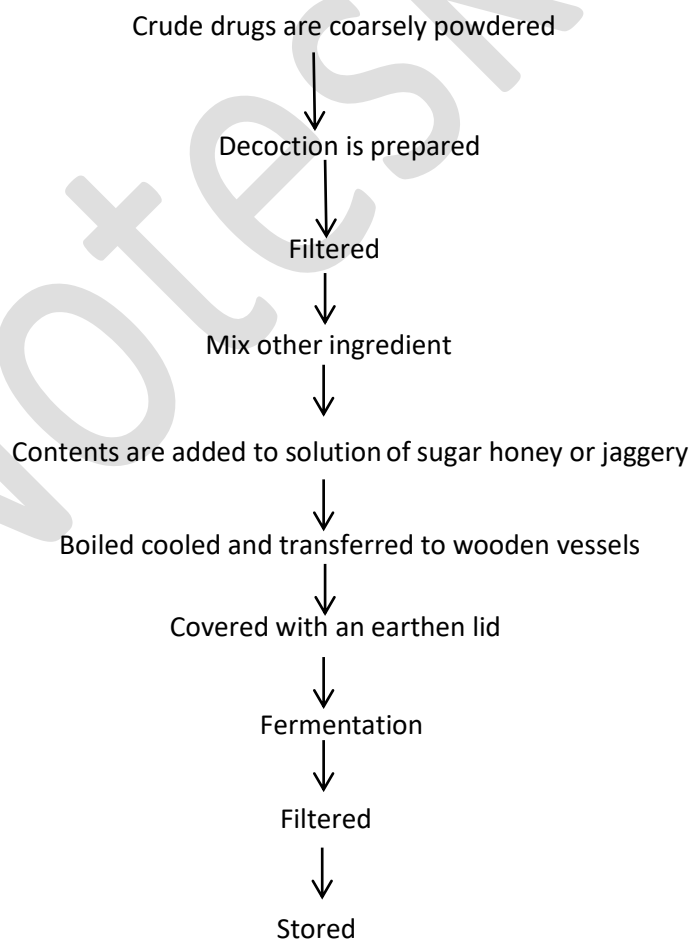
Types & Forms of Ayurvedic Formulations:

1. Solid Dosage Form- Gutika, Churna
2. Semi Solid forms- Avaleha & ghrita
3. Liquid dosage forms- Asava, Arista & Taila

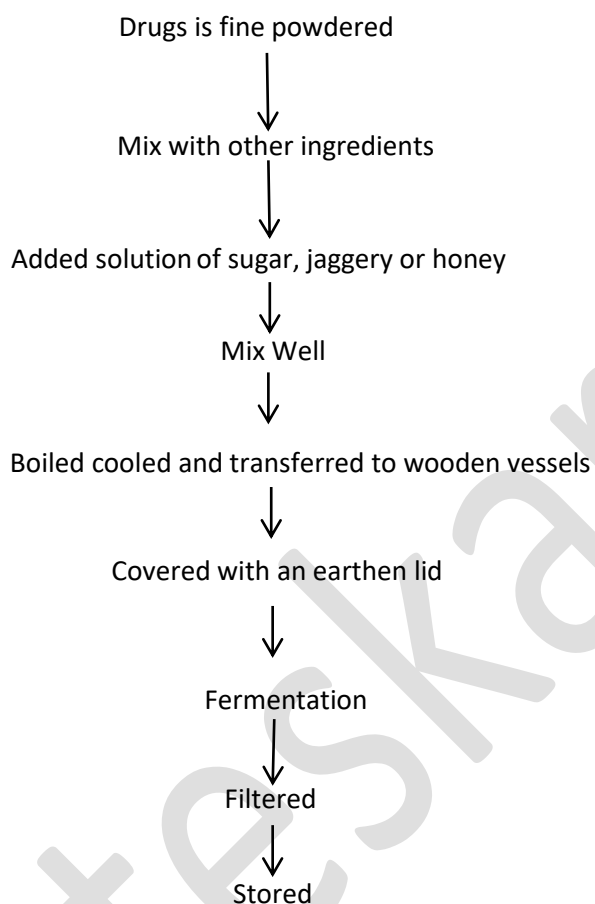
## Aristas & Asavas:

- They are also known as preparations contain self-generated alcohol (alcoholic preparations).
- They are prepared by adding powdered drug or its decoction into solution of sugar/ Jaggery which facilitates the extraction of active principles present in the drugs.

**Preparation of Aristas:**



## Preparation of Asava:



## Standardization for Aristas & Asavas:

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 and alcoholic odour.
4. There should be no effervescence produced.

### Example:

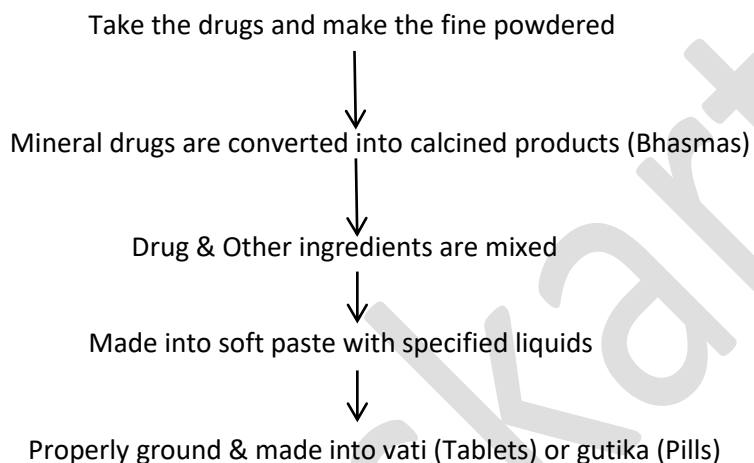
**Aristas:** Ashokarishta, Dasmularishta, Ashwgandharista, arjunarista,

**Asavas:** Arvindaswa, kumaryaswa, Vasakasava, Punarnavasa etc.

## Gutika

- These are medicines in the form of tablets (Vati) & Pills (Gutika). They contain single or combinations of herbal mineral or animals' drugs.

### Preparation of Gutika:



### Standardization for Gutika:

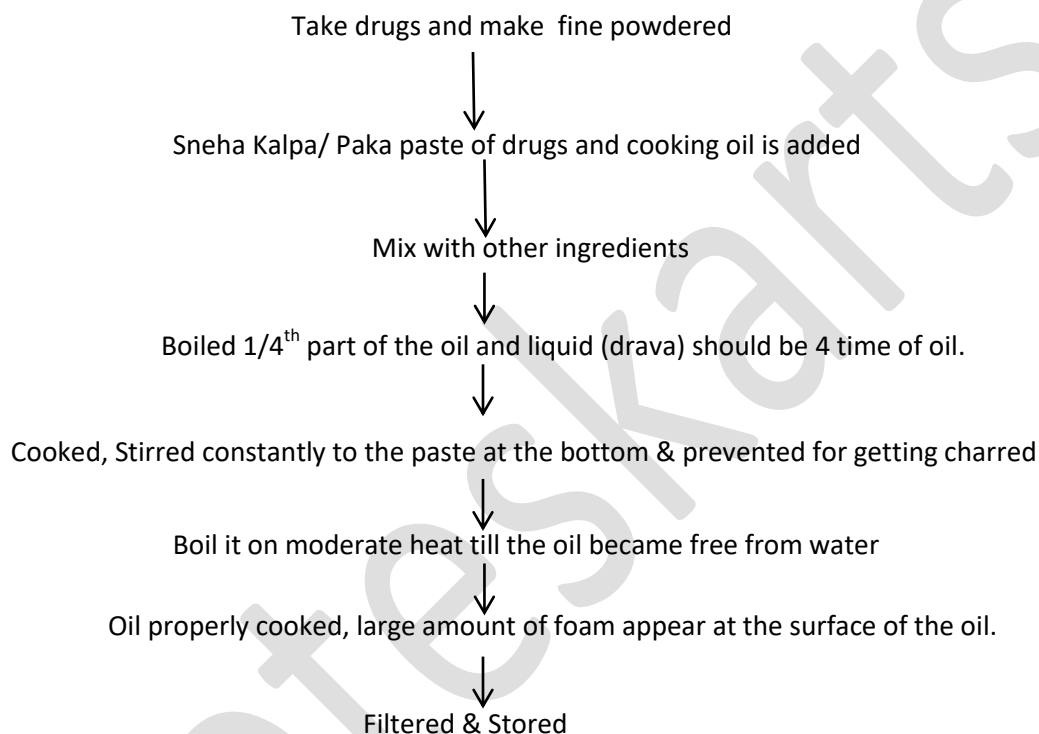
1. It should be stable upto 2 years after preparation.
2. If they contain only mineral ingredients. They can be used indefinitely.
3. They should not lose their original colour, odour, taste & form upon storage.
4. If they contain sugar/ salt they should be protected from moisture.

**For Example:** Pranda Gutika, Khadiradi, Lasunadi gutika.

## Taila

- Taila is the liquid or semisolid dosage form of medicament which is meant for internal & External use.

### Preparation of Taila:



### Standardization for Taila:

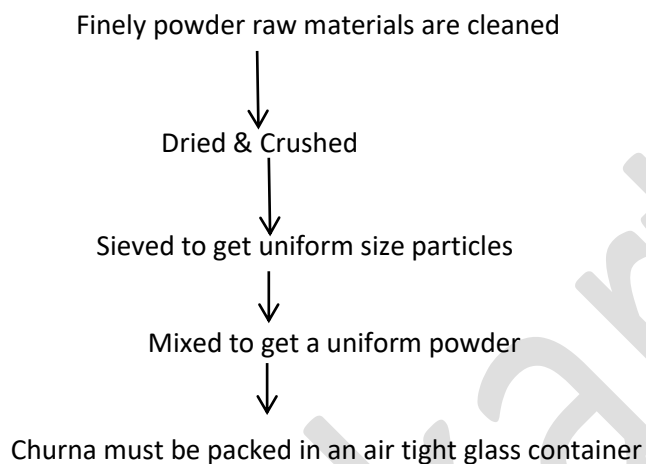
- It can be used internally & topically.
- They retain potency for about 16 months.
- They are taken internally with warm water or warm milk.

**For Example:** Bhringaraj tail, Maha Narayantaila, Lagnvisgarbha taila.

## Churna

- They contain single or combination of drugs along with other ingredients in a powder's forms.

### Preparation of Churna:



### Standardization of Churna:

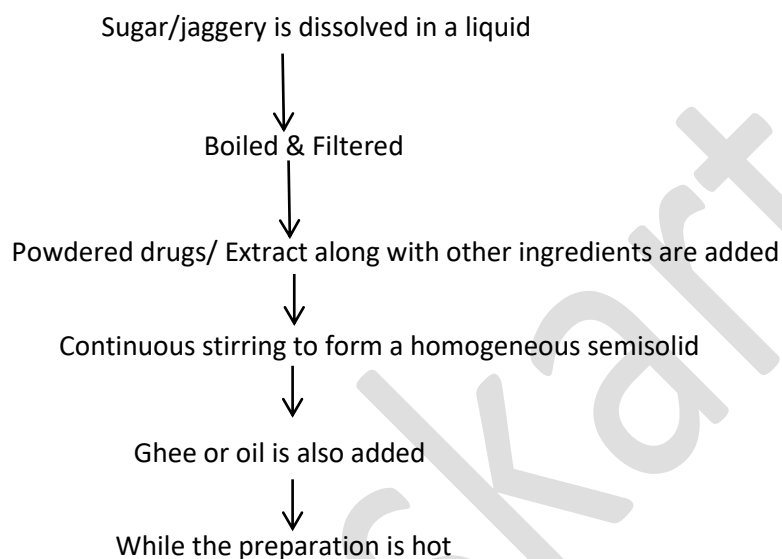
1. Churna should be free flowing powder and should not adhere or moist.
2. Churna are stable upto one years if they are stored properly.
3. Finer the powder, better is its potency and therapeutic value.

**Example:** Triphala churna, trikatu churna, Drakshadi churna etc.

## Lehya/ LEHA

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

### Preparation of Leha:



### Standardization of lehya/leha :

1. It should neither become hard or liquefy
2. There should be no growth of fungus over it.
3. It should not be change its colour odour and taste.
4. They can be used upto one year if properly stored.

**Example: Chyavanaprasa, etc.**

## Bhasma

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

### Preparation of Bhasma:

These are prepared into two stages.

1. **Sodhana**
2. **Marana**

1. **Sodhana:** it is a process of purification of metals, minerals by heating them and immersing in a specific liquid this is done for remove its toxicity.
2. **Marana:** Second stage of preparing Bhasma is which the purified drugs obtained from sodhana process are grounds and mixed with plants Extract.
  - After specified time, small cakes are made (Dried in sunlight)
  - Dried cake is kept in earthen vessels sealed with clay smeared cloth.
  - Pit covered with cow dung and the fire is put on all the sides.
  - The contents are removed and ground into a fine powder and stored.

### Standardization of Bhasma:

- Bhasma are grey, whitish, yellowish or black coloured powders.
- They are highly stable for long periods.
- They should not their potency.

**Example:** Suvarna bhasma, shankha bhasma, taura bhasma.