



CRITICAL STUDY OF KUMARYASAV – A REVIEW

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ABSTRACT **Background-** Sandhan Kalpana are one of the best dosage forms of Ayurveda done in order to establish the change in qualities/properties of drug either by inducing a new property or improving the existing one and finally making the drug safe and effective. Kumaryasav is one of them. It is commonly used medicine in clinical practice. There are six different references of Kumaryasav in Granthas like *Gadanigraha*, *Siddhabheshajmanimala*, *Yogratnakar*, *Sharangdhar Samhita* and *Anubhuta yoga like Kumaryasav no.3*. **Aim:** 1] To study the critical aspect of Kumaryasav. **Material and Methods:** Collection and discussion of different references from Texts. **Conclusion:** 1. The detailed critical study of Kumaryasav with various references, documentation in logical, sequential manner helps in developing valuable collective data of formulation. 2. It will be helpful to use this kalpa according to dosh- *Anshansh kalpana*

KEYWORDS : Bhaishjyakalpana, Kumaryasav, Gulma, Menstrual disorder.

INTRODUCTION

Kumaryasav commonly used in Ayurvedic practice, There is scattered information about different ingredients and their proportions, so there is need to gather all these data and compile it to make simple approach for this formulation.

Ayurvedic herbal dosage forms are formulated through the transference of active ingredients by different manufacturing processes. Among these dosage forms, 'Sandhana Kalpana' is a unique form in which acidic and alcoholic fermented formulations are prepared. In order to manufacture these medicines, liquid basic drugs (juices or decoctions) are kept for fermentation as indicated in the classics. Sandhana Kalpana includes all fermented products.

Asav and Arishtas are included in Ayurveda since Vedic period, *Koutilya Arthashastra*, *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya*, *Bhaisajya Ratnavali*, *Sarangadhara Samhita*, *Yogaratanagaram*, *Asavarishtasangragam* and *Astanga Sangraham explained many innovations in sandhan kalpana*.

The word Asava signifies the process of preparation (*Esham Asavanam Asutatvat Asava Sanjna*). That which is prepared by the process of fermentation is called *asav*. There is self-generated ethyl alcohol in *Asav and Arishtas*. There are subjective parameters for *asav-Arishtas* for finished drug testing. In modern era Analytical and advanced Biotechnological Techniques are utilised for Quality control of *Asav-Arishtas*.

Undesirable sugars removed from plant material by fermentation and extracts active ingredients so increases bio-availability of drug by eliminating its side effects. So Alcohol creates active transport system and removes constituents from herbal material to mainstream.

Kumaryasav mentioned in Gadanigraha, Yogratnakar, Sharangdhar Samhita, Siddhabheshajmanimala. Anubhuta yoga of Kumaryasav is also available in market as Kumaryasav 3, and these references used for collection of data. *Rogadhikar is Yakrut, Pliha, gulma, Udavarta* in all Granthas. Ingredients and their proportions are different in all references.

AIMS AND OBJECTIVES-

1) To study critical aspect of Kumaryasav.

Objectives-

- 1) Collection of review of different references of the formulation from texts.
- 2) To discuss similarities and differences of the formulation.

MATERIAL AND METHODS-

The study has been done in following steps

Theoretical study-

The name Kumaryasav came due to major portion of it is having Kumari swarasa. The references for Kumaryasav has been stated as below

1) Gadanigraha (Asavadhikara) -

This text written by Acharya Shodhal in 12th century. *Gadanigraha* explained 60 *Asav-Arishtas* mentioned on adhyai 6. Kumari swarasa with *Dashmool, Pushjkarmool, Dhanvayasa, Poonarnava and Guduchi like 63 ingredients are there. Rogadhikara explained as Dhatukshaya, shwas, kasa, Ashthilika, Hridroga, Gulma*

2) Gadanigraha adhyai 6 (Asavadhikara) -

Only 12 dravyas are explained in this reference. same rogadhikara as above.

3) Siddhabheshajmanimala -

This book is written by Krishnaram Bhatt in 19th century. Lavan and Kshara with Kumari swaras mentioned.

4) Yogratnakar -

Collection of formulations and material used in medicine. It is written by Vrinda in 17th century. Market preparations of Kumaryasav Have *Yogratnakar* reference. with *Kumari swaras, haritaki kwath* is mentioned. It is mentioned in *Gulma rogadhikar*.

5) Sharangdhar Samhita -

Written by Acharya Sharangdhar son Damodar in 14th century. It is the basic Grantha of *Bhaisajya kalpana*. Total 14 *Asav Arishtas explained Kumaryasav* is one of them.

6) Anubhuta Yog i.e. Kumaryasav no.3 -

Same as *Yogratnakar* reference but *Loha and Tamra bhasm* are not added in it and it is prescribed for kids only.

7) AFI -

This book mentions 57 *Asavaristas* in Parts I(37), II (3) and III (17), under the publication by Department of AYUSH, Government of India, with complete detail of ingredients with their parts, proportion of each formula and therapeutic uses.

Yogratnakar reference is taken in AFI.

कु माचाश्र रसोद्रेणे गुडं पलशतं तथा / तुलतां िसंख्या विजयां काथयेत्तजलामाणे //
१ // चतुथांशशिषे तु पूते तस्मिन्विधापयेत् / मधुन / ऽऽढकं दक्षा घातक्या विपलाष्टकम्
//२//

विग्धभाण्डे विवनस्मिष्य कलकं चैः प्रदापयेत् / जातीफलं लिङ्गं च कं कोलेच कषाबकम्
 //3|| जविला चव्यवचत्रं च जावतपत्री सकका िम् / अक्षं पुष्करमूलं च प्रत्येकं च पलं
 पलम् // ४ // भृतं शुल्वं तथा लोहं शुस्मिमात्रं प्रदापयेत् / भूमां िा धान्यराशौ िा
 स्थापयेविनिविशवतम् //

तमुभृत्य वपनेन्मात्रां तथा चाविबला िलम् / पञ्चकासं तथा श्वासं चयरोगं च दारुणम् //६//
 उदरावण तथाऽष्टौ च षडशावस च नाशयेत् / िातव्यावधमपिरमन्यान् रोगान्
 सुदारुणान् // Yoegratnakar Gulmarogadhikar

Table no.1 Ingredients of Kumaryasav according to Yoegratnakar-

Sr. No.	Ingredients	Latin Name	Quantity
1.	Ghrut kumari/Kumari swarasa	Aloe vera	1 drona(12.228 kg)
2.	Guda	Jaggery	100pala(4800gm)
3.	Vijaya/Haritaki	Terminalia chebula	25 pala(1200gm)
4.	Jala	Water	1drona(12.228 kg)
5.	Madhu	Honey	256Tola(3072gm)
6.	Dhataki pushpa	Woodfordia Fruticosa	64 Tola(768 gm)
7.	Jayphal	Myristica fragrans	2 pal (96 gm)
8.	Lavang	Syzygium aromaticum	2 pal (96 gm)
9.	Kankola	Piper cubeba	2 pal (96 gm)
10.	Kababchini	Piper cubeba	2 pal (96 gm)
11.	Pippali	Piper longum	2 pal (96 gm)
12.	Chavya	Piper retrofractum	2 pal (96 gm)
13.	Chitrakmool	Plumbago indica	2 pal (96 gm)
14.	Javitri	Myristica fragrans	2 pal (96 gm)
15.	Kakadshingi	Pistacia integerrima	2 pal (96 gm)
16.	Beheda	Terminalia bellirica	2 pal (96 gm)
17.	Pushkarmool	Inula Recemosa	2 pal (96 gm)
18.	Tamra bhasma		1 pal (48 gm)
19.	Loha bhasma		1 pal (48 gm)

Procedure-

A.Method of preparation of Kumaryasav- Purvakarma- Selection of sandhana patra-use porcelin pot for Sandhana Patra samskara-Dhoopana should be done after cleaning and drying of the pot

Pradhan karma-For Fanta preparation, Take dhataki pushpa and add 4 times of water in it and filter through cotton cloth

- 1) Haritaki kwath prepared by ratio 1 : 16 and reduced to 1/4th
- 2) Kwath filtered and kept in clean, sterile container
- 3) Guda is added in Haritaki kwath and the kwath is filtered again
- 4) Kumari swarasa added to this mixture.
- 5) Prepared Dhataki pushpa Fanta is added to above mixture.
- 4) Prakshepa dravya, Loha bhasm, Tamra bhasm, Dhataki pushpa Phanta and madhu added in required quantity. All contents mixed well and mouth of container is sealed.
- 5) Containers should be kept in dry place n periodically checked for signs of completion of fermentation.
- 6) Fermented liquid should be filtered and packed in airtight container.

Paschatkarma-

The onset of fermentation should be observed after 10 days. Then cotton cloth should be removed and proper sandhibandhan carried out. After 30 days if fermentation completed, then filtration done by cotton cloth, obtained kumaryasav was kept in airtight container.

Table no. 2 Showing different references of Kumaryasav-

Name	Ingredients	Sandhan Kaal	Dose	Rogadhikar
Gadani gra ha Adhyai 6 Asavad hik ara	Kumari swaras - 1dron, dashmool 1/2dron, puahkarmool -1/4 dron, dhanvayasa- 1/8 dron, Chitrak-1/8 dron,	1 maas	1Pala	Dhatukshaya, Ka sa, Shw asa, Panchvidha arsha, vataroga, Grahani, Kamala, Halima kaUdavarta,

Name	Ingredients	Sandhan Kaal	Dose	Rogadhikar
	Amruta-1/2 prastha, haritaki-1/4 prastha, Lodhra, Amalki, Tandulja Mool, Manjishtha, Baheda, Chavya, Kushtha, Yashti, Khadir, Devdaru, Vidang, Pippali, Bhargi, Ashtavarga (Jeev aka, rushbhak, Med a, Mahameda, Ruddhi, Kak oli, Ksheerkakoli,) Jeeraka, Kramuka, Rasna, Shathi, Renuka, Kadshingi, Haridra, Priyangu, Jatamansi, Nagarmotha, Sariva, Vasa, Shatavari, Indrajava, Nagkeshar, Poonarnava-each 4 ser- Kwath -1/4 th shesh Madhur dravya Mrudwika-1 ser, Madhu-4ser, Guda-25 ser Sandhan dravya-Dhataki pushpa-1.5 ser			Gulma, Adhmana, Kukshishool, Pratyadhmana, Gudagraha, Ashthilika, Hridroga,
	Prakshepa dravya Lavang, Kankola, Shweta chandan, Chaturjat, Pippali, Maricha, Jayphal, Javitri, Tejpatra, Aakarkara, Kouch, Ajmoda, Vacha, Khadira, Chitrak, Jeerak, Ushir, Shunthi, Nagarmotha, Dhanya k, Hapusha, Tintidik-each 2 pala			
Siddha bhe shaj manimala	Kumari swarasa-1aadhak, Madhur dravya-Guda-40 tola, Mandurabhasm, Tankana, Yava kshar, Sajjik shar, Saindhav, Souvarchal, vidalavana, Samudra lavana, Kaacha lavana, Navsagar-each 5 tola	8 days	-	Yakrut, Pliha, Uudara
Gadani gra ha adhyai 6	Kumari swarasa-1/2 tula Madhur dravya-Guda-1/4 tula, Prakshepa dravya-Chaturjata, Lavang, Saindhav, Haridra, Daru haridra, Pippali, Maricha, Akarkara, Vacha, Javitri, Vidang-each 5 tola, Sandhan Dravya-Dhataki pushpa-5 tola	15 days	1/2 pala	Udavarta, Gulma, Adhmana, Parshva shool, Agnimandya, Kaphagha, Udarvyadhi, Shwasa, kasa, hikka
Yoegratnakar, Gulmarogadhikar/ AFI	Kumari swarasa-1drona, Madhur dravya-Guda-100pala, Madhu-1 Aadhak, Sandhan dravya- Dhataki pushpa-16 pala Haritaki-25, Jala-1 drona Prakshepa dravya Jayphal, Lavang, Kankola, Kababchini, Pippali, Chavya, Chitrakmool, Javitri, Kakadshingi, Beheda, Pushkarmool-Each 4 tola	20 days	Agnibalanusar	Panchkaasa, Shwasa, Kshaya, Ashtha, Uudara, Shad arsha, Vaata vyadhi, Apasara

Table no.3 showing proportion of dravadravaya, madhur dravya and sandhan dravya

Reference	Dravadravaya	Madhur dravya	Sandhan dravya
Gadani graha	14.8	20	1
Siddhabheshajmanimala	6.4	1	Not mentioned

Gadanigraha	2.4	1.2	1
Yogratnakar	1.7	1	1
Sharangdhar Samhita	31	18.75	1
Anubhut Yoga	1.7	1	1

- 4) Chuneekar Krishnachandra , Bhavprakash Nighantu ,Choukhambha Bharati Prakashan,Varanasi Edition-2018.
- 5) AFI part 1,The controller of Publications,edition2003,2nd edition,Asav-Arishta pg no.11.
- 6) Bramhashankar Shastri Yogratnakar Uttarardh pg.no.40. Choukhambha prakashan, Varanasi

Analysis of action of Kumaryasav-

Kumari is having Rasa-Tikt-madhur,Vipaka-Madhur,Virya-Sheet Guna-Guru,snigdha,Picchil, Prabhav-Bhedana, Doshaghната-Excretion of Aamashay- Pakvashayokt Kapha-Pitta-Vata Due to Tikt rasa of Kumari Yakrutottejanhappens which helps in constriction of large intestine muscles which increases secretions and it helps in cleaning of intstines.

Shukra-Artava vaha strotas-

Snigdha and Picchil guna and Sheet virya are Shukravardhak, shukragni Deepak and vrushya. So it is given in rasaraktadi dhatukshaya and Ojakshaya.

Works as Garbhashaya shodhak and improves Rajapravrutti.Haritaki is lavanvarjit Kashay pradhan panchrasatmak,Vipaka-madhur,virya-Ushna,it gives bala to Aantragata Mansdhatu and improves constipation.In drug form like Asav, its properties gets increased and works on Annavaastrotas as Deepak,Pachak,Stransak,and improves Agnimandya mootral,Balya,Shoth hara,Raktprasadak ,also works on Garbhashaya,Beejkosh,Beejvahini and improves Rajapravrutti.

DISCUSSION-

Kumaryasav is mentioned in Gadanigraha (2references), and Yogratnakar. This drug is mentioned in Gulma,Kaasa, Shwas,Udara, Arsha, Vatvyadhi, Apasmara because it mainly works as Deepan, pachan, stransak,balya,mootral,Rajapravartak.

In pharmaceutical aspect there are difference in ingredients and proportion of ingredients.In Gadanigraha 2nd reference Kumari swaras is ½ tula and madhur dravya is ½ of swaras ,less number of prakshepa dravyas are mentioned.,sandhan kala is 15 days. Siddha bsheshajmanimala reference Kumari swars is 1 Aadhak and madhur dravya is 40 tola,no prakshepa dravya kshar and panchlavana are mentioned,sandhan kala is 8 days.

In Gadanigraha Adhyai 6,1st reference Kumari swaras is 1 drona,Madhur dravya madhu,Guda,Mrudvika are mentioned,sandhan kala is one month,In another reference Kumari swaras is ½ tula,only Guda is mentioned as madhur dravya and sandhan kala is 15 days.

In Yogratnakar and Sharangdhar reference Kumari swaras ,madhur dravya Madhu and Guda are in same proportion.Except Haritaki kwath with Kumari swaras is mentioned in Yogratnakar. Yogratnakar mentioned sandhan kala as 20 days,while Sandhan kala is not mentioned in Sharangdhar means vaidya should observe Asav-Arishta siddhi lakshans and use it in Patients.

Yogratnakar added Loha and Tamra bhasm each 2 tola,while Sharangdhar mentioned Loha bhasm ½ tola,Makshik bhasm ½ pala in preparation.

CONCLUSION-

Kumaryasav is one of the most commonly used Kalp in clinical practice.It is simple,effective and economically cheaper formulation. There are different references with different proportions of ingredients and sandhan kala. But Rogadhikar mentioned are Gulma,Yakrut, Pliha, Artav vaha strotas. So we can prepare it according to patients prakruti and disorders.It is available in market as Kumari Asav no.1 and Kumari Asav no.3 These are according to Yogratnakar reference. Kumari Asav no.3 can be used in pediatric patients for krumi,Agnimandya etc.

In Siddhabsheshajmanimala Sandhan kala mentioned is 8 days i.e. very less,that may be because of ingredients ,these are kshara and lavanas, Sandhan dravya (Dhataki pushpa) is not mentioned. Maximum Sandhan kala is mentioned in Gadanigraha 1st reference i.e 1 month, that may be because of more number of ingredients of the Kalpa.

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