



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. Anubhut 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 Bhaishajya kalpana. Total 14 Asav Arishtas explained Kumaryasav* is one of them.

6) Anubhut 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 //

Yogratnakar Gulmarogadhikar

Table no.1 Ingredients of Kumaryasav according to Yogratnakar-

| 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,Pi ppali, Bhargi,Ashtavarga(Jeev aka,rushbhak,Med a, Mahameda,Ruddhi,Kak oli,Ksheerkakoli,) Jeeraka,Kramuka,Rasna, Shathi,RenukaKa kadshingi, Haridra,Priyangu,Jatama nsi,Nagarmotha,S ariva, Vasa,Shatavari,Indrajava ,Nagkeshar, Poonarnava-each 4 ser- Kwath -1/4 th shesh Madhur dravya Mrudwika-1ser,Madhu-4ser,Guda-25 ser Sandhan dravya-Dhataki pushpa-1.5 ser | | | Gulma,Adhm ana,Kukshishoo l, Pratyadhmana, Gudagra ha,Ashthilika,H ridroga, |
| | Prakshep dravya Lavang ,Kankola,Shweta chandan,Chaturjat, Pippali,Maricha,Jayphal,Javitri ,Tejpatra, Aakarkara,Kouch,Ajmoda,Vac ha,Khadira, Chitrak, Jeerak,Ushir,Shunthi,Nagarmo tha,Dhanya k, Hapusha,Tintidik-each 2 pala | | | |
| Siddha bhe shaj manim ala | Kumari swarasa-1aadhak, Madhur dravya-Guda-40 tole ,Mandurabhasm,Tankana,Yava kshar,Sajjik shar,Saindhav,Souvarchal,vida lavana,Samudra lavana,Kaacha lavana,Navsagar-each 5 tole | 8 days | - | Yakrut,Pliha ,Udara |
| Gadani gra ha adhyai 6 | Kumari swarasa-1/2 tula Madhur dravya-Guda-1/4 tula, Prakshepa dravya- Chaturjata,Lavang,Saindhav,H aridra,Daru haridra,Pippali,Maricha,Akark ara,Vacha,J avitri,Vidang-each 5 tola, Sandhan Dravya-Dhataki pushpa-5 tola | 15 days | ½ pala | Udavarta, Gulma,Ad hm anaParshva shool, Agnimand ya,Kaphag hn a,Udarvya dhi,Shwasa ,k asa,hikka |
| Yogratn ak ar,Gul mro gadhika ra/ 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,Kaba bchini,Pippa li,Chavya,Chitrakmool,Javitri, Kakadshingi, Beheda,Pushkarmool-Each 4 tole | 20 days | Agnib alanus ar | Panchkaas a,Shwasa, Ks hayAshta, Udara, Shad arsha,Vaata vyadhi,Ap as mara |

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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