

VATI AND GUTIKA

Definition

Vati and Gutika are presented as tablets or pills. These are made of various drugs of mineral, animal and vegetable origin.

Method of preparation

The vegetable drugs are dried and made into fine powders, separately. The minerals are reduced to Bhasma or Sindura.

In cases where Parada (Mercury) and Ganahaka (sulfur) are mentioned, Kajjali (black sulphide of mercury) is made first and other drugs added according to the formula.

These are put into Khalva and ground to a soft paste with the prescribed liquids.

- When more than one fluid is mentioned for grinding, they are used in succession.
- When the mass is properly ground and is in a condition to be made into pills.
- Sugandha dravyas, like Kasturi, Karpura etc, if "mentioned, are added and ground again.
- The criterion to determine the final stage before making pills is that it should not stick to the fingers when rolled.
- The pills may be dried in shade or under the sun in accordance with the textual directions.
- In case where sugar or jaggery (Guda) is mentioned, then Paka of these should be made in low fire and removed from the oven.
- The powder of the ingredients are added to the Paka and briskly mixed. When still warm, Vatikas should be rolled and dried in shade.

Preservation and characteristics

Pills made of vegetable origin kept in air tight containers can be used within two years. Pills made of minerals can be used for an indefinite period.

Gutikas and Vatis should not lose their original color, smell, taste and form. When sugar, salt or ksara is an ingredient, the pills should be kept away from moisture.

General principles relating to usage period

Texts of Ayurveda recommended for various preparations, the periods for which they can retain potency.

The following are intended to serve as guidelines for the purpose.

Pharmaceutical preparation	Period
Curna yoga	6 months
Gutika vati	12 months
Avaleha, Ghrta and Taila	16 months
Asava and Bhasma	Indefinite

All the prepared medicines shall normally be kept in air light glass jars or porcelain jars and shall not be exposed to light or air.

Standardization of Gutika

- Description
- Weight variation
- Uniformity of weight
- Disintegration time
- Identification TLC / HITLC / GLC
- Test for heavy metals (Lead, Cadmium, Mercury, Arsenic)

Microbial contamination (Total bacterial count, Total fungal count)

- Test for specific pathogen (*E. coli*, *Salmonella spp*, *S. aureus*, *Pseudomonas aeruginosa*)
- Pesticide residue (Organochlorine pesticide, Organophosphorus pesticides, Pyrethroids)
- Test for allatoxins (B1, B2, G1, G2) were carried out as per procedures given in standardization of Curnas