

Formulation Development of Various Systems of Medicine

Ayurveda

- Ayurveda is a traditional Indian system of medicine that uses plant, mineral, and animal products for preparation of medicines.
- In phytochemistry, Ayurvedic formulations are important because they contain active phytoconstituents such as alkaloids, glycosides, flavonoids, tannins, terpenoids, and volatile oils.
- Ayurvedic formulations are prepared according to classical methods described in Ayurvedic texts and pharmacopoeia.

Salient Features of Ayurvedic Formulations

- Ayurvedic medicines are mainly prepared from natural substances.
- Polyherbal formulations are commonly used.
- Proper purification, grinding, extraction, and storage are important.
- Formulation is designed to improve therapeutic activity and reduce side effects.

Important Classes of Ayurvedic Formulations



1. Churna (Powder Formulation)

Preparation

- Crude drugs are dried properly and powdered separately.
- Powders are sieved and mixed in correct proportions.

Characteristics

- Churna is easy to prepare and administer.
- It has faster absorption because of fine particle size.

Examples

- Triphala Churna
- Sitopaladi Churna

2. Kwatha (Decoction)

Preparation

- Medicinal plant materials are boiled with water until the volume is reduced.
- The liquid is filtered and used fresh.

Importance

- Water soluble phytochemicals are extracted effectively.

Examples

- Dashamoola Kwatha

3. Asava and Arishta

Preparation

- Herbal drugs are fermented naturally with sugar or jaggery.
- Fermentation produces self-generated alcohol.

Importance

- Alcohol helps extract and preserve active phytochemicals.
- These formulations have longer shelf life.

Examples

- Ashokarishta
- Arjunarishta

4. Taila (Medicated Oil)

Preparation

- Herbal paste and decoction are boiled with oil until water evaporates.

Importance

- Lipid soluble phytochemicals dissolve in oil.

Examples

- Mahanarayana Taila

5. Ghrita (Medicated Ghee)

Preparation

- Herbal drugs are processed with ghee and decoctions.

Importance

- Ghee improves absorption of phytochemicals and enhances stability.

Examples

- Brahmi Ghrita

Siddha

Introduction

- Siddha medicine is an ancient South Indian system of medicine.
- Siddha formulations contain herbal, mineral, and animal substances.
- In phytochemistry, Siddha preparations are studied for active compounds and purification methods.

Salient Features of Siddha Formulations

- Medicines are prepared after purification process called Suddhi.
- Mineral and metal preparations are commonly used.
- Fine grinding and repeated processing improve therapeutic effect.

Important Classes of Siddha Formulations

1. Chooranam (Powder Formulation)

Preparation

- Dried crude drugs are powdered finely and mixed uniformly.

Importance

- Chooranam provides easy absorption and administration.

Examples

- Nilavembu Chooranam

2. Kudineer (Herbal Decoction)

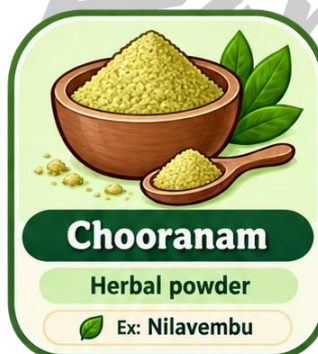
Preparation

- Herbal ingredients are boiled with water and filtered.

Importance

- Active water soluble phytochemicals are extracted.

Examples



- Kabasura Kudineer

3. Parpam (Calcinated Powder)

Preparation

- Purified minerals or metals are heated repeatedly to form fine ash.

Characteristics

- Parpam is highly potent and stable.

Examples

- Thamira Parpam

4. Chendooram

Preparation

- Purified metals and minerals are processed under controlled heat.

Characteristics

- Chendooram is a fine, red-colored powder with therapeutic activity.

5. Mezhugu (Wax Formulation)

Preparation

- Herbal and mineral substances are mixed with oils or fats to form soft preparations.

Importance

- Mezhugu improves sustained release of active constituents.

Homoeopathy

Introduction

- Homoeopathy is a system of medicine based on the principle "like cures like."
- It uses highly diluted substances obtained mainly from plants, minerals, and animals.
- In phytochemistry, medicinal plants used in homoeopathy are studied for their bioactive constituents before dilution.

Salient Features of Homoeopathic Formulations

- Medicines are prepared by serial dilution and succussion.
- Very small doses are used.
- Mother tinctures are important starting materials.

Important Classes of Homoeopathic Formulations

1. Mother Tincture

Preparation

- Crude plant drugs are extracted with alcohol and water.

Importance

- Alcohol extracts phytochemicals and preserves the preparation.

Examples

- Calendula Mother Tincture
- Arnica Mother Tincture

**2. Dilutions****Preparation**

- Mother tinctures are diluted repeatedly with alcohol or distilled water.
- Succussion is performed after each dilution.

Importance

- Potentization is believed to increase therapeutic activity.

3. Triturations**Preparation**

- Insoluble substances are mixed and ground with lactose powder.

Importance

- Fine grinding improves uniformity and dispersion.

4. Tablets and Globules**Preparation**

- Diluted medicines are added to sugar globules or tablets.

Importance

- These forms are easy to store and administer.

Unani Pharmacopoeia and Texts**Introduction**

- Unani medicine is a traditional system based on natural healing and balance of body humors.
- Unani formulations use herbal, mineral, and animal substances.

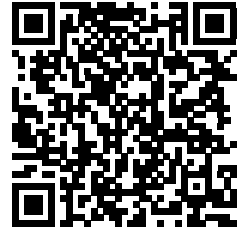


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