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Therapeutic Appraisal of *Phalatrikadi Yoga* with *Lekhaniya Mahakashaya* in *Medoroga* w.s.r. to Metabolic Syndrome: A Review.

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ABSTRACT:

Santarpanottha Vikaras (diseases due to excessive nutrition) are increasing in current era due to faulty lifestyle. Medodushti (disorders of fat metabolism) serves as one of the important etiological factors in most of these disorders including dyslipidaemia, obesity, metabolic syndrome etc. Obesity and Metabolic syndrome (MS) are interconnected disorders having global prevalence, which are associated with physiological, biochemical, clinical and metabolic abnormalities. Both disorders directly influence the risk of cardiovascular disease (CVD) and diabetes mellitus. MS is considered as a first order risk factor for atherothrombotic complications. Pharmacodynamic attributes i.e., Tikta, Katu, Kashaya Rasa, Laghu, Ruksha, Tikshna Guna and Ushna Veerya, Katu Vipaka have individual effect in obesity. Katu Vipaka is having more significant influence in producing Medohara, Lekhana and Karshana karma which is important for management of obesity. It will also help in selection of drugs for the management of Medoroga. Overall, the drugs having dominance Kaphavata shamaka, Dipana, Pachana (digestion), Srotoshodhana (channel cleansing), and Medohara (lipolytic) properties are found to be effective in the management of Medoroga w.s.r. Metabolic Syndrome. In this context, Ayurvedic formulation is selected to laid down an emphasis on its therapeutic potential based on Ayurvedic pharmacodynamic and contemporary work done by the researchers of biomedical sciences.

Keywords: *Ayurveda, Medoroga,* Metabolic Syndrome, *Lekhaniya Mahakashaya, Phalatrikadi Yoga*

INTRODUCTION

Metabolic Syndrome is a cluster of metabolic abnormalities that includes hypertension, central obesity, insulin resistance, low high-density lipoprotein, hypertriglyceridemia and hyperglycaemia. ^[1] The prevalence of MS among adult population in India was 30% (95%CI: 28%-33%). There was a steady increase in the burden across the age groups from 13% (18–29 years



group) to 50% (50–59 years). We also found that people living in urban areas (32%; 95%CI: 29%-36%) had higher prevalence when compared to tribal (28%; 95%CI: 21%-36%) or rural adults (22%; 95%CI: 20%-25%). Gender distribution of MS showed that the females had higher prevalence (35%; 95%CI: 31%-38%) when compared to males 26% (95%CI: 22%-29%).^[2] It has gained significant importance recently due to the exponential increase in obesity worldwide. India is reported to be positioned as the third amongst the countries having the highest rates with a prevalence of 11% amongst adolescent and 20% among adults.^[3] Growing prevalence of obesity worldwide is an increasing concern surrounding the rising rates of diabetes, coronary, and cerebrovascular diseases. The total risk of death is increased by a factor of 1.5 compared with nonmetabolic syndrome. MS is considered as a first order risk factor for atherothrombotic complications. Its presence or absence should therefore be considered as indicator of long-term risk.^[4] In Ayurvedic prospective, concept of MS is remarkably resembling with over-nutritional disorders (Santarpanajanya Vikaras), which include Medoroga / Sthaulya (obesity), Prameha (diabetes), Hrdroga (cardiac disease) etc. Faulty dietary habits and lifestyle deranged functions of different sets of Agni give rise to formation of Ama (reactive antigenic factor). [5] The production of Medadhatu is disturbed by variety of etiological factors including deranged Medodhatvagni (bio-fire). Vaikrta Meda Dhatu interacts with Ama (reactive antigenic factor) circulates all over the body may lead to blockade of microchannels and precipitate antigenic reactions and generate series of inflammatory events in the body. Disturbed metabolism, fat accumulation, production of Ama (reactive antigenic factor) and obstructed channels for lipid transportation are the key factors in the pathogenesis of the MS and other metabolic disorders and its complications.^[6] In the present study, Amalaki, Haritaki, Vibhitaki, Shunthi, Pippali and Maricha are described in Yogaratnakara and Musta, Kushtha, Vacha, Ativisha, Haridra, Daruharidra, Chitraka, Chirbilva, Haimvati and Kutaja are described in Lekhaniya Mahakashaya in Charaka Samhita Sutrasthana, have been chosen as a formulation to put an overview of individual drugs based on classical insight and contemporary work done by the researchers of modern medical sciences. The detail accounts of individual drug like Ayurvedic pharmacodynamics, clinical & therapeutic uses, chemical constituents and recent pharmaco-clinical studies have been described as follows.

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AIM AND OBJECTIVES

- 1. To study the aspects of metabolic syndrome as per *Ayurveda*
- 2. Understanding mode of action and applicability of *Phalatrikadi yoga* and *Lekhaniya Mahakashaya* as per *Ayurveda* concepts.

MATERIAL AND METHODS

This study is based on the literature review of the relevant *Ayurvedic* original texts with commentaries, necessary and valid interpretations, and the analysis made by different scholars. Electronic databases such as "PubMed" and "Google Scholar" had been searched to find the relevant studies and reviews published from inception until December 2022.

In the present study, *Amalaki, Haritaki, Vibhitaki, Shunthi, Pippali* and *Maricha* are described in *Yogaratnakara* and *Musta, Kushtha, Vacha, Ativisha, Haridra, Daruharidra, Chitraka, Chirbilva, Haimvati* and *Kutaja* are described in *Lekhaniya Mahakashaya* in *Charaka Samhita Sutrasthana,* have been chosen as a formulation to put an overview of individual drugs based on classical insight and contemporary work done by the researchers of modern medical sciences. The detail accounts of individual drug like *Ayurvedic* pharmacodynamics, clinical & therapeutic uses, chemical constituents and recent pharmaco-clinical studies have been described as follows.

Phalatrikadi Yoga^[7] Table 1

Lekhaniya Mahakashaya ^[8] Table 2

Ayurvedic pharmacodynamics of selected trial drugs ^[9, 10] Table 3

Current Understandings of Selected Trial Drugs Table 4

DISCUSSION

Ayurveda strongly believes that the entire range of digestion and metabolism of the body depends upon proper functioning of Agnis (biological fire) at different level in the body. Kayagni (digestive fire) contributes its moieties to the Dhatu or Dhatvagni dealing with tissue metabolism. Faulty dietary habits and lifestyle deranged the functions of different sets of Agni, which give rise to formation of Ama (undigested toxic substance). Ama may clog to the Srotasa (channels) leading to Srotorodha (obstruction of channels) which in turn increases Medodusți (disorders of fat metabolism) and decreases the nutrient supply to subsequent Dhatus. The relationship of Medodusți (disorders of fat metabolism) is well established in the pathogenesis of Santarpanottha Vikaras (diseases due to

excessive nutrition) like *Sthaulya* (obesity) and *Prameha* (diabetes). These formulations possess hypolipidemic, anti-obesity and hypoglycaemic activities.

- 1. Study of *Rasa* in combination Table 5
- 2. Study of *Guna* in combination Table 6
- 3. Study of Virya in combination Table 7
- 4. Study of Vipaka in combination Table 8
- 5. Study of Doshaghnta in combination Table 9

On the basis of *Ayurvedic* pharmacological properties probable *Samprapti vighatana* can be understood as follows.

- 1. Probable Action on Dosha- These drugs Kapha Dosha (bio-humor) by attributes of dominance its Katu (pungent), *Tikta* (bitter) Rasa and Usna-Virya (hot in potency). The Vata Dosha (bio-humor) is also aggravated in Medoroga (disorders of fat metabolism) due to Srotavarodha (obstruction of channel). Hence, Ushna Virya (hot in potency) helps to bring the Vata and Kapha Dosha in equilibrium and remove Avarana (covering) of Vata and clear the channels of lipid transportation.
- 2. Probable Action on Dushya- Meda is the chief culprits in Medoroga (disorders of fat metabolism). Katu (pungent), Tikta (bitter)-Rasa performs Medo upashoshana action. Uṣṇa-Virya (hot in potency) also helps in Meda Vilayana (dilution) action. The combination shows about more than 50% of total drugs have Katu (pungent), Tikta (bitter) and Kashaya (astringent) rasa, more than 80% have ushna virya (hot in potency) which have capacity to correct the vitiated lipids, reduces weight and abdominal fat.
- 3. **Probable Action on** *Srotas***-** Due to *Katu* (pungent)-*Rasa*, all the involved channels are dilated i.e., "Srotansi Vivrnoti" (dilation) action. Katu (pungent), Tikta (bitter)-Rasa and Ushna (hot) Virya (potency) correct the Medovaha and Mamsavaha Srotodushti (channel abnormalities). In nut cell, maximum ingredients have Katu (pungent), Tikta (bitter) Rasa, Laghu (light), Ruksa (dry) Guna and Ushna Virya (potency), Katu Vipaka, Kapha-Vatashamaka, Karshna, Lekhaniya (scraping), Medohara, Dhatushoshana properties, which normalize the state of Agni. Thus, regulated Jatharagni (digestive corrects the tissue metabolism, fire). prevents accumulation of Medodhatu, they also scrape out (Lekhana) excessive fat and clear the wastes from the body channels.
- **4. Probable Action on** *Agni-* In the combination, maximum percentage of the drugs show *Dipana, Pachana* (digestion) properties. *Katu* (pungent), *Tikta* (bitter)-*Rasa, Ushna*-

Virya (hot in potency) normalize the state of *Agni* (bio-fire) encounters *Dhatvagnimandya* (weak bio-fire) and potentiates the weakened *Dhatvagni*.

5. Probable Action on Ama- An Ama (reactive antigenic factor) means unripe and undigested byproduct formed due to improper functioning of bio-fire i.e., Agni; ranging from GIT to cellular levels, which reactive in nature. It needs proper metabolism and elimination by the virtue of its Ushna virya (hot in potency) (81.25% of total drugs) and Dipana-pachana (digestion), Amapachana (digestion of undigested product). It normalizes the state of Agni, and helps in Amapachana (digestion of undigested product).

These drugs not only correct the pathogenesis but also minimize the chances of short term and long-term complications. Pharmacodynamic attributes attributes i.e., *Tikta* (pungent), *Katu* (bitter), *Kashaya* (astringent) *Rasa*, *Laghu* (light), *Ruksha* (dry), *Tikshna* (strong) *Guna* (properties) and *Ushna Veerya* (hot in potency) and *Katu vipaka* have individual effect in obesity. *Katu Vipaka* is having more significant influence in producing *Medohara* (antiobesity), *Lekhana* and *Karshana karma* which is important for management of *Medoroga* (disorders of fat metabolism).

It also controls the further damage of cells, free radical's genesis and imparts better nourishment at cellular level. So, it seems that the formulation not only acts on symptoms of the disease, but also checks its progression by hitting the basic pathological process. All have various biological activities such as improves digestion, improves liver function and hepatoprotective action.

CONCLUSION

Thus, on the basis of observations made, it can be concluded that Metabolic syndrome is well defined but exact mechanism of complex pathways of MS is not yet completely known. In Ayurvedic classics, the concept of MS is strikingly resemblance with over-nutritional (Santarpanjanya Vikaras) disorders, which include Sthaulya/Medoroga (obesity/dyslipidemia), Prameha (diabetes), *Hrdroga* (cardiac diseases) etc. The conventional management of metabolic syndrome is still not very satisfactory and the current strategy of prevention and treatment of metabolic syndrome is rapidly changing. On the basis of observations made, it can be concluded that the selected formulation has capacity to hit the pathogenetic components of Medoroga w.s.r. to Metabolic syndrome. It also improves the GI and tissue bio-fires. By virtue, this action it checks the Ama (reactive antigenic

factor). formation at GIT as well as cellular level, maintain the integrity of body channels. Recent clinicpharmacological suggests that the majority of drug contents in the formulation have immunomodulatory hypoglycaemic, hypolipidemic, activity, antiinflammatory, antitumor, purgative, hepato-regenerative effects, hepatoprotective, anti-ischemic, nephroprotective, anti-inflammatory, anti-cancerous, cardioprotective and anti-oxidative activities. We finally conclude that the formulation effective per is as Avurvedic pharmacodynamics in the management of metabolic syndrome.

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1.	Haritaki	Terminalia chebula Retz.	Fruit
2.	Bibhitaki	Terminalia bellirica Roxb.	Fruit
3.	Amalaki	Emblica officinalis Gaertn.	Fruit
4.	Shunthi	Zingiber officinale Rosc.	Rhizome
5.	Pippali	Piper longum Linn.	Fruit
6.	Maricha	Piper nigrum Linn.	Fruit

Table	1	Phalatrikadi	Yoga [7]	J
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Table 2 Lekhaniya Mahakashaya [8]

1.	Musta	Cyperus rotundus Linn.	Rhizome
2.	Kushtha	Saussarea lappa C.B.Clarke	Root
3.	Vacha	Acorus calamus Linn.	Root
4.	Ativișa	Aconitum heterophyllum Wall	Root
5.	Kutaki	Picrorhiza Kurroa Royle. Ex. Benth.	Root
6.	Haridra	Curcuma longa Linn.	Rhizome
7.	Daruharidra	Berberis aristata DC.	Bark
8.	Chitraka	Plumbago Zeylanica Linn.	Root bark
9.	Chirabilva	Holopteliya integrifolia Planch.	Bark
10.	Haimavati	Iris germenica Linn.	Root

Image: constraint of the second state of the secon	Drugs	Rasa	Guna	Virya	Vipaka	Doshakarma	Relevant
Haritaki Kashaya pradhanaLaghu, Rukya Laghu, Rukya pradhanaLaghu, Rukya ShinaWasha MadhuraTridosa- shamaka Anjivardhaka, Iridoya- Shina ShamakaPramehahara, Aspivardhaka, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, ShomakaPramehahara, Apivardhaka, Iridoya- ShomakaPramehahara, ShomakaPramehahara, ShomakaShughtLaghu, TikshnaUshnaMadhuraVata-kapha ShamakaDipana, Pachana, Amadoshahara, Amadoshahara, Shudhara ChedokaDipana, Pachana, Shudhara, Shudhara, Pachana, Amadoshahara, Shudhara, Shudhara, Shudhara, Iridoya- Iridoya- Shuhahara, Iridoya- Shuhahara, Iridoya- Shuhahara, Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- Iridoya- 	-			-	_		therapeutic uses
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pradhanapradhanaAgnivardhaka, AnutomakaBibhitakiKashayaRuksha, LaghuUshnaMadhuraTridoşa- shamakaShvas-kasahara, Shvas-kasahara, Shvas-kasahara, Shvas-kasahara, Shuashara, Shuash		Kashaya				shamaka	Rasayana
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e-c-c-e-c-c-AnulomikaAnulomikaBibhitakiKashayaRuksha, LaghuUshnaMadhuraTridoşa- shamakaShvas-kasahara, Bhedaka Shothahara,AmalakiAmlaRuksha, Laghu, pancharasaRuksha, Laghu, ShitaMadhuraTridosha- shamakaShvas-kasahara, Shothahara, Shothahara, Nirechoka Virechoka Vyoshtapana, Rasavana, Audoshidara, Pachana, AnulomikaShuŋthiKatuLaghu, SnighaUshnaMadhuraVata-kapha shamakaDipana, Can Anadoshidara, Pachana, AnulomanaPippaliKatuLaghu, Tikka, Katu, RashnaUshnaMadhuraVata-kapha shamakaDipana, Pachana, Amavatahara, AtivishaTika, Katu, Laghu, RukshaUshnaKatuKatu Kaphavata- shamakaAmavatahara, Shudohara, Pachana, Amavatahara, Shudohara, Panehahara, Athamanahara, shamakaAmavatahara, Shudohara, Panehahara, Athamanahara, shamaka <td></td> <td>•</td> <td></td> <td></td> <td></td> <td></td> <td>Hridrogahara,</td>		•					Hridrogahara,
Bibhitaki Kashaya Ruksha, Laghu Ushna Madhura Tridoşa-shamaka Shras-kasahara, Bhedaka Amalaki Amia Ruksha, Shita Madhura Tridoşa-shamaka Bhedaka Amalaki Amia Ruksha, Shita Madhura Tridoşa-shamaka Bhedaka Shunthi Katu Laghu, Shita Madhura Tridoşa-shamaka Bhedaka Shunthi Katu Laghu, Ushna Madhura Vata-kapha Dipana, Pippali Katu Laghu, Ushna Madhura Vata-kapha Dipana, Pachana, Maricha Katu Laghu, Ushna Madhura Shamaka Dipana, Pachana, Musta Tika, Katu, Laghu, Ushna Katu Kapha-pitta Dipana, Pachana, Musta Tikta, Katu, Laghu, Ushna Katu Kapha-pitta- Dipana, Pachana, Musta Tikta, Katu, Laghu, Ushna Katu Kapha-pitta- Dipana, Pachana, Kushiha Tikta, Katu, Laghu, Ushna Katu Kapharata- Shuakaa Musta Tikta, Katu, Laghu, Ushna Katu Kaphapitta- Dipana, Pachana, <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td>Anulomaka</td></t<>							Anulomaka
AmalakiAmla pradhana pancharasaRuksha, Laghu, ShitaShitaMadhuraTridosha- shamakaBhedaka Shitahara, AmadahanaShunthiKatuLaghu, ShitaShitaMadhuraTridosha- shamakaPrameha-hara, Vircehaka Vayasthapana, Rasayana, Rasayana, Namadoshahara, Pachana, AnudomanaPippaliKatuLaghu, ShigdhaUshnaMadhuraVata-kapha shamakaDipana, Amadoshahara, Pachana, AnutomanaPippaliKatuLaghu, Tikshga,UshnaMadhuraVata-kapha shamakaDipana, Pachana, Anutoathara, Pachana, Anutoathara, Pachana, Anutoathara, Mavatahara, Shighha,UshnaKatuKaphaVata shamakaDipana, Pachana, Anutoathara, Pachana, Anutoathara, Pachana, Anutoathara, Pachana, Anutoathara, Pachana, ShitaKatuKaphaVata shamakaDipana, Pachana, Anutoathara, Pachana, Anutoathara, Pachana, Anutoathara, Pachana, RashayaUshnaKatuKaphavata- shamakaDipana, Pachana, LekhanaMusiaTika, Katu, Ruksha, TikshnaLoghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaDipana, Pachana, Lekhana, haraAtivishaTika, Katu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaDipana, Pachana, Lekhana, haraAtivishaTikta, Katu, Ruksha, Tikshna,Loghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaPita-Rechaka, Pachana, Pachana, hara,AtivishaTikta, Katu, <td>Bibhitaki</td> <td>Kashaya</td> <td>Ruksha, Laghu</td> <td>Ushna</td> <td>Madhura</td> <td>Tridosa-</td> <td>Shvas-kasahara,</td>	Bibhitaki	Kashaya	Ruksha, Laghu	Ushna	Madhura	Tridosa-	Shvas-kasahara,
AmalakiAmilaRusha, Laghu, ShitaShitaMadhuraTridosha- ShamakaShothahara, Prameha-hara, 		2	/ 0			shamaka	Bhedaka
Amalaki pradhana pancharasaRuksha, Laghu, ShitaShitaMadhuraTridosha- shamakaPrameha-hara, Vagashapana, Rasayana,ShupihiKatuLaghu, ShighaUshnaMadhuraVata-kapha shamakaDipana, Amadoshahara, Pachana, Amadoshahara, Pachana, Amaloshahara, Pachana, Shighha,UshnaMadhuraVata-kapha shamakaDipana, Amadoshahara, Pachana, Amaloshahara, Pachana, Amaloshahara, Pachana, AmutomanaPippaliKatuLaghu, Laghu, Tikshna,UshnaKatuKaphaVata shamakaDipana, Pachana, AmutomanaMarichaKatuLaghu, Laghu, Tikshna,UshnaKatuKaphaVata shamakaDipana, Pachana, Amuvatahara, Amuvatahara, Amuvatahara, Amuvatahara, ShitaKatuKaphaVata shamakaDipana, Pachana, Amuvatahara, Amuvatahara, Shitahara, Laghu, RukshaMustaTikta, Katu, KashayaLaghu, Ruksha, TikshnaUshnaKatuKaphavata- shamakaShitifighna, shvas- kashara, Hara Lekhana, Adhamanahara, Adhamanahara, ShitahaKatuKaphavata- shamakaKushifighna, shvas- kashara, HaraVachaTikta, Katu, Ruksha, Tikshna,Laghu, UshnaUshnaKatuKaphavata- shamakaShitaha Adhamanahara, Adhamanahara, Adhamanahara, ShitaharaVachaTikta, Katu, Ruksha, Tikshna,Laghu, RukshaUshnaKatuKatuKaphavata- shamakaAtivishaTikta, Ruksha, Ruksha,Laghu, RukshaShita <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>Shothahara.</td>							Shothahara.
pradhana pancharasaLaghu, ShitammshamakaVirechaka Vayashapana, Rasayona,ShunthiKatuLaghu, SnigdhaUshnaMadhuraVata-kapha shamakaDipana, Amadoshahara, Pachana, AnulomanaPippaliKatuLaghu, Tikshna,UshnaMadhuraVata-kapha shamakaDipana, Amadoshahara, Pachana, AmulomanaMarichaKatuLaghu, Tikshna,UshnaMadhuraVata-kapha shamakaDipana, Pachana, AmulomanaMustaTikta, Katu, KashayaLaghu, Tikshna,UshnaKatuKaphaVata shamakaDipana, Pachana, Amavatahara, Amavatahara, Amavatahara, Amavatahara, RukshaKatuKaphaVata shamakaDipana, Pachana, Amavatahara, Amavatahara, LekhanaMustaTikta, Katu, RukshaLaghu, RukshaUshnaKatuKaphavata- shamakaShitahana, Lekhana, Amavatahara, shamakaKushthaTikta, Katu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaDipana, Pachana, Lekhana, Ahamanahara, shulahara, Lekhana, shudhara, Lekhana, shudhara, sh	Amalaki	Amla	Ruksha	Shita	Madhura	Tridosha-	Prameha-hara.
pancharasaShitaNamana kasayana, Rasayana,ShunthiKatuLaghu, SnigdhaUshnaMadhuraVata-kapha shamakaDipana, Amadoshahara, Pachana, Amudoshahara, Pachana, Amudoshahara, Pachana, Snighha,UshnaMadhuraVata-kapha shamakaDipana, Amudoshahara, Pachana, Amudoshahara, Pachana, Amudoshahara, Pachana, Amudoshahara, Pachana, Amudoshahara, Pachana, Amudoshahara, Pachana, Amudoshahara, Pachana, Snighha,MarichaKatuLaghu, Tikshna, Tikshna,UshnaKatuKapha/Vata shamakaDipana, Pachana, Amuvatahara, Amuvatahara, Dipana, Pachana, Shutahara ChedakaMustaTikta, Katu, KashayaLaghu, Ruksha, Tikshna,ShitaKatuKapha/Vata shamakaDipana, Pachana, Shutahara ChedakaMustaTikta, Katu, KashayaLaghu, Ruksha, Tikshna,UshnaKatuKapha/Vata shamakaDipana, Pachana, shutahara ChedakaMustaTikta, Katu, Ruksha, Tikshna,UshnaKatuKapha/Vata shamakaDipana, Pachana, shutaharaAtivishaTikta, Katu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaLekhana, shutaharaVachaTikta, Katu, Ruksha, Tikshna,UshnaKatuKatuKaphavata- shamakaAdhamanahara, shutaharaKutakiTikta, Katu, Ruksha, Tikshna,UshnaKatuKatuKaphavata- shamakaPitha-Rechana, Pramehahara, Pramehahara, Pramehahara, Pramehahara, Pramehahara, Pramehahara, <b< td=""><td></td><td>pradhana</td><td>Laghu.</td><td>~~~~~</td><td></td><td>shamaka</td><td>Virechaka</td></b<>		pradhana	Laghu.	~~~~~		shamaka	Virechaka
John MarkJohn MarkRata Jaghu, Laghu, SnigdhaUshnaMadhuraVata-kapha ShamakaDipana, Amadoshahara, Anadoshahara, Anuadoshahara, Anuadoshahara, ShitaMadhuraVata-kapha Vatu- KatuDipana, Pachana, Lekhana, Alamanahara, <b< td=""><td></td><td>pancharasa</td><td>Shita</td><td></td><td></td><td>~~~~~~</td><td>Vavasthapana.</td></b<>		pancharasa	Shita			~~~~~~	Vavasthapana.
ShunihiKatuLaghu, SnigdhaUshnaMadhuraVata-kapha shamakaDipana, Amadoshahara, Pachana, AnudosnanaPippaliKatuLaghu, TikshnaUshnaMadhuraVata-kapha shamakaDipana, Pachana, AnudomanaMarichaKatuLaghu, Laghu,UshnaMadhuraVata-kapha shamakaDipana, Pachana, Anuovatahara, Shulahara ChedakaMarichaKatuLaghu, TikshnaUshnaKatuKaphaVataDipana, Pachana, Shulahara ChedakaMustaTika, Katu, KashayaLaghu, RukshaShitaKatuKapha-pitta- hara Lekhana, shamakaDipana, Pachana, Lekhana, Lekhana, KashayaAtivishaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Ruksha, Tikshna,UshnaKatuKapha-pitta- hara kashara, HridrogaAtivishaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Ruksha, Tikshna,UshnaKatuKaphapitta- hara haraDipana, Pachana, Lekhana, Kashara, HridrogaAtivishaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Ruksha, Tikshna,UshnaKatuKaphapitta- shamakaDipana, Pachana, Lekhana, haraAutakiTiktaLaghu, RukshaUshnaKatuKaphavata- shamakaPitta-Rechaka, Pramehahara, Lekhana, Bhedana, Pramehahara, Lekhana, Pramehahara, RechakaDipana, Pachana, Lekhana, Pramehahara, Rechaka, Pramehahara, Rechaka, Pramehahara, Rechaka, Pramehahara, Rechaka, Pramehahara, RechakaDipana, Pachana, Rechaka,		Penterten eiser	5				Rasavana.
SinigahaSinigah	Shunthi	Katu	Laghu	Ushna	Madhura	Vata-kapha	Dinana
PippaliKatuLaghu, Tikshna Snighha,UshnaMadhuraPachana, AnulomanaMarichaKatuLaghu, Tikshna, Snighha,UshnaMadhuraVata-kapha shamakaDipana, Pachana, Amavatahara, Amavatahara, Shitahara,MarichaKafuLaghu, Tikta, Katu, KashayaUshnaKatuKapa-pita- haraDipana, Pachana, Shulahara ChedakaMustaTikta, Katu, KashayaLaghu, RukshaShitaKatuKapha-pita- haraDipana, Pachana, Shulahara ChedakaKushthaTikta, Katu, Tikta, Katu, Laghu, TikshnaLaghu, Laghu, UshnaUshnaKatuKaphavata- haraKushtghna, shvas- kashara, HridrogaVachaTikta, Katu, Laghu, Tikta, Katu,Laghu, Laghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaLehkanaVachaTikta, Katu, Laghu, Ruksha, Tikta, KatuLaghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaLehkana, Adhamanahara, shunakaLehkana, Adhamanahara, shunakaVachaTikta, Katu, Laghu, RukshaShitaKatuKaphavata- shamakaShulaharaVachaTikta, Katu, TiktaLaghu, RukshaShitaKatuKaphavata- shamakaPramehahara, Pachana, Pramehahara, Pramehahara, Pramehahara, RechakaDaruharidraKatuGuru,Ruksha, Tikshna,UshnaKatuKatuKaphavata- shamakaDaruharidraKatuGuru,Ruksha, Tikshna,UshnaKatu<	Sinnipulli	110000	Snigdha	e shina		shamaka	Amadoshahara
PippaliKatuLaghu, TikshnaUshnaMadhuraVata-kapha shamakaDipana, Pachana, Amavatahara,MarichaKatuLaghu, Tikta, Katu,Laghu, TikshnaUshnaKatuKapha/VataDipana, Pachana, Amavatahara,MarichaKatuLaghu, Tikta, Katu, MadhuraLaghu, Tikta, Katu,ShitaKatuKapha-pitta- haraDipana, Pachana, LekhanaMustaTikta, Katu, KashayaLaghu, RukshaUshnaKatuKapha-pitta- haraDipana, Pachana, LekhanaKushthaTikta, Katu, RukshaLaghu, RukshaUshnaKatuKapha-pitta- haraLekhanaAtivişhaTikta, Katu, Ruksha, Tikshna,Laghu, RukshaUshnaKatuKaphapitta- haraDipana, Pachana, LekhanaYachaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Ruksha, Tikshna,UshnaKatuKaphapitta- shamakaDipana, Pachana, LekhanaYachaTikta, Katu, Ruksha, Tikta, Katu,Laghu, RukshaShitaKatuKaphayata- shamakaDipana, Lekhana, shamakaKufakiTiktaLaghu, RukshaUshnaKatuKatuKaphapitta- shamakaDipana, Pachana, Lekhana, Adhamanahara, shamakaMaridraKatu, TiktaLaghu, RukshaUshnaKatuKatuKaphayata- shamakaDaruharidraTikta, Katu, KashayaLaghu, Ruksha, Tikshna,UshnaKatuKatuKaphayata- shamakaDaruharidraTikta, Katu, Kas			Singuna			Sitemente	Pachana
PippaliKatuLaghu, Tikshna Snignha,UshnaMadhuraVata-kapha shamakaDipana, Pachana, Amavatahara,MarichaKatuLaghu, TiksnaUshnaKatuKapha-Vata shamakaDipana, Pachana, Amavatahara,MustaTikta, Katu, KashayaLaghu, Tikta, Katu, KashayaUshnaKatuKapha-Vata shamakaDipana, Pachana, Shulahara ChedakaMustaTikta, Katu, KashayaLaghu, Ruksha, Tikta, Katu,Laghu, Laghu, Ruksha, Tikta, Katu,UshnaKatuKapha-pitta- bipana, Pachana, haraDipana, Pachana, Shulahara ChedakaKushthaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Laghu, Ruksha,UshnaKatuKapha-pitta- haraDipana, Pachana, LekhanaAtivişhaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Laghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaKashara, HridrogaAtivişhaTikta, Katu, Ruksha, TiktaLaghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaLekhana, shulaharaKutakiTiktaLaghu, RukshaShitaKatuKaphavata- shamakaPita-Rechaka, Pachana, Pa							Anulomana
TypenInternal TikshnaTikshna Shighha,Tikina STikina STikina Katu ShamakaLypen Contant Amavata baran, KMarichaKatuLaghu, Laghu,UshnaKatuKaphaVata Shulahara ChedakaDipana, Pachana, Shulahara ChedakaMustaTikta, Katu, KashayaLaghu, Ruksha, Tikta, Katu,ShitaKatuKaphavata- kashayaDipana, Pachana, LekhanaKushthaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Laghu, Ruksha, TikshnaUshnaKatuKaphavata- kashayaKushtiphina, shvas- kashara, HridrogaAtivişhaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Ruksha, Tikshna,UshnaKatuKaphavata- kashara, HridrogaDipana, Pachana, LekhanaVachaTikta, Katu, Ruksha, TiktaLaghu, Ruksha, Tikshna,UshnaKatuKaphavata- kashara, HridrogaDipana, Pachana, Lekhana, ShulaharaKutakiTiktaLaghu, RukshaUshnaKatuKaphavata- shamakaShulaharaKutakiTiktaLaghu, RukshaShitaKatuKaphavata- shamakaShulaharaHaridraKatu, TiktaLaghu, RukshaUshnaKatuKaphavata- shamakaPita-Rechaka, Pachana, Bhedana, Prameha- hara, LekhanaDaruharidraTikta, KashayaLaghu, RukshaUshnaKatuKaphavata- shamakaPita-Rechaka, Pachana, Pramehahara, Lekhana, Pramehahara, RechakaDaruharidraTikta, KashayaLaghu, Ruksha, Tikshna, <t< td=""><td>Pinnali</td><td>Katu</td><td>Laghu</td><td>Ushna</td><td>Madhura</td><td>Vata-kapha</td><td>Dipana Pachana</td></t<>	Pinnali	Katu	Laghu	Ushna	Madhura	Vata-kapha	Dipana Pachana
MarichaSnignha,Image and the shamakaImage and the shamakaImage and the shamakaMarichaKatuLaghu, TikshnaUshnaKatuKapha-Yata shamakaDipana, Pachana, Shulahara ChedakaMustaTikta, Katu, KashayaLaghu, RukshaShitaKatuKapha-pitta- haraDipana, Pachana, LekhanaKushthaTikta, Katu, MadhuraLaghu, Ruksha, TikshnaUshnaKatuKapha-pitta- haraDipana, Pachana, LekhanaAtivişhaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Ruksha, TikshnaUshnaKatuKaphapitta- haraDipana, Pachana, LekhanaVachaTikta, Katu, Ruksha, TiktaLaghu, Ruksha, Tikta, Ruksha,UshnaKatuKaphapitta- haraDipana, Pachana, Lekhana, Adhamanahara, shulaharaKutakiTiktaLaghu, RukshaShitaKatuKaphapitta- shamakaDipana, Lekhana, Bhedana, Pachana, haraHaridraKatu, TiktaLaghu, RukshaUshnaKatuKatuKaphapitta- shamakaPitta-Rechaka, Pachana, hara, Rechana, Bhedana, Prameha- hara, Paramehahara, RechamaPachana, Prameha- hara, Pramehahara, Paramehahara, Pramehahara, Pramehahara, Pramehahara, Paramehahara, Paramehahara, Pramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Paramehahara, Parameha	rippan	110000	Tikshna	e shina		shamaka	Amavatahara
MarichaKatuLaghu, TikshnaUshnaKatuKaphaVata shamakaDipana, Pachana, Shulahara ChedakaMustaTikta, Katu, KashayaLaghu, Ruksha, Tikta, Katu,ShitaKatuKapha-pitta- haraDipana, Pachana, Ishulahara ChedakaKushthaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Laghu, Ruksha, TikshnaUshnaKatuKaphavata- shamakaKushthpina, shvas- kashara, HridrogaAtivişhaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Laghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaLekhana, LekhanaVachaTikta, Katu, Ruksha, Tikshna,Laghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaLekhana, Adhamanahara, shulaharaKutakiTiktaLaghu, RukshaShitaKatuKaphavata- shamakaLekhana, shulaharaKutakiTiktaLaghu, RukshaShitaKatuKaphavata- shamakaDipana, Lekhana, shamakaHaridraKatu, TiktaLaghu, RukshaUshnaKatuKatuKaphavata- shamakaPitta-Rechaka, Pachana, Pramehahara, shamaka, Pramehahara, shamaka,Dipana, Pachana, Lekhana, Bhedana, Pramehahara, shamakaDaruharidraTikta, Katu, Tikta, KashayaLaghu, Ruksha, Tikta, Katu, Tikta, KashayaUshnaKatuKaphavata- shamakaDipana, Pachana, Pramehahara, Pramehahara, Pramehahara, RechakaChitrakaKatuGuru,Ruksha, Tikshna,UshnaKatu <td< td=""><td></td><td></td><td>Snignha</td><td></td><td></td><td>Shamaka</td><td>1 mar aranara,</td></td<>			Snignha			Shamaka	1 mar aranara,
Interview	Maricha	Katu	Laghy	Ushna	Katu	KanhaVata	Dipana Pachana
MustaTikta, Katu, KashayaLaghu, RukshaShitaKatuKapha-pitta- haraDipana, Pachana, LekhanaKushthaTikta, Katu, MadhuraLaghu, Ruksha, TikshnaUshnaKatuKaphavata- shamakaKushthghna, shvas- kashara, HridrogaAtivişhaTikta, Katu, Ruksha, Tikta, Katu,Laghu, Laghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaKushthghna, shvas- kashara, HridrogaVachaTikta, Katu, Ruksha, TiktaLaghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaDipana, Pachana, LekhanaKutakiTiktaLaghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaLekhana, shulaharaKutakiTiktaLaghu, RukshaShitaKatuKaphavata- shamakaJipana, Lekhana, shulaharaHaridraKatu, TiktaLaghu, RukshaUshnaKatuKaphavata- shamakaPitta-Rechaka, Prameha- hara,DaruharidraTikta, KashayaLaghu, RukshaUshnaKatuKatuKaphavata- shamaka, pramehahara, prame	marrente	man	Tikshna	e shina	110000	shamaka	Shulahara Chedaka
MashaJana, Yana,	Musta	Tikta Katu	Laghu	Shita	Katu	Kanha-nitta-	Dinana Pachana
KushthaTikta, Katu, MadhuraLaghu, Ruksha, TikshnaUshnaKatuKaphavata- shamakaKushihgha, shvas- kashara, HridrogaAtivişhaTikta, Katu, RukshaLaghu, RukshaUshnaKatuKaphavata- haraKushihgha, shvas- kashara, HridrogaAtivişhaTikta, Katu, RukshaLaghu, RukshaUshnaKatuKaphavata- haraLekhana, Lekhana, shulaharaVachaTikta, Katu, Ruksha, TiktaLaghu, Ruksha, Tikshna,UshnaKatuKaphavata- shamakaLekhana, Adhamanahara, shulaharaKuţakiTiktaLaghu, RukshaShitaKatuKatuKaphapitta- shamakaDipana, Lekhana, hara, shulaharaHaridraKatu, TiktaLaghu, RukshaUshnaKatuKatuKaphavata- shamakaPitta-Rechaka, Pachana, Pramehahara, LekhanaDaruharidraTikta, KashayaLaghu, RukshaUshnaKatuKatuKaphapitta- shamaka, Pachana, Pramehahara, LekhanaChitrakaKatuGuru, Ruksha, Tikshna,UshnaKatuKatuKaphavata- shamakaDipana, Pachana, Pramehahara, LekhanaChitrakaKatuGuru, Ruksha, Tikshna,UshnaKatuKatuKaphavata- shamakaDipana, Pachana, Pramehahara, RechakaChitrabilvaTikta, Katu,Laghu, Laghu, Tikshna,UshnaKatuKatuKaphavata- shamakaDipana, Pachana, Pramehahara, RechakaChitrabilvaTikta, Katu,Laghu, Ruksha,	musia	Kashaya	Ruksha	Shild	nan	hara	Lekhana
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 Table 3 Ayurvedic pharmacodynamics of selected trial drugs ^[9, 10]

Selected Trial Drug	Contemporary Pharmacological Evidences	
Haritaki (Terminalia chebula)	It has antimicrobial activity, antidiabetic activity, hypolipidemic, anti-secretary or anti-ulcer activity, anti-amoebic effect, immuno-modulatory activity, antioxidant activity, cytoprotective effect, anti-aging activity & hepatoprotective activity. ^[11]	
Bibhitaki (Terminalia bellirica)	Recent research has shown that it has hypoglycaemic effect, hypolipidemic, anti- obesity effect, hepatoprotective effect, antidepressant activity, wound healing activity, antipyretic and analgesic activity, antiviral, antifungal and antimalarial activity. ^[12]	
Amalaki (Emblica officinalis)	Recent evidence suggests that <i>Amalaki</i> has anti-diabetic activity, antioxidant, hepato-protective activity, anti-cancer activity, anti-inflammatory, antipyretic, analgesic, antimicrobial activity, gastroprotective activity, anti-hyperlipidaemic activity. ^[13]	
Shunthi (Zingiber officinale)	<i>Zingiber officinale</i> has immuno-modulatory, anti-tumorigenic, anti-inflammatory, anti-apoptotic, anti-hyperglycaemic, anti-obesity, anti-lipidemic, anti-emetic actions. Ginger is a strong anti-oxidant substance and may either mitigate or prevent generation of free radicals. ^[14]	
Pippali (Piper longum)	The pharmacological properties of <i>Piper longum</i> include anticancer, antioxidant, anti-inflammatory, hepatoprotective, immunomodulatory, anti-hyperlipidaemic, analgesic, anti-depressant, anti-amoebic, anti-obesity, radio-protective, cardio-protective, coronary vasodilation, bioavailability-enhancing and anti-fungal activities. ^[15]	
Maricha (Piper nigrum)	It has antihyperglycemic, antihyperlipidemic, antidiabetic action, neuroprotective activity, anti-microbial, anti-inflammatory, anti-oxidant action, anticancer, anti-convulsant and analgesic action. ^[16]	
Musta (Cyperus rotundus)	<i>Cyperus rotundus</i> has antihyperglycemic, anti-obesity activity, antihyperlipidemic, antidiabetic action, hepatoprotective activity, anti-microbial, anti-inflammatory, wound healing activity, anti-oxidant action, antiallergic action in various experimental studies. ^[17]	
Kushtha (Saussurea lappa)	It has anti-cytotoxic, diuretic, antibacterial, hypolipidemic, antiseptic, insect repellent, insecticidal, hypotensive, spasmolytic, bronchodilator, anti-ulcer, anti-mycotic, anti-inflammatory, immunostimulant action in various invitro and in vivo experimental models. ^[18]	

Table 4 Current Understandings of Selected Trial Drugs

Vacha (Acorus calamus)	Acorus calamus has antioxidant, anticonvulsant, neuroprotective, hypolipidemic,
	anti-cellular, anti-obesity, immunomodulatory activity, antibacterial, antihypertensive, anti-carcinogenic activity, cytotoxic activity, spasmolytic action in experimental studies. ^[19]
Ativișa (Aconitum heterophyllum)	It has antibacterial, antipyretic, anti-inflammatory, anthelminthic, neuroprotective, antihypertensive, immunomodulator activity, anti-hyperlipidaemic, action. ^[20]
Haridra (Curcuma longa)	<i>Curcuma longa</i> has anti-diabetic, hypolipidemic, anti-inflammatory, anthelmintic,
	chemoprotective, anti-diarrhoeal, hepatoprotective, anti-asthmatic and anti- cancerous action. ^[21]
Daruharidra (Berberis aristata)	It is useful as antipyretic, antibacterial, antimicrobial, antihepatotoxic, antihyperglycemic, anticancer, antioxidant and antilipidemic agent. ^[22]
Chitraka (Plumbago zeylanica)	It has anti-inflammatory, antioxidant, antidiabetic, antihyperlipidemic, antipyretic, appetizer, uterotonic, antibacterial, antifungal, antifertility, anticoagulant, antitumour, hepatoprotective and nephroprotective actions etc. ^[23]
Chirabilva (Holoptelea integrifolia)	It has anti-inflammatory and analgesic effects in experimental studies, Hypolipidemic action, anti-emetic, anti-ulcer, adaptogenic, anticancer, hepatoprotective, anti-diabetic and antioxidant effect. ^[24]
Kutaki (Picrorhiza kurroa)	It has immunomodulatory activity, hypoglycaemic, hypolipidemic, anti- inflammatory, antitumor, purgative, hepato-regenerative effects, hepatoprotective, anti-ischemic, nephroprotective, anti-inflammatory, anti-cancerous, cardioprotective
	and anti-oxidative activities. ^[25]
Haimvati (Iris germanica)	It has anti-inflammatory, anti-osteoporotic activity, antioxidant and antimicrobial
	antihyperlipidemic, antidiabetic and immunomodulatory activity. ^[26]

Table 6 Study of Rasa in combination

Rasa	No. of Drugs	%	
Madhura	3/16	18.75	
Amla	2/16	12.50	
Lavana	0/16	0.00	
Katu	13/16	81.25	
Tikta	11/16	68.75	
Kashaya	6/16	37.50	

Table 7 Study of Guna in combination

Guna	No. of Drugs	%
Laghu	14/16	87.50
Ruksha	12/16	75
Tikshna	7/16	43.75
Shita	1/16	6.25
Snigdha	2/16	12.50
Guru	1/16	6.26

Table 8 Study of Virya in combination

Virya	No. of Drugs	%
Ushna	13/16	81.25
Shita	3/16	18.75

Table 9 Study of *Vipaka* in combination

Vipaka	No. of Drugs	%
Madhura	5/16	31.25
Katu	11/16	68.75

Table 10 Study of Doshaghnta in combination

Dosha	No. of Drugs	%
VPK	3/16	18.75
VK	9/16	56.25
KP	4/16	25