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## RESEARCH ARTICLE

### VALIDATION AND INTERRELATIONSHIP OF HERBS AND AYURVEDIC FORMULATION

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#### ABSTRACT:

Ayurvedic formulas combine herbs to treat a wide range of lifestyle disorders. The key to natural health lies in the extensive recording of Ayurvedic principles and the uniformity of Ayurvedic formulations in major treatises. These herbal compositions from Ayurveda were processed in an ultra-hygienic manner and offered in various quantities in vacuum-sealed packaging. Ayurvedic medicine is entirely reliant on natural plants, and each herb possesses unique medicinal properties. Various herbs affect our bodies in different ways. Herbs function by giving the body certain nutrients. Certain herbs function as all-purpose tonics, promoting cellular cleansing, nourishment, and rebuilding. Enzymes are highly active parts of every animal's digestive system. The current study on an ayurvedic formulation has strengthened the case for incorporating the benefits of medicinal herbs into a new formulation. The traditional uses of the herbs also assist in determining their appropriate applications.

**KEYWORDS:** Herbs, Ayurvedic, Formulation.

**INTRODUCTION:**

One of the oldest medical systems in India, dating back over 5,000 years, is Ayurveda. With a history dating back to 6000 BC, it is also one of the most famous medical systems in the world. "Ayur," meaning life, and "Veda," signifying a profound understanding of science, combine to form the Sanskrit name Ayurveda. [1] It is possible to refer to Ayurveda as the science of life. It is possible to refer to Ayurveda as the science of life. Ayurveda, also known as the Upadeha or Atharvaveda, focuses on different types of plants and herbs, the anatomy and physiology of different body organs, and the principles of disease treatment. Space, air, energy, liquid, and solid are the five fundamental elements that form the foundation of Ayurveda. In the human body, they take on mixed forms such as Pitta (Energy and Liquid), Vata (Space and Air), and Kapha (Liquid and Solid). Together, these are referred to as Tridosha, or the "Three Pillars of Life." [2] Traditional Indian medicine practitioners created the Samhita, or compilation of true Ayurvedic knowledge. Since he introduced surgery to Ayurveda in his own work, "Sushruta Samhita," Sushruta is considered the founder of surgical medicine. [3] Nagarjuna was another notable individual who contributed to the development of the Ayurvedic medical system. He treated the Ayurvedic remedies using alchemy and metallurgy. Even though heavy metals are known to be much more harmful for these kinds of formulations, mercury is still used to some extent in the modern era. [4] Ayurveda dictates that substances used in formulations must fulfill two primary criteria: Karma and Guna. In addition, a number of Ayurvedic formulations are made, including Guggulu, Rasa-Yoga, Pisti, Lauha, Arka, Kvatha, Dravaka, and Lavana Ksara etc. [5]

**METHODOLOGY:**

Secondary research examines previous study findings rather than creating and evaluating new data in order to define the limits of knowledge on a subject, spot patterns or novel approaches, or confirm facts. Secondary research not only supports and validates other endeavors, but also argues for the necessity of primary research. So, secondary data source was executed in this study.

**RESULTS AND DISCUSSION:**

The origins of life on Earth have long been a contentious and ongoing topic of discussion. However, we can state with confidence that the kingdom of vegetables existed before humans arrived on Earth. Learning about plants lets people help humanity. Numerous alternative

medical systems, such as Ayurveda, Unani, Siddha, TCM (Traditional Chinese Medicine), homeopathy, and contemporary medicine, explained and demonstrated the philosophy, folk practices, and fundamental ideas that founded it. [6]

Humans utilized plants or plant components to treat a variety of ailments based on ethnopharmacological theories. Since Ayurveda is one of the more traditional medical systems, it uses a variety of plants in its various formulations. Even on the basis of theory, philosophy, and fundamental minerals like lead and mercury—regarded as heavy metals in contemporary pharmacy—we employed them because they fell under the umbrella of "Guna and Karma," which was employed in a number of formulations. [7]

Ayurvedic medicine is entirely reliant on natural plants, and each herb possesses unique medicinal properties. The season of production and harvest significantly influences the medicinal efficacy of plants. Although our predecessors advised against using medicines that were older than a year, they did advise using preserved or carefully stored herbs in cases where it was not possible to gather fresh plants. [8]

Various herbs affect our bodies in different ways. Herbs function by giving the body certain nutrients. They have few adverse effects and work well at modest dosages due to their varied chemical makeup. Certain herbs function as all-purpose tonics, promoting cellular cleansing, nourishment, and rebuilding. Some herbs, due to their affinity for a particular system or organ, can address imbalances or symptoms associated with it. They assist the body's natural healing processes in a gentle and organic way. [9]

In general, Ayurvedic formulas are notable and specific. They produce approximately two hundred distinct formulations of medicinal plants and minerals to suit different body types. Certain toxic and deadly herbs, along with the majority of minerals, undergo purification, processing, and strategic calcination to increase their potency and bioavailability and render them innocuous. These pharmaceutical processes date back thousands of years, to a time before there were advanced chemical laboratories. Even the most advanced chemists or alchemists find these processes amazing. [10]

Most of these Ayurvedic formulas serve two purposes: they enhance and maintain health while also treating various ailments. Ayurvedic formulations such as triphala, which is beneficial for numerous ailments like constipation, eye and skin issues, etc., can be used year-round to support many physiological systems as well as the body and mind in general. Since the inception of the Ayurvedic System of Medicine, men have utilized this type of composition, with triphala playing a particularly significant role. Essentially, we make it from three distinct fruits—amlaki, haritaki, and bahera. This formulation enjoys widespread respect due to its reliable and well-balanced actions. This usually has laxative effects. Consequently, it benefits the digestive system. Another essential and widely used Ayurvedic preparation is chyawanprash. Its primary purposes are to enhance respiration and digestion. [11]

India is the kind of nation that is abundant in minerals, plants, animals, and other resources. Plant-based medications are useful in the treatment of a number of illnesses. The inherent complexity of plant medications makes it difficult to distinguish them from one another. Despite this, researchers worldwide conduct numerous investigations on plant-based medications over a period of years. Researchers use a variety of plants, sometimes utilizing the entire plant, and other times focusing on a specific portion that possesses the highest concentration of active ingredients, capable of delivering the intended and expected benefits to support the human digestive system. Some of the more significant plants are Chritaka, Dhania, Bahera, Guduchi, Hingu or Sunthi, Biranga, Bhringaraj, Indrajab, Mutha, Bhuiamlaki, Tewrimool, Ghritakumari, Pittapapada, Jau or Jab. Conventional medicine, such as Ayurveda, advises against eating certain foods, such as citrus fruits, spicy foods, milk, and beans. There are additional herbs that could assist in the digestion of meals. [12]

Ayurveda is the name of the traditional medical system. For general health and well-being, proper digestion is essential. The core of Ayurveda is prevention; by enhancing the body's defenses against illness, the body's self-healing processes can automatically fend against illness. Like Chinese medicine, Ayurvedic medicine particularly benefits individuals who believe in the intricate link between bodily and spiritual health. In Ayurveda, prana means life force. Prana, located at the center of the being, manages the physiological processes and operation of the body's organs. The prana flows more easily through channels called srotas, which are comparable to the acupuncture channels. Both pranic deficiency and blockage of these channels result in disease. Ayurveda classifies people according to their doshas, or body-

mind kinds, which are associated with their constitution. Vatta, pitta, and kapha are the three fundamental doshas. [13]

Medical professionals developed Ayurveda methodically and meticulously. Measurements of numerous scientific factors are currently validating it. In addition to offering solid medical treatments for illnesses, its holistic techniques balance and enhance every facet of the physiology and brain by utilizing special nutrition, lifestyle, and therapy principles. The widespread perception that Ayurvedic medications are safe stems from the fundamental tenets of the practice. The Ayurvedic literature offers detailed information on drug-diet and drug-drug incompatibilities, based on qualitative differences in component profiles or quantitative quantities. These studies' data are different from clinical trials' data and need to be analyzed using a business-style approach. Along with normal therapeutic evaluation, the pharmacovigilance program, which looks at things from a social point of view, requires economic evaluation of all aspects of using newly produced medicines for treatment, such as side effects, adverse reactions, and extra treatment costs. [14]

## **CONCLUSION:**

Most possible reactions happen when herb energizes metabolic mechanisms that are already at high alert. Standard models of drug toxicology cannot predict these frequently predicted idiopathic synergies, which are not strictly drug reactions. Herbs should have no adverse effects when taken within their therapeutic window by a person whose constitution complements them, rather than aggravates them. This is conventional wisdom among herbalists, whether or not they acknowledge the effectiveness of botanical medicine. Herbalists who strive to enhance rather than diminish homeostasis, and skeptics who question the usefulness of herbs beyond their potential as a placebo or unintentional pharmacological effect, dislike the side effects of herbs. On the other hand, a comprehensive evaluation of potential medication therapy starts with the fundamental understanding that, even when taken as prescribed, medications can cause side effects, and one must weigh the benefits against the drawbacks. Using biologically active chemicals for self-treatment is considered risky by several medical professionals. Many see this as an attempt to suppress competition or as professional arrogance. Since few herbs have the capacity to cause negative pharmacological effects, there is no inherent risk involved in using them. Typically, the side effects are unpredictable by pharmacological standards and are idiosyncratic or idiopathic. The World Health Organization recently declared the need to

develop standards for quality testing of herbal and ayurvedic medications made from plant sources.

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