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INTRODUCTION TO AYURVEDIC DOSAGES FORMS

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AYURVEDIC DOSAGES FORMS :

- This system of medication is the most ancient method of treatment for all types of ailments.
- In this systems the crude drugs , metals, minerals, ghee, oil and stones etc, are used as medicine in various forms.

LIQUID DOSAGE FORMS :

1. Kwaths:

- It is also a decoction and is generally prepared by boiling one part of vegetable substance or drug (roots, woods, barks and leaves of fresh plant) in coarse powder or cut or sliced into small pieces with 8 or 16 parts of water in earthen pot till the whole is reduced to $1/4^{\text{th}}$ or $1/8^{\text{th}}$ or $1/16^{\text{th}}$ quantity of water.
- It should be prepared a fresh everyday.



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2. Arakas:

- These are distilled essences or liquors made by soaking drugs in water for 24 to 28 hours and then distilling the same. The distillate collected is called Arakas.
- These are just like aromatic waters prepared by distillation used in allopathic system of medicine.
- These are used in fever, dyspepsia and as cooling action when it is applied externally.

3. Arishtas :

- These are weak alcoholic preparations prepared by making a decoction of drugs and then allowing them to undergo fermentation by the help of raw sugar or honey.
- The fermentation is done for a period of 7 to 10 days in hot weather and for 15 to 30 days in cold weather. e. g. Dashmularishta, Ashokarishta



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4. Asavas:

- These are medicated alcoholic liquors prepared by the fermentations of raw vegetable juices with honey or jaggery or treacle. The various parts of the plant such as roots, leaves and barks etc and cut into pieces and infusion is prepared in water in air-tight earthen jars. Honey or treacle is mixed in it.
- The fermentation is done for at least 6 months.
- These are prepared by fermentation of the drugs, where as aristas are prepared by the fermentation of decoction of the drugs.
- Asavas are used as stomachic, stimulants, tonics and astringents etc. e. g. Kumariasva, Chandsnasva, Madhukasava.

5. Kanjika:

- It is a sour liquid produced from the fermentation of powdered paddy (*Brassica juncea*) and other grains.



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- It is a clear transparent fluid with an acid test and vinous smell.
- It is cooling, useful as a drink in fever and burning of the body etc.

6. Kshirpaka:

It is a decoction in milk which is prepared by boiling one part of drug in 8 parts of milk and 32 parts of water till the milk alone remains. The decoction is then strained.

7. Swarasas:

These are fresh expressed juices prepared crushing green fresh medicinal plants in mortar and expressed. Strain through a clean muslin cloth. e. g. Tulsi swarasa

8. Hima :

It is a cold infusion. One part of the drug put in 6 part of cold water and kept overnight in an earthen pot. Next day the drug is taken and macerated well and filter through a clean cloth. The preparation thus prepared is called Hemakalpana.



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9. Phanta:

It is hot infusion. The coarse powder of a drug is put into hot water, rubbed and filtered with a cloth. The preparation is not very potent.

10. Paniyas:

These are weak forms of decoction prepared by one part of medicinal substances in 32 or 64 parts of water, till water is reduced to half the quantity, strained and given to appease thirst.

11. Peya:

It is a decoction which is prepared by boiling one part of a cereal in 14 parts of water till it becomes thicker than that of Manda.

12. Manda:

It is decoction which is prepared in 14 parts of water and one part of cereal, usually rice.



13. Tailas:

- These are medicated oils which are prepared by boiling drugs in water, milk or other liquid substances mixed with oil until water content is evaporated. The oils thus prepared are generally meant for local applications.
- In some cases, the oils are used internally. e. g. Bhringaraga Tailas, Maha Naryan Tailas, Dhanvantra Tailas.

SEMISOLID DOSAGE FORMS:

1. Avalehas:

- These are thick extracts of the drugs. The decoction of the drug is prepared and after straining it is again boiled down to a thick soft consistency with sugar and honey.
- In case sugar is used in the preparation, the quantity used should be 4 times that of the drugs, where as in case of jaggery, its quantity should be twice that of the drug.



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- Avalehas are used for digestive troubles, respiratory problems and as a general tonic. e. g. Kushmanda Avaleha, Draksavaleha, Chyavanprasha.

2. Kalkas:

- It is a paste which is prepared by grinding dry or fresh whole vegetable substances, moistened with water on a flat stone or slab with a muller.
- It is then mixed with honey, ghee or oil which should be double the quantity of the drug. In case of sugar or jaggery is to be mixed, its proportion should be the same as that of the drug. e. g. Nimba Kalka.

3. Ghan:

It is a semisolid preparation, prepared by evaporation of the quaths to semisolid consistency. Ghans are mint for converting quaths to tablets or pills.

4. Ghritas:

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- These are medicated ghees or clarified butter. The ghrita or clarified butter is heated on fire to remove water.



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- A little turmeric juice is then added to purify it.
- The purified ghrita is melted with a gentle heat in earthen pot, copper or iron pan and then mixed with the medicinal paste and decoctions of medicines to be used.
- It is then boiled with gritas till the water content gets evaporated and it is free from the froth. It is then strained through cloth and preserved for used. It is meant for internal use.

5. Pakas:

These are jelly like soft preparations of drugs for internal use, made into paste or solid mass with sugar, milk or honey. The thin paste is also called Avaleha (linctus) and semisolid mass is called Paka. So pakas are two kinds, liquids and solids.

6. Murambas:

These are preparations of drugs or fruits made by soaking them in syrup or honey.



7. Malamas:

These are called ointments. These are semisolid or soft preparation meant for local application for various lesions. These are prepared by mixing drugs with ghee, vaseline, beeswax, and coconut oil etc..

8. Rasakriya:

In this semisolid preparations, the swarasa is extracted, boiled down to thick consistency so as to obtain semisolid preparation known as rasakriya. It is used mainly for the bitter drugs, so it will be easier for consumption and the dosage of the drug can be minimised. e. g. Daruhaaridra Rasakriya.

SOLID DOSAGE FORMS

1. Anjan:

These are medicated fine powder intended to be used in eyes for their local effect. To relieve pain, especially in the head, 'anjans' are recommended in Ayurveda.



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2. Bhasmas:

- These are ashes which are prepared from vegetable and mineral substances. The vegetable drugs are cut into a coarse powder or pieces and then brunt till they are completely reduced to ashes.
- The mineral ashes are prepared from metals. The metals are first subjected to purification by treatment with oil, fat free curd and cow's urine. The purified mass is oxidized and then subjected to a process of roasting.
- The roasted mass is reduced to a fine powder. Ashes are also prepared from various animal products such as hart's horn, pearls and cowries etc. e. g. Swaran Bhasma, Shnakha Bhasma, Loha Bhasma

3. Churnas:

- These are powdered mixtures prepared by mixing dry mineral, animal or vegetable substances in a pestle mortar. The powdered mixture is then passes through cloth, linen or fine sieve.



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- In case jaggery is to be mixed with powder, it should be equal to the quantity of churan and in case of sugar, it should be double the quantity of churan.
- Churans are usually taken with milk, hot water and cow's urine. Churans are usually given in bulk.
- Its action is quick but its effect is only temporary. e. g. Triphala Churnas, Sudarshan Churna and Ashwagandhadi Churnsa.

4. Rasas:

- These are preparations of metals containing mercury in any form. These preparations contain various kinds of poisons.
- They are made into pills and tablets so as to fix the proportion of the dose. These are generally taken with kvath, milk or water and sometimes with honey, ghee, or both.
- These are prepared either by Kharleya or Kupi pakva method.



5. Gutikas:

- These are large pills. These are prepared from the pill mass. The pill mass is prepared by reducing a decoction of vegetable substances to a thick consistency and then mixed with powdered medicines, raw sugar, honey, gum, guggule etc.
- The pill mass is then converted into pill pipes and finally converted into gutikas. e. g. Bilvadi Gutikas

6. Pisty:

It is prepared by mixing various stones with the rose arak or kavera arak till it is converted into a fine powder. It is considered to be better than Bhasmas of stones.

7. Varti:

These are called suppositories which are prepared in the same way as gutikas. e. g. Gudavarti



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8. Ksharas:

- Medicinal plants or herbs or specified parts of them are wholly or completely burnt and their ashes are allowed to dissolve or mix in water.
- It is filtered and then evaporated to a fine white residue, which is called Kshar.
- This is very effective preparation used in liver and spleen ailments.



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