



A REVIEW ON ASHTASHATHO ARISHTA

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ABSTRACT

Ashtashatho arishta is an *arishta* preparation told by *Acharya Charaka* in the treatment of *Shotha*. It is a *sandhana Kalpana* in which *Charakacharya* specified *kala* for *sandhana prakriya*. The time required for fermentation is said to vary according to *ushnakala* and *sheethakala*. *Sandhanakala* of *Ashtashatho arishta* is explained as 7 days in *ushnakala* and 14 days in *sheethakala*. The main ingredients of *Ashtashatho arishta* includes *kashmarya*, *Haritaki*, *Vibhitaki*, *Amalaki*, *Maricha*, *Pippali*, *Drakshaphala* and *Purana guda*. Mostly, *Arishta - Asavas* are kept in *gritha liptha bhajana*, but *Ashtashatho arishta* is kept for *Sandhana* in *madhu liptha bhajana*. In general *Arishta* preparations, *dhataki pushpa* acts as *sandhana dravya* but in case of *Ashtashatho arishta* as *Acharaya Charaka* has not mentioned about any *sandhana dravyas* separately, *Drakshaphala*, *purana guda* and *madhu* acts as *sandhana dravya* and as sweetening agent.

Keywords: *Ashtashatho arishta*, *sandhanakala*, *ushnakala*, *sheethakala*

INTRODUCTION

Bhaishajya Kalpana is a branch of Ayurveda that basically deals with the preparation of medicinal formulations. The word *Bhaishajya* means *Aushadha* (drug) and *Kalpana* means *Yogana* (planning), i.e., the ideology of making use of different drugs ¹. *Sandhana Kalpana* is a unique dosage form of Ayurveda therapeutics in which acidic and alcoholic fermented formulations are prepared. In order to manufacture these medicines, liquid base drugs such as *swarasa* (juices) and *Kashaya* (decoctions) are kept for fermentation.

Chronologically, *sandhana Kalpana* may be revealed in each period of Indian Civilization; i.e., from Vedic period to till date. In Vedic rituals, the knowledge of fermentation was advanced ^{1,2}.

The references of *Ashtashatho arishta* is available in *Charaka Samhita Swayadhu roga chikitsadhyaya*. *Sandhana kala* of *Ashtashatho arishta* is mentioned by *Acharya Charaka* as 7 days in *Ushna kala* and 14 days in *Sheeta kala*. The main ingredients are *Kashmarya*, *Hareetaki*, *Vibhitaki*, *Amalaki*, *Maricha*, *Pippali*, *Draksha* and *Purana Guda*. An exception in case of *sandhana patra lepana*. i.e., *madhu lipta bhajana* is mentioned in *Charaka Samhita* ¹¹. It is explained in *Bhaishajya ratnavali abhava prakarana*, chapter 4 (*abhava pratinidhi*) as; if *purana guda* is not available, *naveena guda* kept in intense sunlight for 4 *yaama* can be used as it serves the properties of *purana guda* ⁴. It is indicated in *vatakaphaja shotha* and *vibandha*. It also helps in *agnideepthi* ².

Sandhana kala vary from formulation to formulation. Commonly 30 days are explained in classics for *sandhana kala* with some exceptions. *Sandhanakala* of *Ashtashatho arishta* is explained as 7 days in *ushnakala* and 14 days in *sheethakala*. It has comparatively lesser *sandhana kala* and lower number of ingredients than other *arishta* used in similar indications ².

MATERIALS AND METHODS

Table 1: Ingredients and their quantity

Sl.no:	Ingredients	Quantity
1	<i>Kashmarya</i>	100 pala
2	<i>Dhatri</i>	100 pala
3	<i>Maricha</i>	100 pala
4	<i>Abhaya</i>	100 pala
5	<i>Aksha</i>	100 pala
6	<i>Drakshaphala</i>	100 pala
7	<i>Pippali</i>	100 pala
8	<i>Purana guda</i>	100 pala
9	<i>Jala</i>	1 drona

METHOD OF PREPARATION:

In Bhaishajya Ratnavali Bhashateeka Samhitha 4th chapter (paribhasha prakaranam), 58-59 sloka; it is mentioned that in case of purana guda abhava, naveena guda kept in sunlight for 4 yama can be used.

Kashmarya, dhatri, maricha, abhaya, aksha, drakshaphala, pippali and *purana guda* are taken in the quantity of 100 *pala* each in a *sandhana patra* smeared with *madhu*. Add 1 *drona* of *jala* to it. The mouth of the container is sealed and kept in *tusha madhya* for 7 days in *ushna kala* and 14 days in *sheeta kala* ³

Table 2: Rasa panchaka ⁵

Ingredients	Rasa	Guna	Veerya	Vipaka	Karma
Kshmarya	Tikta,Kashaya, Madhura	Guru	Ushna	Katu	Vatapittahara, Bhedana Shothahar, Dipana-pachana Medhya
Dhatri	Amla pradhana pancha rasa	Guru Sheeta	Sheeta	Madhura	Tridoshaghna, Rasayana, Virechanopaga,Vayasthapana
Maricha	Katu	Laghu Tikshna	Ushna	Katu	Kaphavatahara, Dipana,Rasayana, Prajasthapana,Hridya
Abhaya	Kashaya	Laghu Ruksha	Ushna	Madhura	KaphapittaharaKeshya VirechanopagaVrishya Brimhana
Aksha	Kashaya	Laghu Ruksha	Ushna	Madhura	Vatapittahara, Keshya Chakshushya,Bhedana, Madakari
Draksha	Madhura	Snigdha Guru Mridu	Sheeta	Madhura	Vatakaphahara,Dipana, Vrishya,Rasayana
Pippali	Katu	Laghu, snigdha, Tikshna	Ushna	Madhura	Vatakaphahara,Dipana, Vrishya, Rasayana
Purana guda	Swaduthara (much sweeter than naveena guda)	Laghu Snigdha	Sheeta	Madhura	Tridoshaghna, Agnideepana Hridya, Mutrashodhaka Vitshodhaka

Indication: it is indicated in *shopha* and *vibandha*

DISCUSSION AND CONCLUSION

Due to the karma of the drugs like bhedana, shothahara, virechana, dipana, vitshodhaka, tridoshahara etc, Ashtashatho arishta acts well in diseases like shotha and vibandha. Also the formulation has comparatively lesser *sandhana kala* and lower number of ingredients than other *arishta* used in similar indications ¹⁰. Nowadays, Pharmacies are focused to prepare effective medicines with lesser ingredients due to scarcity of raw materials with less time and labour.

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