

**COMPARATIVE PHARMACEUTICO-ANALYTICAL STUDY OF SELF PREPARED AYASKRITI AND MARKET SAMPLE AYASKRITI****Dnyaneshwar Bhise<sup>1</sup>, Raman Belge<sup>2</sup>, R. Pandey<sup>3</sup>, Kranti Khekale<sup>4</sup>**<sup>1</sup>Asst. Professor (PhD Scholar), <sup>2</sup>PhD Guide, <sup>3</sup>HOD, PhD Scholar<sup>4</sup>

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**ABSTRACT**

*Ayaskriti* is one of the ayurvedic medicines which is mentioned in *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya*. The present study deals with the comparative self prepared and market sample *Ayaskriti* as per *Ashtanga Hridaya*. This study also helps to provide quality control and authenticity of drug. It is safe to use this formulation in therapeutics.

**KEYWORDS:** Ayaskriti, Ashtanga, Lauha, Ayasa.**INTRODUCTION**

*Ayaskriti* is the first step by our ancient acharyas in bringing a metal to the form in which it is rendered fit for internal administration. It has been explained in detail in *Brihatrayi* of Ayurveda.<sup>[1]</sup> The term 'Ayasa' means iron (Fe) and 'Kriti' means to cut or to hack. So *Ayaskriti* procedure in which the metals like Iron, Gold, Silver, etc are made consumable by cutting them into smaller pieces and subjecting them to further processing. Metallic drug cannot be administered internally in their original form. Our acharyas come out with a procedure to make these metals consumable.

Metallic drug cannot be administered internally in their original form. Our acharyas come out with a procedure to make these metals consumable. The procedure adopted by them for this purpose was called *Ayaskriti*. Use of metallic foils or incinerated metals in *Asava-Arishta* preparation has many classical references eg. *Lohasava*<sup>[3]</sup>, *Sarasvatarista*.<sup>[2]</sup> In this preparation has a unique identity because of the self generated alcohol in them which brings in many added advantages. With its proper administration the person may have a healthy and long life span.

**REFERENCE:** Ashtanga Hridaya<sup>[4]</sup>, Chikitsasthana 12, 28-32 Prameha chikitsa.

## MATERIAL AND METHOD

**Table no.1: Ingredients of Ayaskriti (Asanadi gana dravya<sup>[5]</sup>).**

Sr no	Dravya	Latin name	Prayojya anga	Pramana
1	Vatsaka	Holarrhena antidysenterica	Stem bark	48gm

**Table no. 2: Prakshepa dravya (vatsakadi gana dravyas<sup>[6]</sup>).**

Sr no	Dravya	Latin name	Prayojya anga	Pramana
1	Asana	Pterocarpous marsupium	Wood	960 gm
2	Tinish	Anogeissus lactifolia	wood	960 gm
3	Bhurja	Betula utilis	Stem bark	960 gm
4	Swetathava	Terminalia arjuna	Stem bark	960 gm
5	Prakiya	Lata kranja	Seed	960 gm
6	Khadir	Acacia catechu	Stem bark	960 gm
7	Kadar	Sweta khadir	Stem bark	960 gm
8	Bhandi	Shirish	Stem bark	960 gm
9	Shishmpa	Daldergia sisoo	wood	960 gm
10	Meshshrugi	Prosopis spicegera	leaf	960 gm
11	Chandan	Santalum album	Wood	960 gm
12	Raktachandan	Pterocarpous santalinus	wood	960 gm
13	Tala	Borassus flabellifer	Flower	960 gm
14	Palash	Butea monosperma	Stem bark	960 gm
15	Agaru	Aquilaris agallocha	Ht.wood	960 gm
16	Shaka	Grewia populifolia	Ht. wood	960 gm
17	Shala	Shorea robusta	Ht.wood	960 gm
18	Kalinga	Holarrhena antidysenterica	seed	960 gm
19	Kramuka	Phyllanthus reticulates	seed	960 gm
20	Ajakarna	Acacia leucophloea	Ht wood	960 gm
21	Dhava	Anogeissus latifolia	Stem bark	960 gm
22	Ashvakarna	Cassia fistula	Ht wood	960 gm
23	Murva	Marsdenia tenacissima	Root	48gm
24	Bharangi	Clerodendron serratum	Root	48gm
25	Katuka	Picrorrhiza kurro	Root	48gm
26	Maricha	Piper nigrum	Seed	48gm
27	Ativisha	Aconitum heterophyllum	Root	48gm
28	Gandir	Coleus forskohli	Root	48gm
29	Ela	Elettaria cardamomum	Seed	48gm
30	Patha	cycleapeltata	Root	48gm
31	Ajaji	Carum carvi	Seed	48gm
32	Kadvanga	Oroxylum indicum	Stem bark	48gm
33	Ajamoda	Trachyspermum roxburghianum	Seed	48gm
34	Sarso	Brassica alba	Seed	48gm
35	Vacha	Acorus calmus	Root	48gm
36	Jeera	Cuminum cymimum	Seed	48gm

37	Hinga	Ferula foetida	Exd	48gm
38	Vidanga	Emblia ribes	Seed	48gm
39	Pashugandha	Cleome gynandra	Root	48gm
40	Pippali	Piper longum	Seed	48gm
41	Pippalimool	Piper longum	Root	48gm
42	Chavya	Piper retrofractum	Stem	48gm
43	Chitrak	Plumbgo zeylanica	Root	48gm
45	Shunthi	Zingiber officinale	Root	48gm

**Sandhana dravyas:** Guda 9.6 kg and Madhu (Honey) 1.6lit

**Pralepana dravyas** for internal coating: Pippali churna, *Honey*, *Ghrita* as per required.

### Method of preparation

- ❖ First prepared *Asanadi gana dravyas* (Table No-1) *kwatha* (decoction).
- ❖ Jiggery and Honey mix well with continuous stirring in it.
- ❖ Filtered the mixture and poured into pot previously smeared with *honey*, *Pippali churna* and *Ghrita*.
- ❖ *Kalka* of *Vatsakadi gana dravyas* (Table No-2) made separately and added to the *kwatha* (decoction)
- ❖ Mix well all the ingredient then sheet of iron made red hot and immersed 21 times.
- ❖ Then mouth of pot is well covered with lid for a month.
- ❖ When fermentation is completed the contents are filtered.

### Main indication<sup>[7]</sup>

*Pandu*(anaemia), *Premeha*(urinary disorder), *Arsha*(piles), *Shvitra*(leucoderma), *Aruchi* (tasteless), *Krimi*(worm), *Grahani*(malaabsorption syndrome), *Sthaulya*(obesity).

**Dosage of Ayaskriti:** 10-20 ml equal quantity of water twice a day after meal

### OBSERVATIONS

**Table no. 3: Observation done correlated by self prepared and market sample of Ayaskriti.**

Sr no	Test	Self prepared Ayaskriti	Market sample Ayaskriti
1	Colour	Dark brown	Dark brown
2	Odour	Lauha Gandhi	Lauha Gandhi
3	Taste	Astringent	Astringent
4	Form	Liquid	Liquid
5	Ph	3.94	4.03
6	Sp. Gravity	1.0605	1.0087
7	Alcohol content	7.15	9.68

8	Total sugar content	65.2	4.02
9	Reducing sugar	2.60	2.65
10	Non Reducing sugar	1.75	1.50
11	Viscosity	29.30	37.50
12	Iron content	0.21	0.028

**Table No. 4: Test of heavy metal.**

Sr no	Test (ppm)	Self prepared Ayaskriti	Market sample Ayaskriti
1	Lead (Pb)	1.760	0.860
2	Arsenic (As)	0.630	0.460
3	Mercury (Hg)	0.890	0.090

**DISCUSSION**

This process of *Ayaskriti* itself gone through various dimension in the pharmaceutical dosages forms of metal. The results of present study was determined to compile data to self prepared Ayaskriti and market sample by using various physico-chemical parameters including pH, Specific Gravity, Alcohol Content, Total Sugar Content, Viscosity, Reducing And Non Reducing Sugar Content was found to be 3.94 and 4.03, 1.0605% w/v and 1.0083% w/v, 7.15% and 9, 65.2% and 4.02%, 29.30cp and 37.50cp, 2.60 and 2.65, 1.75 and 1.50 respectively. Iron content of Asava was found 0.21 and 0.28 (Table No-3)

Quantitative determination of major heavy metal content of Lead 1.760ppm and 0.860ppm, Arsenic 0.630ppm and 0.460ppm, Mercury 0.890ppm and 0.090ppm (Table No-4). The results showed various standard of self prepared and market sample of Ayaskriti which may complies with pharmacopeia and chemical properties and percentage of heavy metal content showed that this formulation comply with safe and effective standard.

**CONCLUSION**

Present study thus concluded that this physical and chemical standard of self prepared and market sample Ayaskriti could be used as a valuable tool. This study also help to provide quality control and authenticity of drug. It is safe use of this formulation in therapeutics.

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