



## PREPARATION OF ANANDBHAIRAVI VATI – PRACTICAL APPROACH

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### ABSTRACT

*Ayurveda* places a strong emphasis on prevention and aids in promoting and extending a happy, healthy life. *Ayurveda* is a treasure of various dosage forms which our *Acharyas* have given us as a way to accomplish the fundamental goal of *Chikitsa*. *Bhaishjya kalpana* is an important branch of ayurveda which mainly deals with the development of diverse *ayurvedic* formulations. *Ayurvedic* medicinal science has five fundamental preparation of which *Vati kalpana* is the result of *Kalka Kalpana*.<sup>[1]</sup> *Vati* is a mixture of semisolid paste made by mechanical devices or by hand in the shape of a circle from one or more medications. It is largely produced and sold dosage form in pharmaceutical world of all medication system. It is manufactured through a process in which the raw drug powder of various herbs or minerals are combined with certain *Kashayam*, juice or even honey and the medications are then converted into pills or tablets. *Acharya Sharangdhara* made reference in *Madhyam khand* about a separate chapter on *Vati*<sup>[1]</sup> preparation using particular techniques. Due to its numerous benefits including simplicity of use, palatability and feasible form for dispensing and transportation, *Vati kalpana* plays significant role in *Ayurvedic* therapeutics. The detail description of preparation of *Anandbhairavi Vati*<sup>[2]</sup> as per the *Bruhatnighantu Ratnakar Khand-5, Ashmari rog karma vipak adhyay*. *Anandbhairavi Vati* contain 5 content mainly *Til, Apamarga, Karvellak, Yava* and *Palash*. With this 5 contents *Ajamutra* is used as *Bhavana dravya*. As per the *Granthas* reference this *Vati* is helpful in expulsion of stone in 7 days. As per *Sushruta Samhita Chikitsasthana*<sup>[3]</sup> all this 5 contents as a *Kshara* used as a *Sharkaranashan Yog* with *Avimutra*. All this 5 contents are *Ushna, Tikshna* and *Kshariya* in *Gundharma* and helps in the *Hanan* of *Ashmari*.

**KEYWORDS:** *Anandbhairavi Vati, Ashmari, Vati Kalpana, Ushana, Tikshana, Kshariya, Ajamutra.*

### INTRODUCTION

*Ayurveda* is the ancient health science which is totally based on basic fundamentals. The method of drug preparation and its use in a particular disease has its own importance. *Acharya* mention the standard method of drug preparation in ayurvedic text.

*Asanshodhanshil Shleshma*<sup>[4]</sup> in non precautionary persons combine with *Kapha Dosha* and *Mutra* responsible for formation of *Ashmari* in bladder. There are 4 types of *Ashmari*<sup>[5]</sup> - *Vataj, Pittaj, Kaphaj* and *Shukraj*. When *Vat, Pitta* and *Kapha* mix with *Mutra* it is responsible for the formation of *Ashmari* by *Upasnehan Nyaya*.<sup>[6]</sup> *Acharya Sushruta* mentioned various types of *Ghrita, Kshara, Kashaya, Ksheera* and *Uttarabasti*<sup>[7]</sup> in the management of *Mutrashmari*. If this medical treatment fails then he advice surgical management. *Na atitikshna, Na mrudu, Shukla, Shlakshna, Pichilla, Avishyandi* this are the *Ashtaguna* of *Kshara*.<sup>[9][10]</sup> Hence, all the content of *Anandbhairavi Vati* are *Kshariya*, this *guna* are responsible for the *Nirharan* of *Ashmari*.

We can prepare one drug by many methods which are mentioned in ayurvedic text. *Acharya* also explain the qualities of the prepared drug by giving examples and given some test to test the prepared drug. But in current era the preparation of the *ayurvedic* formulation are not as much effective as mentioned in *ayurvedic* text.

The reason behind that is lack of standard operating procedure as mentioned in *Samhita*. Today demand of the *ayurvedic* medicine increasing gradually so the preparation of the drug not done properly due to lack of time. Some medicine is still giving good response to the diseases. *Anandbhairavi Vati* is one of the medicine whose preparation is given as per the *Granthas*.

### METHOD OF PREPARATION

#### Materials

1. *Til kanda*
2. *Apamarga kanda*
3. *Karvellaka panchanga*
4. *Yawa panchanga*
5. *Palash kashtha*
6. *Ajamutra*

7. *Khal*
8. Steel plates
9. Cotton clothes

### Methods

Method of preparation of Anandbhairavi Vati<sup>[2]</sup> is as follows:

तिल अपामार्ग काण्डेच कारवेल्लया यवस्य च।  
पलाश काष्ठ संयुक्तं तं सर्वं तुल्यं दहेत्पुटे  
तनिष्कैराकं अजामूत्रे वटी च आनंद भैरवीम्।  
पातयेद् अश्मरीहंती सप्तवारान्न न संशयः॥ "

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### 1. Collection of dry *Til*, *Apamarga*, *Karvellaka*, *Yawa*, *Palash*

In equal quantity the *dry Til*, *Apamarga*, *Karvellaka*, *Yawa*, and *Palash* plant collected from the farm, all this 5 contents are taken in equal quantity with the help of weighing machine. Each content taken as near about 10 kg.



Palash



Til



Yawa



Apamarga



Karvellak

### 2. Collection of *Ajamutra*

As in suitable quantity about *Ajamutra* (Goats urine) collected.



*Ajamutra*

### 3. Burning of contents

Each of 5 contents were burnt over still plates and let it cool by itself at the end a total 5 kg ash is collected.



#### 4. Preparation of Anandbhairavi Vati

##### A) Filtration of Ash

The collection of 5 kg ash filtered through 4 fold cotton cloth, at end 3kg filtered ash collected, there is 2kg loss of ash from total ash.



##### B) Bhavana of Ajamutra

Each 1 kg batch is mixed with *Ajamutra* adequately. This mixture is well mixed using *Khala*, at the end semisolid paste is obtained.



##### C) Making of Vati

500 mg amount of mixed paste is taken over palm of 1 hand and by using palm of other hand *Vati* is prepared by rubbing palms in circular manner. All prepared *Vati* kept in oven for drying.



##### D) Packing of Vati

Complete 7 days required for preparation of *Vati*. As per *Bruhatnighantu ratnakar*, the textual dose of *Vati* is *Ratti* (2.5 gm), but practically 2.5 gm dose can't administered properly hence the dose was divided as 1 gm in morning, 1 gm afternoon, 1 gm in evening. (2 tablets, 500mg each).

As per textual reference the *Vati* should administered for 7 days, so total 6 *Vati* of 500mg required for 1 day, Total of 42 *Vati* requires for 7 days hence 42 *Vati* were packed in air tight polythene bags.



##### Analysis of Drug- Anandbhairavi Vati

Analysis of *Anandbhairavi Vati* was done in Government certified laboratory. The physio-chemical analysis of *Anandbhairavi Vati* is as follows:

**Table: Analysis of Anandbhairavi Vati.**

| Sr. No. | Testing Parameters | Results |
|---------|--------------------|---------|
| 1       | pH                 | 10.48   |
| 2       | Moisture           | 4.84%   |
| 3       | Total ash          | 74.99%  |
| 4       | Acid insoluble ash | 1.89%   |
| 5       | Specific gravity   | 1.2350  |

#### CONCLUSION

In Ayurvedic field of practice several types of *Kalpans* are used presently. *Vati kalpana* plays an important role in Ayurvedic pharmaceutical. *Vati Kalpana* has many advantages like easy administration, palatability for dispensing and convenient form for dispersing and transporting.

Tablets can be made from variety of methods and product performance can be influenced by the formulation content. This article gives idea about how much time required, how much raw material required and how much loss caused during preparation of *Anandbhairavi Vati*.

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