



A Review On Different Available References Of Kumaryasava

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Abstract:

Introduction: Ayurveda had already pioneered pharmaceuticals and different dosage forms (oushadha kalpanas) which are diverse in its applications and presentation. Asava aristas are unique dosage form of Ayurveda where drug is delivered through medium of self-generated alcohol. There are different asava and arishta formulations mentioned in ayurvedic classics. **Methods:** many references of kumaryasava are available in classics out of which five references are compiled here. All references of kumaryasava are mentioned with different ingredients and indications. **Discussion:** the differences in ingredients and indications in all references, proportions of guda, madhu and presence of rasa dravyas are discussed.

Key words: kumaryasava, asava arishta, stree roga

INTRODUCTION

Ayurveda has helped the mankind since millenniums and its principles stand unprecedented till date. It has always helped in maintaining health and eliminating diseases through its treatment principles and medicinal values. It had already pioneered pharmaceuticals and different dosage forms (oushadha kalpanas) which are diverse in its applications and presentation. Asava aristas are unique dosage form of Ayurveda where drug is delivered through medium of self-generated alcohol. They are alcoholic ayurvedic liquid dosage form prepared by using infusion of drug (hot or cold) and allowed to undergo fermentation with help of sugar, jaggery, honey or other fermenting agents like dhataki pushpa. There are different asava and arishta formulations mentioned in ayurvedic classics. Kumaryasava is one such formulation which is extensively used by ayurvedic physicians. Generally, it is indicated in liver and spleen disorders (yakrut and pleeha), gulma, kaamala, nashta pushpa etc. There are different references of kumaryasava with different ingredients and indications. Not all the references of kumaryasava are indicated in striroga but also in gulmaroga etc. Different pharmaceutical companies manufacture kumaryasava with different references which may act in different diseases. Therefore, present study is an attempt to review available five references of kumaryasava.

Materials and methods:

References -

Kumaryasava I

Sharngadhara samhita madhyamakhandha, chapter 10 has mentioned this formulation¹. Ayurvedic Formulary of India (AFI) has included same kumaryasava in part I by the name kumaryasava (A)². In ayurveda sara sangraha, under the name of kumaryasava no 1³ they have mentioned the same ingredients but quantity varies .

Kumaryasava II

This formulation is mentioned in Ayurveda sara sangraha in the name of kumaryasava no. 2.⁴

Kumaryasava III

The reference is taken from yogaratnakara, Gulma adhikara.⁵ Ayurvedic Formulary of India (AFI) has included this kumaryasava in part I by the name kumaryasava (B)⁶. Ayurveda sara sangraha has the same name as kumaryasava no. 3⁷ and in bharata bhaishajya ratnakara vol 1, yoga no. 896, kumaryasava - 3⁸

Kumaryasava IV

Reference is taken from Gadanigraha – prayogakhanda, 6th chapter , asavadhikara⁹. bharata bhaishajya Ratnakara has mentioned this as Kumaryasava -1(yoga. no. 894).¹⁰

Kumaryasava V

Reference is taken from Gadanigraha – prayogakhanda, 6th chapter , asavadhikara.¹¹ bharata bhaishajya Ratnakara has mentioned this as Kumaryasava -2 (yoga. no. 895)¹² and same in ayurveda sara sangraha with the name of kumaryasava no 4¹³

Table 1: different ingredients of kumaryasava with their proportion as per different references

Sl. no	Ingredients	Botanical name	1 (Sha. S/ AFI A)	2(AS)	3(yogratnakar)	4(gadanigraha 1)	5(gadanigharha)
1	Ghrita kumari	Aloe barbadensis miller	1 drona - 12,288g	3 ser - 2880g	1 drona - 12,288g	1 drona - 12,288g	1/2 tula - 2,400g
2	haritaki	Terminalia chebula	1/2 pala - 24g		1.25 tula - 6000g	1/4 prastha - 192g	2pala - 96g
3	vibhitaki	Terminalia bellerica	1/2 pala - 24g		1pala - 48g		
4	amlaki	Emblica officialis	1/2 pala - 24g			8 pala - 384g	
5	Pippali	Piper longum	1/2 pala - 24g			76.8g	2pala - 96g
6	Marica	Piper nigrum	1/2 pala - 24g			76.8g	2pala - 96g
7	Shunthi	Zinziber officinale	1/2 pala - 24g			76.8g	
8	Tvak	Cinnamomum zeylanica	1/2 pala - 24g			19.2g	12g
9	Ela	Eleteria cardomomum	1/2 pala - 24g			19.2g	12g
10	Chitraka	Plumbago zeylanica	1/2 pala - 24g		1pala - 48g	1/8 tula - 600g	
11	Vidanga	Embilis ribes	1/2 pala - 24g				2pala - 96g
12	Yastimadhu	Glycyrrhiza glabra	1/2 pala - 24g				
13	Chavya	Piper retrofractum	1/2 pala - 24g		1pala - 48g		
14	Dhanyaka	Coriundrum sativum	1/2 pala - 24g			76.8g	
15	Pooga	Areca catechu	1/2 pala - 24g				
16	Devadaru	Cedrus deodara	1/2 pala - 24g				
17	Daruharidra	Berberis aristata	1/2 pala - 24g				1pala - 48g

18	Mrudveeka	Vitis vinifera	1/2 pala - 24g			30 - pala - 1440g	
19	pushkaramoola	Inula racemose	1/2 pala - 24g		1pala - 48g	1/4 tula - 1,200g	
20	Atibala	Abutilon indicum	1/2 pala - 24g				
21	Gokshura	Tribulus terrestris	1/2 pala - 24g				
22	Hingupatri	Ferula jaeschkeana	1/2 pala - 24g				
23	Utingana	Blepharis edulis	1/2 pala - 24g				
24	rakta punarava	Boerhavia diffusa	1/2 pala - 24g				
25	Lodhra	Symplocos racemose	1/2 pala - 24g			8 pala - 384g	
26	Lavanga	Syzigium aromaticum	1/2 pala - 24g		1pala - 48g	76.8g	2pala - 96g
27	Tejapatra	Cinnamomum tamala	1/2 pala - 24g			19.2g	12g
28	Nagakeshar	Mesua ferra	1/2 pala - 24g			19.2	12g
29	Pippalimula	Piper longum	1/2 pala - 24g				
30	Gajapippali	Piper chaba	1/2 pala - 24g				
31	Hapusha	Juniperus communis	1/2 pala - 24g			76.8g	
32	Katuki	Picrorrhiza kurroa	1/2 pala - 24g				
33	Musta	Cyperus rotundus	1/2 pala - 24g			76.8g	
34	Rasna	Alpinia galanga	1/2 pala - 24g				
35	Haridra	Curcuma longa	1/2 pala - 24g				2pala - 96g
36	Murva	Morus alba	1/2 pala - 24g				
37	Dantimula	Baliospermum montanus	1/2 pala - 24g				
38	Balaa	Sida cordifolia	1/2 pala - 24g				
39	Kapikacchu	Mucuna pruriens	1/2 pala - 24g				
40	shatapushpa	Anethum graveolens	1/2 pala - 24g				
41	akarakarabha	Anacyclus pyrethrum	1/2 pala - 24g			76.8g	2pala - 96g
42	shweta punarnava	Trianthema portulacastrum	1/2 pala - 24g				
43	swarna makshika		1/2 pala - 24g				
44	dhatki pushpa	Woodfordia fruticosa	8 pala - 384 g		16 pala - 768g	2 tula - 9600g	2pala - 96g
45	loha bhasma		1/2 tula - 2,400g		1 shukti - 24g		
46	Guda		1 tula - 4,800g	32 tola - 384g	100pala - 4,800g	4 tula - 19200g	1/4 tula - 1,200g
47	Madhu		1/2 tula - 2,400g		1 adhaka - 3,072g	32pala - 1536g	
48	malayaj chandan	Santalum album				76.8g	
49	shuddha mandura			4 tola - 48g			
50	kshara traya			12 tola - 144g			
51	panchalavana			20tola - 240g			
52	Navasagara			4 tola - 48g			
53	Jatiphala	Myristica fragrans			1pala - 48g	76.8g	
54	Kankola	Piper cubeba			1pala - 48g	76.8g	
55	Kababaka				1pala - 48g		
56	Jatila	Nardostachys jatamansi			1pala - 48g		
57	Jatipatri	Myristica fragrans			1pala - 48g	76.8g	1pala - 48g

58	Karkataka	Pistachia integerrima			1pala - 48g		
59	tamra bhasma				1 shukti - 24g		
60	Saindhava						2pala - 96g
61	Kubera						2pala - 96g
62	vacha	Acorus calamus					2pala - 96g
63	dashamula					1/2 tula - 2,400g	
64	dhanvayasa	Fragonia cretica				1/4tula - 1,200g	
65	Manjistha	Rubia cordifolia				8 pala - 384g	
66	Khadirasara	Acacia catechu				76.8g	
67	Jeeraka	Cuminum Cyminum				76.8g	
68	brihat ela	Amomum subulatum				76.8g	
69	Ajamoda	Apium graveolens				76.8g	
70	Vaalaka	Pavonia odorata				76.8g	
71	Vrikshamla	Garcinia indica				76.8g	

Method of preparation:

kumaryaasava 1 (sharngadhara samhita)

kumari swarasa is extracted and kept in a vessel made of mud or stone. To this swarasa, guda, madhu and loha bhasma are added. prakshepaka dravyas are made into fine powder and added to the above mixture. dhataki pushpa is added at the end and kept for fermentation.

kumaryaasava 2 (ASS)

kumari swarasa and guda are mixed and to this mixture all the other ingredients are added and kept in mud pot and sandhi bandhana is done. This pot is kept in sunlight for 8 days.

kumaryasava 3 (yogaratanakara - gulma)

Kumari swarasa, guda and Vijaya are taken together and to this water is added and kwatha is prepared. To this kwatha, prakshepaka dravya are added, closed and sandhibandhana is done. this vessel is kept in dhanyarashi for 20 days.

kumaryasava 4 (gadanigraha - gulma)

kumari swarasa is extracted and kept in mud pot , add dashamoola, pushkarmool , dhamasha, chitraka into it . Make a kwatha churna with guduchi , haritaki , lodra, amalaki, haritaki, manjistha, vibhitaki , chavya, kustha, yastimadhu, kapitha , devadaru, vidanga , pippalimoola,bharangi, asta varga , jeera, pooga , rasna , shati, renuka, haridra, karkatasingi , priyangu , jatamansi, mustha, sariva, indrayava, shatavari, nagakeshara , punarnava boil it with water and reduced it ¼th . then add rest all preshepaka dravya in it . do sandhibandana and keep under the earth for the one month .

kumaryasava 5 (gadanigraha - gulma)

kumari swarasa is exatracted mix with the guda . Make course powder of all the prakshepaka davya and mix all together. keep everything in a mud pot for a one paksha.

Name	Dose	Indication
Kumaryasava – I	S.S – ½ pala, 1 pala, 2 pala Based on dehabala and vaya A.S.S/ AFI – 1 - 2 tola with water after food	SS - Pakti shoola, udara, ugra kshaya, all prameha, udavarta, apasmriti, shukradosha, ashmari, krimi, raktapitta, Brimhana, rochana, vrishya, ASS- gulma, parinama shola, yakrut, pleeha, kasa, shwasa, pandu, kaphaja and mandajwara, apasmara, mutrakruchra, aartava dosha, vaatavikara, bhagandara.
Kumaryasava – II	6 masha – 1 tola (3 – 12 ml) anupana - shakara jala	Udara, shoola, ajeerna, yakrit, pleeha, gulma, agnimandya, Deepana, pachana. Esp. in yakrut vikara, pleeha, pandu, krimi haleemaka, vibandha, balaroga
Kumaryasava – III	-	Pancha kasa, shvasa, kshaya, udara, arsha, vatavyadhi, apasmara, koshtashoola, nashtapushpa.
Kumaryasava – IV	1 pala	Dhatukshaya, kasa, shwasa, arshas, hridroga, adhmana, gudagraha, kukshi shoola, vataroga, grahani, pandu, kaamala, halimaka, gulma, hridroga, ashteela
Kumaryasava – V	G.N – ½ pala ASS – 1-2 tola	adhmana, parshwashoola, jatarashoola, mandagni, kasa, shwasa, hikka, kshaya, pleeha, yakrit, shopha

Discussion

Five references of kumaryasava are taken which are found across various classics of Ayurveda. Ingredients like kumari, haritaki, pippali, marica, twak, ela, chitraka, pushkaramula, lavanga, tejapatra, nagakeshara, dhatakipushpa, guda, madhu are found in majority of references of kumaryasavas.

Guda

In kumaryasava-1 and kumaryasava- 3, kumari swarasa is 2.56 times more than guda. In kumaryasava- 2, kumari swarasa is 7.5 times more than guda. in kumaryasava – 5, kumari swarasa is twice more than guda whereas In kumaryasava – 4, guda is 1.5 times more than kumari swarasa. This can be inferred as kumaryasava – 2 has least amount of guda and kumaryasava – 4 has maximum amount of guda.

Madhu

Madhu is not present in kumaryasava – 2 and kumaryasava - 5. Maximum amount of madhu can be seen in kumaryasava – 3

Rasa dravyas

In kumaryasava -1, abhraka bhasma (2 tola), Swarna makshika (2 tola) and loha bhasma (1/2 tula) is present. In kumaryasava – 2, navasagara(1 pala), ksharatraya(12 tola), shuddha mandura(1 pala) are present. Kumaryasava – 3 contains loha bhasma(2 tola) and tamra bhasma(2 tola). Kumaryasava – 4 and kumaryasava – 5 does not contain any rasa dravyas.

Dhataki pushpa

Kumaryasava – 4 has highest quantity of dhataki pushpa(9600g) and kumaryasava – 2 does not contain dhataki pushpa.

Kumaryasava – 1 contains loha bhasma in more quantity. Atibala, gokshura, hingupatri, utingana, rakta punarnava, pippalimula, gajapippali katuki, rasna, murva, dantimula, bala, kapikacchu, shatapushpa, shwetha punarnava are exclusively present as prakshepaka dravya.

In kumaryasava – 2, kumari, guda, shuddha mandura, panchalavana, kshara traya- only these ingredients are present in which only kumari and guda are the herbal ingredients. Haritaki is present in all other references of kumaryasava except kumaryasava – 2., madhu is not present in this reference.

In kumaryasava – 3, tamra bhasma, kababaka, jatila and karkataka are exclusively present. Amount of madhu is more in kumaryasava – 3 compared to that of other references. In this reference, total 13 prakshepaka dravyas are mentioned out of which two are bhasmas.

Method of preparation of kumaryasava – 3 is different in yogaratnakara and ayurveda sara sangraha. Yogaratnakara mentions to take kumari swarasa, guda and Vijaya together and make kwatha but Ayurveda sara sangraha tells to make kwatha out of Vijaya first and then add kumari swarasa etc ingredients to it.

In kumaryasava – 4, dashamula, manjistha, Chandana, khadirasara, jeeraka, brihat ela, ajamoda vaalaka, dhanvayasa and vrikshamla are exclusively present. This is the only reference where Kashaya preparation is mentioned indicating the presence of two drava dravyas. Quantity of dhatakipushpa is more compared to that of other references.

Kumaryasava – 5 has vidanga, daru haridra, haridra, kubera, vacha, saindhava as exclusive ingredients.

Vijaya mentioned in kumaryasava – 3 can be considered as haritaki as well as bhaang. Ayurveda sara sangraha has considered it as haritaki.

CONCLUSION

Five references available for kumaryasava are taken for study. After reviewing all the references, it can be known that ingredients, method of preparations and indications differs from one sample to another. Therefore, more critical, analytical and clinical studies should be carried out with respect to different references of kumaryasava. The kumaryasava with different references available in the market in the name kumaryasava only. Hence physicians should check the references of kumaryasava of each company and then prescribe the same.

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