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Pharmacological Analytical Study of *Udarda Prashmana Mahakashaya Ghan Vati*

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ABSTRACT

Udarda Prashmana Mahakashaya is the 43rd *Mahakashaya* out of the 50 *Mahakashayas* described by *Acharya Caraka*. we prepare *Udarda Prashmana Mahakashaya* in the form of *Ghana Vati* by taking equal quantity of *Bark* and *Heartwood* of 10 constituent trees of *Udarda Prashmana Mahakashaya* – *Tinduka* (*Diospyros peregrina*), *Priyal* (*Buchanania lanzan spreng*), *Badar* (*Ziziphus mauritiana Lamk*), *Khadira* (*Acacia catechu wild*), *Kadar* (*Acacia suma kurg*), *Saptaparna* (*Alstonia scholaris*), *Ashwakarna* (*Shorea robusta*), *Arjuna* (*Terminalia arjuna*), *Asana* (*Pterocarpus marsupium*), *Arimeda* (*Acacia leucophloea willd*) and sent for Drug Testing Laboratory for Pharmacological Study after sealing the well packed as per the guidelines published by Laboratory Guide for Analysis of Ayurveda and Siddha Formulations, CCRAS, New Delhi. The Results of The Physiochemical Properties of *Udarda Prashaman Mahakashaya Ghan Vati* were as follows, Loss on Drying - 13.1 %, Total Ash - 7.1 %, Acid insoluble Ash - 0.23%, Water Soluble extractive - 80.02 %, Alcohol Soluble extractive - 43.52 %, Ph - 4.8.

Key words: *Udarda Prashaman Mahakashaya*, *Kwatha*, *Udarda Prashaman Mahakashaya Ghan Vati*. *Pharmacological Analytical Study*.

INTRODUCTION

Ayurveda Shastra is like *Amrita*. In *Ayurveda*, The purpose of *Ayurveda* is to Protect Health of the Healthy Person and Alleviate Disorders in the Diseased Person.^[1] It has also been indicated as the Science of the Protection of Your Age (Ayu). Thousands of Texts of various *Ayurveda* are filled with Lakhs of Medicine Yoga for the Treatment of Diseases. One such medicine is the 43rd *Mahakashaya*

out of the 50 *Mahakashaya Yoga* - *Udarda Prashmana Mahakashaya*^[2] described in the Fourth Chapter of the *Caraka Samhita* - *Shadvirechanashatashritiya Adhyaya*. *Udarda Prashmana Mahakashaya* has 10 constituents which are the following^[3] - *Tinduka* (*Diospyros peregrina*), *Priyal* (*Buchanania lanzan spreng*), *Badar* (*Ziziphus mauritiana Lamk*), *Khadira* (*Acacia catechu wild*), *Kadar* (*Acacia suma kurg*), *Saptaparna* (*Alstonia scholaris*), *Ashwakarna* (*Shorea robusta*), *Arjuna* (*Terminalia arjuna*), *Asana* (*Pterocarpus marsupium*), *Arimeda* (*Acacia leucophloea willd*). *Udarda Prashana Mahakashaya Ghan Vati* is an effective medicine for *Sheetapitta*, *Udarda & Koṭha Treatment*, *Prakupita Vata* and *Kapha* (*Pradushtau Kapha Marutadi*) due to *Shita Marutadi Nidana* (*Shita Maruta Samsparshat*) – when being mixed with *Pitta* (*Pittena Saha Sambhooya*) spreads internally and externally (*Bahir-Antah Visarpatah*) and resulted in to *Sheetapitta*, *Udarda & Koṭha*.^[4] For the *Treatment of Sheetapitta*, *Udarda & Koṭha*, there should be such Medicinal Yogas, like - *Udarda Prashaman Mahakashaya Ghan*

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Vati. which are helpful in the *Samprāpti Vighatana* of *Śheetapitta, Udarda & Koṭha*.

OBJECTIVE OF THE STUDY

Pharmacological Analytical study of *Udarda Prashmana Mahakashaya Ghan Vati* containing 10 drugs.

MATERIALS AND METHODS

Collection and Authentication of Raw Materials

All 10 components of - *Udarda Prashmana Mahakashaya - Tinduka (Diospyros peregrina), Priyal (Buchanania lanzan spreng), Badar (Ziziphus mauritiana Lamk), Khadira (Acacia catechu wild), Kadar (Acacia suma kurg), Saptaparna (Alstonia scholaris), Ashwakarna (Shorea robusta), Arjuna (Terminalia arjuna), Asana (Pterocarpus marsupium), Arimeda (Acacia leucophloea willd)* are taken. After identifying it by the *Dravyaguna* Department, its definite *prayojyaang* were taken, according to the *Sharangadhara's* General rule of *Aushadh Grahan*^[5] - the trees whose root is very thick and *Nyagrodhadi* trees like - *Tinduk, Priyal, Badar, Arjuna* bark should be taken, *Bijkadi* trees, such as *Vijaysar, Khadir* etc. heartwood should be taken. According to this rule, *Tinduk, Priyal, Badar, Saptaparna, Arjuna* take the bark of these 5 trees and *Khadir, Kadar, Arimeda, Ashwakarna, Asan* take the heartwood of these 5 trees. According to *Sharangadhara's* general rule of *Aushadh Grahan*, where the Quantity to be taken is not Written, then the same Quantity of the substance should be taken.^[6] So, all *Udarda Prashmana Mahakashaya's* 10 Components were taken in Equal Quantity and *Bark* was cleaned thoroughly Dried, Crushed and the *Heartwood* was converted into Coarse Powder. Weighting all the Crushed Bark and Coarse Powder ingredients in Equal Quantity (20 kg) Total Quantity - 20 kg was kept overnight in a large Aluminum vessel soaked 16 times in water - 320 liters of water, on the second day in the morning, it was boiled in *Mandagni*.

Making of Udarda Prashmana Mahakashaya Kwath

Since all the 10 components are very hard, 16 times as much water was taken as per the general rule for

making *Kwatha* described in *Sharangadhara*.^[7] Now, according to *Sharangdhar's* general rule of making *Kwath*, when there is One-Fourth of the water left in the *Kwath* & the *Kwatha* Fluid has become *Gatarasa*,^[8] that is, the *Rasa* of the *Kwatha* Fluid should come well in the water of the *Kwath* and the *Kwath Dravya* becomes *Neerasa* (Testlessness), then the *Kwath* take it off the Fireplace and *Filter* through clean cotton clothes and throw away the Residual Material.

Making of Udarda Prashmana Mahakashaya Kwath in the form of Ghan Vati

Now the Filtered *Kwath* is again Boiled in an Aluminum vessel in the Fireplace. Now after Boiled the Prepared *Kwath* and Boiled it till the state of *Avaleh (Rasakriya)*, the exact description of *Ghan Vati* is not found in *Ayurveda Shastra*, so the reference of *Ghan Vati* presented by us has been described in the *Guduchi Ghan Vati (Sanshamani Vati)* collection of *Siddha Yoga Sangraha*.^[9] In *Sarangdhara* also, in the description of *Rasakriya* or *Avaleh Kalpana*, *Kwath* is Boiled and Thickened. *Ghan Vati* is slightly *Kharapaka* in comparison to *Rasakriya*,^[10] when the prepared *Kwath* becomes in the form of a *Ghana*, then the symptoms of the accomplishment of *Avaleha* are said to be proved in the same way - *Tantumtvam, Kharatvam, Peedete, Gandhavarana-rasodbhavah*, only after fulfilling this accomplishment.^[11] *Ghana* is removed from the Fireplace, since the Prepared *Ghana* is Wet, so it is Dried in the Sunlight for some time, and when the *Ghana* is well dried, after making it in the form of 250 mg *Vati*, dry it with shade, completely made keep it safe by closing it in an airtight container of *Udard Prashmana Mahakashaya Ghan Vati*.

OBSERVATIONS AND RESULTS

Now the *Udard Prashmana Mahakashaya Ghan Vati* was packed and sealed well and sent to Drug Testing Lab for testing as per the guidelines of Laboratory Guide for the Analysis of *Ayurved & Sidhha* Formulation - CCRAS, New Delhi.^[12] The following results were obtained on Physicochemical Parameters of *Udarda Prashmana Mahakashaya Ghan Vati* in

Drug Testing Lab, Loss on Drying - 13.1 %, Total Ash - 7.1 %, Acid insoluble Ash - 0.23%, Water Soluble extractive - 80.02 %, Alcohol Soluble extractive - 43.52 %, Ph - 4.8.

DISCUSSION

Udard Prashmana Ghan Vati, which has been selected in the present study. There is a *Kashthaushadhi Yoga*. In the treatment of *Sheetapitta, Udarda & Koṭha*, first of all, *Krimihara Chikitsa*, after that *Koshtha Shuddhi, Kushtha Nashak Chikitsa* and *Amlapitta Nashak Chikitsa* should be done.^[13] In the *Samprapti* of *Sheetapitta, Udarda & Koṭha*, initially, after *Nidana Sevana Prakopa* of *Kapha* and *Vata* takes place then they started to spread out into body and during spreading, they mixed with *Pitta* and combinedly *Tridoshas* traveling into whole body externally and internally. The *Tridosha* traveling internally causes *Dushti* of *Rasa* and *Rakta Dhatu* due to *Nidan Sewana*. Here, *Poorvarupas* of *Shitapitta, Udarda & Kotha* being produced. After that, *Rasavaha, Raktavaha Srota Dushti* occurs due to this symptoms like *Jvara* [Fever], *Chhardi* [Vomiting] being produced.^[14] *Udarda Prashana Ghan Vati* is *Tridosha Shamaka, Tikta Kashaya Rasa Pradhana, Laghu Ruksha Guna Pradhana, Sheet Virya Pradhana* and *Katu Vipaka Pradhana Yoga*,^[15] which are helpful in *Samprāpti Vighatana* of *Sheetapitta, Udarda & Koṭha*. This analysis is included in the table below. To test the same principle, the pharmacological analysis of *Udarda Prashmana Ghan Vati* was done, the results of the Physiochemical Parameters confirm the above statement.

Table 1: 10 components of Udarda Prashmana Mahakashaya are as follows^[16]

SN	Drug Name	Latin Name	Family	Part Used
1.	Tinduka	<i>Diospyros peregrina</i>	Ebenaceae	Bark
2.	Priyal	<i>Buchanania lanzan spreng</i>	Anacardiaceae	Bark
3.	Badar	<i>Ziziphus</i>	Rhamnaceae	Bark

		<i>mauritiana Lamk</i>		
4.	<i>Khadira</i>	<i>Acacia catechu wild</i>	Mimosaceae	Heartwood
5.	<i>Kadar</i>	<i>Acacia sumakurg</i>	Mimosaceae	Heartwood
6.	Saptaparna	<i>Alstonia scholaris</i>	Apocynaceae	Bark
7.	<i>Ashwakarna</i>	<i>Shorea robusta</i>	Dipterocarpaceae	Heartwood
8.	<i>Arjuna</i>	<i>Terminalia arjuna</i>	Combretaceae	Bark
9.	<i>Asana</i>	<i>Pterocarpus marsupium</i>	Fabaceae	Heartwood
10.	<i>Arimeda</i>	<i>Acacia leucophloea willd</i>	Mimosaceae	Heartwood

Table 2: Rasa Panchaka of Udarda Prashmana Mahakashaya are as follows^[17]

S N	Drug Name	Rasa	Guṇa	Virya	Vipāka	Doṣaghnatā
1.	Tinduka	Kashaya, Madhura	Laghu, Rūkṣa	Śīta	Kaṭu	Kaphapittaśāma
2.	Priyal	Madhura	Snigdha, Guru, Sara	Śīta	Madhura	Vātapittaśāma
3.	Badar	Madhura	Guru	Uṣṇa	Madhura	Vātaśāma
4.	Khadira	Tikta, Kaṣāya	Laghu, Rūkṣa	Śīta	Kaṭu	Kaphapittaśāma
5.	Kadar	Tikta, Kaṣāya	Laghu, Rūkṣa	Śīta	Kaṭu	Kaphapittaśāma

6.	Saptap arna	Tikta, Kaṣāy a	Laghu, Snigdha	Uṣṇ a	Kaṭu	Kaphapittaśā maka
7.	Ashwak arna	Kaṣāy a, Madh ura	Rūkṣa	Śīta	Kaṭu	Pittakaphaśā maka
8.	Arjuna	Kaṣāy a	Laghu, Rūkṣa	Śīta	Kaṭu	Kaphapittaśā maka
9.	Asana	Kaṣāy a, Tikta	Laghu, Rūkṣa	Uṣṇ a	Kaṭu	Kaphapittaśā maka
10.	Arimed a	Kaṣāy a, Tikta	Laghu, Rūkṣa	Uṣṇ a	Kaṭu	Kaphaśāmak a

CONCLUSION

In the present study, the making of *Udarda Prashmana Mahakashaya Ghan Vati* has been described in different stages, the making of *Udarda Prashmana Mahakashaya Ghan Vati* has been made with pure classical methods. From the present study it is concluded that the *Udarda Prashmana Mahakashaya Ghan Vati* has necessary active ingredients are present for the treatment of *Śheetapitta, Udarda & Koṭha*, it also meets the standardized parameters of modern tests (physiochemical parameters). It can also prove to be helpful in standardizing other *Kaṣāya*.

Manufacture process of *Urada Prashana Ghan Vati*



Ingredients of *Udarda Prashmana Mahakashaya*



Kwath preparation



Filtering of Kwatha



Filtered Kwatha



Ghana Manufacturing Process



Formed Ghana



Ghana Vati



Vati Packing

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