

CRITICAL STUDY OF MADHVASAVA – A REVIEW

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ABSTRACT

*Ayurveda*, the ancient science of life and healing, is one of the oldest systems of medicine known to humanity. Among the diverse array of Ayurvedic pharmaceuticals, *Asava-Arishta* preparations hold a special place, with *Madhvasava* being one such classical formulation. It is prepared using Honey (*Madhu*), while certain *pathabhedas* incorporate *Madhuka Pushpa* (*Madhuca indica*) along with honey as a natural fermenting agent. Traditionally, it has been utilized in managing various ailments such as metabolic and digestive disorders due to its digestive, detoxifying, and rejuvenating properties. There are five different references to *Madhvasava* found in authoritative Ayurvedic texts each prescribing slightly different compositions and therapeutic indications. While a variety of *Madhvasava* formulations are commercially available today, it is crucial to identify, compare, and critically review these classical references to determine which

formulation is best suited for which disease condition. Hence, the present study aims to collect and compare various classical references of *Madhvasava* with a focus on their composition, method of preparation, and therapeutic indications.

**KEYWORDS:** *Madhvasava*, *Madhookasava*, *Lodhrasava*, *Asava-Arishta Kalpana*, *Prameha*, *Grahani*.

## INTRODUCTION

*Ayurveda*, the ancient and holistic system of Indian medicine, is often referred to as the "Science of Life" as it emphasizes both the maintenance of health and the treatment of various diseases through natural formulations and holistic approaches. Among the wide range of Ayurvedic preparations, *Asava-Arishta Kalpanas* hold a unique place due to their long shelf life, palatability, and rapid absorption, leading to improved bioavailability of active compounds. *Madhvasava* (also known as *Madhookasava*) is one such traditional *Asava* formulation, mentioned in classical Ayurvedic texts, prepared by the natural fermentation of herbal decoctions using honey (*Madhu*) as the primary fermentative agent, and in certain *pathabhedas*, it is combined with *Madhuka Pushpa* (*Madhuca indica*). This formulation undergoes natural fermentation, resulting in a mildly alcoholic palatable liquid that preserves and potentiates the synergistic effects of the herbs. *Madhvasava* is particularly recognized for its efficacy in managing metabolic and gastrointestinal disorders. It is widely indicated in conditions such as *Prameha* (metabolic disorders/diabetes), *Kushtha* (skin diseases), and *Grahani* (irritable bowel conditions), owing to its *Deepana* (appetizing), *Pachana* (digestive), and *Rasayana* (rejuvenating) properties. Classical Ayurvedic texts including *Charaka Samhita*, *Ashtanga Hridayam*, *Ashtanga Sangraha*, *Sahasrayogam*, *Gadanigraha*, and *Vangasen Samhita* provide multiple references to *Madhvasava*, each varying slightly in composition and indication. These formulations are primarily aimed at pacifying *Kapha* and *Vata* doshas and correcting *Meda Dhatu* imbalances, thereby enhancing *Agni* (digestive fire) and promoting metabolic regulation in the manifestation of disease.

The present study is a critical review of the various classical references of *Madhvasava*, aiming to compile, compare, and analyse them to better understand their therapeutic relevance and clinical applicability.

## AIM

The present study is aimed at collecting and compiling all references of *Madhvasava* from available text and studying them comparatively; focusing on their composition, method of preparation and indication.

## OBJECTIVES

- 1) To study *Madhvasava* as per different Ayurvedic texts.
- 2) To compare *Madhvasava* as per various references from Ayurvedic texts.

## MATERIALS AND METHODS

For the present literature study on *Madhvasava*, classical Ayurvedic texts such as *Charaka Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya*, *Sahasrayogam*, *Gadanigraha*, and *Vangasen Samhita* were thoroughly studied.

### A) Preparation of Madhvasava

#### 1) First *Pathabheda* - *Madhvasava*

*Madhuka Pushpa* (Mahua flowers) – 1 *Drona* (approximately 1024 *Tola*), *Vidanga* –  $\frac{1}{2}$  *Drona* (512 *Tola*), *Chitraka Moola* –  $\frac{1}{4}$  *Drona* (256 *Tola*), *Shuddha Bhallataka* – 1 *Aadhak* (256 *Tola*), and *Manjishtha* – 8 *Palas* (32 *tola*, according to different texts - 3 *pal* = 12 *tola*). All these ingredients should be thoroughly ground and then boiled in 3 *Dronas* (3072 *Tola*) of water. Continue boiling the decoction until the liquid is reduced to 1 *Drona* (1024 *Tola*). The decoction is then filtered and allowed to cool. Once cooled, add  $\frac{1}{2}$  *aadhak* (128 *Tola*) of *Madhu* (honey). Separately, prepare a fine paste of *Ela*, *Khus*, *Agaru*, and *Chandana*. Use this paste to coat the inner surface of an earthen pot. Fill the pot with the prepared medicated Honey-Kwatha mixture. The vessel is sealed properly and kept undisturbed for one month to allow natural fermentation. After the fermentation process is complete, the extract (*Asava*) should be filtered again and stored for therapeutic use. This formulation enhances *Agni* (digestive fire) and supporting proper duodenal function. It strengthens the body, balances *Kapha* and *Pitta doshas*, and prevents their pathological accumulation. The formulation is specifically indicated in the treatment of *Shotha*, *Kushtha*, *Kilasa*, *Prameha*.

This formulation is mentioned in *Charaka Samhita* (*Chikitsasthana*, Chapter 15 – *Grahani Chikitsa*),<sup>[1]</sup> *Ashtanga Hridayam* (*Chikitsasthana*, Chapter 10 – *Grahanidosha Chikitsa*),<sup>[2]</sup> *Ashtanga Samgraha* (*Chikitsasthana*, Chapter 12 – *Grahani Chikitsa*),<sup>[3]</sup> *Vangsen Samhita* (*Grahani Adhikara*).<sup>[4]</sup> and *Sahasrayogam* Chapter 7 – *Asava* and *Arishta*.<sup>[5]</sup>

#### 2) Second *Pathabheda* - *Madhvasava*

The *Khadirsaar* and *Devadaru* - 8 *palas* (32 *tolas*) each and prepare a decoction following the classical procedure. After boiling, filter the decoction using a clean cloth. Once cooled, add 1 *prastha* (64 *tolas*) of honey, 8 *palas* of *Loha Bhasma* (purified iron ash), and 1 *karsha* (approximately 1 *tola*) each of *Triphala* (*Haritaki*, *Bibhitaki*, *Amalaki*), *Brihat Ela*, *Twak*, *Maricha*, *Tejpatra*, and *Nagkeshar*. Additionally, add *Matsyandika* in quantity equal to the honey used. Mix all ingredients thoroughly and store the preparation in an iron vessel. Allow natural fermentation to take place. After the fermentation process is completed, *Madhvasava*

should be properly stored. Therapeutically, it is indicated in the management of *Kushtha* and *Kilas* showing significant efficacy in alleviating these conditions.

This formulation is mentioned in *Charaka Samhita* (*Chikitsasthana*, Chapter 7 – *Kushtha Chikitsa*).<sup>[6]</sup>

### 3) Third *Pathabheda* - *Madhvasava*

*Indrayana*, *Ativisha*, *Bharangi*, *Kustha*, *Musta*, *Priyangu*, *Vidanga*, *Triphala*, *Pippali*, *Chavya*, *Pippalimoola*, and *Ajwain* - 1 *Aksha* (approximately 12 grams) taken of each drug. Boil these ingredients in 1 *Drona* (approximately 12 litres) of water and reduce the decoction to  $\frac{1}{4}$  of its original volume. After cooling, add  $\frac{1}{2}$  the quantity of honey and store the preparation in a smooth clean vessel (*Sneha-lipta* Patra). This formulation is referred to as *Madhvasava*. The recommended dosage is two *Pala* (approximately 96 grams), and it cures *Prameha* (diabetes). This formulation is mentioned in *Gadanigraha Prayogkhand Aasava adbhikara*.<sup>[7]</sup>

### 4) Fourth *Pathabheda* - *Madhvasava*

*Lodhra*, *Kachur*, *Pushkarmool*, *Sukshma Ela*, *Murva*, *Vidanga*, *Triphala* (*Haritaki*, *Bibhitaki*, *Amalaki*), *Ajwain*, *Chavya*, *Phool Priyangu*, *Pug* (*Areca* nut), *Vishala* (*Indravaruni Mool*), *Chirayata*, *Kutki*, *Bharangi*, *Tagar*, *Chitrak Mool*, *Pippali Mool*, *Kuth*, *Atis*, *Patha*, *Kalingak* (*Kutaj*), *Nagkesar*, *Indrasahva* (*Indravaruni*), *Nakhi*, *Tejpatra* (*Bay leaf*), *Maricha* (*Black Pepper*), and *Plava* (*Kevti Motha*)—each in a quantity of 1 *Karsha* (approximately 1 *Tola*). Crush these ingredients coarsely and boil in 1 *Drona* (1024 *Tolas*) of water until the quantity reduces to  $\frac{1}{4}$  (256 *Tolas*). Once cooled, strain the decoction and add half its quantity of honey. Transfer the mixture into an earthen pot smeared with ghee on the inside, seal the mouth, and allow it to ferment for fifteen days. This fermented formulation is *Madhvasava*, Here *Lodhra* serves as the principal ingredient and hence it is also referred to as *Lodhrasava*. When consumed in a dose of 2 *Palas* (approximately 8 *Tolas*) daily, it is beneficial in treating *Kaphaja* and *Pittaja Prameha*, *Pandu*, *Arsha*, *Agnimandya*, *Grahani*, *Kilasa*, and various minor skin disorders.

This formulation is mentioned in *Charaka Samhita* (*Chikitsasthana*, Chapter 6 – *Prameha Chikitsa*).<sup>[8]</sup>

### 5) Fifth *Pathabheda* - *Madhvasava*

*Swarasa* of *Mahua* (*Madhuca indica*) flowers is extracted and subjected to boiling to prepare a

decoction, which is reduced to  $\frac{1}{2}$  its original volume. Upon cooling,  $\frac{1}{4}$  the quantity of honey is added to the decoction. Prepare a fine paste of *Sukshma Ela*, *Khas*, *Agaru*, and *Chandana* and apply this paste to the inner surface of an earthen pot, similar to the traditional method used for *Madhvasava*. Pour the honey-mixed decoction into the coated pot, seal the mouth of the pot, and allow it to ferment naturally. After the fermentation process is complete, filter the prepared *Asava* and store it properly. This formulation is particularly beneficial for individuals suffering from *Grahani*. When taken by a patient who takes healthy food and lifestyle, by consuming this preparation is known to alleviate all types of *Grahani*.

This formulation is mentioned in *Charaka Samhita* (*Chikitsasthana*, Chapter 15 – *Grahani Chikitsa*),<sup>[9]</sup> *Ashtanga Hridayam* (*Chikitsasthana*, Chapter 10 – *Grahanidosha Chikitsa*),<sup>[10]</sup> *Ashtanga Samgraha* (*Chikitsasthana*, Chapter 12 – *Grahani Chikitsa*)<sup>[11]</sup>, and *Vangsen Samhita* (*Grahani Adhikara*).<sup>[12]</sup>

**Table No. 1: Contents of Madhvasava according to various references.**

Sr. No	Drug Name	Charak Samhita				Ashtanga Sangraha		Vangsen		Gadnigrah a Asava adhikar
		Grahani	Grahani	Kushtha	Prameha	Grahani I Patha	Grahani II Patha	Grahani I Patha	Grahani II Patha	
1.	Madhuka Pushpa	+	+			+	+	+	+	
2.	Madhu	+	+	+	+	+	+	+	+	+
3.	Vidanga	+			+	+		+		+
4.	Chitraka	+			+	+		+		
5.	Bhallatak	+				+		+		
6.	Manjish- Tha	+				+		+		
7.	Khadir- saar			+						
8.	Devadar- saar			+						
9.	Loha- Bhasma			+						
10.	Vishala (Indra- varuni)				++					+
11.	Ativisha									+
12.	Bharangi				+					+
13.	Kushtha				+					+
14.	Musta				+					+
15.	Priyangu				+					+
16.	Chavya				+					+
17.	Pippali- mool				+					+
18.	Ajawain				+					+
19.	Haritaki			+	+					+
20.	Bibhitak			+	+					+
21.	Amalaki			+	+					+
22.	Bruhat- Ela			+						
23.	Laghu- Ela	+			+	+		+		
24.	Khas	+				+		+		
25.	Agaru	+				+		+		

26.	Shweta-chandana	+				+		+		
27.	Tvaka			+						
28.	Maricha			+	+					
29.	Tejpatra			+	+					
30.	Nagkesh- ar			+	+					
31.	Matsyan-dika			+						
32.	Lodhra				+					
33.	Kachur				+					
34.	Pushkar- mool				+					
35.	Murva				+					
36.	Pug				+					
37.	Chirayata				+					
38.	Kutaki				+					
39.	Tagar				+					
40.	Atasi				+					
41.	Patha				+					
42.	Kutaj				+					
43.	Nakhi				+					
44.	Jal	+		+	+	+		+		+

Table no 2: Properties of contents of Madhvasava.

Sr. No	Drug Name	Latin Name	Part used	Rasa	Viapaka Veerya	Guna	Karma	Doshaghnata
1.	<i>Madhuka Pushpa</i> <sup>[13]</sup>	<i>Madhuka indica</i>	Flowers, Seeds, Oil	<i>Madhura Kashaya</i>	<i>Madhur a Sheeta</i>	<i>Guru, Snigdha</i>	<i>Balya, Bruhan, Mutral, Dahaprash-aman</i>	<i>Vata- Pittashamak</i>
2.	<i>Madhu</i> <sup>[14]</sup>	<i>Me (Eng- Honey)</i>	-	<i>Madhura Kashaya</i>	<i>Madhur a Sheeta</i>	<i>Laghu, Vishada, Rooksha Sukshma</i>	<i>Chakshush- ya, Lekhana Sandhana, Prasadhana</i>	<i>Kapha- Pittashamak</i>
3.	<i>Vidanga</i> <sup>[15]</sup>	<i>Embelia ribes</i>	Fruits	<i>Katu, Kashaya</i>	<i>Katu, Ushna</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Krumighna, Deepana, Pachana, Kushthghna Mutrajana- na</i>	<i>Kapha- Vatashamak</i>
4.	<i>Chitraka</i> <sup>[16]</sup>	<i>Plumbago zeylanica</i>	Root- bark	<i>Katu</i>	<i>Katu Ushna</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Jwaraghna, Deepana, Pachana Grahi, Krumighna, Lekhan Shothahara</i>	<i>Kapha- Vatashamak, and Pittavardhaka</i>
5.	<i>Bhallataka</i> <sup>[17]</sup>	<i>Semecarpus anacardium</i>	Fruits	<i>Katu, Tikta, Kashaya</i>	<i>Madhur Ushna</i>	<i>Laghu, Snigdha, Tikshna,</i>	<i>Deepana, Pachana, Krumighna, Bhedana, Medhya, Vrishya, Yakrituttej- ak</i>	<i>Kapha- Vatashamak, and Pittavardhaka</i>
6.	<i>Manjish- Tha</i> <sup>[18]</sup>	<i>Rubia cordifolia</i>	Roots	<i>Tikta, Kashaya, Madhura</i>	<i>Katu Ushna</i>	<i>Guru, Ruksha</i>	<i>Kushthghna Vranaropa- na, Rasayana, Jwaraghna Varnya Vishaghna Shothahara</i>	<i>Kapha- Pittashamaka</i>
7.	<i>Khadir- saar</i> <sup>[19]</sup>	<i>Acacia catechu</i>	<i>Twaka</i>	<i>Tikta, Kashaya</i>	<i>Katu Sheeta</i>	<i>Ruksha,</i>	<i>Stambhan,</i>	<i>Kapha-</i>



			Khadir-saar		Prabhav - Kushthghna	Laghu	Kushthghna Krumighna, Kandughna, Shonitstapana, Shothahara	Pittashamaka
8.	Devadar-saar <sup>[20]</sup>	Cedrus deodara	Kaand-saar, Oil	Tikta	Katu Ushna	Laghu, Snigdha	Shothahara, Vednastha-pana, Jwarahara, Kushthaghna, Krumihar, Vranashodhana	Kapha-Vatashamaka
9.	Loha-Bhasma <sup>[21]</sup>	Ferrum	-	Tikta	Katu, Sheeta	Guru, Snigdha	Rasayana, Balya, Ojovardhak, Kushthghna, Pramehaghna	Tridosahara
10.	Vishala (Indravaruni) <sup>[22]</sup>	Cirullus colocynthis	Fruit, Root	Tikta	Katu Ushna	Laghu, Ruksha, Tikshna	Keshya, Vishaghna, Vranashothahara, Rechana, Vamak, Krimighna	Kapha-Pittashamaka
11.	Ativisha <sup>[23]</sup>	Aconitum heterophyllum	Root (Kand)	Tikta, Katu	Katu Ushna	Laghu, Ruksha	Deepana, Pachana, Grahi, Arshoghna, Krimighna	Kapha-Pittashamaka and Vatashamak
12.	Bharangi <sup>[24]</sup>	Clerodendrum serratum	Root	Tikta, Katu	Katu Ushna	Laghu, Ruksha	Jwaraghna, Kaashara, Swashara, Vranapachana, Shothara	Kapha-Vatashamaka
13.	Kushtha <sup>[25]</sup>	Saussurea lappa	Roots	Tikta, Madhur, Katu	Katu Ushna	Laghu, Ruksha, Tikshna	Kushthghna Deepana, Pachana, Krumighna	Kapha-Vatashamaka
							Shukrashodhana, Jwaraghna, Rasayana	
14.	Musta (Kevatimotha) <sup>[26]</sup>	Cyperus rotundus	Stem	Tikta, Katu, Kashaya	Katu Sheeta	Laghu, Ruksha	Shothahara, Kushthghna, Deepana, Pachana, Jwaraghna, Lekhana, Mutral	Kapha-Pittashamak
15.	Priyangu <sup>[27]</sup>	Callicarpa macrophylla	Flower	Tikta, Kashaya, Madhura	Katu Sheeta	Guru, Ruksha	Deepana, Dahaprashmana, Stambhana, Jwaraghna, Mutravirajana, Vishghna	Tridosahara
16.	Chavya <sup>[28]</sup>	Piper retrofractum	Fruits, Root	Katu	Katu Ushna	Laghu, Ruksha	Deepana, Pachana, Shoolprashamana, Krimighna	Kapha-Vatashamak and Pittavardhaka
17.	Pippali-mool <sup>[29]</sup>	Piper Longum	Fruits, Root	Katu	Madhur, Anushna, -sheeta	Laghu, Snigdha, Tikshna	Medhya, Krimighna, Shoolprashamana, Vatanulomana, Vrishya	Vatashamak, Pittashamak
18.	Ajawain <sup>[30]</sup>	Trachyspermum ammi	Fruits	Katu, Tikta	Katu Ushna	Laghu, Ruksha, Tikshna	Jwaraghna, Rochana, Deepana, Vatanuloma	Kapha-Vatashamak

							na, Vishghna Krimaghna, Shothahara	
19.	<i>Haritaki</i> <sup>[31]</sup>	<i>Terminalia chebula</i>	Fruits	Panchrasa -Kashaya Pradhan Lavana varjit	Madhur Ushna	Laghu, Ruksha	Kushthghna Jwaraghna, Rasayana, Shothahar, Deepana, Pachana, Mutral	Tridoshahara
20.	<i>Bibhitak</i> <sup>[32]</sup>	<i>Terminalia bellirica</i>	Fruits	Kashaya	Madhur Ushna	Laghu, Ruksha	Shothahara, Vednasthap ana, Krimighna, Jwaraghna, Chakashush ya	Tridoshahara Kaphashamak
21.	<i>Amalaki</i> <sup>[33]</sup>	<i>Embilica officinalis</i>	Fruits	Panchrasa -Amla Pradhan Lavana varjit	Madhur a Sheeta	Guru, Ruksha Sheeta	Jwaraghna, Rasayana Pramehghn Chakashush Keshya, Medhya	Tridoshahara and Pittashamak
22.	<i>Bruhat- Ela</i> <sup>[34]</sup>	<i>Amomum subulatum</i>	Seeds	Katu, Tikta	Katu, Ushna	Laghu, Ruksha	Deepana, Pachana Hrudya, Rochana, Angamarda Prashaman a Kushthghn, Jwarahar	Kapha- Vatashamak
23.	<i>Laghu- Ela</i> <sup>[35]</sup>	<i>Elettaria cardamomum</i>	Seeds	Katu, Madhura	Madhur a Sheeta	Laghu, Ruksha	Mukhashod hana, Balya Rochana, Deepana, Pachana Anulomana Hridya	Tridoshahara and Pittashamak
24.	<i>Khas</i> <sup>[36]</sup>	<i>Vetiveria zizanioidis</i>	Roots	Tikta, Madhura	Katu, Sheeta	Laghu, Ruksha	Jwaraghna, Kushthghna Vishaghna Stambhana Balya, Mutrajanan	Kapha- Pittashamak
25.	<i>Agaru</i> <sup>[37]</sup>	<i>Aquilaria agallocha</i>	Kaand- saar, Oil	Katu, Tikta	Katu Ushna	Laghu, Ruksha Tikshna	Kushthghna Rasayana, Uttejaka, Deepana, Durgandhar	Kapha- Vatashamak
26.	<i>Shweta- chandana</i> <sup>[38]</sup>	<i>Santalum album</i>	Kaand- saar, Oil	Tikta, Madhura	Katu Ushna	Laghu, Ruksha,	Dahaprasha man, Jwarahar Varnya, Kushthghna	Kapha- Pittashamak
27.	<i>Tvaka</i> <sup>[39]</sup>	<i>Cinnamomum zeylanica</i>	Twak, Oil, Leaf	Katu, Tikta, Madhura	Katu Ushna	Laghu, Ruksha, Tikshna	Lekhan, Grahi Deepana, Pachana, Uttejaka, Ojovardhak	Kapha- Vatashamak and Pittavardhaka
28.	<i>Maricha</i> <sup>[40]</sup>	<i>Piper nigrum</i>	Fruits	Katu	Katu Ushna	Laghu, Tikshna	Deepana, Pachana, Pramathi Krimighna, Vatanuloma n, Balya, Kushthghna Uttejaka, Jwaraghna	Kapha- Vatashamak



29.	<i>Tejpatra</i> <sup>[41]</sup>	<i>Cinnamomum tamala</i>	Leaf	Katu, Tikta, Madhura	Katu Ushna	Laghu, Ruksha, Tikshna	Deepana, Pachana, Uttejaka, Krimighna, Vatanuloma	Kapha-Vatashamak and Pittavardhaka
30.	<i>Nagkesh-ar</i> <sup>[42]</sup>	<i>Mesua ferrea</i>	Punkesar	Kashaya, Tikta	Katu Ushna	Laghu, Ruksha	Deepana, Pachana, Jwaraghna, Kushthghna Vishghna, Grahi, Krimighna	Kapha-Pittashamak
31.	<i>Matsyan-dika</i> <sup>[43]</sup>	<i>Saccharum officinarum</i>	Stem, Roots	Madhura	Madhura Sheeta	Guru, Snigdha	Mootrashodana, Balya Vrushya, Bruhana, Sara	Vata-Pittashamaka
32.	<i>Lodhra</i> <sup>[44]</sup>	<i>Symplocos racemosa</i>	Bark	Kashaya	Katu, Sheeta	Laghu, Ruksha	Stambhana Shothahara Kushthghna Jwaraghna	Kapha-Pittashamak
33.	<i>Kachur</i> <sup>[45]</sup>	<i>Hedychium spicatum</i>	Stem	Katu, Tikta Kashaya	Katu, Ushna	Laghu, Tikshna	Jwaraghna Kushthghna	Kapha-Vatashamak
34.	<i>Pushkarmool</i> <sup>[46]</sup>	<i>Inula racemosa</i>	Root	Tikta, Katu	Katu, Ushna	Laghu, Tikshna	Shothahara, Deepana, Pachana, Anulomana, Hridya, Balya	Kapha-Vatashamak
35.	<i>Murva</i> <sup>[47]</sup>	<i>Marsdenia tenacissima</i>	Root	Tikta Kashaya	Katu, Ushna	Guru, Ruksha	Jwaraghna, Kushthghna Deepana, Pramehghna Krimighna	Tridoshahara
36.	<i>Pug</i> <sup>[48]</sup>	<i>Areca catechu</i>	Fruits	Kashaya, Madhura	Katu, Sheeta	Guru, Ruksha	Stambhana, Krimighna, Shukrasta-mbhan, Mutrasangrahaniya, Swedjanan	Tridoshahara and Kapha-Pittashamak
37.	<i>Chirayata</i> <sup>[49]</sup>	<i>Swertia chirayita</i>	Panch-anga (Whole plant)	Tikta	Katu, Ushna	Laghu, Ruksha	Kushthghna Jwaraghna Deepana Swashar, Shothahar	Tridoshahara and Kapha-Pittashamak
38.	<i>Kutaki</i> <sup>[50]</sup>	<i>Picrorhiza kurroa</i>	Root	Tikta	Katu, Sheeta	Laghu, Ruksha	Pramehaghna, Kushthghna Jwaraghna Krimighna, Rochana, Deepana	Kapha-Pittashamak
39.	<i>Tagar</i> <sup>[51]</sup>	<i>Valeriana wallichii</i>	Root	Tikta, Kashaya	Katu, Ushna	Laghu, Snigdha	Kushthghna Jwaraghna Swashara Chakshushy Vishghna, Hridayautte-jaka, Balya	Kapha-Vatashamak
40.	<i>Atasi</i> <sup>[52]</sup>	<i>Linum usitatissimum</i>	Flowers, Seeds, Oil	Madhura, Tikta	Katu, Ushna	Guru, Snigdha,	Mutral, Hridya, Shukranash	Vatashamak and Kapha-

						Picchila	-ak, Grahi	Pittavardhak
41..	<i>Patha</i> <sup>[53]</sup>	<i>Cissampelos pareira</i>	Roots, Undergr ound- Stem	Tikta	Katu, Ushna	Laghu, Tikshna	Kushthghna Jwaraghna Vishghna, Deepana, Krimighna, Pachana, Grahi,	Tridosahara Especially Kapha- Pittashamak
42.	<i>Kutaj</i> <sup>[54]</sup>	<i>Holarrhena antidycentrica</i>	Bark, Seeds	Tikta Kashaya	Katu, Sheeta	Laghu, Ruksha	Jwaraghna Stambhana, Krimighna, Grahi, Deepana,	Kapha- Pittashamak
43.	<i>Nakhi</i> <sup>[55]</sup>	<i>Capparis sepiaria</i>	Roots, Leaves	Katu, Tikta	Katu, Ushna	Laghu, Ruksha	Vednasthap an, Deepana Jwaraghna Shothahara Kandughna	Kapha- Vatashamak
44.	<i>Jal (Water)</i> <sup>[56]</sup>	-	-	Avyakta Rasa	Sheeta	Drava, Sheetala Laghu, Snigdha, Shuchi	Jeevaniya, Trishnaghn a	Pittashamak

## DISCUSSION

*Madhvasava* is a classical Ayurvedic formulation named after its key ingredient, *Madhu* (honey), and in certain *pathabhedas*, also includes *Madhuka Pushpa* (*Madhuca indica*). It is traditionally employed in the management of *Prameha*, *Grahani*, *Kushtha*, and *Shotha*. Most ingredients of *Madhvasava* possess *Kaphavatashamak* and *Kaphapittashamak* properties, with dominant *Tikta*, *Kashaya*, and *Katu rasa*, which aid in *Lekhana*, *Medohara* and *Kledahara* actions, effectively addressing *Kapha* and *Vata* doshas and correcting *Meda Dhatu* imbalances, thereby enhancing *Agni* (digestive fire) and promoting metabolic regulation in the manifestation of *Prameha*. Additionally, ingredients found in other *pathabhedas* possess *Kushthahara*, *Agnivardhak* properties, along with *Laghu*, *Ruksha* and *Tikshna gunas*, collectively helping to pacify *Kaphaja Samprapti* in *Kushtha*. The presence of ingredients with *Deepana*, *Pachana*, *Stambhana*, *Sangrahan* properties in certain *pathabheda* reduces *Aam* and enhances *Agni* thereby proving beneficial in managing *Grahani*.

Each *pathabheda* demonstrates distinct properties and therapeutic indications. The First *Pathabheda*, consist of *Madhuka Pushpa* and *Madhu* with other herbs which are especially indicated in *Grahani*. The Second *Pathabheda*, enriched with *Khadirsaar*, *Lauha Bhasma* and other *Kushthghna* herbs, is particularly suited for *Kushtha*. The Third *Pathabheda* include wider range of herbs, aimed at treating *Prameha*, *Grahani*, *Pandu*, and *Kushtha*. The Fourth *Pathabheda* of *Madhvasava* features *Lodhra* as its principal ingredient, which is why it is also referred to as *Lodhrasava*. The Fifth *Pathbheda* is completely different from the rest 5 due to

its minimalistic composition, consisting solely of *Madhuka Pushpa Swarasa* and *Madhu*, naturally fermented, and is particularly useful in *Grahani* management. The synergistic action of Honey, *Madhuka Pushpa*, and other herbal ingredients imparts multiple pharmacological actions—*Deepana*, *Pachana*, *Mutrala*, *Kushthghna*, *Rasayana*, *Stambhana*, *Sangrahan* which are essential in the management of disorders like *Prameha*, *Grahani*, *Kushtha* and *Shotha*.

Several well-known Ayurvedic pharmacies manufacture *Madhvasava* formulations in the market, either in their classical *pathabhedas* form or as modified versions. Vaidyaratnam Pharmacy and VHCA Ayurveda Pharmacy produce *Madhookasava* formulations aligned with the First *Pathabhedha*.<sup>[57,58]</sup> Dabur Pharmacy labels its product as *Lodhrasava*, which compositionally aligns with the 4th *Pathabhedha* of classical *Madhvasava*.<sup>[59]</sup> Kottakkal Arya Vaidya Sala manufactures *Madhookasavam* according to the Fifth *Pathabhedha*.<sup>[60]</sup> Additionally, Arya Vaidya Pharmacy (AVP) manufacture *Madhookasava* as well.<sup>[61]</sup>

While this review provides an overview and comparative analysis of classical and commercially available *Madhvasava* formulations, further studies on standardization, pharmacological evaluation, and clinical studies are needed to fully establish its safety and therapeutic efficacy.

## CONCLUSION

This study systematically reviews five classical *Pathabhedas* of *Madhvasava* as described in authoritative Ayurvedic texts like *Charaka Samhita*, *Ashtanga Hridayam*, *Ashtanga Sangraha*, *Sahasrayogam*, *Gadanigraha*, and *Vangasen Samhita*, offering comprehensive insights into its varying compositions, indications, and therapeutic potential in managing diseases such as *Prameha*, *Grahani*, and *Kushtha*. This comparative study of the five *Pathabhedas* highlights how variations in *Dravya*, their combinations, and methods of preparation influence the specific *Rogadhikara* of each formulation. While some ingredients and their actions remain consistent across the references, noticeable differences in composition and emphasis on particular *Karma* make each variant unique in its application. Therefore, the appropriate *Pathabhedha* of *Madhvasava* should be selected based on the *Dosha-Dushya Pradhanyata* and clinical condition of the patient for optimal therapeutic effect. Though this review highlights the variations among classical *Madhvasava* formulations; however, further research on standardization, pharmacological evaluation, and clinical validation is essential to confirm their safety and therapeutic potential.

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