



# PHARMACEUTICAL STUDY OF GUDA AMALAKA YOGA

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## ABSTRACT

The aim of this study is to prepare Guda amalaka Yoga as per classical methods and to do its organoleptic and Physico-chemical analysis. Guda amalaka yoga was prepared as per the classical method of Modaka Kalpana and was evaluated for its organoleptic and Physico-chemical characteristics. The final product Guda amalaka yoga was of desirable consistency and quality. The general method of preparation of both Vati and Modaka are similar, but they do differ in the size. When there is a need of administration of more quantity of medicine, Modaka form is preferred. From the pharmaceutical study of Guda amalaka yoga, it can be concluded that, the proper Paka Lakshana for attaining Modaka consistency is of 2-3 threads.

**KEYWORDS:** Guda amalaka yoga, Gada Nigraha, Pharmaceutical Study

## INTRODUCTION

The basic pillars of Ayurvedic pharmaceuticals are Pancha Vidha Kashaya Kalpanas. It includes five main types of pharmaceutical preparations like Swarasa, Kalka, Kwatha, Hima and Phanta. There are various other preparations like Vati, Taila, Avaleha etc. which comes as Upakalpanas to these basic preparations. According to Acharya Sharangadhara, Modaka is considered as synonym of Vati Kalpana. Drugs taken in the form of Churna along with a base drug like jaggery are the main active ingredients in the preparation of Modaka. It can be prepared with Agni Samyoga in Gudapaka method and without Agni Samyoga by doing Mardana in Khalwa Yantra. The formulations prepared with Agni Samskara will be having comparatively more shelf life than the one without Agni Samskara. Also, formulations prepared with Agni Samskara will be comparatively lighter for digestion. In the preparation of Guda amalaka yoga, the Guda Paka method was adopted. The appropriate Paka Lakshana for Modakas can be ascertained only after doing pilot studies as it can vary from formulation

to formulation based on various factors like ratio of the base with that of powdered ingredients etc. In the present study of Guda amalaka yoga, 2-3 threads consistency was observed as appropriate for obtaining the Modaka consistency.

## MATERIALS AND METHODS

Raw drugs required for the preparation of Guda amalaka yoga were collected from Local market of Puri, Odisha and authenticated by the experts of Dravyaguna department and Rasa Shastra and Bhaishajya Kalpana Department, Gopabandhu Ayurveda Mahavidyalaya, Puri.

Pharmaceutical study was done in the laboratory of PG Department of Rasa Shastra and Bhaishajya Kalpana, Gopabandhu ayurveda Mahavidyalaya, Puri.

Khalwa Yantra, mixer grinder, sieves, clothes, weighing machine, appropriate vessels, spoons, gas stove as fire source and wide mouthed vessel were used for this practical.

## Ingredients of Guda amalaka yoga

Table 1: Ingredients for the Formulation Guda amalaka yoga

Drug	Botanical Name	Family	Part Used	Quantity
Amalaki	<i>Embilica officinalis</i>	<i>Euphorbiaceae</i>	Fruit	2 kg
Guda	-	-	-	1500 g

The raw drug was removed of impurities, weighed, and then separately crushed in the Khalwa Yantra to make coarse powder. This was again powdered in mixer grinder and sieved to obtain the fine powder which was then weighed, labelled, and stored in air-tight containers for further use.

For the preparation of Guda amalaka yoga, the powder of the ingredient was measured as per requirement. The vessel for keeping the final product was removed of moisture content, smeared with ghee, and kept ready. The jaggery was crushed in Khalwa and then melted in sufficient quantity of water, filtered,



and kept for Paka. Stirring and heating was continued till the jaggery syrup turned thicker and finally attained 1 thread consistency. Immediately flame was switched off and vessel was removed from stove and the finely powdered drugs were added little by little with continuous mixing until homogenous mixture was obtained. Then with hands smeared with ghee, it was rolled into Modakas of approximately 6gm size before it cooled down and after drying, stored in air-tight containers.

## RESULT

**Table 2: Observations on Powdering of Raw Drugs**

Total quantity taken	2000g
Total quantity obtained	1560g
Loss	440 g
Total time duration	2 days

**Table 3: Observations on Guda amalaka yoga Nirmana**

Total quantity taken	3060 g
Total quantity obtained	3000 g
Loss	60 g
Total time duration	1 hours and 5 minutes

**Table 4: Organoleptic Characteristics of Guda amalaka yoga**

Colour	Dark brown
Smell	Smell of Guda and Amalaki was prominent
Taste	Bitter and astringent along with Sweet taste
Consistency	Solid with smooth texture

## DISCUSSION

While powdering the raw drugs, wastage was seen in Amalaki. When powdering of Amalaki was done, the loss was seen as dusting of the powder in the mixer grinder and while sieving, some parts remained in the form of rough particles due to the presence of fibre content in it. The thread consistency observed while preparing Guda amalaka yoga was of 2-3 thread. One should be alert during this stage as, if the Paka is prolonged, it can affect the final consistency of the product. Also, if the flame is switched off before proper 2-3 threads consistency, the final product will be softer, and the firmness won't be there. The Modakas should be rolled immediately after mixing of the powdered ingredients as it gets hardened quickly on cooling. Also, while placing the Modakas, sufficient space should be there between each other. This plate also should be smeared with ghee to prevent the sticking of Modakas to the plate. The final product was dark brown. The usage of Guda and powdered drug like Amalaki may be the reason for this colour. The product had Kashaya-madhura Pradhana Rasa. The Kashaya Rasa might be contributed by Amalaki which is the major constituent of the formulation. Madhura Rasa was faintly noticeable due to the presence of Guda (jaggery). The formulation Guda amalaka yoga had characteristic smell of the ingredients and the smell of Amalaki & Guda was easily identifiable. The consistency of the formulation Guda amalaka yoga was solid and had smooth texture which shows the proper

## Precautions to be Taken

One should be keen in observing for 2-3 threads consistency and immediately the flame should be switched off. The powders should be mixed vigorously with minimum spillage. Also, the Modakas should be immediately rolled as it gets hardened on cooling.

binding of the ingredients in the formulation.

## CONCLUSION

The formulation Guda amalaka yoga is mentioned in the text Gada Nigraha, Mutrakruhra rogadhikar Adhyaya. The present study shows that the proper consistency of Guda amalaka yoga can be obtained by doing the Guda Paka till 2-3 threads consistency and then homogeneously mixing the fine powders and rolling into Modakas before cooling. The practical difficulty while preparing Modaka is assessment of Paka Lakshana and the fast hardening of the contents on cooling. Hence, one should be prepared for rolling the Modakas immediately for a successful practical.

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Figures for the Preparation of Guda amalaka yoga

