

Practical No: 15

Date of Starting:

Practical Name: Triphala Guggulu

Date of completion:

Reference: A.F.I. 1, 5 : 5 (Sharangadhara Sa. Ma. 7/82)

त्रिपलं त्रिफलाचूर्णं कृष्णाचूर्णं पलोन्मितम् ।

गुगुलुपञ्जपलिकः क्षौदयेत सर्वमेकतः ॥

ततस्तु गुटीकां कृत्वा प्रयुज्जयादह्यपेक्षया ।

भगन्दरं गुल्मशोथावर्शासि च विनाशयेत् ॥

शा. सं. म. २/८२-८३

Principle: Pill formation of Guggulu

Equipments: Electric Balance, Steel vessel, Ladle, Gas stove, Loha khalva, S.S.Try

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Triphala Churna	--	Fruit	gm
2	Krushna-Pipali Churna	Piper longum	Fruit	gm
3	S. Guggulu	Commiphora guggulu	Exudates	gm

Method of Preparation:

- S. Guggulu was taken in to Loha khalva and added warm water, stable for overnight.
- Triphala churna and Pipali churna were taken as mentioned above and mix well.
- Guggulu was triturated yet it became slurry form and mixer powder was added in it.
- When it became mass form, pounded properly yet it became soft, it prepared pill by coated ghee hand.
- Triphala Guggulu was obtained.

Observations:

- S. Guggulu was hard mass form but it became slurry liquid by adding water.
- Powder was mixed in Guggulu at that time mixer was brownish in color and sticky.
- After drying of pills, its color was changed brown to black.
- Triphala Guggulu was black in color and hard pill

Confirmative Test (CDC):--

Precautions:

- S. Guggulu should prepare slurry before adding powder.
- Pounding should do yet it became very soft.
- Pills size should be maintain same.

Results:

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Krishnabha Rasa : Tikta, Kashaya Gandha : Gugalu	Total duration required : day Initial weight: gm Final weight: gm Loss/Gain in weight: gm Reason for loss/gain in weight: Due to sticking in to khalva
Rasa : -- Guna : -- Veerya : -- Vipaka : -- Karma :--	Therapeutic dose : 3 Masha (B.B.R.) Anupana / Sahapana : Triphala Kwatha, Gomutra, Ushna jala Pathya : Ghruta Ahara

Therapeutic used: Bhagandara, Gulma, Shotha, Arsha, Pakva antahvidradhi, Gandamala

Discussion: 3 Ref. in Bha. Bhai. Rat. Part-2

Yopgaratnakara - 2 Pala Pipali

Bhavaprakasha - Vatarakta - Suvarnamakshika

Rasaratnakara - Vatavyadhi - Loha Bhasma

Yogachintamani - Antahvidradhi

Practical No:

Date of Starting:

Practical Name: Guggulu Shodhana

Date of completion:

Reference: A.F.I.-1, 5, page 61, RasatantraSara V SidhdhaPrayogaSamgraha Part-1 Shodhana

Principle: Purification of Guggulu

Equipments: Electric Balance, Steel vessel, Ladle, Gas stove, S.S. Tray and Cloth

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
	Kwatha:			
1	Triphala			100 gm.
2	Guduchi	Tinospora cordifolia	Stem	100 gm.
	Jala			800 ml
	Reduced			400 ml
3	A. Guggulu	Commiphora mukul	Exudates	200 gm.

Method of Preparation:

- All ingredients were taken as mentioned above.
- Triphala + Guduchi kwatha was prepared and filtered it by cloth.
- A. Guggulu was taken in to vessel and kwatha was added in it warm condition.
- It was stabled for overnight.
- Next day, it given mild heated with stirred by ladle yet Guggulu was dissolved in kwatha.
- Warm Mixer was filtered by cloth and filtered mixer was heated by mild heat.
- When it became slurry form, it was taken out in to Ghrita coated S.S. tray.
- It was dried under the Sun light.
- S. Guggulu was obtained.

Observations:

- Triphala + Guduchi kwatha was brownish colored bitter solution.
- Guggulu was black in color but it put overnight in kwatha it became slight milky color.
- Guggulu was dissolved in kwatha, it was brownish and smell was felt.
- Filtered liquid was brown color, whet it dried it became blackish in color.

Confirmative Test (CDC):

Precautions:

- Kwatha should be preparing given mild heat.
- Guggulu should be putting in to Kwatha for overnight.
- Heat should give mild with continuously stirrer.
- It should dry under the Sun light.

Results:

Organoleptic test : Shabda : ----- Sparsha : Snigdha Rupa : Krishnabha Rasa : Tikta Gandha : Guggulu smell	Total duration required : day Initial weight: gm Final weight: gm Loss/Gain in weight: gm Reason for loss/gain in weight: Due to dissolved in kwatha
Rasa : Katu, Tikta Guna : Snigdha, Laghu, Sukshma, Tikshna, Ushna Veerya : Ushna Vipaka : Katu Karma : Kaphavata shamaka	Therapeutic dose: 2 to 4 gm. (D.G., P. V. Sharma) Anupana / Sahapana : Ushna Jala, Ushna Kwatha

Therapeutic used: आर्यभिषक पेज २१२

दुष्ट नाडीव्रण: त्रिफला + त्रिकटु

External Used: सुश्रुत - कर्णदौर्गध्य - धूप
आ.भि. २१२ शिरःशूल - लेप
दंतशूल - हीराबोल + गुगलु
चक्रदत्त - विद्रधि - गोमूत्र लेप

Pharmaceutical used:

Vati - Triphala Guggulu
Churna - Bakuchyadi Churna
Dhupa - Dashanga Dhupa
Ghrita - Panchatiktaghrita Guggulu
Rasa Rasayana - Arogyavardhini Rasa
Guti - Lepa Gutti
Taila - Panchaguna Taila

Discussion:

Apathya: Amla, Kati, Shrama, Vyavaya, Tapa, Madya, Krodha
Rasayana Matra: A.S. 49/162 1 Pala to 100 Pala
S.Sa. Navina Guggulu - Vrushya and Bruhana, Purana Guggulu - Lekhaniya
Harita Samhita - Rasayana Matra 1 Pala - ½ Pala - 1 Karsha

Practical No: 3

Date of Starting:

Practical Name: Punarnavashtaka Kwatha

Date of completion:

Reference

१. पुनर्नवानिम्बपटोलशुंठीतिक्तामृतादाव्याभयाकषायः ।
सर्वाङ्गशोथोदरकामशूलश्वासान्वितंपांडुगदंनिहन्ति॥च.द.उदररोग /५१
२. पानीयंपोडशगुणक्षुण्णेद्रव्यपलेक्षिपेत्।
मृत्पात्रेद्व्यथयेद्वाह्यमष्टमांशावशेषितम्॥ शा. म. २/१

Principle: Decoction preparation / Water soluble extraction

Equipments: Electric Balance, Udukhala Yantra, Sieve, Steel vessel, Spoon, Cloth and Measure glass

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Punarnava	Boerhavia diffusa	Root	5gm.
2	Nimba	Azadiracta indica	Inner bark	5 gm.
3	Patola	Trichosanthes cucurma	Leaf	5 gm.
4	Shunthi	Zinziber officinale	Rhizome	5 gm.
5	Tikta - Katuki	Pricrorhiza kurroa	Root	5 gm.
6	Amrita - Guduchi	Tinospora cordifolia	Steam	5 gm.
7	Darvya - Daruharidra	Berberis aristata	Root bark	5 gm.
8	Abhya - Haritaki	Terminalia chebula	Fruit	5 gm.
	Jala - Water			640 ml
	Reduced to			80 ml

Method of Preparation:

- All raw drugs were taken equal part as mentioned above.
- It was done yavakuta by Udukhala yantra and passed by 40 mesh sieve.
- Yavakuta was taken into steel vessel and added water of 16 times.
- Vessel was put on the fire and given mild heat and stirrer it yet it reduced 1/8 th part of water.
- Then it filtered by clean cloth.
- Punarnavashtaka Kwatha was obtained.

Observations:

- Raw drugs became yavakuta form by pounding and grinding.
- Mixer was passed into sieve easily.
- After adding water, color was become brown.

- At the time of heating, bitter smell was felt and water was changed into dark brown in colored.
- Kwatha was dark brown in color and bitter smell.

Confirmative Test (CDC): Water extraction – proper color and taste.

Precautions:

- Raw drug should be take genuine ad properly.
- It should prepared yavakuta form before heating.
- Heat should give in to mild condition.
- Filer should do by clean cloth.

Results:

Organoleptic test : Shabda : -- Sparsha : Drava, Snigdha Rupa : Darka brown Rasa : Tikta, Kashaya Gandha : Tikta	Total duration required : day Initial weight : ml Final weight : ml Loss/Gain in weight: gm Reason for loss/gain in weight: due to boiling
Rasa : -- Guna : -- Veerya : -- Vipaka : -- Karma :Shothahara, Mutrala	Therapeutic dose : 2 Pala =8 Tola = 84 ml Anupana / Sahapana : - Gomutra (Sha.Sa.), Krurakoshtha - 1.5 Masha Katuki (R. T. Sa)

Therapeutic used: सर्वाङ्गशोथोदरकासशूलश्वासान्वितपाण्डुगदनिहन्ति ।

Discussion:

Anupanarthe Use - Arogyavardhini Rasa,
Punarnava Mandura - Si.Yo.Sa.

Practical No:

Date of Starting:

Practical Name: Dhanyakadi Hima

Date of completion:

Reference: Shodhala- Jwara, A.F.I. 1 Parishishta -1, 2/7 Paribhasha (Sharangadhara M. 4/1)

पर्युषितं धान्य जलं प्रातः पीतं सशर्करम् पुसाम् ।

अन्तर्दाहं शमयति प्रवृद्धमपि तत् क्षणात् सिद्धम् ॥

सोढल

क्षुण्णं द्रव्यपलं सम्यक् षडभीर्नीरपलैः प्लुतम् ।

निशोषितं हिमः स स्यात् तथा शीतकषायकः ॥

शा.म.४/१

Principle: Water extraction

Equipment: Electric Balance, Steel vessel, Spoon and Cloth

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Dhanyaka	Coriandrum sativum/Coriander	Fruit	50 gm.
2	Jala	Water	--	300 ml

Method of Preparation:

- Dhanyaka was taken as mentioned above and it prepared coarse powder by Udukhala Yantra.
- It was taken in to steel vessel and added water.
- It was put overnight and it rubbed by hand.
- It was filtered by clean cloth.
- Dhanyaka Hima was obtained.

Observations:

- Dhanyaka was broken easily by pounding.
- Next day water was become brownish in color and felt smell of Dhanyaka.
- Dhanyaka Hima was brownish color and smell was felt.

Confirmative Test (CDC): Dhanyaka Smell

Precautions:

- Dhanyaka fruit should take fresh dried form.
- Yavakuta should do before add water.
- Filter should do by clean cloth.

Results:

Organoleptic test :	Total duration required :	day
Shabda : --	Initial weight:	gm
Sparsha : Snigdha, Drava	Final weight :	gm
Rupa : Brownish	Loss/Gain in weight :	gm
Rasa : Madhura, Kashaya	Reason for loss/gain in weight:	
Gandha : Danyaka smell		

Rasa : Laghu, Snigdha Guna : Kashaya, Tikta, Madhura, Katu Veerya : Ushna Vipaka : Madhura Karma : Tridosahara (D.G.page 323-P.V.Sharma)	Therapeutic dose : 2 Pala = 80 ml 20 to 24 ml (D.G. P.V.Sharma) Anupana / Sahapana : --
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Therapeutic used:

धान्यकं तुवरं स्निग्धमवृष्यं मूत्रलं लघु ।

तिक्तं कटुकमुष्णं च दीपनं स्मृतम् ॥

ज्वरघ्नं रोचनं ग्राहि स्वादुपाकि त्रिदोषनुत् ।

तृष्णादाह्वमिश्वासकासामार्शः कृमिप्रणुत् ॥

आर्दं तु तद् गुणं स्वादु विशेषात् पित्तनाशि तत् । भा.प्र.

Discussion:

Practical No:

Date of Starting:

Practical Name: **Mustadi Pramathya**

Date of completion:

Reference: 1) Sharangadhara Sa. Ma. 2/150 2) Sharangadhara Sa. Ma. 2/152

1. मुस्तकेन्द्रयवैः सिद्धाप्रमथ्याद्विपलोन्मिता।
सुशीतामधुसंयुक्तारक्तातीसारनाशिनी॥
2. प्रमथ्याप्रोच्यतेद्रव्यपलात्कल्कीकृताच्छृतात्।
तोयेऽष्टगुणितेतस्याः पानमाहुः पलद्वयम् ॥ शा.सं.म.२/१५०

Principle: Water extraction

Equipments: Electric Balance, Udukhala Yantra, Sieve, Gas stove, Steel vessel, Forceps, ladle and Cloth

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Musta	Cyperus rotandus	Rhizome	10 gm.
2	Indrayava	Holarrhena antidysenterica	Seed	10 gm.
3	Jala	Water		160 ml

Method of Preparation:

- Ingredients were taken as mentioned above weight.
- It was taken in to Udukhala yantra, pounded and sieve coarse form.
- Yavakuta was made a kalka form by adding water.
- Kalka was taken in to steel vessel and added eight times water in it.
- It was heated still remain water one fourth part.
- Then it filtered by clean cloth.
- Mustadi pramathya was obtained.

Observations:

- Musta was blackish and Indrayava was yellowish in color.
- At the time of boiling, typical smell was felt and color of water became changed.
- Pramathya was dark brown in color and bitter smell.

Confirmative Test (CDC): Water color changed

Precautions:

- Materials should be taken of standard quality.
- Heat should give properly and stirring it continue.
- Filter should do by clean khadi cloth.

Results:

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Dark brown Rasa : -Tikta, kashaya Gandha : Tikta	Total duration required : day Initial weight: gm Final weight: gm Loss/Gain in weight: gm Reason for loss/gain in weight:
Rasa : Tikta, Kashaya Guna : Laghu, Ruksha Veerya : -- Vipaka : -- Karma : Kaphahara	Therapeutic dose : 2 Pala = 84 ml Anupana / Sahapana : --

Therapeutic used: Raktatisara

Discussion: As like Manda kalpana

Practical No:

Date of Starting:

Practical Name: Shadanga Paniya

Date of completion:

Reference: 1) Charaka Sa.Chi.3/144 2) Sharangadhara Sa. Ma. 2/159

मुस्तपर्पटकौशीरचन्दनोदीच्यनागरैः।

शृतशीतं जलदद्यात् पिपासाज्वरशान्तये ॥ च.चि.३/१४४

क्षुण्णद्रव्यपलं साध्यं चतुःषष्टिपले जले ।

अर्धशिष्टं च तदेयं पाने भक्तादिसंविधौ ॥ शा.म.म.२/१५७

Principle: Water extraction

Equipments: Electric Balance, Udukhala Yantra, Sieve, Steel vessel, Gas stove, Ladle, Cloth

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Musta	Cyperus rotundus	Root	5 gm.
2	Parpata	Fumaria vaillantii	Whole Plant	5 gm.
3	Ushira	Vetiveria zizanioides	Root	5 gm.
4	Udichya - Panajamo	Coleus aromaticus	Whole plant	5 gm.
5	Chandana - Rakta	Pterocarpus santalinus	Hart wood	5 gm.
6	Nagara - Shunthi	Zingiber officinale	Rhizome	5 gm.
	Jala	Water		1920 ml
	Reduced			960 ml

Method of Preparation:

- Ingredients from 1 to 6 were taken in above mentioned quantity and pounded by Udukhala yantra.
- After that water was added and mixed together and heated till the water remains half of the quantity.
- It was filtered by clean cloth.
- Shadanga Paniya was obtained.

Observations:

- At the time of pounding and boiling, good smell was felt.
- After boiling, water was become brownish in color.

Confirmative Test (CDC):

Precautions:

- It should prepare by mild heat and coarse form should take.
- It should be used within 24 hrs.

Results:

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Brownish dark Rasa : Tikta Gandha : Musta and Shunthi	Total duration required : day Initial weight : ml Final weight : ml Loss/Gain in weight : ml Reason for loss/gain in weight: due to mentioned classic
Rasa : Tikta, Kashaya Guna : Laghu, Ruksha Veerya : -- Vipaka : -- Karma :Pita Shamaka	Therapeutic dose : 2 Pala = 8 Tola=80ml Anupana / Sahapana : --

Therapeutic used: Pipasa, Jwara

Discussion:

Chikitsa Kalika - Padmakashtha instead of Shunthi

Udichya- Krushna Ushira, in south Pana Ajamo used

Practical No:

Date of Starting:

Practical Name: Kharjuradi Mantha

Date of completion:

Reference: 1) Sharangadhara Sa. Ma.3/10 2) Sharangadhara Sa.M.3/9

जले चतुष्पले शीते क्षुण्णं द्रव्यपलं क्षिपेत् ।

मृत्पात्रे मन्थयेत् सम्यक तस्माच्च द्विपलं पिबेत् ॥

शा.म. ३/९

खर्जूरदाडिमद्राक्षातिन्तिडिकाम्लिकामलैः ।

सपरुषैः कृतो मन्थः सर्वमद्यविकारनुत् ॥

शा. म. ३/१०

Principle: water extraction by manthan

Equipments: Electric Balance, Steel vessel, measure glass, Manthani (Stirrer), Spoon, Cloth

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Kharjura - phala	Phoenix sylvestris	Fruit pulp	10 gm
2	Dadima - beeja	Punica granatum	Seed fresh	10 gm
3	Draksha - phala	Vitis vinifera	Fruit pulp	10 gm
4	Tintidika - phala	Rhus parivifloral	Fruit pulp	10 gm
5	Amlika - Chinch - phala	Tamarindus indicus	Fruit pulp	10 gm
6	Amalaki - phala	Embllica officinalis	Fruit pulp	10 gm
7	Parushaka - phala	Grewia asiatical	Fruit pulp	10 gm
	Water			280 ml

Method of Preparation:

- Ingredients were taken as above-mentioned quantity.
- Then it prepared the paste form by Udukhalaya yantra.
- Kalka was added in four times water and soak well for some time.
- Mixer was churned by Manthani for few minutes.
- It was filtered by clean cloth.
- Kharjuradi Mantha was obtained.

Observations:

- Mixer paste of ingredients was brownish black in color.
- After adding of water, it became brownish black in color.
- Sweet smell was felt at the time of churning.
- Phanta was Madhura Kashya in taste and brownish black in color.

Confirmative Test (CDC): ingredients taste in water.

Precautions:

- Ingredients should take proper qualities.
- Paste form should do before add water.
- Filter should do by clean cloth.

Results:

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Brownish black Rasa : Madhura, Kashaya Gandha : Sweety smell	Total duration required : day Initial weight : ml Final weight: gm Loss/Gain in weight: gm Reason for loss/gain in weight: Due to absorbed and filter by cloth.
Rasa : -- Guna : -- Veerya : -- Vipaka : -- Karma :Madya Vikara Nashana	Therapeutic dose : 2 Pala Anupana / Sahapana : --

Therapeutic used: Madya Vikara (Alcoholic intoxication)

Discussion:

Manthana is a Samskara

Charaka and Shushruta had been used Ghee and Tail in Month.

Santarpana and Apatarpana Mantha can be classifying.

Mantha and Phanta both are different.

Practical No: 13

Date of Starting:

Practical Name: Sitopaladi Churna

Date of completion:

Reference: A.F.I.-1 , 7:34 (Sharangadhara M.6/134-135),

Parishishta - 1,2/3 Paribhasha (Paribhasha Pradipa Part-2,15)

सितोपलांतुगाक्षीरीपिप्पलीबहुलांत्वचम्।

अन्त्यादुध्वं द्विगुणितं लेहयेन्मधुसर्पिषा॥

चूर्णितं प्राशयेत्वा तत्त्वासकासकफातुरम्।

सुप्तजिह्वारोचकिनमल्पाग्निपार्श्वशूलिन्॥

हस्तपादाङ्गदाहेषु ज्वरेरक्ते तथा उर्ध्वगे।

च.चि.८/१०२

Principle: Powder formation

Equipment's: Electric Balance, Udukhal Yantra, Mixer and Sieve

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Sitopala - Sharkara	Sugar	-----	80 gm.
2	Tugakshiri	Maranta arundinacea	-----	40 gm.
3	Pipali	Piper longum	Fruit	20 gm.
4	Bahula - Bruhata ela	Amonum subulatum	Fruit/Seed	10 gm.
5	Tvaka - Dalachini	Cinnamimum zeylanucum	Stem Bark	5 gm.

Method of Preparation:

- All ingredients were taken as mentioned above.
- It was prepared coarse powder form by Udukhal Yantra.
- Then it was grinded by mixer and it prepared fine powder form.
- Powder was passed by 60 no BSS sieve.
- Sitopaladi churna was obtained.

Observations:

- At the time of pounding and grinding, good smell of ingredients was felt.
- It was easily powdered by mixer.
- Sitopaladi churna was fine powder, gray color with smell.

Confirmative Test (CDC) :--

Precautions:

- Ingredients should take genuine.
- Heat should not generate at the time of grinding.
- It should be prepare fine powder.

Results:

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Brown Rasa : Madhura, Katu Gandha : Ela, Tvaka smell	Total duration required : day Initial weight: gm Final weight: gm Loss/Gain in weight: gm Reason for loss/gain in weight: Due to residue of raw drug
Rasa : Madhura, Katu Guna : -- Veerya : -- Vipaka : -- Karma :Kaphahara	Therapeutic dose: Kola = ½ tola= 6 gm. Anupana / Sahapana : Madhu, Ghrita

Therapeutic used: श्वास, कफज काम, मुक्तिजिह्वा, अरोचक, अल्पाग्नि, पार्श्वशूल, हस्तपाददाह, ज्वर

Discussion:

Bhai. Rat. Tugakshiri - Vanshalochana
Bhruhat Ela - Ela.

Practical No:

Date of Starting:

Practical Name: Haridra khanda

Date of completion:

Reference: A.F.I.1/3:31 Bhaishajya Ratnavali - Shitapita 12

हरिद्रायाः पलान्यष्टौ षट्पलं हविषस्तथा ।
 क्षीराढकेन संयुक्तं खंडस्य अर्धशतं तथा ॥
 पचेन मृदुग्निना वैद्यो भाजने मृण्मये द्रढे ।
 त्रिकटुश्च त्रिजातञ्ज क्रिमिघ्नं त्रिवृता तथा ॥
 त्रिफला केशरं मुस्तं लौहं प्रति पलं पलम् ।
 सञ्जुर्ण्यं प्रक्षिपेत्तत्र तोलक अर्धन्तु भक्षयेत् ॥
 कंडुविस्फोटदद्रुणां नाशनं परमौषधम् ।
 प्रतप्तकाञ्जनाभासो देहो भवति नान्यथा ॥
 शीतपितो दर्दकोठान् सप्ताहादेव नाशयेत् ।
 हरिद्रानामतः खंडः कंडुनां परमौषधम् ॥ भै.र.शीतपित

Principle: Khanda paka preparation

Equipments: Electric Balance, Steel vessel, Spoon, Gas stove, Ladle, Sieve

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Haridra	Curcuma longa	40 gm	8 Pala
2	Havisha - Ghee	Cow's ghee	30 gm	6 Pala
3	Ksheera	Cow's milk	320 ml	1 Adhaka = 4 Prastha = 64 Pala
4	Khanda Sharkara	Sugar	250 gm	50 Pala
Prakshepa				
5	Trikatu Churna	--	15 gm	3 Pala
6	Triphala Churna	--	15 gm	3 Pala
7	Chaturjata Churna	--	20 gm	4 Pala
8	Krumighna - Vidanga Churna	Embelia ribes	5 gm	1 Pala
9	Tivruta Churna	Operculina turpethum	5 gm	1 Pala
10	Musta Churna	Cyperus rotandus	5 gm	1 Pala
11	Loha Bhasma	-----	5 gm	1 Pala

Method of Preparation:-

- First all ingredients were taken as mentioned above.
- Haridra churna and dugdha were taken in to steel vessel, it given heat.
- When it became steel vessel khova (Pulp form) ghee was added in it, fried it well.
- Another steel vessel was taken, sugar and adequate water were taken it, it given heat yet it became one tar syrup (chasani).
- Fried pulp of Haridra was added in to sugar syrup and it given heat with continuously stirrer.
- When it became mass form, stopped heat, added prakshepa churna and cools it.
- [Mass of Haridra Khanda Pass by sieve, prepared granular form.
- Haridra Khanda granules were obtained.]

Observations:

- Haridra khova was mass pulp form, soft and yellow in color.
- One third water was required for Syrup (chasani).
- At the time of adding prakshepa, smell was felt of Trikatu and Chrurjata.
- Granules were hard and yellow in color.

Confirmative Test (CDC): Khanda form appearance**Precautions:**

- Haridra and prakshepa dravya should take extra fine powder form.
- Khova should fried by mild heat.
- Haridra khanda granules should store in air tight bottle.

Results:

Organoleptic test : Shabda : -- Sparsha : Kathina, Snigdha Rupa : Yellow Rasa : Madhura, Kashaya Gandha : Haridra ela smell	Total duration required : One day Initial weight: gm Final weight: gm Loss/Gain in weight: gm Reason for loss/gain in weight: Due to sticking in to vessel
Rasa : Madhura, Kashaya Guna : -- Veerya : -- Vipaka : -- Karma :Shitapitahara	Therapeutic dose : ½ Tola = 6 gm Anupana / Sahapana : Jala, Ksheera

Therapeutic used: Shitapita, Kandu, Visphota, Dadru, Udarda, Kotha

Discussion: Bhi.Ra. - Bruhata Haridra Khanda

Practical No:

Date of Starting:

Practical Name: Narikela Lavana

Date of completion:

Reference: A.F.I.1,10:7 (Bhaishajya Ratnavali-Shula 81)

नारीकेलं सतोयं लवणेन प्रपूरितम् ।

विपक्वमग्निनां सम्यक् परिणामजशूलनुत् ॥ भैषज्य रत्नावली, शूलरोगाधिकार, ८१

Principle: Lavana preparation

Equipment's: Electric Balance, Steel dish, Knife, Spoon, Cloth, Mitti, Cow dungs

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Narikela	Cocos nucifera/ Coconut palm	Dried fruit	1 no
2	Lavana - Saindhava	Rock salt		100 gm.

Method of Preparation:

- Coconut was taken, removed outer layer and opened its eye.
- Saindhava powder was taken and it filled in to coconut.
- Hole was sealed by hart wood, it coated by cloth and mulatani mitti, dried it.
- Then given put of 30 Upalas, next day collected burnt part of pulp.
- It was powdered by mixer.
- Narikel lavana was obtained.

Observations:

- Coconut fruit had two eyes it soft part and easily hole there.
- Saindhava powder was white in color and it filled in coconut very slowly.
- After Puta, coconut pulp was black in color, shell was separated.
- Narikela lavana was black powder form.

Confirmative Test (CDC): Krishnabha - Blackish in color

Precautions:

- Big size coconut dried fruit should take.
- Saindhava should fill carefully.
- It should take carefully after puta.
- It should pack in air tie glass bottle.

Results:

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Krishnabha Rasa : Lavana Gandha : Burn smell	Total duration required : 3 days Initial weight: gm Final weight: gm Loss/Gain in weight: gm. Reason for loss/gain in weight: Due to procedure
Rasa : -- Guna : -- Veerya : -- Vipaka : -- Karma :Shulahara	Therapeutic dose: 2 Masha Anupana / Sahapana : Navsacara, Yavakshara, Jala

Therapeutic used: परिणामजशूलनुत्

पायन, पितनाशन, अम्लपित्तदर, पित्तशोषणशूल, वातज-पित्तज-श्लेष्मज-सन्निपातज शूल, परिणामशूल

Discussion: सुचूर्णितं सैधवन्तु दशतोलकसंमितम् ॥

रौद्रयन्त्रे विशोष्याथ पुटयेत्तु महापुटे ।

सैधवं कज्जलईवर्णं कपालांशोजिभक्तं हरेत् ।

र.त.१४/१२३-१२७

सुपिपकं ससलिलंनारीकेलं समाहरेत् ।

अपनीय जटां वृद्धिपत्रेण स्फोटयेद् दशम् ॥

जातरन्ध्रान्नारिकेलान्नीरं सर्वे परित्यजेत् ।

सुचूर्णितं सैधवन्तु दशतोलकसंमितम् ॥

निक्षिप्य रन्ध्रमार्गेण ततो रन्ध्र निरोधयेत् ।

वसनेन समाच्छ्राद्य परितो लेपयेन्मृदा ॥

रौद्रयन्त्रे विशोष्याथ पुटयेत्तु महापुटे ।

तदगोलकं स्वांगशीतं प्रयत्नेन समाहरेत् ॥

सैधवं कज्जलईवर्णं कपालांशोजिभक्तं हरेत् ।

लवणो नारिकेलाख्यः समाख्यातो भिषग्वरैः ।

र.त.१४/१२३-१२७

Practical No:

Date of Starting:

Practical Name: Triphala Masi

Date of completion:

Reference: Brihata Nighantu Ratnakara -Part - 6, Upadansha

दहेत् कटाहे त्रिफलां तां मयी मधुमंयुताम् ।

कृतोपदेशे लेपोऽयं मद्यो रोपयति व्रणम् ॥ बृ. नि. र. उपदेश

Principle: Masi formation

Equipments: Electric Balance, Iron & Earthen sarava, Upala, Porcelain khalva and sieve

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Triphala Yavakuta	--	Fruit	100 gm

Method of Preparation:

- Triphala yavakuta was taken as prescribed manner.
- It was put into iron sarava, covered by earthen sarava and it given heat for one hour.
- After self-cooling, burnt Triphala was taken out and it powdered by khalava.
- Triphala masi was obtained.

Observations:

- Triphala yavakuta was yellowish in color.
- At the time of heating, white fume was seen.
- Triphala was became black mass form.
- Triphala masi was black in color, odor and tasteless.

Confirmative Test (CDC):-

Precautions:

- Heat should give high level.
- It should cover at the time of heating.

Results:

Organoleptic test :	Total duration required:	day
Shabda : --	Initial weight:	gm
Sparsha : Ruksha	Final weight:	gm
Rupa : Krishna	Loss/Gain in weight:	gm
Rasa : Taste less	Reason for loss/gain in weight:	due to ash
Gandha : No smell	contain	

Rasa : -- Guna : -- Veerya : -- Vipaka : -- Karma :--	Therapeutic dose : External use Anupana / Sahapana : --
--	--

Therapeutic used: Upadansha Vrana ropana

Discussion: Bri. Ni. Ra. - Masi prepared with Silk cloth and applied with tila taila in Agnidagdh.

Practical No:

Date of Starting:

Practical Name: Mudga Yusha

Date of completion:

Reference: Sharangadhara Ma. 2/156

A.F.I.-1 Parishishta - 1,30 Paribhasha (Sharangadhara M. 2/172)

१. कफघ्नोदीपनोद्द्वयः शुद्धानां व्रणनामपि।

उक्तः पथ्यतमञ्जअपिमुद्गयुषः कृताकृतः ॥ शा.सं.म.२/दीपिका टीका

२. द्रवाधिकास्वल्पसिक्थ्याचतुर्दशगुणेजले॥

सिद्धापेयाबुधैर्जेयायूषः किचिद्वनस्ततः ॥ शा.सं.म.२/१६७

Principle: Water extraction

Equipments: Electric Balance, Steel vessel, Gas stove, Ladle and Cloth

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Mudga	Phaseolus mungo	Seed	20 gm
2	Jala	Water	--	280 ml

Method of Preparation:

- Mudga was taken as prescribed weight and roasted for few minutes.
- It was taken into steel vessel, added 14 times water and heated with stirrer.
- When few seed of mudga were seen, heat was stopped, it was filtered by cloth.
- Mudga yusha was obtained.

Observations:

- Mudga was yellowish green in color.
- After heating, seed were broken down in water and mixer became yellowish in color.
- Mudga yusha was yellowish colored liquid.

Confirmative Test (CDC):

Precautions:

- Mudga should roast before adding water.
- Mild heat should give with continuously stirrer.

Results:

Organoleptic test :	Total duration required : One day
Shabda : --	Initial weight : gm
Sparsha : Snigdha	Final weight : gm
Rupa : Dark brownish	Loss/Gain in weight : gm
Rasa : Kashya	Reason for loss/gain in weight: Due to evaporated water
Gandha : Typical	

Rasa : Kashaya, Madhura Guna : Ruksha, Lagu, Grahi Veerya : Shita Vipaka : Katu Karma : Kapha Pita shamaka	Therapeutic dose : As per diet capacity Anupana / Sahapana :
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Therapeutic used:

कषायमधुरो रुक्षः शीतः पाके कटुर्लघुः ।

विशदः श्लेष्मपित्तघ्नो मृदुः सूप्योत्तमो मतः ॥ चरक संहिता

नात्स्थं वातलास्तेषु मुद्गा इष्टिप्रसादनाः ।

प्रधाना हरितास्तत्र वन्या मुद्गसमाः स्मृताः ॥ सुश्रुत संहिता

Discussion:

Practical No:

Date of Starting:

Practical Name: Nimbapatra Kalka

Date of completion:

Reference: 1) Sharangadhara Sa. Ma. 5/5

2) A.F.I.-1 Parishishta -1,2/1 Paribhasha (Paribhasha Prabandha)

१. लेपान् निम्बदलैः कल्को* व्रणशोधनरोपण ।

भक्षणात् छर्दि कुष्ठानि पितश्लेष्मकृमीज्जयेत् ॥ शा.म. ५/५

*२. द्रव्यमार्द्रं शिलापिष्टं शुष्कं वा सजलं भवेत् ।

प्रक्षेप आवाप कल्कास्ति तस्मानं कर्षसंमितम् ॥ शा.म. ५/१

Principle: Paste form

Equipments: Electric Balance, Udukhala Yantra, Spoon, Steel vessel

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Nimba Patra	Azadirachta indica	Leave	100 gm

Method of Preparation:

- Fresh Neem leaves were taken above mentioned quantity and washed it.
- It was taken into Udukhala yantra and pounded carefully yet it became paste form.
- Neem kalka was obtained.

Observations:

- Neem leaves were dark green in color.
- At the time of pounding some better smell was felt.
- Kalka was dark green in colored and bolus form.
- It was a fiber free.

Confirmative Test (CDC): Bolus form

Precautions:

- Neem leaves should take fresh and healthy.
- Instrument should take clean.
- Pounding should do properly.

Results :

Organoleptic test :	Total duration required :	day
Shabda : --	Initial weight :	gm
Sparsha : Snigdha, Mrudu	Final weight :	gm
Rupa : Harita	Loss/Gain in weight :	gm
Rasa : Tikta	Reason for loss/gain in weight:	due to
Gandha : Bitter smell	sticking in Udukhala yantra	

Rasa : Tikta, Kashaya

Guna : Laghu

Veerya : Sheeta

Vipaka : Katu

Karma : Kaphapita Shamaka

(D.G. Part-2, P.V.Sharma)

Therapeutic dose : 1 Karsha = Tola = 10 gram
Anupana / Sahapana : water

Therapeutical Used: A.B. Page 513

Krumi : Hinga

Shitapita : Ghee or Amalaki

Ushnakale Daha : Sharkara

Vamana : Ela Churna

Kolera : 1 Tola + 1 Gunja Karpura + 1 Gunja Hinga + 1 masha Guda

External Used : A. B. Page 513

Vrana Shodhana & Ropana : Madhu

Dahayukta Shotha : Kalka Lepa

Masurika : Kalka Lepa

Granthi : Potali with weat

Pharmaceutical Used:

Kantaloha Examination in Rasashastra

Date of Starting:

Practical No:

Date of completion:

Practical Name: Tulasi Swarasa

Reference: Sharangadhara Ma.1/10, A.F.I.I, Parishishta-1,2/6 Paribhasha (Sharangadhara Ma. ½)

पीतो मरिचचूर्णेन तुलसीपत्रजो रसः* ।

द्रोणपुष्पीरसो वाऽपि निहन्ति विषमज्वरान् ॥ शा.म. १/१०

अहतात् तत्क्षणात् कृष्टाद् द्रव्यात् क्षुण्णात् समुद्भवः ।

वस्त्रनिष्पीडितो यः स रसः स्वरस उच्यते ॥ शा.म. १/३

Principle: Swarasa Preparation

Equipments: Electric Balance, Steel vessel, Udukhala Yantra, Cloth, Measuring glass

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Fresh Tulasi Patra	Ocimum sanctum	Leave	100 gm.

Method of Preparation:

- Fresh Tulasi leaves were taken as mentioned weight and washed it properly.
- Leaves were taken in to Udukhala yantra, pounded yet it became paste form.
- Then it was twisted by the cloth, extracted watery part from it.
- Tulasi swarasa was obtained.

Observations:

- Tulasi leaves were green in color and felt smell.
- After washing, it became free from dust.
- It was easily converted into paste form by pounding.
- At the time of pasting pleasant smell was felt.
- Tulasi swarasa was dark blackish green in color.

Confirmative Test (CDC): expressed juice

Precautions:

- Leaves should take matured form and fresh.
- Pounding should be done properly.
- Cloth should be taken cotton type and clean.

Results:

Organoleptic test :	Total duration required :	day
Shabda : --	Initial weight:	gm
Sparsha : Snigdha, Drava	Final weight :	ml
Rupa : Dark green	Loss/Gain in weight:	gm
Rasa : Katu	Reason for loss/gain in weight:	due to contain
Gandha : Tulasi smell	of watery portion	

Rasa : Katu, Tikta Guna : Laghu, Ruksha Veerya : Ushna Vipaka : Katu Karma :Kapha Vata shamaka (Dravyaguna P.V.Sharma)	Therapeutic dose : ½ Pala=2 Tola=20ml Anupana / Sahapana : Maricha Churna
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Therapeutic used: Internal

Sha. M. Vishamajvara : Maricha Churna

A. Bhi. Page 287

Balachhardi : Madhu

Vayuroga : Maricha + Ghrita

Vamana : Ela Churna

Masurika : Rasapana

Sahapana : Maricha + Tulasirasa - Laghurajamruganka Rasa, Ashvakanchuki Rasa

External Used: A. Bhi. Page 287

Vichrechika : Lepa with Rakta Mritika

Raktandhya : 2 drops

Shitapita : Abhyanga

Mushaka Visha: Lepa with Ahiphena

Karnapaka : with Bhringaraja Swarasa – Karnapurana

Pharmaceutical Used :

For Bhavana: Tribhuvanakirtirasa, Samirapannagarasa

Discussion: In large scale production Hydro Extractor is used.

Now a day many juices are available in the market with preservation.