

THE LITERATURE REVIEW OF *DURALABHARISHTAM*

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Article Received on 15 April 2026,
Article Revised on 05 May 2026,
Article Published on 16 May 2026,

<https://doi.org/10.5281/zenodo.20203863>

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How to cite this Article: ¹*Dr. Supriya Bansode, ²Dr. Shardul Chavan, ³Dr. Anju Sreedharan. (2026). The Literature Review of *Duralabharishtam*. *World Journal of Pharmaceutical Research*, 15(10), 633-647.
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ABSTRACT

Duralabharishtam is an important Ayurvedic formulation widely used in the management of various conditions such as *Pandu* (anaemia), *Arsha* (haemorrhoids), *Pleeharoga* (spleen disorders), *Gulma* (abdominal lumps), *Hrudrog* (heart diseases), *Grahani* (malabsorption syndrome), *Shotha* (swelling), *Aruchi* (loss of appetite), *Granthi* (cysts), *Arbuda* (tumours/cancer) and *Kushtha* (skin diseases). Classical Ayurvedic literature mentions eight references of this formulation under two variant names, *Sharkarasav* and *Dwitiya Phalarishtam*. Among these, the formulation described in *Ashtanga Hridayam* is most widely accepted and commonly used in clinical practice and in pharmaceutical preparations. The standard formulation consists of nine ingredients of plant origin. The present study aims to critically review this formulation. Based on the analysis of the pharmacological

properties of its ingredients, it can be inferred that *Duralabharishtam* may be effective in all the above-mentioned indications. Among the five *Pathabheda* of mentioned formulation, there is a need to standardize each *Pathabheda* and clinically evaluate them according to *Phalshruti* for their effective use in practice. Pharmacologically, it supports digestion, metabolism, bowel regulation, and has anti-parasitic and anti-inflammatory effects. It is mainly used in gastro-intestinal and metabolic disorders like *Arsha*, *Grahani*, *Pandu*. Limited

research suggests benefits in conditions such as celiac disease and haemorrhoids, through the evidence is not extensive. Further standardization, quality control, and large-scale clinical studies are needed to validate its efficacy.

KEYWORDS: *Duralabharishtam*, *Arsha*, *Grahani*, *Arbuda*, *Granthi*, *Sandhan Kalpana*, Alcoholic Fermentation.

INTRODUCTION

Duralabharishtam is herbal formulation composed entirely of plant-based ingredients. It is a *Bhaishajya Kalpana* preparation and categorized under *Sandhan Kalpana*, which refers to formulations prepared through the process of *Sandhan* (fermentation), resulting in the formation of *Madya* (alcohol).

In day-to-day Ayurvedic practice, *Duralabharishtam* is commonly prescribed medicine for conditions such as *Arsha* (piles), *Amlapitta* (hyperacidity), *Agnimandhya* (digestive impairment), *Kasa* (cough), *Gulma* (abdominal Lump), and other diseases caused by *Mandagani* (diminished digestive fire).

Since it is a well-known and frequently used formulation by *Vaidyas*, it is important to compile and present all related information and available scientific data in one place. This would help practitioners, students, teachers & researchers gain a comprehensive understanding of this formulation.

The objectives of the present study are to collect and review all available data from classical *Ayurvedic* texts and published research, to analyse the formulation and its ingredients, and to understand the probable mode of action of *Duralabharishtam* in relation to the indications mentioned in classical texts.

AIM

This study aims to gather all available references of *Duralabharishtam* and to analyze them comparatively to understand its composition, method of preparation and indications.

STUDY DESIGN

References related to *Duralabharishtam* were collected from relevant classical Ayurvedic texts and systematically documented. Existing research studies were also reviewed. Sources such as the thesis database, research journals, and online platforms were explored to identify

any prior research conducted on this formulation. All the collected information was carefully analyzed with respect to its ingredients, variations in formulation, and indications.

CLASSICAL REFERENCES OF DURALABHARISHTAM

1. *Charaka Samhita*, Sutrasthana, Chikitsa Sthana, 1/100-101. [1]

Charaka Samhita, Sutrasthana, Chikitsa Sthana, 1/100-101. [2]

2. *Charaka Samhita*, Sutrasthana, Chikitsa Sthana, 1/100-101. [3]

3. *Charaka Samhita*, Sutrasthana, Chikitsa Sthana, 1/100-101.

SR. NO.	INGREDIENTS	LATIN NAME	PART USED	QUANTITY
KWATHA DRAVYA				
1	<i>Duralabha</i>	Fagonia arabica	Roots, Leaves, Flowers, Fruits, Bark	8parts
2	<i>Danti</i>	Baliospermum montanum	Roots	1parts
3	<i>Patha</i>	Cissampelos pareira	Roots	1parts
4	<i>Chitrak</i>	Plumbago zeylanica	Roots	1parts
5	<i>Haritaki</i>	Terminalia chebula	Fruit	1parts
6	<i>Vasa</i>	Adhatoda vasica	Leaves	1parts
7	<i>Amalaki</i>	Phyllanthus emblica	Fruit	1parts
8	<i>Shunthi</i>	Zingiber officinale	Roots	1parts
9	<i>Jala</i>	Aqua	-	128parts
MADHURA DRAVYA				
10	<i>Sita</i>	Saccharum officinarum	-	50parts
LIMPANA DRAVYA				
11	<i>Priyangu</i>	Callicarpa macrophylla	Fruit	QS
12	<i>Pippali</i>	Piper longum	Fruit	QS
13	<i>Makshika</i>	Mel	-	QS
14	<i>Chavya</i>	Piper retrofractum	Fruit	QS
15	<i>Ghrita</i>	Clarified butter	-	QS
PRAKSHEPA DRAVYA				
16	<i>Dhataki</i>	Woodfordia fruticosa	Flower	8parts

Note- Ingredients of *Duralabharishtam* as per C. S. and A. S. are correspond to those listed in *Sahasrayogam* (table no. 1); however, the *Prakshepa Dravya* are not specified in C. S. and A. S. [C. S. – *Charak Samhita*, A. S. -*Ashtanga Sangrah*]

2] INGREDIENTS OF DURALABHARISHATAM AS PER GADANIGRAHA

Table No. 02: Ingredients Of *Duralabharishatam* As Per *Gadanigraha*.^{[5][9]}

SR. NO.	INGREDIENTS	LATIN NAME	PARTS USED	QUANTITY
KWATH DRAVYA				
1.	<i>Duralabha</i>	Fagonia arabica	Roots, Leaves, Flowers, Fruits, Bark	16parts
2.	<i>Danti</i>	Baliospermum montanum	Roots	0.5parts
3	<i>Chitrak</i>	Plumbago zeylanica	Roots	0.5parts
4	<i>Haritaki</i>	Terminalia chebula	Fruit	50parts
5	<i>Amalaki</i>	Phyllanthus embelica	Fruit	8parts
6	<i>Jala</i>	Water	-	512parts
MADHURA DRAVYA				
7	<i>Guda</i>	Saccharum officinarum	-	100parts
8	<i>Makshika</i>	Mel	-	2parts
LIMPANA DRAVYA				
9	<i>Ghrita</i>	Clarified butter	-	QS

PRAKSHEPA DRAVYA				
10	<i>Priyangu</i>	<i>Callicarpa macrophylla</i>	Fruit	0.67parts
11	<i>Pippali</i>	<i>Piper longum</i>	Fruit	0.67parts
12	<i>Vidanga</i>	<i>Embelia ribes</i>	Fruit	0.67parts

METHOD OF DURALABHARISHTAM PREPARATION

Raw materials were first identified, and decoction of *Kwath Dravya* (ingredients) was prepared following the standard reference method.



Madhur Dravya (sweetening agents) were then added to the decoction and dissolved thoroughly. A porcelain vessel was internally coated with prescribed *Limpana Dravya* (coating substances).



The vessel was sterilized through *Dhoopan* (fumigation) both before and after the *Limpana* (coating) process. After incorporating the *Prakshepa Dravyas*, the prepared mixture was transferred into the coated vessel. The vessel was then covered with the *Sharava* (earthen lid) and sealed with *Matkapad* (*Multani mitti* -smeared cloth).



The sealed vessel was kept in a warm, undisturbed place for a period of fifteen days. Throughout this time the fermentation process was carefully observed. At the end of this period, the *Duralabharishtam* was considered ready. The fermented liquid was then filtered using clean muslin cloth, stored in airtight container, and left to mature further.

Figure No. 1: Flow Chart of Duralabharishtam Preparation.

Table No. 3: List of Ingredients of Duralabharishtam As Per Different Acharyas.

Sr. No.	Dravya	Sahasrayogam ^[1]	Charak Samhita ^[4]	Ashtang Hridayam ^[6]	Ashtang sangrah ^[7]	Aasava arishta Vigyan ^[3]	Yoga Ratnakara ^[8]	Gad Nigraha ^[5]	Afi V1 P3 ^[9]
1	<i>Duralabha</i>	+	+	+	+	+	+	+	+
2	<i>Patha</i>	+	+	+	+	+	+	-	-
3	<i>Haritaki</i>	+	+	+	+	+	+	+	+
4	<i>Aamalaki</i>	+	+	+	+	+	+	+	+
5	<i>Vasa</i>	+	+	+	+	+	+	-	-
6	<i>Shunthi</i>	+	+	+	+	+	+	-	-
7	<i>Danti</i>	+	+	+	+	+	-	+	+
8	<i>Chitrak</i>	+	+	+	+	+	+	+	+
9	<i>Sita</i>	+	+	+	+	+	+	-	-
10	<i>Guda</i>	-	-	-	-	-	-	+	+
11	<i>Madhu</i>	-	-	-	-	-	-	+	+

14	<i>Pippali</i>	-	-	-	-	-	-	+	+
15	<i>Vidang</i>	-	-	-	-	-	-	+	+
16	<i>Priyangu</i>	-	-	-	-	-	-	+	+
17	<i>Dhataki</i>	+	-	+	-	+	-	-	-

PROPERTIES OF INGREDIENTS

Table No. 4: Properties of Ingredients.

SR.NO.	DRAVYA	RASA	GUNA	VIRYA	VIPAKA	PRABHAVA
1	<i>Duralabha</i> ^[10]	<i>Madhura, Tikta, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	-
2	<i>Chitrak</i> ^[11]	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	-
3	<i>Danti</i> ^[12]	<i>Katu</i>	<i>Tikshna, Ushna</i>	<i>Ushna</i>	<i>Katu</i>	-
4	<i>Haritaki</i> ^[13]	<i>Kashayapradhana Panchrasa Lavanavarjita</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshar</i>
5	<i>Aamalaki</i> ^[14]	<i>Amlapradhan Panchrasa Lavanavarjit</i>	<i>Guru, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	-
6	<i>Vasa</i> ^[15]	<i>Tikta, Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	-
7	<i>Patha</i> ^[16]	<i>Tikta</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	-
8	<i>Shunthi</i> ^[17]	<i>Katu</i>	<i>Laghu, Snigdha, Ushna</i>	<i>Ushna</i>	<i>Madhura</i>	-
9	<i>Sharkara</i> ^[18]	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittashamak</i>
10	<i>Guda</i> ^[19]	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vaatshamak</i>
11	<i>Vidanga</i> ^[20]	<i>Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	-
12	<i>Pippali</i> ^[21]	<i>Katu</i>	<i>Snigdha, Laghu</i>	<i>Anushnsheeta</i>	<i>Madhura</i>	-
13	<i>Priyangu</i> ^[22]	<i>Tikta, Kashaya</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vaathar</i>

PHALSHRUTI OF DURALABHARISHTAM

Table No. 5: Phalshruti of Duralabharishtam.

SR. NO.	PHALSHRUTI	SAHSRAYOGAM ^[1]	A. A. V. ^[3]	C. S. ^[4]	G. NI. ^[5]	Y. R. ^[8]
1	<i>Arsha</i>	+	+	+	+	+
2	<i>Grahani</i>	+	+	+	+	+
3	<i>Pandu</i>	+	+	+	+	+
4	<i>Hrudroga</i>	+	+	+	-	+
5	<i>Kushtha</i>	+	+	-	+	-
6	<i>Swarvarnkara</i>	-	-	-	+	-
7	<i>Balvarnagnikar</i>	+	-	-	-	-
8	<i>Udara</i>	+	+	-	-	-
9	<i>Jwara</i>	+	+	-	-	-
10	<i>Pheeharoga</i>	+	+	-	-	-
11	<i>Yakshma</i>	+	+	-	-	-
12	<i>Krumi</i>	+	+	-	-	-
13	<i>Granthi</i>	+	-	-	-	-
14	<i>Arbuda</i>	+	-	-	-	-
15	<i>Udawarta</i>	-	-	+	-	+

16	<i>Arochaka</i>	+	-	+	-	+
17	<i>Vibandha- Mala, Mutra, Vaayu, Udgara</i>	-	-	+	-	+
18	<i>Agnimandya</i>	-	-	+	-	+
19	<i>Visrpa</i>	-	-	-	+	-
20	<i>Prameha</i>	-	-	-	+	-
21	<i>Raktpitta</i>	-	-	-	+	-
22	<i>Shwaythu</i>	-	+	-	-	-
23	<i>Gulma</i>	+	+	-	-	-
24	<i>Avami</i>	-	+	-	-	-
25	<i>Shopha</i>	+	-	-	-	-
26	<i>Kamala</i>	+	-	-	-	-
27	<i>Shwitra</i>	+	-	-	-	-
28	<i>Vyanga</i>	+	-	-	-	-
29	<i>Garvishahara</i>	-	+	-	-	-
30	<i>Kaphahar</i>	-	-	-	+	-

[G.NI. -Gadanigraha, A. A. V. - Aasav Arishta Vidnyan]

PREVIOUS RELATED RESEARCH WORK DONE

1. REVIEW ARTICLE RELATED TO DURALABHARISHTAM

Table No. 06: Review Article Related To Duralabharishtam.

Sr. No.	Authors	Title, year, journal	Study model	Key intervention	Outcome
1	Dr Shivani Gupta, Dr Bhopinder Singh ^[23]	A Classical Approach Towards Treatment of <i>Arsha Roga</i> - A Review Article; A World Journal of Pharmaceutical and Life Science; 2017, Vol. 3, Issue 10, 69-73.	Classical Ayurvedic Literature Review	Ayurvedic management of <i>Arsha Roga</i> .	In <i>Sravi Arsha</i> management, as a compound formulation, <i>Duralabharishatam</i> 15-20ml twice daily with an equal amount of water.
2	Sinimol T. P., Emy. S. Surendran, Varsha Sumedhan, Meghna. P.P, V. Subhose ^[24]	A Review on the Probable Mode of Action of: <i>Hinguvachadi Churna</i> (powder)- an ayurvedic formulation with multifaceted action; International Journal of Ayurveda and Pharma Research; March 2021, Vol 9, Issue 3, 94-101.	Literature-Based Pharmacological Analysis	<i>Hinguvachadi churn</i> formulation in <i>Agnimandya</i> .	Clinically, with <i>Dashemani Gana</i> (3–6 g of <i>churna</i> or <i>vati</i>), <i>Duralabharishtam</i> , <i>Abhayarishta</i> , <i>Saptamrut Kashaya</i> , <i>Pippalyasava</i> , or <i>Putikaranjasava</i> are administered as <i>Sahapana</i> , as prescribed by the physician.

2. PHARMACEUTICO-ANALYTICAL STUDY ARTICLE RELATED TO DURALABHARISHTAM

Table No. 07: Pharmaceutico-Analytical Study Article Related To Duralabharishtam.

Sr. No.	Author	Title, Year, Journal	Study Model	Key Intervention	Outcome
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				<p>version.</p> <ul style="list-style-type: none"> ➤ The formulation is referred to as <u><i>Duralabhasav</i></u>. ➤ The <i>Phalshruti</i> of the <i>Kalpa</i> is mentioned table no.5 <p>2] <i>B.B.R.</i> –</p> <ul style="list-style-type: none"> ➤ The formulation is referred to as <u><i>Duralabharishtah</i></u>. ➤ The reference is taken from A. A. V. 3/8.
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[*Y.R.- Yogaratnakara*]

CONCLUSION

This review emphasizes the classical relevance and pharmacological importance of *Duralabharishtam*, a widely used formulation under *Sandhana Kalpana* in Ayurvedic practice. The study shows that *Duralabharishtam* is mentioned in several classical texts such as *Sahasrayogam*, *Ashtanga Hridayam*, *Charak Samhita*, *Gadanigraha* and *Yogaratnakara*, reflecting its long-standing therapeutic value. Although there are minor variations in the ingredients across these texts, the core composition remains largely the same, with key ingredients including *Duralabha*, *Haritaki*, *Amalaki*, *Chitrak*, and *Danti*.

A comparative evaluation of different formulations indicates that the version described in *Ashtanga Hridayam* is most widely followed in clinical practice. Variations in the inclusion or exclusion of *Prakshepa Dravya* (e.g., *Dhataki*, *Pippali*, *Vidanga*, and *Priyangu*), *Limpan Dravya* (e.g., *Ghrita*, *Pippali*, *Chavya*, *Madhu*, *Priyangu*, and *Phalini*), and different sweetening agents (*Sharkara*, *Guda* and *Madhu*), may influence both therapeutic efficacy and the fermentation process. The use of *Dhataki Pushpa* is particularly significant, as it facilitates natural fermentation and improves the bioavailability of active constituents.

Based on pharmacological properties (*Rasa*, *Guna*, *Virya*, and *Vipaka*) of its ingredients, *Duralabharishtam* is believed to have actions such as *Deepana* (enhancing digestive fire), *Pachana* (digestive), *Anulomana* (regulating bowel movement), *Krimighna* (antiparasitic), and *Shothahara* (anti-inflammatory). Ingredients like *Chitraka*, *Pippali*, and *Shunthi* help improve digestion and metabolism, while *Haritaki* and *Amalaki* balance *Tridosha*. This combination explains its wide range of uses in conditions such as *Arsha*, *Grahani*, *Pandu*, *Gulma*, and *Kushtha*. Classical ayurvedic texts describe five different *Pathbheda* (variants) of this formulation.

Analysis based on disease indications (*Rogaghnta*) suggests that *Duralabharishtam* is mainly useful in gastrointestinal and metabolic disorders, especially those related to *Mandagni*

(impaired digestion). Its effectiveness in conditions like *Arsha* (haemorrhoids) and *Grahani* (malabsorption syndrome) is likely due to its ability to improve digestion and regulate bowel function. Its use in systemic conditions such as *Hrudroga*, *Shotha*, and *Granthi* indicates broader therapeutic potential.

A review of existing research shows that scientific studies on this formulation are limited but meaningful. Pharmaceutical studies suggest that factors such as the fermentation process and the type of container can influence alcohol content, which may affect the potency of the formulation. Clinical evidence, although limited, indicates potential benefits in conditions such as celiac disease and *Arsha* when used as part of combined therapy. However, the lack of large-scale clinical trials remains a significant limitation.

Despite its classical importance and widespread use, there is a clear need for standardization, quality control, and further scientific validation. Variations in composition across classical texts and commercial preparations may lead to inconsistent therapeutic outcomes. Well-structured experimental and clinical studies are required to establish its efficacy, safety, and mechanism of action within an evidence-based framework. Further research is essential to validate its clinical effectiveness and support its integration into modern healthcare practice.

NEED FOR STUDY

1. To ensure regulatory compliance required for establishing a pharmacopeial standard.
2. To provide therapeutic validation through limited clinical evidence of efficacy.

SCOPE OF STUDY

Of all available *Pathbheda* –

1. Standardization of the pharmaceutical preparation.
2. Analysis of physicochemical properties.
3. Evaluation of phytochemical profile.
4. Determination of shelf-life.
5. Assessment of therapeutic effectiveness, including:
 - a. Clinical evaluation for the indicated disorder.
 - b. Assessment of safety and efficacy.

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