

LITERARY REVIEW ON ARDRAKA KHAND**Palak Chaudhry^{1*} and Neha Arya²**

¹M.D Scholar, Department of Rasa Shastra and Bhaishajya Kalpana, Patanjali Bhartiya
Ayurvigyan Evam Anusandhan Sansthan, Haridwar, Uttarakhand, India.

²Associate Professor, Department of Rasa Shastra and Bhaishajya Kalpana, Patanjali Bhartiya
Ayurvigyan Evam Anusandhan Sansthan, Haridwar, Uttarakhand, India.

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Corresponding Author*Dr. Palak Chaudhry**

M.D Scholar, Department of
Rasa Shastra and Bhaishajya
Kalpana, Patanjali Bhartiya
Ayurvigyan Evam
Anusandhan Sansthan,
Haridwar, Uttarakhand,
India.

ABSTRACT

Bhaishajya Kalpana includes Aushadh as well as Ahara Kalpana. Aushadh kalpana includes primary Kalpana also known as Panchvidha Kashaya kalpana. These Panchvidha Kashaya Kalpana has sort duration of expiry, so to preserve them for long time, various Kalpana's are performed to increase the properties of drugs and to increase the shelf life, known as secondary Kalpana's which include Vati, Sneha, Sandhan, Avaleha, Khand kalpana etc. Khand preparations are easy to administer and lasts long due to presence of sugar in them. Ardraka Khand mentioned in Bhava Prakash is a drug of choice in Udarda, Shitapitta and Kotha, Kasa, Swasa etc. It is a herbal formulation, consists of Ardraka, Pippali, Pippalimula, Maricha, Shunthi, Vidanga, Musta, Nagkesara, Twak, Ela, Tejpatra, Kachur, Goghrita, Godugdha and Sharkara. In this present paper, a review on ingredients of Ardraka Khand and their mode of action has been mentioned.

KEYWORDS: Khand Kalpana, Ardraka Khand, Shitapitta.

INTRODUCTION

Bhaishajya Kalpana is derived from two words - 'Bhaishajya' means medicine and 'Kalpana' means preparation. So, the branch of Ayurveda which involves preparation of different types of formulations such as Asava, Arishta, Vati (tablets), Avaleha, Taila, Ghrita etc is called Bhaishajya Kalpana. Apart from preparation of formulations, Bhaishajya Kalpana also includes Quality control measures right from collection of raw materials upto finished product.

Different dosage forms are developed to increase the stability, delectability, acceptance etc. In Ayurveda the word 'Khand' is used in various formulations like Haridra Khand, Narikela Khand and Ardraka Khand. Khand Kalpana is similar to Avaleha Kalpana but the consistency is more than that of Avaleha. Khand is a granular preparation and its assimilation starts in the buccal cavity. It can be given to all age groups for their palatability and easy method of administration. Another advantage is that it has long shelf life and good taste.

Now-a-days Churna kalpana and Avaleha kalpana are transformed into granules. For eg, Satavari granules, Brahmi granules etc are available in the market, in the name of Nutraceuticals. Equipment like Enlargement technologies are used to modify product properties. Physical properties like wettability, flow ability, bulk density and product appearance is enhanced by agglomeration of powders.

In Ayurveda, all skin disorders come under the category of Kustha and Ksudra rogas. Shitapitta is one of the diseases mentioned in Rakta and Mamsavaha Strotodushti vikaras.

Ardraka Khand is a herbal formulation, mentioned in Bhava Prakash under the context of Udarda, Shitapitta Adhyaya. It consists of Ardraka, Pippali, Pippalimula, Maricha, Shunthi, Vidanga, Musta, Nagkesara, Twak, Ela, Tejpatra, Kachur, Goghrita, Godugdha and Sharkara.^[1]

Literature review

References of Ardraka Khand mentioned in other texts are given in the Table 1:

Table 1: References of ardraka khand.

S. No.	Reference	Ingredients
1.	Bhaishajya Ratnavali, Udarshitpitkothadhikar (Chapter 55/23-28)	Adraka, Go ghrita, Go dugdha, Sharkara, Pippali, Pippalimula, Maricha, Shunthi, Chitrak, Vidanga, Mustak, Nagkeshar, Twak, Ela, Patra, Kachura.
2.	Rasatantrasara Evam Siddhaprayoga Sangraha (Page no-240)	Adraka, Go ghrita, Go dugdha, Sharkara, Pippali, Pippalimula, Maricha, Shunthi, Chitrak, Vidanga, Mustak, Nagkeshar, Twak, Ela, Patra, Kachura.
3.	Bharat Bhaishajya Ratnakara (Prathama Bhaga, 406)	Adraka, Go ghrita, Go dugdha, Sharkara, Pippali, Pippalimula, Maricha, Shunthi, Chitrak, Vidanga, Mustak, Nagkeshar, Twak, Ela, Patra, Kachura.

Bhaishajya Ratnavali and Rasatantrasara Evam Siddhaprayoga Sangraha mentioned the same reference as in Bhava Prakash under the same heading Ardraka Khand. While Bharat

Bhaishajya Ratnakara mentioned it under the name Ardraka Khanda Avaleha, with same ingredients as mentioned in Bhava Prakash.

Ingredients of Ardraka Khand are mentioned in Table no. 2.

Table 2: Ingredients of ardraka khand.

S. NO.	Ingredients	Rasa	Guna	Virya	Vipaka	Karma
1.	Ardraka	Katu	Guru, Ruksha, Tikshna	Ushna	Madhura	Dipana, Hridya, Kaphahara, Vatahara, Rochana, Swarya and Vrishya
2.	Pippali	Madhura, Tikta, Kashaya	Laghu, Snigdha	Anushna	Madhura	Dipana, Hridya, Kaphahara, Ruchya, Tridoshhara, Vrishya, Rasayan
3.	Pippalimula	Katu	Laghu, Ruksha	Ushna	Katu	Dipana, Hridya, Kaphahara, Ruchya, Vatanulomana
4.	Maricha	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Shleshmhara, Dipana, Medohara, Pittakara, Ruchya, Chedana and Jantunashan
5.	Shunthi	Katu,	Laghu, Snigdha	Ushna	Madhura	Anulomana, Dipana, Hridya, Pachana
6.	Chitrak	Katu	Laghu, Ruksha	Ushna	Katu	Shothhara, Dipana, Grahi, Pachana, Kaphavatahara
7.	Vidanga	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Anulomana, Dipana, Kriminashan
8.	Mustak	Katu, Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Shothhara, Dipana, Grahi, Krimighna, Pachana, Vishaghna, Sthoulyahara, Tvakdosahara, Jwaraghna
9.	Nagkeshar	Katu, Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu	Urdhajatrugatarogahara, Kaphahara, Varnya
10.	Tvak	Madhura, Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavatahara, Ruchya, Vishaghna, Kanthashuddhikara
11.	Ela	Madhura, Katu	Laghu	Sheeta	Madhura	Anulomana, Dipana, Hridya, Mutrala, Rochana
12.	Tvak Patra	Madhura, Katu	Laghu, Picchila,	Ushna	Katu	Kaphavatahara, Ruchya, Arshoghna

			Tikshna			
13.	Kachura	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Dipana, Kaphahara, Ruchya, Vatahara
14.	Go dugdha	Madhura	Sheeta, Mridu, Snigdha	Sheeta	Madhura	Jeevaniya, Rasayan, Medhya, Varnya
15.	Go ghrita	Madhura	-	Sheeta	Madhura	Tridoshanashak
16.	Sharkara	-	-	-	-	-

1. Ardraka^[2]

It is botanically identified as *Zingiber officinale* Rosc. and comes under the family Zingiberaceae. Its synonyms include Nagara, Sringavera, Visva, Visva bhesaja and Mahaushadha.

Acharya Charaka mentioned it in Triptighna, Arshoghna, Dipaniya, Shulprashaman, Trishna nigrahana Mahakashaya, Acharya Sushruta placed it in Pippalayadi, Trikatu Gana and Vagbhata mentioned it in Pippalayadi Gana. There are no varieties in Ardraka. Amarkosha mentioned dry ginger as Nagara and Visva bhesaja etc, and fresh ginger as Ardraka and Sringavera etc.^[3]

Chemical Constituents include Volatile oil, sesquiterpene like Zingiberene, bisobolene, and sesqui phellandrene, gingerol in the Oleo- resin. It is indicated in Shula, Amavata, Adhmana, Shlipada, Kasa, Svasa, Hridroga, Shopha, Arshas, Hikka, Vibandha, Raktpitta, Pandu, Vrana, Jvara, Kustha and Agnimandya.^[4]

In Jaladosha, Ardraka and Yavakshara are given with lukewarm water. In Pratishaya, Ardraka is given with milk. In Kaphaja Arsha, Ardraka and Kustha are used. In Murcha, Ardraka svarasa is used as Nasya. It is used in hiccough, headache, fever, bronchitis, nasal and catarrhal affections. It is orally given in rheumatic, lumbago, sciatica pain, nervine complaints and various Vata disorders. The rhizomes are useful in worm infestation and the juice is used in dropsy, ascites and liver enlargement.^[5]

2. Pippali^[6]

It is botanically identified as *Piper longum* Linn. and comes under the family Piperaceae. Its Synonyms include Kana, Krishna, Kola, Tikshna, Tandula, Magadhi, and Ushna.

Acharya Charaka mentioned it in Dipaniya, Kanthya, Shirovirechanopaga, Sheetaprashmana, Shoola prashmna, Kasahara, Hikanigrahana, Triptighna Mahakashaya, Acharya Sushruta

placed it in Pippalayadi, Amalakayadi, Urdhvabhaghara, Shirovirechan Gana and Vagbhata placed it in Pippalayadi Gana.^[7] Chemical Constituents include Essential Oils, mono- and sesquiterpenes, Caryophyllene (mainly), Piperine, Piplartine, Piperlongumine, Piperlonguminine, Pipernonaline, Piperundecalidine, Pipericide, Sesamin etc.

It is indicated in Shoola, Arsha, Gulma, Hikka, Kasa, Krimi, Kustha, Udara roga, Amadosha and Jwara. For Rasayan purpose, ghee prepared with Pippali and milk is used. In Chardi, Pippali is given along with honey and sugar. In Svasa roga, powder of Pippali, Amalaki, and Shunthi is taken with honey and sugar. It is used as a snuff in Coma and drowsiness; internally as carminative; as sedative in insomnia and epilepsy. It is used as general tonic and haematinic.^[8]

3. Pippalimula^[9]

It is botanically identified as *Piper longum* Linn. and belongs to the family Piperaceae. Its synonyms include Granthikam, Ushnam, and Kanamula.

Chemical constituents include Alkaloids (Piperine, Piperlongumine, Piperlonguminine etc), Essential Oils. It is indicated in Udara roga, Anaha, Pliha roga, Gulma, Krimi, Svasa and Kshya roga. In Gulma, Pippali, Pippalimula, Jiraka, Chitraka and Saindhav are administered with Sura. In Plihavridhhi, Lasuna, Pippalimula and Haritaki are taken with cow's urine and in Hridroga, Sukshma Ela and Pippalimula are given with honey.^[10]

4. Maricha^[11]

It is botanically identified as *Piper nigrum* Linn. and belongs to the family Piperaceae. Its synonyms include Ushna, Krishna, Dhanvantari, Dharmapattana and Vellaja.

Acharya Charaka mentioned it in Dipaniya, Shulaprashmana, Krimighna, Shirovirechanopaga Mahakashaya and Acharya Sushruta mentioned it in Pippalayadi, Tryushna Gana where as Acharya Vagbhata mentioned it in Pippalyadi (A.S); Vatsakadi (A.H). Two varieties available at present are Black and White varieties (processed and unprocessed). Another Maricha i.e. 'Ksupaja Maricha' is found to be described in certain works.^[12]

Chemical constituents include Piperine, Piperethine, piperolein A&B, feruperine, dihydroferuperine, citronellol, cryptone, dihydrocarveol, α & β - pinene, piperonal, camphene, β - caryophyllene, β -alanine, pipercolic acid, carotene, ascorbic acid, pipericide etc.

It is indicated in Swasa, Shoola, Krimiroga and Tvakroga. In Kasa, Maricha is given with sugar candy, ghee and honey. In treatment of Pama powder of Maricha is given with fresh cow ghee. In Sthoulya, ten grains of Maricha are kept in a betel leaf and consumed, followed by intake of cold water for two months is useful. In Grahni, maricha churna is given with butter milk. The drug Maricha is generally recommended in treatment of Agni-vikara (diseases caused by loss or reduction of normal digestive power or fire, digestive enzymatic abnormality), Ajirna (dyspepsia), Shula (abdominal colic), Adhmana (flatulence), Yakridvikara (liver disorders) and Krimi (worms' affections).^[13]

5. Shunthi^[14]

It is botanically identified as *Zingiber officinale* Roxb. and belongs to the family Zingiberaceae. Its synonyms include Nagara, Sringavera, Visva, Visva bhesaja and Mahaushadha.

Acharya Charaka mentioned it in Triptighna, Arshoghna, Dipaniya, Shulprashaman, Trishna nigravana Mahakashaya, Acharya Sushruta placed it in Pippalayadi, Trikatu gana where as Vagbhata placed it in Pippalayadi gana.^[15]

Chemical constituents include Essential Oil, pungent constituents (gingerol, shagaol), resinous matter and starch. It is indicated in Agnimandya, Svasa, Adhmana, Amavata, Pandu, Udar roga.

6. Chitrak^[16]

It is botanically identified as *Plumbago zeylanica* Linn. and belongs to the family Plumbaginaceae. Its synonyms include Agni, Vahni, Jvalanakhya, Krisanau, Dahana, Hutabhuk and Sikhi.

Acharya Charaka mentioned it in Dipaniya, Shulprashmana, Arshoghna, Lekhaniya Mahakashaya, Acharya Sushruta placed it in Pippalyadi, Mustadi, Amalakayadi, Varunadi, Aragvadhadi gana where as Acharya Vagbhata placed it in Pippalyadi, Mustadi, Varunadi, Aragvadhadi gana. Vagbhata quoted three varieties i.e. Sveta, Pita, Asita Chitrak. Raja Nighantu describes the Rakta Chitrak as 'kalah'.^[17]

Chemical constituents include Plumbagin, Chitranone, 3-chloroplumbagin, elliptinone, isozeylinone, zeylinone, maritone, plumbagic acid, dihydrosterone etc. External application of Chitraka paste is useful in Shlipada. In Arsha roga, paste of chitraka and shunthi is made

by mixing it with Kanjika and applied locally. In Shukrameha chitraka Kashaya is useful. Chitraka and trikatu are mixed with honey and cow's urine and kept in a jar coated with ghee for two weeks and taken orally in treatment of Shvitra.^[18]

7. Vidanga^[19]

It is botanically identified as *Embelia ribes* Burm. F. and belongs to the family Myrsinaceae. Its synonyms include Jantughna, Krimighna, Vella, Krimihara and Krimiripu.

Acharya Charaka mentioned it in Krimighna, Kusthaghna, Triptighna Mahakashaya, and Acharya Sushruta placed it in Surasadi, Pippalyadi gana and Acharya Vagbhata placed it in Surasadi, Pippalyadi gana. At present *Embelia tsjeriam-cottom* (R.et.S.) A.Dc (*E. Robusta* C.B. Clarke) is used as Vidanga at most of the places in India.^[20]

Chemical constituents include Benzoquinones, Alkaloid (Christembine), Tannin, Essential oil, Embelin, Christembine, Homoembelin, Homorapanone, Vilangine, and Quercitol.

It is indicated in Shula, Krimioga, Udar roga, Adhmana. In Kamala, Vidanga along with Pippali is used as Nasya and Anjana. In Ardhavabhedaka, nasya with Vidanga and Krishna Tila is useful. In Visha roga root paste of Vidanga is taken with rice water where as in Krimioga Hridroga vidanga and kustha are to be given with cow's urine.^[21]

The dried fruits of Vidanga are used in decoction for diseases of the chest and skin and fever. It is also used as an ingredient for application in ringworm and other skin diseases. Fruits are useful in roundworm, tapeworm and ascariasis in general. Various formulations containing Vidanga are used orally in treatment of Krimioga (worm affections) as mentioned in practice of indigenous medical system which quoted Vidanga as an excellent anthelmintic drug ('Vidanga Krimighnanam': Caraka Samhita, Sutrasthana, 25-40).

8. Mustak^[22]

It is botanically identified as *Cyperus rotundus* Linn. and belongs to the family Cyperaceae.

Its synonyms include Mustaka and Varida. Two kinds of musta are mentioned in the Ayurvedic texts i.e. Musta (Nagar Musta) and Bhadra Musta. Both varieties are enumerated among the ingredients of certain formulations. Another variety 'Ksudra Musta' is mentioned in the Nighantus which is identified with *Scirpus grossus* or *S. kysoor*. This is known as Water chestnut in English.

Chemical constituents include cineol (+) copadeine, copaene, cyperen 1&11, Cyperone, isopatchoulene, cypertoudone, cyperol, cyperolene, β -sitosterol, alpha Cyperone, epoxyguaiane, isocyperol, isokobusone, kobusone, mustakone, patchulene, (+) rotundone, sugenol etc. It is indicated in Jvara, Krimi, Trishna, Atisara, Kandu, Grahni, Kasa, Nidranasha, Raktvikara, Visarpa, Apasmara, and Kustha. In treatment of Jvara, Musta and Parpatata are used either with Shunthi or Gokshuru in the form of infusion. In Atisara decoction of musta is given with honey. In Halimaka, Loha bhasma, Musta powder are administered with the decoction of the Khadira.

The root of musta is pounded with cow ghee and this paste is applied on the wound, especially accidental wound (agantuka or sadyojata vrana). Drug is externally applied to skin affections as it is good for skin and drug is blood purifier (raktashodhaka). It is useful in various skin ailments (Pama and Charmavikara).^[23]

9. Nagkeshar^[24]

It is botanically identified as *Mesua ferrea* Linn. and belongs to the family Guttiferae. Its synonyms include Kesara, Nagapushpa, Naga, Hema and Gajakesara.

In Sushruta Samhita it is placed in Eladi, Vachadi, Anjanadi, Priyangvadi ganas, In Ashtanga Sangraha placed in Eladi, Vachadi, Anjanadi, Priyangvadi ganas, In Ashtanga Hridya placed in Eladi, Vachadi, Anjanadi, Priyangvadi ganas, In Dhanvantari Nighantu it is placed in Shatpushpadi varga, In Bhava Prakash Nighantu it is placed in Karpuradi varga and in Raja Nighantu it is mentioned in Pippalyadi varga. There are two drugs allied to Nagakesara i.e. Punnapaga and Surapunnaga which are botanically identified as *calophyllum inophyllum* Buch & Hook. F. and *Orchocarpus longifolius* Buch-Ham. respectively. Another plant drug is substitute or adulterant to nagakesara as 'Lalnagkesar' which is botanically known as *Ochrocarpus longifolius* benth. particularly in Southern India as a market drug.^[25]

Chemical constituents include Oleo-resin and Essential oil. It is indicated in Raktpitta, Vatarakta, Shopharoga, and Vastiroga.

In Rakta Arsha, Nagkesara churna 1-3gm is given orally along with butter and sugar. (C.S.Ci.14/210). In treatment of hikka, nagakesara churna 1-3gm is given orally with sugar and honey (S.S.Ut.50/24). In Rakta Pradara nagakesara churna is orally administered with plenty of butter milk. In Shweta Pradara nagakesara soaked in the buttermilk is administered

orally for 3 days (V.S & Y.R). In Rakta Atisara- Nagkesara churna is given along with sugar. In Garbhasthapna, powders of Nagkesara and Puga (beetle nut) are mixed and given orally.^[26]

10. Tvak^[27]

It is botanically identified as *Cinnamomum zeylanicum* Blume. and belongs to the family Lauraceae. It is also known as Darusita. Nighantu writers and commentators quote two varieties i.e. Indigenous (*C. zeylanicum*) and Imported (*C. cassia*).

Chemical constituents include Cinnamaldehyde, eugenol, benzaldehyde, methyl amyl ketone, phellandrene, pinene, cymene, linalool, cumic aldehyde, caryophyllene, safrole, methyl eugenol, borneol, cinnamyl alcohol, cinnzeylanin, epicatechin etc.

It is indicated in Arsha, Hridroga, Krimi-roga, Trishna, Mukhashosha, Kanthamukharoga, Pinasa etc. Powders of Tvak, Ela, Pippali, Tavakshiri and sugar (each double than the other in quantity) are mixed together and given with honey in the treatment of Kasa. Nasya with Tvak Kalka, Patra and Sharkara along with rice- water is useful in treatment of Pittaja Shirashula. In Pravahika Tvak powder is given in 1gm dose.^[28]

11. Ela^[29]

It is botanically identified as *Elettaria cardamomum* (Linn.) Maton and belongs to the family Zingiberaceae. Its synonyms include Truti and Ela.

Acharya Charaka mentioned it in Svasahara, Angamarda prashmna, Katuka skandhas, Shirovirechana Mahakashaya, Acharya Sushruta placed it in Eladi gana and Acharya Vagbhata mentioned it in Eladi, Trijataka, and Chaturjataka gana. All the authoritative texts of Ayurveda has mentioned two varieties of Ela i.e. Sukshma Ela (*E. cardamomum*) and Brihat Ela (*A. subulatum*).^[30]

Chemical constituents include Bornneol, camphene, p-cymene, geraniol, heptane, D-limonene, linalool, menthone, methylheptenone, myrcene, nerol, nerylacetate, n-alkanes, ascaridole, camphor, citral, citronellal, farnesol, sitosterol, thujene etc.

It is indicated in Aruchi, Swasa, Chardi, Kasa and Mutrakricha. In Hridroga, Sukshma Ela and Pippalimula are taken with honey. In Mutrakricha, Ela is given along with manda Dadhi. Ela powder is soaked in goat's urine for three days and applied as collyrium in Timira roga.^[31]

12. Tvak patra^[32]

It is botanically identified as *Cinnamomum tamala* (Buch. Ham.) Nees & Eberm. and belongs to the family Lauraceae. Its synonyms include Patra, Varanga and Coca.

Chemical constituents include Essential oils (d-alpha phellandrene and eugenol). In Medoroga, an ointment of Patra, Balaka, Aguru, Ushira and Chandan remove foul smell of the body.^[33]

13. Kachura^[34]

It is botanically identified as *Curcuma zedoaria* Rose and belongs to the family Zingiberaceae. Its synonyms include Kaccura and Dravida.

Chemical constituents include Essential Oil and Resin. It is indicated in Arsha, Hikka, Jvara, Kasa, Krimi, Kustha, Vrana, Gulma, Pliha and Galaganda. It is useful in worms' affections, urinary menstrual troubles and liver complaints, abdominal disorders (Udararoga, Gulma), oedema (Shotha), Skin diseases and ailments caused by Kapha vata dosha in general.^[35]

14. Godugdha

Godugdha was used from ancient Vedic era. Various products of cow are used in Ayurveda but cow milk stands first in them.

According to Acharya Charaka, Godugdha has 10 gunas (properties) – Swadu, Sheeta, Mridu, Snigdha, Bahala, Shlakshna, Picchila, Guru, Manda and Prasanna. These properties coincide with the properties of the Ojas; therefore, it increases the Ojas. Hence, Godugdha can be considered as best among vitalisers and it acts as Rasayan.^[36]

According to Acharya Sushruta, Godugdha is Alpaabhishyandi, Snigdha, Guru, Rasayana, Raktapitta hara, Sheeta, Madhura in rasa and Vipaka, wholesome for life and excellent pacifier of vata and pitta.^[37]

According to Acharya Vagbhata, Godugdha is Jeevaniya, Rasayan, Kshata ksheena hita, Medhya, Varnya, Stanyakar, Sara, Brama hara, cures Mada and Alakshmi hara. It is indicated in Kasa, Svasa, Trishna, Kshudha, Jeerna Jwara, Mutrakricha and Raktapitta.^[38]

15. Go ghrita

Ghrita is used since Vedic kala. The word go ghrita is derived from Sanskrit word ghrita. Go ghrita is another name for clarified butter fat.

Ghrita is beneficial for the people who are longing for a healthy life and physical strength, it increases vision, increases agni, has Madhura Vipaka, Sheeta virya, Tridoshanashak property, increases memory (retention power), increases ojas and teja etc.^[39] Jatakarma sanskar is done in the new born, after clamping of umbilical cord, honey and ghrita is given as linctus to the newborn in the presence of hymns.

16. Sharkara

It has been used as medicine since ages. It is a source of dietary carbohydrates and used as a preservative in food and medicines. In Ayurveda sugar is mentioned in various formulations as an ingredient, as Anupana (adjunct); as Prakshepa Dravya etc. According to Ayurveda classics sugar is a form mainly derived from the sugarcane plant. Acharya Charak described the following types of Sharkara on the basis of origin.^[40]

Variety of sugarcane that is derived from guda (jaggery) is known as Guda Sharkara. It is aphrodisiac and beneficial for the wounded and is unctuous. Yavasa Sharkara is a derived from Yavasa plant. It is astringent-sweet, cold and slightly bitter. Madhu Sharkara is derived from Madhu (honey). It is rough, anti-emetic, anti-diarrheal and expectorant.

Acharya Sushruta described the following types of Sharkara.^[41]

Madhu Sharkara is derived from Madhu (honey), it is beneficial in case of vomiting and dysentery, sweet and astringent in taste, sweet in digestion. Yavasa Sharkara is prepared from Kwath (decoction) of Yavasa plant (Duralabha). It pacifies the Kapha dosha, sweet and astringent in taste and leaves a bitter after taste. All types of sugar tend to assuage burning sensations in the body, and prove curative in hoemoptysis, vomiting epilepsy and thirst.

DISCUSSION

Khand Kalpana makes the utmost share of all secondary dosage forms as it is easy to administer and long shelf life. Ardraka Khand is mainly indicated in the disease Shitapitta and Udarda. Shitapitta is a tridoshaj vyadhi, the dravyas of Ardraka Khand contains Katu rasa (75%), Tikta rasa (43.75%), Madhura rasa (43.75%), and Kashaya rasa (18.75%) in

proportion and Kapha dosha is subsided by Katu, Tikta and Kashaya Rasa. Guna like Laghu, Ruksha, Tikshna and Snigdha have Kaphahara property and the dravyas of Ardraka Khand contain Laghu (75%), Ruksha (50%), Tikshna (37.5%), and Snigdha (12.5%) in proportion. Virya like Ushna Virya has also Kaphahara property. The dravyas of Ardraka Khand contains Ushna Virya (62.5%), Sheeta Virya (31.25%) in proportion. Vipaka like Katu Vipaka has also Kaphahara property. The dravyas of Ardraka Khand has Katu Vipaka (56.25%), Madhura Vipaka (43.75%) in proportion.

Rasa dhatu is dushya in Shitapitta. Rasa dhatu dushti is caused by Rasa Dhatavagnimandya and Jatharagnimandya. Karma like Deepana, Pachana, Rochana and Rasayan corrects Agni that produce proper Rasa Dhatu which ultimately correct Kapha as it is Aasharaya of Rasa Dhatu. Thus, the Ardraka Khand has the property of the Deepana (62.5%), Pachana (25%), Rochana (56.25%), Vatanulomana (18.75%), Vrishya (12.5%), Rasayan (18.75%), Shothhara (18.75%), Lekhan (12.5%), Kusthaghna (12.5%) and Krimighna (12.5%) in proportion.

In Shitapitta Rasavaha Strotasa and Raktavaha Strotasa are involved. It is Amashaya Samutha Vyadhi of Mahastrotasa. Amashaya is the seat of Kapha and Pakvashaya is the seat of Vata. Karma like Deepana (62.5%), Pachana (25%), Rochana (56.25%) and Vatanulomana (18.75%) have definite effect on above Strotasa. It breaks pathology and corrects Pathophysiology of Shitapitta.

The clinical signs and symptoms of Shitapitta like Vartidastansthana Shotha, Vedana, Kandu bahulaya, Todadhikya are relieved as above Strotasa are corrected. Ardraka Khand has the properties like Shothhara (18.75%), Krimighna (25%), Kusthaghna (12.5%) and Jwaraghna (12.5%) which cures the symptoms of Shitapitta directly.

A lot of scope for research on this formulation in various diseases is open as this formulation is simple with readily available ingredients.

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