

## ASAVAS AND ARISTAS

### *Definition*

Asavas and Aristas are medicinal preparations made by adding the drugs either in powder form or as Kasayas with solution of sugar or jaggery for a specified/stipulated period of time. Fermentation that generate alcohol, facilitates the extraction of the active principle contained in the drug. This self-generated alcohol also serves as preservative. The preparations made using kasaya are called Aristas and the other as Asavas.

### **ARISTAS**

- The drugs are coarsely powdered and the Kasaya is prepared. The Kasaya is filtered and kept in an earthen pot. The sugar or jaggery, according to the preparation, is added and dissolved.
- The drugs indicated as Prakshepa Curna are finely powdered and added.
- At the end, Dhataki Pushpa (*Woodfordia fruticosa*) flowers used as fermentation initiators) is added.
- The mouth of the pot is covered with the earthen lid and the edges are sealed with clay smeared cloth in seven successive layers.
- The pot is kept either in an underground cellar or under a heap of paddy.
- This ensures that for the duration of preparation, a constant atmospheric temperature is maintained, since varying temperatures may impede or accelerate the fermentation.
- After the specified period, the pot is removed, and the fluid is decanted without disturbing the sediment.
- Before decantation, it should be ensured that Sandhana (process of fermentation) has been completed.
- The mold (growth of bacteria / fungus) that may be found on the surface is also removed before decanting.
- After two or three days, when the fine particles of the sediment settle down the Arista is bottled.

### **ASAVAS**

- The required quantity of water is boiled. This is poured into an earthen pot and jaggery / sugar, etc, are dissolved.

- Finally powdered drugs mentioned in the formula are added.
- The pot is covered with lid and the edges are sealed with clay-smear cloth in seven successive layers. The rest of the process is as in the case of Arista.

### **General precautions**

- The pot that is used should not be new.
- Water should be boiled first in the pot.
- In the large scale manufacture, wooden pots or porcelain jars may be substituted for the earthen pots.
- Absolute cleanliness is required during the process.

Each time the pot should be fumigated with Pippali (*Piper longum*) curna and Ghee before the liquids are poured into it.

### **Characteristics**

- The filtered Asava or Arista should be cleared without any sediment at the bottom or at the top.
- It should not become sour (Chukra). The preparation has the characteristic odour of fermented liquor.

### **Preservation**

- Aristas and Asavas can be kept for any length of time.
- They should be kept in well stopper bottles or jars and stored in a cool place.

## **STANDARDISATION OF ASAVAS / ARISTAS**

### **Parameters**

- Description (Color, odor)
- pH
- Specific gravity
- Total solids
- Alcohol content
- Test for Methanol
- Reducing sugar
- Non - reducing sugar

- Identifications, TLC/HPTLC
- Total acidity
- Test for heavy metals (Lead, Cadmium, Mercury, Arsenic)
- Microbial contamination (Total bacterial and fungal count)
- Test for specific pathogens ( *E. coli*, *Salmonella spp*, *S. aureus*, *Pseudomonas aeruginosa*)

Pesticide residue (organochlorin pesticides, organophosphorous pesticides, pyrethroid)