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A COMPARATIVE PHYSICOCHEMICAL ANALYSIS OF HARITAKI CHURNA AND ITS CONVERTED AVALEHA W.S.R. TO SAMSKARA

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ABSTRACT

Background: Haritaki is one of the most important Rasayana drugs described as Pathya and Amruta. It is commonly used in Churna form, but when converted to Avaleha form, its properties change due to Samskara. **Aim:** To compare the physicochemical parameters of Haritaki Churna and its converted Haritaki Avaleha and to understand the role of Samskara. **Materials and Methods:** Haritaki Churna was prepared as per classical method. From the same Churna, Haritaki Avaleha was prepared by adding Sharkara Paka, Ghrita and Prakshepa Dravya. Both samples were subjected to organoleptic and physicochemical analysis. **Results:** Significant changes were observed in all parameters after conversion. Avaleha showed increased pH, increased water-soluble extractives when compared to Churna. Conclusion: Samskara plays a major role in altering Guna, Rasa and Karma of Haritaki. Conversion of Haritaki Churna into Avaleha improves palatability, shelf life, stability and therapeutic efficacy, especially for Mrudu Virechana and Rasayana action.

KEYWORDS: Haritaki, Churna, Avaleha, Samskara, Physicochemical Analysis, Terminalia chebula.

INTRODUCTION

Haritaki (Terminalia chebula Retz.) is one of the most widely used drugs in Ayurveda and is described as Sarva Roga Nivarini and Amruta by Acharya Bhavaprakasha. It is a major ingredient of Triphala and is used as Nitya Virechana, Rasayana, Deepana, Pachana and Tridoshahara. Haritaki possesses Pancha Rasa except Lavana, Laghu and Ruksha Guna,

Ushna Virya and Madhura Vipaka. Among the Panchavidha Kashaya Kalpana, Haritaki Churna is the most commonly used form due to its easy preparation, easy dose fixation and easy administration, but its Kashaya-Tikta Rasa and Ruksha Guna makes it difficult for children, elderly and patients with sensitive nature to consume for long time. Haritaki Avaleha, on the other hand, is a secondary Kalpana which is prepared from Haritaki Churna by adding Madhura Dravya like Sharkara or Guda and heating it till it attains Avaleha Siddhi Lakshana, and it is a semi-solid, sticky, sweet and palatable preparation. Acharya Charaka has clearly stated the concept of Samskara as Samskarohi Gunantaradhanam, which means Samskara brings about a change in the properties of a drug, and when Haritaki Churna is converted into Avaleha, it undergoes Samskara by Agni, Jala, Kala, Samyoga, Manthana and addition of Sharkara, Ghrita and Madhu, due to which there is a definite change in its Rupa, Rasa, Gandha, Guna, Virya, Vipaka and Karma. In the present era, there is a growing need to validate these classical concepts on modern scientific parameters, and hence the present study was undertaken to carry out a comparative physicochemical analysis of Haritaki Churna and its converted Haritaki Avaleha in order to understand the role of Samskara and to provide scientific evidence for the selection of a suitable Kalpana in clinical practice.

AIM AND OBJECTIVES

- To compare the physicochemical parameters of Haritaki Churna and its converted Haritaki Avaleha and to understand the role of Samskara.

MATERIALS AND METHODS

Source of Data: Literary aspect was collected from Ayurvedic and modern texts, updated with recent medical journals and internet. Dried Haritaki fruits were collected from the market of Chikodi, authenticated by botanist and stored at Dravyaguna Department, KLE AMC.

Place of Experiment: Rasashastra Pharmacy of KLE AMC, Chikodi.

Study design: Analytical and Experimental Study.

Preparation of Haritaki Churna: Dried Haritaki pericarp was finely powdered, sieved and stored in airtight container.

Preparation of Haritaki Avaleha: Haritaki Avaleha is prepared by taking 500 gm Haritaki Churna, 1 Kg Sharkara and 2 Litres of water. Sharkara is dissolved in water and heated till it

attains 2-thread Paka. Then Haritaki Churna is added slowly with continuous stirring on Mandagni along with Goghrita, and heated till Avaleha Siddhi Lakshana like Darvi Pralepa, Tantumatva and Apsumajjana appear. After cooling to lukewarm, Madhu and Prakshepa Churna of Pippali, Twak, Ela and Patra are added and mixed well. The prepared Avaleha is stored in airtight glass jar.

Analytical Study: Both samples were analysed for

- Morphological study
- Physicochemical study.

OBSERVATION AND RESULTS

a) Morphological study

Parameter	Haritaki Churna	Haritaki Avaleha
Colour	Light Brown	Dark Brown
Odour	Characteristic, Astringent	Sweet Aromatic
Taste	Kashaya-Tikta	Madhura-Kashaya
Texture	Fine Powder	Semi-solid, Sticky

b) Physicochemical study

Parameter	Haritaki Churna	Haritaki Avaleha
pH	4.9	5.8
Loss on Drying	7.8 %	13.5 %
Total Ash	5.5 %	3.8 %
Acid Insoluble Ash	1.2 %	0.7 %
Water Soluble Extractive	32.5 %	58.2 %
Alcohol Soluble Extractive	24.6 %	28.4 %

Statistical analysis: Anova test.

DISCUSSION

The present study shows that when Haritaki Churna is converted into Haritaki Avaleha, there is a clear change in its properties due to Samskara. Haritaki Churna was light brown, fine and Kashaya-Tikta in taste, whereas Haritaki Avaleha became dark brown, semi-solid, sticky and Madhura-Kashaya in taste due to addition of Sharkara and Agni Samskara. The pH and water-soluble extractive value were increased in Avaleha, which shows better solubility and bioavailability of active principles like tannins and gallic acid. Total ash was decreased due to dilution by Sharkara. Thus, the study proves the classical concept Samskarohi Gunantaradhanam, that Samskara changes Guna, Rasa and Karma of the drug, and

conversion to Avaleha reduces Rukshata and Kashaya dominance and increases Madhurata and Snigdhata.

CONCLUSION

From this comparative study it can be concluded that Haritaki Avaleha is more palatable, more stable, having higher extractive value and better patient compliance than Haritaki Churna, whereas Haritaki Churna is more Ruksha, more concentrated and more suitable where Teekshna Virechana and Lekhana action is required. Hence, Haritaki Avaleha is more suitable for children, elderly and for long-term Rasayana and Nitya Virechana purpose. The selection of Kalpana should be done based on patient, Koshta, Agni and disease to get maximum therapeutic benefit.

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