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## Asava Arista: an Medicated Alcohol Critical Review

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### ABSTRACT:

Ayurveda since ancient time's renowned system of medicine in India. But it has got such an efficacy to cure the wide ranges of diseases. *Asava arishta* has evolved over time to include a variety of formulations that are prescribed for a variety of diseases. The pharmacological processing of *asava* and *arishta* reported in ayurvedic literature is rigorously examined in this paper. Inspection of the constituents required for preparation, including their composition, *dravadravaya* (liquid), *sandhaneeya dravya* (fermenting materials), *prakshepaka dravya* (additives), *madhura dravya* (sweetening agents), *sandhana paatra* (fermentation vessels) used, *samskaras* prior to *sandhana*, method of preparation, *sandhana Asava and arista* are considered as exclusive formulation as per shelf life is concerned. These preparations are mainly used in case of *Agni mandyata*. These use of *asava arista* have led craze among the consumers due to its quicker absorption, long shelf life.

**Keywords:** *Asava arista*, *Agni mandyata*, Long-shelf life, *Gada Nigraha*, Medicated Alcohol

## INTRODUCTION

Term *asava arista* is enlightened under *sandhana kalpana*. "Sandhana means process of fermentation".<sup>1</sup> It is such a unique preparation prepared with *pancha vidha kashaya kalpana* as supplementary formulation.<sup>2</sup> There is basic difference in the preparation of *Asavas and Arishtas*. The *Asavas* are prepared by immersing all the ingredients of the formulations in coarse form in the jaggery solution whereas in *Arishtas*, decoction of the

ingredient *Dravyas* are first prepared as indicated in the textual reference and then by adding other specific substances called *Prakshepa Dravyas*. In both cases the liquid is kept for fermentation. The conditions for fermentation etc. Remain same as per the textual references.<sup>1</sup>



### Historical Background:

References of these preparations are available since Vedic period e.g.: preparation of soma rasa for gods and sura for humans in Yajurveda & Rig-Veda. Terminologies like *asava*, *arista*, *prasanna*, *medaka*, etc. and vessels used for manufacturing are also mentioned. Post Vedic period depicts the advanced technology of using *sandhaneeya dravya* (fermenting agents) like *dhataki pushpa* (*Woodfordia fruticosa*) or *madhuka pushpa* (*Madhuca indica*) in manufacturing.<sup>3</sup>

### Charaka Samhita:

Charaka described *asava* which are prepared from plant sources like, *dhanya*, *phala*, *mula*, *sara*, *puspa*, *kanda*, *patra*, *twak*, *sarkara*. Also, he explained 84 *asavas* could be prepared from above mentioned sources.<sup>4</sup>

### Sushruta Samhita:

Sushruta used some fermented products as anaesthetics. Also he mentioned 21 fermented *asava arista* and 46 *madya* products. He was first to differentiate between *asava* and *arista*.<sup>4</sup>

### Ashtang Hridaya:

Vagbhat was first to explain use of *Woodfordia fruticosa* for fermentation.<sup>4</sup>

Table no 1. NUMBER OF ASAVA ARISTA IN DIFFERENT TEXTS:<sup>3</sup>

### ESSENTIAL INGREDIENTS:

- 1] *Kwatha dravya*
- 2] *Dravadravya*
- 3] *Madhura dravya*
- 4] *Prakespaka dravya*
- 5] *Sandhana dravya*

Table 2: showing ratio of required materials<sup>3</sup>

### Method Of Preparation:

The drugs are taken in specified quantity and made into *Kwatha (decoction)* for *Arista* or *swarasa* (expressed juice) for *Asava*, then *madhura dravya* (sweetening agents) *sarkara* (sugar) or *madhu* (honey) or *guda* (jaggery) is added. *Kinva* (sediments containing yeast cells) is added and kept for *sandhana* in *sandhana paatra* to which *lepa* (smearing) of *mamsi*, *maricha*, *lodra* is applied. Mouth of the vessel is then properly sealed (*sandhibhandana*) and kept for fermentation. Once *jaatarasa* (confirmatory test) is seen it should be filtered through a cloth<sup>3</sup>

### Fermentation Process:

During autumn and summer seasons, fermentation takes place in 6 days. In winter, it takes 10 days. During rainy season and spring, fermentation takes place in 8 days. The fermentation vessel is left undisturbed for a month and then opened. The medicine is filtered and taken for use. If the filtered medicine shows further sedimentation, it is allowed to stand for few more days and again filtered to separate the sediment. In the usual practice, 7-10 days are enough in the hot tropical climate and the long period of 30 days is allowed in cool temperature climate when biological activity is at its low. In old practices, performing fermentation in a heap of whole grain of that season was indicated.<sup>3</sup> A crude match-box method is applied to check whether fermentation has occurred. This method depends upon the release of carbon dioxide during the process. The major role in this dosage form is played by *Woodfordia fruticosa*, which is used as inoculum for fermentation but appears to play a role beyond that<sup>6</sup>. Transformation of chemical compounds during self-fermentation. Fermentation processes help in rupturing of cells of the herbs and expose its contents to the bacteria and enzymes for transformation. Fermentation also creates active transport system with dissolved constituents from the herbal material. There are claims that yeast cell walls naturally bind heavy metals and pesticide residues and act as natural cleaning system, making self-fermentation of herbal products safer than powder decoctions.<sup>5</sup>

### Importance Of Fermentation:

1. Fermentation removes most of the undesirable sugars from plant material, makes the product more bio-available and eliminates side effects such as gas and bloating.
2. Fermentation extracts a wider range of active ingredients from the herb than any extraction method since the menstruum undergoes a gradient of rising alcohol levels.
3. Yeast cell walls naturally bind heavy metals and pesticide residues and, therefore, act as a natural cleansing system.
4. Fermentation not only removes contaminants, it can also lower the toxicity of some of the toxic components in plants.
5. Fermentation actively ruptures the cells of the herb, exposing it openly to the menstruum and bacteria have enzymes that break down cell walls to further assist in the leaching process. Fermentation also creates an active transport system that moves the dissolved constituents from the herbal material to the menstruum.<sup>6</sup>

## Unique Preparation Explained By Gada Nigraha:

### 1. *Narikelasava*:

It is yet another very interesting formulation mentioned in Gada Nigraha. It is unique in its method of preparation and ingredients. It is mentioned as best Aphrodisiac and formulated by lord Shiva himself. All Ingredients are taken in mentioned quantity and mixed together in *SandhanaPatra* and placed for fermentation for 1 month. After 1 month it is filtered and can be administered according to *Dosha and Agnibala*.<sup>7</sup>

### 2. *Rasayana Arishta*:

As name suggest it is indicated for *Bala Vardhana and Vali Palitya Nashaka*. It is said to be formulated by Ashwini Kumar. *Sandhana is done in Mrugashira, Pushya, Hasta, and Rohini Nakshatra* for 12 nights and then after completion of *Sandhana* it is filtered and used

### 3. *Kushmanda Asava*:

Another very unique formulation from Gada Nigraha with an unique process of preparation. It is indicated for *Dhatukshaya, Mandagni, Grahani, Pliharoga, Raktapitta, Sthoulya*, etc.<sup>7</sup>

## DISCUSSION

Since the *samhita* period, the *asava arishta* formulations have been very well standardized in terms of manner of production, components, and so on. In *arishta*, *kathina* medicines are used to make *kashaya*, whereas in *asava*, volatile and *mrudu* drugs are used to make *hima/ swarasa*, which leaves some exceptions, similar to *takrarishta and kumaryasava*. Fermentation used to be done in earthen pots, but now it's done in plastic and steel tanks. *Sandhaneeya dravya* is often made using *dhataki pushpa*, however yeast can be substituted. Although the recommended percentage of sweetening agents (40%) is indicated in *anuktha maana*, there is a lot of variety in classics. The only difference is the technology used, which is based on practical experience with large-scale manufacturing time consumption, such as using an air-conditioned chamber for *sandhana sthala*, yeast as *sandhaneeya dravya*, and so on. In the modern era of modern pharmaceuticals, the general norm is still followed,

with certain technological variations.

## CONCLUSION

*Asava arista* are considered superior when shelf life is concerned. This preparation got natural properties which acts as preservatives. "Older the Golder" principle applies to *asava arista* as this preparation got much more efficacy when they get older. These preparations are effective even with smaller dosage (*Alpa matra*). These preparations are used to treat "n" number of diseases.

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**Table no 1. NUMBER OF ASAVA ARISTA IN DIFFERENT TEXTS:<sup>3</sup>**

NAME OF TEXT	ASAVA	ARISTA
<i>CHARAKA SAMHITA</i>	10	20
<i>SUSHRUTA SAMHITA</i>	07	14
<i>ASHTANG HRIDAYA</i>	03	05
<i>ASHTANG SANGRAHA</i>	04	13
<i>SHARANGDHARA SAMHITA</i>	04	09
<i>BHAISHAJA RATNAVALI</i>	08	22
<i>GADA NIGRAHA</i>	35	10
<i>SAHASRA YOGA</i>	25	20
AYURVEDA FORMULARY OF INDIA	18	20

**Table no 2. RATIO OF ESSENTIAL REQUIREMENTS:**

<i>Jala</i>	1 drona (12.288 lit)
<i>Guda</i>	1 tula (4.8 kg)
<i>Madhu</i>	½ tula (2.4 kg)
<i>Prakespaka dravya</i>	1/10 of guda (480 gm )