



HERBAL EXTRACT: AN AYURVEDIC THOUGHT OR NOT?

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ABSTRACT

Recently in the world of healthcare, there has been shift in universal trend from synthetic to herbal medicine. In international market now a days herbal drug industry is very fast growing sector. In the name of *Ayurveda* herbal extract and isolated chemical constituents of herbal drugs are being used. While Ayurved is science of life, a pathy constructed on concepts like *Tridosha* theory, *Panchabhautik* theory, *Rasapanchak* theory etc. not just only target oriental science. In this review study, we have collected actions of such herbal extract and isolated chemical constituents and compare with *Ayurvedic* treaties. Some activity are not mentioned in *Ayurveda* texts and unbelievable to understand as Ayurvedic view .It is well known that *Guduchi* is *Rasayana* dravya ,but *Tinospora cordifolia* (Willd.) stem extract shows Anti-fertility effect of in male rats. The hydromethanolic extract of leaf of *Aegle marmelos* Corr. has the potentiality for the induction of anti-testicular activities by inhibiting pituitary gonadotropin secretion. Ayurveda believe in *Gunataradhan* dravya after *Sanskara* or new dosage form. If you want to use herbal extract and isolated chemical constituents from *Ayurvedic* perspective than you should consider them as new drug or dosage form having different *Guna-Karma* (properties) to original source plant which *Guna-Karma* were recognized in Ayurveda.

KEYWORDS: *Ayurveda*, chemical constituents. Herbal extract, *Guduchi*.

INTRODUCTION

Recently in the world of healthcare, there has been shift in universal trend from synthetic to herbal medicine. In international market now a days herbal drug industry is very fast growing sector. After 17th century, development of allopath medicine was started and concepts of the isolated and synthetic molecular medicine emerge.

Extraction, as the term is used pharmaceutically, involves the separation of medicinally active portions of plant or animal tissues from the inactive or inert components by using selective solvents in standard extraction procedures. The purposes of standardized extraction procedures for crude drugs are to attain the therapeutically desired portion and to eliminate the inert material by treatment with a selective solvent known as menstruum. The extract thus obtained may be ready for use as a medicinal agent in the form of tinctures and fluid extracts, it may be further processed to be incorporated in any dosage form such as tablets or capsules, or it may be fractionated to isolate individual chemical entities which are modern drugs.

In the name of *Ayurveda* herbal extract and isolated chemical constituents of herbal drugs are being used. In *Ayurveda* medicine, *Panchvidhakashaya kalpana* is main stream dosage form. It allows to processes whole drugs according to basic concepts of *Ayurveda* like *Tridosha*, *Panchabhautika*, *Rasapanchaka* etc. and uses for different pathological conditions.

In this study, we try to collect proved plant activities of extract form of the plants those activities were not mentioned in *Ayurveda* texts.

MATERIAL AND METHODS

If we compare the *Guna karma* of whole drugs which is define in the *Ayurveda* literature and which was establish by its extract by in vitro activities are here.

Sr.No	Dravya	Extract karma	Extract preparation method	Dravya karma acc. to Ayurveda texts (Bhavprakash nighantu)
1.	<i>Shirish</i> (<i>Albizia lebbbeck</i> (L.))	Antispermatic activity ^[1]	methanolic extract	Sweet in taste, Hot in potency, Bitter, Astringent, Mitigates all <i>Doshas</i>
2.	<i>Guduchi</i> (<i>Tinospora cordifolia</i> (Willd.))	Antifertility effect ^[2]	70% methanolic extract	Mitigates all <i>Doshas</i> , sweet after digestion, Rejuvenator, Strengthening, Cures thirst, Cures burning sensations.
3.	<i>Haritaki</i> (<i>Terminalia chebula</i> Retz.)	Antifertility ^[3]	Aqueous-ethanolic (1:1) extract	Stimulates digestive fire, Good for intelligency, Sweet at the end of digestion, Rejuvenates the body.
4.	<i>Kumari</i> (<i>Aloe barbadensis</i> miller)	Carcinogenic ^[4]	Hyperplasia of the large intestine	Cold in potency, Good for eyes, Rejuvenator, Strengthening, Aphrodisiac, mitigates vata and poison.
5.	<i>Apamarg</i> (<i>Achyranthes aspera</i> L.)	Abortifaciant ^[5]	Methanolic extract	Stimulate digestive fire, Help in digestion, Elimination of <i>Pitta dosha</i> , Mitigate kapha, Anti poisonous, Antihelminthics
6.	<i>Bilva</i> (<i>Aegle marmelos</i> Corr.)	Antigonadal effect ^[6]	Hydro-methanolic extract	Strengthening, Mitigate all three <i>doshas</i> , Rejuvenate, Increased digestive fire.
7.	<i>Ishwari</i> (<i>Aristolochia indica</i> L.)	Nephropathy ^[7]	Aristolochic acid	Anti poisonous, usefull in fever, Antihelminthics, anti ulcer.
8.	<i>Vasa</i> (<i>Justicia adhatoda</i> L.)	Abortifaciant ^[8]	Vasicine	Mitigate vata and pitta, Cold in potency, Cures coughing, Dyspnea, fever, Anti diabetic, Use in skin disorders

DISCUSSION

In ancient time there was use of whole drugs as a medicine because they believe in drug as a whole concepts. Some properties in the whole drug is present to nullify the adverse effect of other one. If we use the isolated plant material than we separate the chemical which is present for this activity. Each and every drugs have its specific *Panchmahabhoot* combination which is specific in nature and our *Acharya* also told that in *Chikitsa* we have to think only *Panchmahabhoot* of the body and as well as drugs. *Chikitsa* perspective we have to concentrate on *Panchmahabhoot sidhanta* described by *Acharya Susruta*^[9] that's why *Panchmahabhoot* combination of drugs is very necessary for use of drugs in *Ayurved chikitsa*. Also our *Acharya* mention of specific *Rasa panchak* of the drugs which is most impotent for the *Chikitsa* because drugs are acting as per *Rasa panchak siddhantas* well.

If we isolate the chemical from the one plant source the chemical composition or synthetic molecule which is isolated is like a new drug and it is differ from the whole drug because its *Panchmahabhoot* combination is differ from the other that's why changes in *Rasa panchak* its lead to change in *Gunakarma* and properties may change.

CONCLUSION

Every science has its own basic fundamental principles which is differ from each other. In present era our time tested *Ayurveda* medicine is being uses as per modern concepts like isolated chemical constituents and modern pharmacology. If we use herbal drug extract or chemical

constituents it may more effective and potent but may cause adverse effect. That's why it is need of hour to validate the use of isolated chemical constituents or herbal drug extract as per *Ayurveda* point of view.

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