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Review on unexplored *Asava Arishtas* of *Gada Nighraha*

Dr. Sneha Dinesh Patel¹, Dr. Sruthi C.V², Dr. Manoj Kumar Samantaray², Dr. Vikram S.³

¹Post Graduate Scholar, ²Professor, ³Professor & HOD, Department of Rasashastra & Bhaishajya Kalpana, Sri Sri College of Ayurvedic Science and Reseach, Bangalore, Karnataka, INDIA.

ABSTRACT

Gada Nighraha is very well known ancient text of Ayurveda. It acquaints us with many indispensable formulations. Many of these formulations are unfathomed. Eminently many *Asava Arishtas* mentioned by Acharya are very unique in their method of preparation like *Gugguluvasava*, *Tambulasava*, *Kushmandasava*, *Gandikadronasava*, *Narikelasava* etc. here an effort is made to accentuate these formulations with intention of carrying further exploration in this regard.

Key words: *Gada Nighraha*, *Asava*, *Arishtas*, *Gugguluvasava*.

INTRODUCTION

Gada Nighraha is one of the ancient text of Ayurveda which is believed to be arisen around 13th century. it is believed to be one of the important authoritative writings on Ayurveda which was written by Acharya Shodhala in 13th century.

It presents most of the theoretical edifice of Ayurveda and concentrates mainly on different formulations, their preparations and indications. It is prized for its enumeration and description of numerous pharmacological formulations. Many of such formulations quoted in the text are not explored till the date.

Gada Nighraha, a noteworthy and important medieval Ayurvedic work of *Shodala* is composed in two distinct

parts and contains about 10,054 (2,700+7,354) verses. The first part is a collection of formulae arranged according to the several types Of pharmaceutical preparations and the second one is a comprehensive text dealing with both *Nidana* and *Chikitsa*, arranged as per the *Astangas* (8 major divisions) of Ayurveda. The diseases are arranged systematically, which is a new feature and their order differs from *Madhava Nidana*. Here an attempt is made to bring an unexplored *Asava Arishtas* from *Gada Nighraha* into limelight.

MATERIALS AND METHODS

Guggulvasava^[1]

Guggulvasava is one of the sui generis and cryptic formulation which falls under *Sandhana Kalpana*. The solitary reference of *Guggulvasava* is quoted by Acharya Shodala in *Gada Nighraha*. Acharya has mentioned about the ingredients and few of their quantities. But the procedure of preparation of *Guggulvasava* is ambiguous and uncustomary. *Guggulvasava* is divulged exclusively by Acharya Shodala under 6th chapter named *Aasva Adhikara* as *Bhagandare Guggulvasava*. One of the anomalous features of *Guggulvasava* is its time of fermentation. Unlike other *Asavas* this one is explained to be kept for *Sandhana* for 6 months. Another unique attribute

Address for correspondence:

Dr. Sneha Dinesh Patel

Department of Rasashastra & Bhaishajya Kalpana, Sri Sri College of Ayurvedic Science and Reseach, Bangalore, Karnataka, INDIA.

E-mail: snehapatel4284@gmail.com

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of *Guggulvasava* is it contains *Ikshu Shukta* as *Sandhana Dravya*.

Ingredients

SN	Sanskrit Name	Quantity
1.	<i>Haritaki</i>	100 Pala
2.	<i>Vibhitaki</i>	100 Pala
3.	<i>Amalaki</i>	1 Prastha
4.	<i>Guggulu</i>	4 Pala
5.	<i>Twak</i>	4 Pala
6.	<i>Ela</i>	4 Pala
7.	<i>Pippali mula</i>	4 Pala
8.	<i>Chavya</i>	4 Pala
9.	<i>Chitraka</i>	4 Pala
10.	<i>Dipyaka</i>	4 Pala
11.	<i>Vyosha</i>	4 Pala
12.	<i>Talispatra</i>	4 Pala
13.	<i>Musta</i>	4 Pala
14.	<i>Nagkeshara</i>	4 Pala
15.	<i>Katphala</i>	4 Pala
16.	<i>Jala</i>	1 Drona
17.	<i>Dhataki pushpa</i>	1 Prastha
18.	<i>Guda</i>	200 Pala
19.	<i>Draksha</i>	10 Pala
20.	<i>Dadimba</i>	10 Pala
21.	<i>Khanda</i>	10 Pala
22.	<i>Ikshu Rasa Shukta</i>	Quantity not mentioned

Drugs from 1 to 15 are taken in specified quantity and boiled with 1 *Drona* of *Jala* and reduced to $\frac{1}{4}$ to obtain *Kashaya*. *Kashaya* is then cooled and added with *dhataki pushpa*, cleaned jaggery, grinded *Dadimba*, *Draksha* and *Khanda* in *Dhoopit Sandhana Patra* and is mixed well.

Ikshu Shukta is added to *Sandhana Patra* after the formation of *Jatarasa*. It is advised to keep *Asava* for *Sandhana* for the period of 6 months.

Tambulasava^[2]

This is another very unique *Asava* mentioned by *Acharya Shodhala*. It is mentioned as a *Shreshta Rasayana* and is indicated in *Arsh*, *Ashmari*, etc. Uniqueness of this *Asava* is its ingredients. This is the only *Asava* of *Tambula* mentioned in our classics.

Ingredients

SN	Ingredient	Quantity
1.	<i>Dhataki Pushpa</i>	7 Pala
2.	<i>Puga</i>	2 Pala
3.	<i>Khadira</i>	2 Pala
4.	<i>Tambula</i>	1500 leaves
5.	<i>Madhu</i>	100 Pala
6.	<i>Kankola</i>	2 Pala
7.	<i>Pippali</i>	2 Pala
8.	<i>Triphala</i>	2 Pala
9.	<i>Jatiphala</i>	2 Pala
10.	<i>Ela</i>	2 Pala
11.	<i>Lavanga</i>	2 Pala
12.	<i>Nagkesara</i>	2 Pala
13.	<i>Jala</i>	150 Pala
14.	<i>Guda</i>	300 Pala

It is mentioned to wash *Sandhana Patra* with *Jambu Patra Kwatha* do the *Dhoopan* of *Sandhana Patra* with *Agaru Aadi Sugandhita Dravya*.

After *Dhoopan*, pit is made in the ground and *Patra* is placed in a pit in such a way that half of the *Patra* is under the ground.

To this *Patra Dhataki Pushpa, Puga, Khadira* are added in specified quantity.

Clean *Tambula Patras* are taken and crushed in *Khalwa Yantra*. Specified quantity of all other ingredients mentioned in above table are taken and added to *Sandhna Patra*. Every day string is done, on 3rd day *Guda* is added and it is kept for *Sandhana* after the completion of *Sandhana Asava* is filtered and stored in airtight containers.

Narikelasava^[3]

It is yet another very interesting formulation mentioned in *Gada Nighraha*. It is unique in its method of preparation and ingredients. It is mentioned as best aphrodisiac and formulated by lord Shiva himself.

Ingredients

SN	Ingredients	Quantity
1.	<i>Narikela Jala</i>	1 <i>Drona</i>
2.	<i>Ikshu Rasa</i>	½ <i>Drona</i>
3.	<i>Shalmali Rasa</i>	1 <i>Prastha</i>
4.	<i>Dashmoola Swarasa /Kwatha</i>	1 <i>Prastha</i>
5.	<i>Chaturjata</i>	16 <i>Pala</i>
6.	<i>Dhataki</i>	1 <i>Shana</i>
7.	<i>Kasturi</i>	2 <i>Pala</i>
8.	<i>Kesara</i>	2 <i>Pala</i>
9.	<i>Tagara</i>	2 <i>Pala</i>
10.	<i>Chandana</i>	2 <i>Pala</i>
11.	<i>Deva Pushpa</i>	2 <i>Pala</i>

All Ingredients are taken in mentioned quantity and mixed together in *Sandhana Patra* and placed for fermentation for 1 month. After 1 month it is filtered and can be administered according to *Dosha* and *Agnibala*.

Gandika Drona Asava^[4]

It is exclusively mentioned in *Gada Nighraha* and is unique for its method of preparation and its ingredients as it contains *Saindhava*. It is indicated *Arsha, Bhagandara, Grahani, Medoroga, Prameha*, etc.

Ingredients

SN	Ingredients	Quantity
1.	<i>Jala</i>	1 <i>Drona</i>
2.	<i>Ikshu Rasa</i>	1 <i>Drona</i>
3.	<i>Dhanyaka</i>	1 <i>Kudava</i>
4.	<i>Yavani</i>	1 <i>Kudava</i>
5.	<i>Dipyaka</i>	1 <i>Kudava</i>
6.	<i>Chaturjata</i>	2 <i>Pala</i>
7.	<i>Jeeraka</i>	2 <i>Pala</i>
8.	<i>Madhu</i>	1 <i>Kudava</i>
9.	<i>Saindhava Lavana</i>	Quantity not mentioned

All mentioned ingredients along with water are mixed in *Sandhana Patra* which should be smeared with *Ghrita* and fumigated with *Sugandhita Dravyas*.

It is stored for 10 nights and then filtered and stored and administered by mixing water each time.

Kushmanda Asava^[5]

Another very unique formulation from *Gada Nighraha* with an unique process of preparation. It is indicated for *Dhatukshaya, Mandagni, Grahani, Pliharoga, Raktapitta, Sthoulya*, etc.

Ingredients

SN	Ingredient	Quantity
1.	<i>Kushmanda Rasa</i>	1 <i>Drona</i>
2.	<i>Guda</i>	½ <i>Drona</i>

3.	<i>Trikatu</i>	8 Pala
4.	<i>Chaturjataka</i>	8 Pala
5.	<i>Indrayava</i>	8 Pala
6.	<i>Guduchu Satva</i>	8 Pala
7.	<i>Mocharasa</i>	8 Pala
8.	<i>Padmaka</i>	8 Pala
9.	<i>Loha Churna</i>	8 Pala
10.	<i>Bhunimba</i>	8 Pala
11.	<i>Dhataki Pushpa</i>	16 Pala

All above ingredients are mixed together in *Sandhana Patra* which is then sealed and placed for 1 month in a pit made in ground.

After completion of *Sandhana* it should be filtered and administered every day in conditions mentioned above.

Rasayana Arishta^[6]

As name suggest it is indicated for *Bala Vardhana* and *Vali Palitya Nashaka*. It is said to be formulated by Ashwini Kumar.

Ingredients

SN	Ingredients	Quantity
1.	<i>Pippali & Pippali Moola</i>	16 Pala
2.	<i>Shunthi</i>	16 Pala
3.	<i>Brhati</i>	16 Pala
4.	<i>Pashan Bheda</i>	16 Pala
5.	<i>Patala</i>	16 Pala
6.	<i>Devdaru</i>	16 Pala
7.	<i>Gokshura</i>	16 Pala
8.	<i>Jala</i>	64 Pala
9.	<i>Khanda Sharkara</i>	200 Pala
10.	<i>Loha Patra</i>	2 Pala

11.	<i>Mrudwika</i>	2 Pala
12.	<i>Shatapushpa</i>	2 Pala
13.	<i>Madhu</i>	2 Prastha

Kashaya of drugs from 1 to 7 is prepared and cooled down and then poured in *Sandhana Patra*.

Then all other ingredients are mixed in the *Patra* and then it is kept for *Sandhana*.

Sandhana is done in *Mrugashira*, *Pushya*, *Hasta*, *Rohini Nakshatra* for 12 nights and then after completion of *Sandhana* it is filtered and used.

CONCLUSION

Gada Nigraha consists of many such unique *Asava Arishtas* aimed at reviving health and combating diseases. This formulations are not been explored much. By looking into the combinations of ingredients one can imagine its efficacy. An effort should be made bring these wonderful formulations in lime light by formulating these formulations and standardizing their method of preparation there after proving its efficacy by clinical trials.

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