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Clinical indications of *Drakshasava* an Experiential and Scientific view

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ABSTRACT:

Asavarishta preparations are popularly used by Ayurveda physicians in the management of various disorders in modern India . *Asavarishtas like Balarishta, Ashokarishta, Ashwagandharishta, Abhayarishta, Chandanasava, Chavikasava, Dashamoolarishta , Chitrakasava, Dantyarishta, Eladyarishta , Jeerakarishtha , Kutajarishtha , Kanakasava , Kankushthasava, Lohasava, Mustakarishtha, Punarnavasava, Pushkarmoolasava , Sarivadyasava , Saraswatarishta , Usheerasava , Vidangarishta and Vasakarishtha* are few asavarishta formulations which are commonly used by physicians . Asavarishtas are sandhaniya preparations which are prepared by fermentation process . Since they contain 9.5 % self generated alcohol, can be preserved for prolonged period also. *Drakshasava* is one such preparation which is given in *agnimandya , karshya*, anaemia , constipation , debility, and general weakness . *It is shakti vardhaka , malavatanulomana , digestive , virechana , antianaemic, rasayana , and immunomodulator , balya, brimhana , jivaniya and ojaskara* also .The present paper highlights about the clinical indications of *Drakshasava* in and scientific and experiential view .

Key words : Ayurveda , *Drakshasava, malavatanulomana* .

INTRODUCTION

Drakshasava is a fermented formulation which is used generally as a tonic and in chronic debilitating diseases. It is also given in disorders of indigestion, *aruchi, dourbalya, malabandha*, and insomnia. It mainly contains *draksha* (grapes) and *sharkara*. *Draksha* it is *Madhura Rasayukta ,Sheetavirya , Balya, Brimhana, Jivaniya , Ojaskara , Shaktivardhaka, And Vatapittahara* in action . *Sharkara Is Madhura Rasayukta , Rasayana , Balya, Brimhana , Ojaskara ,Jivaniya ,Vayasthapana* and immunity booster also. As it contains self generated alcohol, it can be

preserved for about 10 years after the date of preparation.

Ingredients

1. *Draksha*
2. *Guda* Jaggery
3. Water for decoction

Prakshepaka dravyas

1. *Ela* – Cardomom
2. *Dalchini* – Cinnamon
3. *Teja patra* – Cinnamon leaves
4. *Maricha* – Black pepper
5. *Pippali* – Piper longum



6. *Vidanga – Embelia ribes*
7. *Naga keshara – Meshua ferrea*
8. *Priyangu – Callicarpa macrophylla*
9. *Dhataki flowers – Woodfordia fruticosa*

Actions ^{[1][2]}

1. *Dipana*
2. *Pachana*
3. *Balya*
4. *Brimhana*
5. *Rasayana*
6. *Aruchi nashaka*
7. *Malavatanulomana*
8. *Shramahara*
9. *Trishnahara*
10. *Raktavardhaka*
11. *Virechana*
12. Immunity booster
13. *Karshyahara*
14. Appetiser
15. Carminative

Clinical indications ^{[3][4][5]}

1. *Agnimandya*
2. *Ajirna*
3. *Aruchi*
4. *Malabandha*
5. *Adhovata*
6. *Adhmana*
7. *Flatulance*
8. *Kukshi shoola*
9. *Dourbalya*
10. *Karshya*
11. Emaciation
12. *Kasa*
13. Giddiness
14. *Jara*
15. Insomnia
16. Irritability
17. *Unmada*
18. Mental depression
19. Anxiety neurosis

Amayika prayoga ^{[6][7][8]}

Agnimandya - It is used with *hingwashtaka choorna* or *lashunadi vati*.

Ajirna - It is given with *lavana bhaskara choorna* and *agnitundi vati* .

Aruchi - It is given with *hingwashtaka choorna* .

Malabandha – It is given with *triphala* tablets or *trivrit*

leha.

Adhovata – It is given with *triphala* tablets or *ashwa kanchuki rasa*.

Adhmana – do.

Atopa – It is given with *agnitundi vati* and *abhayarishta* .

Anaha – do.

Flatulance -It is given with *kupilu hingwadi vati* and *abhayarishta* .

Kukshi shoola - It is given with *nabhi vati* and *pravala panchamrita rasa*.

Dourbalya - It is given with *Kooshmandavaleha*.

Karshya – It is given with *ajamamsa rasayana* and *ashwagandharishta* .

Emaciation - It is given with *mamsa rasa* or *ajamamsa rasayana* .

Kasa – It is given with *lavangadi vati* and *sitopaladi choorna* .

Giddiness – It is given with *laghu soota shekhara vati* and *sarpagandha vati*.

Jara – It is given with *makaradhwaja* pills and *chyavana prashavaleha* .

Insomnia – It is given with *sarpagandha vati* or *tagara* tablets .

Irritability – It is given with *manasa mitra vataka* and *saraswatarishta* .

Unmada - it is given with *Shirodhara* and *sarpagandha vati* and *medhya vati*.

Mental depression - It is given with *laghu soota shekhara vati* and *pooga khanda*.

Anxiety neurosis - It is given with *tagara* tablets and *jatamamsi choorna* .

DISCUSSION

Drakshasava is a *sandhaniya* formulation which is used as a general tonic and rejuvenant by Ayurveda physicians. It is usually given in *Agnimandya*, *Ajirna*, *Malabandha*, *Kasa*, *Anaha*, *Adhmana* , *Atopa*, *Dourbalya* , and *insomniac* . It is having the actions like *Dipana*, *Pachana* , *Malavatanulomana* , *Vatapittahara*, *Balya*, *Brimhana* , *Ojaskara* , *Jivaniya* , *Rasayana* , And *Shakti Vardhaka* also. When it is given along with *Dashamoolarishta* And *Kumari Asava*, it works as a best strength promoter and *Brihmana* in adults and children. When it is mixed with *Dashamoolarishta* alone then it acts like appetizer, and digestive. It can be preserved for about 10 years after the date of preparation without alteration in potency.

CONCLUSION

1. *Drakshasava* is a *sandhaniya* preparation which is usually given in debility, anorexia and emaciation.
2. There are least adverse drug reactions after giving this formulation for prolonged period also. But it usually administered after mixing it with water and is taken after food. Otherwise, it may induce burning sensation in the abdomen and sour eructation.
3. When given with suitable disease specific adjuvants it produces desired effects in varied disorders.

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