

**“EFFECT OF BHAVANA WITH SWARASA AND KWATHA OF AMALAKI IN THE
PREPARATION OF AMALAKI RASAYANA”**



Dissertation submitted as partial fulfillment for the degree of

Ayurveda Vachaspati

[Doctor of Medicine – Ayurveda]

Rasa Shastra Evam Bhaishajya Kalpana

Scholar

Dr. Ketan R. Rathava

Under the supervision of

Guide

Dr. Rakesh Salve

M. D. (Ayu.)

Associate Professor, Department of Rasa Shastra Evam Bhaishajya Kalpana

Department of Rasa Shastra Evam Bhaishajya Kalpana

Parul Institute of Ayurveda

Parul University, Limda, Vadodara, Gujarat-391760 (India).

March- 2018

Enrollment No: 150202205004

ABSTRACT

Background:

Bhavana is one of the *Samskara* which are helpful for the purpose of bringing about the desired alteration in mentioned drugs. The selection of particular *Bhavana dravya* is important in the process of *Bhavana* as it enhances the qualities responsible for the same. The most important feature of *Bhavana* process is that, even a small dose of a drug may be made to produce a very high result.

PLAN OF STUDY: The present study was planned in the following sections:

- Conceptual study
- Pharmaceutical study
- Analytical study

Details of the manufacturing process of *Amalaki churna*, *Amalaki Swarasa*, *Amalaki kwatha*, *Amalaki Rasayana* in different batches along with pharmaceutical observations.

Amalaki Rasayana. It has been analyzed organoleptic parameters, physicochemical parameters for *Churna*, Qualitative and Quantitative tests for HPTLC with Gallic Acid.

conceptual, Pharmacognostical, pharmaceutical, analytical study.

All the Physico-chemical parameters are increased in all *Bhavita* samples compared to *Amalaki Churna*. It suggests that *Bhavana* leads to increase in potency of the formulation.

In quantitative analysis, total tannins and Gallic acid are found significantly increased in all *Bhavita* samples when compared to *Amalaki Churna*.

HPTLC profile of *Amalaki Churna* and all samples of *Amalaki Rasayana* with comparison to standard Gallic acid shows selective adsorbing pattern for particular component.

Amount of Gallic acid increases more in 21 *Kwatha Bhavana* than 21 *Swarasa Bhavana*.

No significant differences are found in all the *Bhavita* samples. Thus it can be concluded that *Kwatha* can also be used when *Swarasa* is not available for the *Bhavana* of *Amalaki Churna* to increase the potency.

Key Words: *Amalaki Rasayan, Swarasa, Kwatha, Bhavana.*