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Clinical indications of *Saraswatarishta* an experiential and scientific view

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ABSTRACT

Asavarishtas are commonly used by Ayurveda physicians in general practice. *Arjunarishta*, *Abhayarishta*, *Ashokarishta*, *Amritarishta*, *Ashwagandharishta*, *Balarishta*, *Bhrungarajasava*, *Chandanasava*, *Chavikasava*, *Draksharishta*, *Dashamoolarishta*, *Dhatyarishta*, *Eladyarishta*, *Jeerakarishtha*, *Kutajarishta*, *Kanakasava*, *Lodhrasava*, *Lohasava*, *Punarnavasava*, *Pushkaramoolasava* and *Sarivadyasava* are few *Sandhaniya* preparations which are commonly used in clinical practice. *Asavarishtas* contain 9.5% self-generated alcohol content and can be preserved for prolonged period also. *Saraswatarishta* is one such preparation which is given in insomnia, mental retardation, and mental disorders, mania, depression, psychosis, anxiety disorders. It contains mainly *Brahmi* (*Bacopa monirei*) which is *Medhya Rasayana*, antistress, adaptogenic, antidepressant, hypnotic, also. In this paper, a clinical indication of *Saraswatarishta* is described in detail.

Key words: Ayurveda, antistress, adaptogenic, *Saraswatarishta*.

INTRODUCTION

Saraswatarishta is an *Asavarishta* formulation which is commonly used in neurological disorders and diseases like insomnia, mental retardation, epilepsy, mental depression, psychosis, and other mental and neurological disorders. The main ingredient of *Saraswatarishta* is *Brahmi* which is *Tikta Rasayukta*, *Sheetavirya*, *Medhya Rasayana*, antistress, adaptogenic and CNS depressant action. It can be given in various disorders with suitable disease specific

adjuvants and given good outcomes.^{[1],[2]}

Ingredients

1. *Brahmi* (*Bacopa monnieri*)
2. *Shatavari* (*Asparagus racemosus*)
3. *Vidari* (*Pueraria tuberosa*)
4. *Abhaya* (*Terminalia chebula*)
5. *Usheera* (*Vetavaria zyzinoides*)
6. *Shunthi* (*Zingiber officinalis*)
7. *Mishi*
8. *Makshika*
9. Water
10. *Ghrita*

Prakshepa

1. *Dhataki* (*Woodfordia fruticosa*)
2. *Renuka*
3. *Kana*
4. *Trivrit* (*Convolvulus pluralis*)

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5. *Devakusuma (Sizigium aromaticum)*
6. *Vacha (Acorus calamus)*
7. *Kushtha (Saussurea lappa)*
8. *Vajigandha (Withania somnifera)*
9. *Vibhitaki (Terminalia bellerica)*
10. *Amrita (Tinospora cordifolia)*
11. *Ela (Elattorium cardomomum)*
12. *Vidanga (Embelia ribes)*
13. *Twak (Cinnamomum zeylanicum)*
14. Gold leaf.

Actions

1. *Medhya*
2. Antistress
3. Adaptogenic
4. Sedative
5. Anxiolytic
6. Hypnotic
7. *Rasayana*
8. Immunomodulator
9. *Nidra Janana*
10. *Tikta Rasayukta*
11. *Sheetavirya*
12. *Sheeta Guna Yukta*
13. CNS Depressant
14. *Smriti Vardhaka*
15. *Vata Pittahara*
16. *Kaphavardhaka*

Clinical indications^[3-5]

1. *Anidra*
2. Anxiety neurosis
3. Mental depression
4. *Apasmara*

5. *Unmada*
6. *Mania*
7. *Smriti Hrasa*
8. *Buddhi Mandya*
9. Dyslexia
10. Delayed mile stones development
11. Dementia
12. Alzheimer's disease
13. Mental retardation
14. Hemiplegia
15. Paraplegia
16. Monoplegia
17. Polyneuritis
18. Polyneuropathy
19. Parkinsonism

Amayika Prayoga^[6-8]

Anidra - It is given with *Sarpagandha Vati*.

Anxiety neurosis - It is given with *Tagara* tablets

Mental depression - It is given with *Manasa Mitra Vati*, and *Kapikachchu Bija Choorna*.

Apasmara - It is given with *Maha Vata Vidhwamsa Rasa* and *Medhya Vati*.

Unmada - It is given with *Abhyanga*, *Shirodhara*, and *Manasa Mitra Vataka* and *Sarpagandhavati*.

Mania - It is given with *Abhyanga*, *Shirodhara*, and *Sarpagandha Vati* and *Tagara* tablets.

Smriti Hrasa - It is given with *Suvarna Malini Vasanta*.

Buddhi Mandya - It is given with *Swarna Malini Vasanta* and *Brahmi Ghrita*.

Delayed mile stone development - It is given with *Swarna Malini Vasanta* with *Navaneeta* and *Sharkara*.

Dementia - It is given with *Swarna Malini Vasanta* and *Medhya Vati*.

Alzheimer's disease - It is given with *Brahmi Vati*, *Brahmi Ghrita* and *Swarna Malini Vasanta*.

Mental retardation - It is given with *Swarna Malini Vasanta* and *Smriti Sagara Rasa*.

Hemiplegia - It is given with *Brihad Vata Chintamani*, *Mahayogaraja Guggulu*, *Agni Lepa*, *Abhyanga* and *Shashtika Shali Pinda Sweda*.

Paraplegia - It is given with *Abhyanga*, *Yapana Basti*, *Swedana* and *Brihad Vata Chintamani*.

Monoplegia - It is given with *Abhyanga*, *Swedana*, *Yogendra Rasa* and *Ekangavira Rasa*.

Polyneuritis - It is given with *Visha Tinduka Vati* and *Balarishta*.

Polyneuropathy - It is given with *Balarishta* and *Ashwagandhavaleha*.

Facial palsy - It is given with *Ksheera Dhooma Nasya* and *Ashwagandharishta*.

Parkinsonism - It is given with *Kapikachchu Bija Choorna* and *Brahmi Ghrita*.

DISCUSSION

Saraswatarishta is a *Medhya Rasayana* formulation which is commonly given in mental and chronic neurological disorder and in diseases like *Unmada*, *Apasmara*, mental depression, mania, schizophrenia, insomnia, hyperthyroidism, Korsakoff's psychosis, dementia, Alzheimer's disease, hemiplegia, paralysis, paraplegia, and cervical spondylosis. This formulation is having the ingredients with actions like *Medhya Rasayana*, antistress, adaptogenic, CNS depressant, hypnotic, anxiolytic, and sedative actions. *Saraswatarishta* should be given for prolonged period in case of neurological and mental disorders with

suitable disease specific drugs and *Panchakarma* procedures to get the desired outcomes.

CONCLUSION

Saraswatarishta is a *Sandhaniya* formulation which is widely given in mental and chronic neurological disorders. It produces least or no adverse drug reactions even after prolonged usage. With suitable disease specific adjuvants, it shows desired actions in various disorders.

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