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RESEARCH ARTICLE

AN APPROACH TOWARDS NOVEL UNIFICATIONS OF AYURVEDIC DRUGS AND FORMULATIONS

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ABSTRACT

Today *Ayurveda* has been gaining popularity throughout the world. The *Ayurvedic* products are prepared from single herb, combination of herbs, metals, minerals and animal products. The increasing demand for the classical *Ayurvedic* preparations and the alarming rate of disappearance of the resource of the ingredients, led us to think of the Novel Unifications of Drugs and Formulations. These formulations can give us an effective result provided the Selection of apt drugs is done. Also the consideration of the basic principles of *Bhaishajya Kalpana* like the role of the *Rasa Panchakas*, *Maatra pramana* and understanding the *Karma* of the drug plays an important role. In the end, formulating in the best suitable form which can give the maximum desired result in a single or compound preparation can be helpful. And, thus development of an effective Novel Unified Drugs and Formulations can be done. This work is an attempt made to throw light on how we can proceed with the novel unification of drugs and formulations (*Ayurvedic*), its benefits and the challenges faced.

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INTRODUCTION

To begin with, In *Ayurveda Vaidyas* were using medicines which they used to directly prepare in the clinic and mix it as and when required, based on the patient's need. Then they started preparing medicine which can be stored for long duration like *Churnas*, *Vati*, etc. This gave an opportunity for marketing their products. Later on various preparations were available, which had same name but contained different ingredients. Hence, govt made a rule that these references should be shown in the label so that the physicians can refer to these books. As the market widened and the need increased, separate pharmacies were started which took up the preparations of *Ayurvedic* medicines. In this era, Patent/Proprietary Medicines containing Novel formulations focusing mainly on the diseases eg-cough, arthritis, insomnia, etc came into existence. Here most of the time ingredients having the same effect or indication are mixed to get better effect. While doing so they might not have concentrated on basic doctrines of *Bhaishajya Kalpana* like *Rasa-panchaka siddhanata*, *Matra Pramana*, etc. So, how to proceed for the novel unifications of drugs and formulations (*Ayurvedic*) is the main area taken up here.

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MATERIALS AND METHODS

How can we proceed for novel unification?

- By selecting the apt drug.
- By making the apt combinations of drugs.
- By formulating drugs in a form by which it can give the desired action.

A. Selection of a drug

How a drug should be selected?

- Action required.
- Site of action of a drug on a (*Strotas*)/on a particular System.
- Considering the *Roga* and *Rogi Prakriti*.
- Considering its *Guna*, *Karma*, *Vipaka*, *Virya* and *Prabhava* [Dhyani, 2003].

Action of a drug is based on

- *Gunaadi Prabhavavat*.
- *Panchabhautika* composition of a drug [ibid].
- *Samanya Vishesha Siddhanta* [Dhyani, 2003].

Site of action of a drug

The site of action also involves action of a drug on a particular *Samprapti*^[4] and the *Strotas* involved.

B. By making the apt combinations of the drugs

Following can be the considerations:

- *Samanya –Visheshha Siddhanta* [Dhyani, 2003].
- Similar *Karma*.
- Same Site of action of a drug.
- Similarity in *Gunās*.
- Similar *Vipaka*.
- With the proper combination of *Veerya* of *Dravyas*.

C. By formulating it in a proper dosage form:

- Palatability- to the majority of the patients.
- Enhancement of the potency of the *Dravyas*- For eg,

The drug giving its most effective result in its aqueous form should be used in the formulated in the form of *Kashaya* only. The lipid soluble drugs should be made use in the form of *Ghrīta* and *Taila*. The volatile extracts can be given in the form of *Hima* and *Phanta*. The alcoholic soluble drug should be formulated in the form of *Asavas* and *Arishtas*.

RESULTS

The novel unifications of the drugs and formulations can give the scope for the pharmaceutical industry to come out with the new formulations which can give effective results like the classical preparations and thus helps in utilizing the available resource judiciously.

DISCUSSION

What all can be the flaws in doing novel unifications of drugs and formulations?

- Role of *Rasapanchaka* might come into picture.
- Cost of novel formulations^[5].
- Assurance regarding the Efficacy must be checked prior by a clinical or an experimental study.

How much relevant they can be?

Can be relevant as we will be sure regarding

- The site of the action of the drug.
- Mode of action of an individual drug.

Facts

- There are various classical preparations available in the market which contains ingredients whose supply is less as compared to the rate of the sale of its compound formulations. Eg- *Chyawanprash* [ibid].
- Not all the drugs required in a single classical formulation are always available. Eg- *Chyawanprash*^[6].
- In absence of a single drug in a compound formulation the assurance of getting the same result can be questioned.
- By substituting the drug with the other drug, drug interaction should also be taken into the consideration.
- And thus, the scope for the novel unifications of the drug and formulations come into the picture.

A proper unified novel drug and formulation, accessed prior for the quality of its drugs based on the active ingredient and safety and efficacy of the product as per the WHO guidelines for formulation and raw material can be of great help in judiciously using and preserving the available resources.

Conclusion

The major resource –medicinal herbs are disappearing at an alarming rate. They are not only having a significant role in the diseased condition but also serve as a potential matter for maintaining proper health. A properly unified drug and formulations can offer as a potential solution for the medical fraternity and can also contribute in preserving the resource of *Ayurveda*.

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