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## Clinical indications of *Ashwagandharishta* an experiential and scientific view

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### ABSTRACT

*Asavarishtas* are *Sandhaniya* formulations which contain self generated alcohol in it. They are easy to prepare and preserve also. *Asavarishtas* like *Amritarishta*, *Abhayarishta*, *Arjunarishta*, *Aravindasava*, *Ashokarishta*, *Balarishta*, *Chandanasava*, *Chavikasava*, *Dashamoolarishta*, *Drakshasava*, *Eladyarishta*, *Gomootrasava*, *Jeerakarishtha*, *Kutajarishtha*, *Kumaryasava*, *kanakasava*, *Mustakarishtha*, *Punarnavasava* and *Pushkaramoolasava* are few fermented formulations which are commonly used by Ayurveda physicians. *Ashwagandharishta* is one such preparation which is given in mental disorders, neurological disorders, and chronic debilitating diseases. It is having actions like *Dipana*, *Pachana*, *Rasayana*, *Balya*, *Brimhana*, *Nadi Balya*, sedative, hypnotic, antistress, adaptogenic and nerve tonic etc. The present paper highlights about the clinical indications of *Ashwagandharishta* in experiential and scientific view.

**Key words:** *Ashwagandharishta*, *Rasayana*, *Nadi Balya*.

### INTRODUCTION

*Ashwagandharishta* is commonly used in degenerative disorders, neurological and mental diseases. *Ashwagandha* (*Withania somnifera*) is a *Rasayana*, nutritive, *Poshaka*, *Jivaniya*, *Vayasthapana*, antistress, adaptogenic, antibacterial and immunomodulator actions. It is given commonly in *Karshya*, *Nidra Nasha*, anxiety conditions, stressful situations, psychosomatic diseases, cervical spondylosis, sciatica syndrome and *Jara Roga*.<sup>[1,2]</sup>

### Ingredients

*Ashwagandha* (*Withania somnifera*) - Root

*Mushali* (*Chlorophytum tuberosum*) - Root

*Manjishta* (*Rubia cordifolia*) - Root

*Haritaki* (*Terminalia chebula*) - Fruit

*Nisha* (Turmeric) - rhizome

*Daruharidra* (*Berberis aristata*) - Stem

*Yashtimadhu* (Licorice) - Root

*Rasna* (*Pluchea lanceolata*) - Root / leaf

*Vidari* (*Pueraria tuberosa*) - Root

*Arjuna* (*Terminalia arjuna*) - stem bark

*Mustaka* (*Cyperus rotundus*) - Rhizome

*Trivrit* (*Ipomoea turpethum*) - Root

*Sariva* (*Hemidesmus indicus*) - Root

*Krishna Sariva* (*Cryptolepis buchanani*) - Root

*Shweta Candana* (*Santalum album*) - Heart wood

*Rakta Candana* (*Pterocarpus santalinus*) - Heart wood

*Vacha* (*Acorus calamus*) - Rhizome

*Chitraka* (*Plumbago zeylanica*) - Root

Water for decoction

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*Madhu* - Honey

*Prakshepa Dravyas*

*Dhataki* (*Woodfordia fruticosa*) - Flower

*Shunti* (Ginger) - Rhizome

*Maricha* (Pepper) - fruit

*Pippali* - Long pepper

*Twak* - Cinnamon

*Ela* - Cardamom

*Patra* (*Cinnamomum tamala*) - leaves

*Priyangu* (*Callicarpa macrophylla*) - Flower

*Nagakeshara* (*Mesua ferrea*) - Stamen

#### Actions<sup>[3-5]</sup>

1. *Rasayana*
2. *Dipana*
3. *Pachana*
4. *Nadi Balya*
5. *Mastishka Shamaka*
6. Hypnotic
7. Anxiolytic
8. Sedative
9. *Poshaka*
10. Nutritive
11. *Balya*
12. *Brimhana*
13. *Vatapittahara*
14. Antistress
15. Adaptogenic
16. *Ojaskara*
17. *Vayasthapana*
18. *Jivaniya*

#### Clinical indications<sup>[6,7]</sup>

1. *Karshya*

2. *Nyuna Nidra*

3. Anxiety neurosis

4. Polyneuropathy

5. Lumbar spondylosis

6. Cervical spondylitis

7. *Mamsa Shosha*

8. Emaciation

9. Sciatica syndrome

10. *Janu Sandhi Gata Vata*

11. *Katigraha*

12. Mental retardation

13. Autism

14. Hemiplegia

15. Paraplegia

16. Brain atrophy.

#### *Amayika Prayoga*<sup>[8]</sup>

- *Karshya* - It is given with *Kooshmandavaleha*.
- *Nidra Nasha* - It is given with *Sarpagandha Vati*.
- Anxiety neurosis - It is given with *Manasa Mitra Vataka* and *Tagara* tablets.
- Polyneuritis - It is given with *Visha Mushti Vati* and *Balarishta*.
- Lumbar spondylosis - It is given with *Yogaraja Guggulu* and *Vista Tinduka Vati*.
- Cervical spondylosis - It is given with *Navajivana Rasa* and *Trayodashanga Guggulu*.
- *Mamsa Shosha* - It is given with *Kooshmandavaleha* or *Ajamamsa Rasayana*.
- Sciatica syndrome - It is given with *Vista Tinduka Vati*, *Yogaraja Guggulu* and *Mahanarayana Taila Abhyanga*.
- *Janu Sandhigata Vata* - It is given with *Gokshuradi Guggulu* and *Punarnavadi Mandoora*.
- *Katigraha* - It is given with *Kati Basti* and *Kaishora Guggulu* and *Triphala* tablets internally.

- Mental retardation - It is given with *Brahmi Ghrita* and *Medhya Vati*.
- Autism - It is given with *Tapyadi Loha* and *Kooshmandavaleha*.
- Hemiplegia - It is given with *Brihad Vata Chintamani Rasa*, *Ekgaveera Rasa*, and *Yogendra Rasa*, *Agni Lepa* and *Shastika Shali Pinda Sweda*.
- Paraplegia - It is given with *Brihad Vata Chintamani Rasa*, *Ekgaveera Rasa*, and *Yogendra Rasa*, *Agni Lepa* and *Shastika Shali Pinda Sweda*.
- Brain atrophy - It is given with *Swarna Malini Vasanta* and *Panchagavya Ghrita*.
- Aljeimers disease - It is given with *Swarna Malini Vasanta*, *Saraswatarishta*, and *Brahmi Vati*.
- Dementia - It is given with *Swarna Malini Vasanta*, *Saraswatarishta*, and *Brahmi Vati*.

## DISCUSSION

*Ashwagandharishta* is a fermented formulation which is given in mental and neurological disorders. It is also given as a general tonic. *Ashwagandha* a main ingredient has actions like *Jivaniya*, *Medhya*, *Rasayana*, antistress, adaptogenic, hypnotic, anxiolytic, sedative, *Balya* and *Brimhana* actions. It can be given in chronic neurological, musculoskeletal, psychiatric, and disorders associated with emaciation. Being an *Asavarishta* preparation, it is also *Dipana*, *Pachana* in action. So, it increases the *Jatharagni* and absorption of nutrients in the gut. It is *Jivaniya* and *Poshaka* also. However it should be given for prolonged period.

## CONCLUSION

*Ashwagandharishta* can be given in chronic debilitating diseases, neurological disorders, mental illnesses and diseases associated with emaciation. There are least adverse drug reactions even after it is given for prolonged periods. With suitable disease specific adjuvant it is effectively given in varied disorders.

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