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Review Article

# Synoptic Review on *Aṣṭāngavaleha*- A Polyherbal Ayurvedic Formulation for Bronchial Asthma

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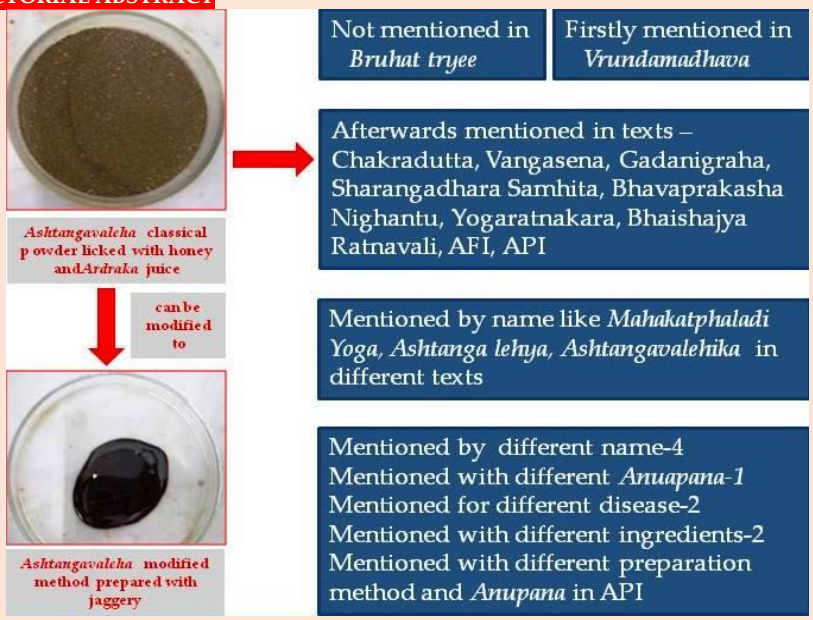
**ABSTRACT**

***Introduction***: *Avaleha* (Linctus) is a unique dosage form of Ayurveda that is frequently used in various disorders and as *Rasāyana* (Immunomodulators). *Aṣṭāngavaleha* is one such formulation being used for *Śvāsa* (Asthma), *Jvara* (Fever), *Hikkā* (Hiccup) and *Kāsa* (Cough). *Aṣṭāngavaleha* has not been mentioned in *Brūhattrayī*. It had been extensively reviewed from *Vrndamādhava*, *Cakradatta*, *Vangasena*, *Ġadanigraha*, *Śārangadhara saṁhitā*, *Bhāvaprakāśa* and *Yogaratnākara*. Screening through various texts revealed that *Aṣṭāngavaleha* has been mentioned in these treatises with few modifications like changes in *Anupāna* (vehicle) or few ingredients. ***Methods***: An attempt has been made to compile scattered information about *Aṣṭāngavaleha* from the texts of 9th to 20th AD explaining its pharmacological potential in *Śvāsa* along with the pharmacological activities of its ingredients from *Brūhattrayī* and *Nighaṇṭus*. ***Results***: Among these texts, *Aṣṭāngavaleha* had been mentioned by different name in four texts, with different *Anupāna* (adjuvant) in one text, its use for different disease in two texts, mentioned with different ingredients in two texts and with different preparation method and *Anupāna* in Ayurvedic Pharmacoepoeia of India. ***Conclusion***: This work may prove a torch bearer for future research works on *Aṣṭāngavaleha.*

KEYWORDS *Avaleha, Anupāna, Aṣṭāngavaleha, Powder, Śvāsa*

**PICTORIAL ABSTRACT**

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## 1. INTRODUCTION

In Ayurveda many multiple component preparations like *Avaleha* (linctus) are used in the treatment of various disorders and as *Rasayana* (immunomodulators). Some known *Avalehas* are *Bhārangyādi avaleha*, *Vāsāvaleha*, *Cyavanprāśa avaleha* and *Kansaharītakī*[1-5].*Aṣṭāngavaleha* is one of the important *Avaleha* formulation used for *Śvāsa* (respiratory disorders)[6]. As the name suggests, *Aṣṭāngavaleha* comprises of eight powdered ingredients in equal proportion that is to be licked with *Ārdraka svarasa* (expressed juice of ginger rhizome) and *Madhu* (honey)[7]. It is known to pacify symptoms of diseases like *Hikkā* (Hiccup), *Śvāsa* (Asthma), *Kāsa* (Cough), *kaṇṭhavarodha* (Obstruction in throat) and *Sannipātaja jvara* (Fever)[8]. According to *Cakradatta*, it also works on *Ūrdhvagalaśleśmā* (excessive *Kapha* humourin upper respiratory tract). Present review explains the pharmacological potential of *Aṣṭāngavaleha* in *Śvāsa* along with the pharmacological activities of the parts used of each ingredient in the formulation. In this review, information from various texts belonging from 9th AD to 20th AD has been compiled. *Aṣṭāngavaleha* had been described in these texts under different names and with some modifications (Table 1). This article may help the researcher and practitioner to explore more about *Aṣṭāngavaleha*.

## 2. MATERIALS AND METHODS

A review has been made through texts in which *Aṣṭāngavaleha* is mentioned. It is not mentioned in *Brūhattrayī*. So information about *Aṣṭāngavaleha* had been compiled from the texts of 9th to 20th AD. For this, *Vrndamādhava*, *Cakradatta*, *Vangasena*, *Ġadanigraha*, *Śārangadhara saṁhitā*, *Bhāvaprakāśa* and *Yogaratnākara* were screened. Classification of the ingredients of *Aṣṭāngavaleha* have been taken from *Caraka saṁhitā*, *Suśruta saṁhitā*, *Aṣṭānga hrdaya*, *Aṣṭānga sangraha*, *Bhāvaprakāśa Nighaṇṭu*, *Madanapāla Nighaṇṭu*, *Dhanvantrī Nighaṇṭu*, *Śoḍhala Nighaṇṭu*, *Kāiyadeva Nighaṇṭu* and *Nighaṇṭu Ādarśa*. Along with the review of *Aṣṭāngavaleha* and its ingredients; description of pharmacological properties of the ingredients from various reputed journals were also collected.

## 3. RESULT AND DISCUSSION

### 3.1 History of formulation

This formulation was not described in *Brūhattrayī*. *Vrndamādhava* (9th century) had described this formulation for the first time.[9] Later on this formulation appears in *Cakradatta* (11th century), *Vangasena* (12th century), *Ġadanigraha* (12th century), *Śārangadhara saṁhitā* (13th century), *Bhāvaprakāśa* (16th century) and in *Yogaratnākara* (20th century). This formulation has been named as *Aṣṭāngavaleha*, *Aśṭāngāvalehikā* and *Aṣṭānga lihya* by these texts. *Bhāvamiśra* has mentioned it as *Mahākaṭaphaladi yoga*.[10] Its different names, changes appeared in different texts had been mentioned in the Table 2.

### 3.2 Composition of Aṣṭāngavaleha

*Aṣṭāngavaleha* comprises of *Kaṭphala, Puṣkaramūla, Śrūngī, Vyoṣa* (*Śuṇṭhī, Marica, Pippalī*), *Yāsa, Kārvī* in powder form and are to be licked with *Madhu* and *Ārdraka svarasa*.

### 3.3 Categorization of ingredients of Aṣṭāngavaleha

Categorization of the ingredients of *Aṣṭāngavaleha* according to various classical texts i.e. from *Caraka saṁhitā*, *Suśruta saṁhitā*, *Aṣṭānga hrdaya*, *Aṣṭānga sangraha*, *Bhāvaprakāśa Nighaṇṭu*, *Madanapāla Nighaṇṭu*, *Dhanvantrī Nighaṇṭu*, *Śoḍhala Nighaṇṭu*, *Kāiyadeva Nighaṇṭu* and *Nighaṇṭu Ādarśa* have been placed at Table 3. Only classifications of the ingredients of Aṣṭāngavaleha have been available in these texts; though formulation has not been mentioned in these treatises.

### 3.4 Synonyms of ingredients of Aṣṭāngavaleha

Ingredients with their different names are depicted in Table 4 and the source of the synonyms is *Bhāvaprakāśa nighaṇṭu*. The synonyms are mentioned to avoid confusion between various similar names of the drugs and for identification by different names.

### 3.5 Rasapanchaka and Pharmacological properties of ingredients of Aṣṭāngavaleha

Ingredients of *Aṣṭāngavaleha* and their pharmacological and therapeutic properties[11-61] are depicted in Table 5 and 6.

### 3.6 Conversion of classical to modified dosage form

The same formulation can be modified to *Avaleha* prepared by *Pāka* method with sweetening agent like jaggery or sugar. This modification in composition makes it more palatable, masks the bitter taste of powder and is easy to consume and dispense.

Table 7 shows *Rasa panchaka* of *Ārdraka svarasa*,[62] *Madhu* as *Anupāna*(vehicle)[63] and Sweetening agent Jaggery[64] if used as modification.

Considering the same ingredients of the formulation, *Aṣṭāngavaleha* had been named differently as *Mahākaṭphaladi yoga* in *Bhāvaprakāśa*. *Bhavamiśra* had mentioned to take it with *Ajākṣīra* as *Anupāna* in *Śvāsa cikitsā*. *Ajākṣīra* possess *Dīpana, Laghu, sangrāhī* properties. It has qualities like *Snigdha, ġuru* and *rasāyana*. It is *Alpa abhiṣyandī* and has *Madhura rasa, Madhura vipāka* and mainly combat *Rājyakṣmā, śvāsa, kāsa* and *raktapitta*[65].On the contrary, *Ārdraka* does *Āmapācana, dīpana, rocana, vātānulomna* and *pācana*, helping to relieve *Agnimāndya* and thus *Jvara*[66].So in *Jvara cikitsā*, it is mentioned to be taken with *Madhu* and *Ārdraka* by Acharya Bhavamishra. With the same ingredients and *Anupāna*, again *Bhavamiśra* has mentioned it in and *kāsayukta mūrchā*. *Srotasa avarodha* in these conditions get relieved by its ingredients when used with *Ārdraka*[67].As per *Cakradatta* and *Yogaratnākara*, ingredients and *Anupāna* remain the same and formulation is mentioned as *Aṣṭāngāvalehikā*. The powder of the formulation has to be licked with honey and it pacifies *Sannīpāta jvara, hikkā, śvāsa, kāsa* and *kaṇṭharodha*. In case of *Kapha ādhikya*, mixed powder of the eight ingredients of this formulation is to be taken with *Ārdraka rasa*[68].

In *Ġadanigraha* and *Vangasena*, *Śrūngi* has been replaced with *Bhārangī* (*Clerodendrum serratum* Spreng.) in *Aṣṭāngāvalehikā* and *Aṣṭānga Lihya* respectively mentioned in *Jvara adhikāra* with *Madhu* and *Ārdraka* as *Anupāna*. *Bhārangī* has *Kaṭu, tikta rasa, laghu, rūkṣa guṇa, uṣṇa vīrya, kaṭu vipāka* and *kapha vātaghna* properties[69]. *Śrūngi* has *Kaṣāya, tikta rasa* and rest other properties are exactly the same as that of *Bhārangī*. Parts used for *Bhārangī* is either root or leaves whereas gall is used of *Śrūngi*. So part used of *Bhārangī* i.e. leaves and root are more easily approachable for therapeutic needs. May be due to easy avalibility later on Acharya Śoḍhala and Vangasena had used *Bhārangī* in place of *Śrūngi* in base formulation of *Aṣṭāngavaleha*.

In Ayurvedic Formulary of India (AFI), *Aṣṭāngavaleha* has been prepared with the same eight ingredients along with *Anupāna* of the formulation i.e. *Madhu* and *Ārdraka svarasa* taking all in equal proportion. The therapeutic dose of *Aṣṭāngavaleha*is mentioned as 500 mg to 1 g and has been indicated for *Vāta kapha jvara* (Fever due to *Vata Dosha* and *Kapha Dosha*), *Kāsa* (Cough), *Śvāsa* (Dyspnoea/Asthma), *Aruci* (Tastelessness) and *Chardi* (Emesis).

In Ayurvedic Pharmacoepia of India (API), *Aṣṭāngavaleha* is described as a blackish brown coloured semisolid sticky paste with pleasant odour, bitter, astringent and spicy taste. This preparation is made with eight ingredients i.e. *Kaṭphala, Puṣkaramūla, Śrūngī, Yavānī, Kārvī, Śuṇṭhī, Marica, Pippalī* all in equal parts and *Madhu* is taken in 12 parts with quantity sufficient (QS) *Ārdraka svarasa* for *bhāvanā*. Here method of preparation of *Aṣṭāngavaleha* has been mentioned, where all eight ingredients are first washed, dried and powdered separately and passed through sieve no 85; *Ārdraka* rhizomes are washed, peeled and grinded to squeeze the juice and filtered it through a muslin cloth to collect *Svarasa*. Powdered ingredients are mixed thoroughly, levigated with *Ārdraka svarasa* and the mixture is dried. Honey is added and stirred thoroughly to form an *Avaleha*. After that it is packed in tightly closed containers to protect from light and moisture. The therapeutic dose of *Aṣṭāngavaleha* has been indicated to be 3 to 5 g daily in divided doses and water is taken as *Anupāna*. In addition to this, physico-chemical parameters, ingredients' identification microscopically and Thin layer Chromotography of the formulation has been described in API.

Because of their relative significant efficacy in *Śvāsa,* comparative longer shelf life and palatability, the role of *Avalehas* in the field of *Shwasa* (Asthma) is distinctly evident. Screening through the classics reveal that, seers used *Sahapāna* with drugs like powder, making the dosage form convenient for licking. But *Avaleha* as dosage form is widely used and better acceptable form in current days than intake of drug in the form of powder. Also patient may find it difficult to consume it with *Ārdraka rasa* as *Anupāna* everytime. Considering this, in API, rather than taking the powder form of this formulation with fresh squeezed juice of *Ārdraka rasa* as *Anupāna; Bhāvanā* of the same has been subjected to the mixture of powder of the eight ingredients of the formulation and *Madhu* is taken as *Anupāna* for the same.

With the changing time, rather than taking the powder form of this formulation with fresh squeezed juice of *Ārdraka rasa* as *Anupāna*; *Bhāvanā* of the same has been subjected to the mixture of powder. This formulation can be modified to *Avaleha* prepared by *Paka* method with sweetening agent like jaggery or sugar making it more palatable, masking the bitter taste of powder, making it easy to consume and dispense.

All the ingredients of *Aṣṭāngavaleha* possess anti-inflammatory property in common. *Kaṭphala, Puṣkaramūla, Śrūngī* and *Pippalī* are well reported for their mast-cell stabilizing and anti-asthmatic activity. *Marica* and *Pippalī* are bio-availibilty enhancers. However,

*Marica*, *Śuṇṭhī* and *Yavānī* possess antimicrobial acivity whereas *Yavānī* has been reported for its bronchodilatory, anti-tussive and expectorant activities. All these properties of ingredients of *Aṣṭāngavaleha* made it a good remedy for combating the symptoms of asthma and other inflammatory condition. Drugs with *Vāta kapha hara* and *Vātanulomana*[70] properties are beneficial in case of *Tamaka śvāsa*. *Śuṇthī* and *Pippalī* possess these qualities and rest of all the drugs are *Vāta kapha hara* and may be beneficial in this condition. These ingredients also possess *Vātanulomana*, *Dīpana*, *Pācana*, *Kāsahara*, *Śvāsahara*, *Vednāsthāpana* and *Śothahara* properties. Overall properties of *Aṣṭāngavaleha* make it perfect blend to pacify the symptoms of *Śvāsa* and *Kāsa*.

**Table 1. Description of *Aṣṭāngavaleha* in various texts**

| Name of Yoga | No of ingredients | Ingredients | *Anupāna* | *Roga* | Reference |
|---|---|---|---|---|---|
| **Mahākaṭphaladi yoga** | 8 | Kaṭphala, Puṣkaramūla, Śrūngī, Vyoṣa, Yavānī, Kārvī | Ajākṣīra | śvāsa, kāsa | BhāvaprakāśaŚvāsa cikitsā. 14/48, p.166 |
| **Aṣṭāngavaleha** | 8 | Kaṭphala, Puṣkaramūla, Śrūngī, Vyoṣa, Yavānī, Kārvī | Madhu-Sannipata, Hikka, Shwasa, Kasa,Kantharoga Ārdraka Rasa-Kaphodreka | śvāsa, kāsa | Bhāvaprakāśa Jvara cikitsā. 1/559, p.116 |
| **Aṣṭāngavaleha** | 8 | Kaṭphala, Puṣkaramūla, Śrūngī, Vyoṣa, Yavānī, Kārvī | Madhu or Ārdraka Rasa | Tandrā, kāsayukta mūrchā. | Bhāvaprakāśa 1/560, p.116 |
| **Aṣṭāngāvalehikā** | 8 | Kaṭphala, Puṣkaramūla, Śrūngī, Vyoṣa, Yavānī, Kārvī | Madhu, Ārdraka Svarasa | Sannīipāta jvara, hikkā, śvāsa, kāsa, kaṇṭharodha, kapha upadrava | Yogaratnākara (3), p.210 |
| **Ashtangavalehika** | 8 | Kaṭphala, Puṣkaramūla, Śrūngī, Vyoṣa, Yavānī, Kārvī | Madhu, Ārdraka Svarasa | hikkā, śvāsa, kāsakaṇṭharodha, ūrdhvagalaśleśmaroga | Cakradatta1/162-164, p.72 |
| **Aṣṭāngāvalehikā** | 8 | Kaṭphala, Puṣkaramūla, Bhārangī, Vyoṣa, Yavānī, Kārvī | Madhu, Ārdraka Svarasa Sannipata, Hikka, Shwasa Kasa,Kantharoga Kaphaulbala | Sannīipāta jvara | Ġadanigraha Jvara adhikāra 2/395, p.102 |
| **Aśṭānga Ḷihya** | 8 | Kaṭphala, Puṣkaramūla, Bhārangī Vyoṣa Yavānī, Kārvī | Ārdraka Rasa, Madhu | Tandrā, kāsa,Sannīipāta, hikkā, śvāsa, kaṇṭha roga, kaphoūdreka | Vangasena Jvara adhikāra 2/213-216, p.40 |
| **Aṣṭāngāvalehikā** | 8 | Kaṭphala, Puṣkaramūla, Śrūngī, Vyoṣa, Yāsa, Kārvī | Madhu, Ārdraka Svarasa | Sannīipāta, hikkā, śvāsa, kāsa, kaṇṭharodha, kapha upadrava | Va¤ūndamādhavaJvara adhikāra 1/246-247, p.35 |
| **Aṣṭāngavaleha** | 8 | Kaṭphala, Puṣkaramūla, Śrūngī, Yavānī, Kārvī , Śuṇṭhī, Marica, Pippalī | Madhu, Ārdraka Svarasa | Vāta kapha jvara (Fever due to Vata Dosha and KaphaDosha), Kāsa (Cough), Śvāsa, (Dyspnoea/Asthma), Aruci (Tastelessness) and Chardi (Emesis) | AFI Part II, 3:1, p.22 (Ayurveda Sangraha, Kaphajvaracikitsa, p.361) |
| **Aṣṭāngavaleha** | 8 | Kaṭphala, Puṣkaramūla, Śrūngī, Yavānī, Kārvī , Śuṇṭhī, Marica, Pippalī | Madhu, *Ārdraka Svarasa is subjected for bhāvanā. *Water is used as Anupāna | Vāta kapha jvara (Fever due to VataDosha and KaphaDosha), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Aruci (Tastelessness) and Chardi (Emesis) | APIPart II Vol I; 1, p.44 (AFI Part II, 3:1) |

**Table 2. Dissimilarities from the basic composition of *Aṣṭāngavaleha***

| Name of formulation | Changes in the formulation |
|---|---|
| ***Mahākaṭphaladi yoga* (*BhāvaprakāśaŚvāsa cikitsā* 14/48, p.166)** | Bhavamiśra has mentioned this formulation *Aṣṭāngavaleha* by the name of *Mahākaṭphaladi yoga*, with different *Anupāna*, i.e. *Ajākṣīra* for *śvāsa, kāsa* |
| ***Aṣṭāngavaleha* (*Bhāvaprakāśa Jvara cikitsā*.1/559, p.116)** | Again with the name of *Aṣṭāngavaleha*, this formulation has been mentioned with the same ingredients but with honey and *Ārdraka Rasa* as *Anupāna*. |
| ***Aṣṭāngavaleha* (*Bhāvaprakāśa*1/560, p.116).** | The same composition mentioned for *Tandrā*, and*kāsayukta mūrchā*. |
| ***Aṣṭāngāvalehikā* (*Yogaratnākara*, 3, p.210; *Cakradatta* 1/162-164, p.72).** | *Yogaratnākara* has mentioned it under *Jvara adhikāra* (3), p.210, with slight change in its name. Similarly with this name, it is mentioned in *Cakradatta* 1/162-164, p.72. |

| | |
|---|---|
| ***Aṣṭāngāvalehikā* (*Gadanigraha Jvara adhikāra* 2/395, p.102).** | Acharya Śoḍhala has mentioned the same formulation by replacing *Śrūngī* with *Bhārangī* |
| ***Aśṭānga Ļihya* (*Vangasena Jvara adhikāra* 2/213-216, p.40).** | Vangasena also replaced *Śrūngī* with *Bhārangī* and in mentioned its use for *Tandrā*, with other diseases like *Kāsa, Sannīpāta jvara, hikkā, śvāsa, kaṇṭha roga, kaphoūdreka* |
| ***Aṣṭāngāvalehikā* (*Jvara adhikāra* 1/246-247, p.35).** | *Vrndamādhava* has mentioned the composition with the name *Aṣṭāngāvalehikā* |
| ***Aṣṭāngavaleha* (AFI Part II, 3:1, p.22)** | In AFI, The composition has been mentioned with the same ingredients and *Anupana* in diseases like *Aruci* (Tastelessness) and *Chardi* (Emesis) along with *Vāta kapha jvara* (Fever due to *VataDosha* and *KaphaDosha*), *Kāsa* (Cough), *Śvāsa* (Dyspnoea/Asthma) AFIPart II, 3:1, p.22<br>(*Ayurveda Sangraha, Kaphajvaracikits*a, p.361) |
| ***Aṣṭāngavaleha* (API Part II Vol I; 1, p.44).** | In API, The same ingredients are subjected to *bhāvanā* of *Ārdraka Svarasa*, mixture is dried and honey is added to form *Avaleha*. Water is used as *Anupāna*.<br>It is indicated for the same diseases like as mentioned in AFI. API Part II Vol I; 1, p 44 (AFI Part II, 3:1). |

**Table 3. Classification of ingredients of *Aṣṭāngavaleha***

| Ingredients | Texts/ Nighaṇṭu | *Gaṇa /Varga* | Source |
|---|---|---|---|
| ***Kaṭphala*** | *Caraka saṁhitā* | *Śukraśodhana, Sandhānīya, Vednāsthapana* | Caraka sūtra 4/20 (p.63), 4/5 (p.60), 4/47 (p.68) |
| | *Suśruta saṁhitā* | *Lodhrādi gaṇa, Surasādi gaṇa, Lākṣādi gaṇa, Parūṣakādī gaṇa* | Suśruta sūtra 38/14 (p.165), 38/18 (p.165), 38/64-65 (p.169), 38/43 (p.167) |
| | *Aṣṭānga hrdaya* | *Parūṣakādī gaṇa, Lodhrādi gaṇa, Surasādi gaṇa* | Aṣṭānga hrdaya sūtra 15/13 (p.141), 15/26-27 (p.142), 15/30-31 (p.143) |
| | *Aṣṭānga sangraha* | *Parūṣakādī gaṇa, Lodhrādi gaṇa, Surasādi gaṇa Vednāsthapana gaṇa, Bhedanīya gaṇa, Śukraśodhana gaṇa, Truṣṇā nigrahaṇa gaṇa* | Aṣṭānga sangraha sūtra 16/5 (p.132), 16/14 (p.133), 16/16 (p.133); 15/8 (p.132), 15/6 (p.130), 15/7 (p.130), 15/7 (p.131) |
| | *Bhāvaprakāśa Nighaṇṭu* | *Haritakyādi Varga* | p.100, verse 181, drug 60 |
| | *Madanapāla Nighaṇṭu* | *Abhyādi - Prathmavarga* | p.42, verse 202-203 |
| | *Dhanvantrī Nighaṇṭu* | *Guḍucyādi - Prathma Varga* | p.33, verse 73-74, drug 21 |
| | *Śoḍhala Nighaṇṭu* | *Guḍucyādi Varga* | p.14, verse 147-148 |
| | *Kāiyadeva Nighaṇṭu* | *Auṣadhī Varga* | p.210, verse 1137-1138, drug 341 |
| | *Nighaṇṭu Ādarśa* Vol II | *Bhallātakādi Varga* (103) | p.523, drug 486 |
| ***Puṣkaramūla*** | *Caraka saṁhitā* | *Śvāsahara, Hikkānigrahaṇa* | Caraka sūtra 4/37 (p.67), 4/30 (p.65) |
| | *Aṣṭānga sangraha* | *Śvāsaghna gaṇa, Hikkānigrahaṇa gaṇa* | Aṣṭānga sangraha sūtra 15/7 (p.131), 15/7 (p.131) |
| | *Bhāvaprakāśa Nighaṇṭu* | *Haritakyādi Varga* | p.95, verse 174-175, drug 57 |
| | *Madanapāla Nighaṇṭu* | *Abhyādi - Prathmavarga* | p.41, verse 196-197 |
| | *Dhanvantrī Nighaṇṭu* | *Guḍucyādi - Prathma Varga* | p.31, verse 65-66, drug 18 |
| | *Rāja Nighaṇṭu* | *Pippalyādi Varga* | p.165-166, verse 152-154 |
| | *Śoḍhala Nighaṇṭu* | *Guḍucyādi Varga* | p.13, verse 139-140 |
| | *Kāiyadeva Nighaṇṭu* | *Auṣadhī Varga* | p 244, verse 1320-1321, drug 404 |
| | *Nighaṇṭu Ādarśa* Vol II | *Sehdevyādī Varga* (62) | p 787, drug 299 |
| ***Śrūngī*** | *Caraka saṁhitā* | *Kāsahara, Hikkānigrahaṇa gaṇa* | Caraka sūtra 4/36 (p 66), 4/30 (p 65) |
| | *Suśruta saṁhitā* | *Kākolyadi gaṇa* | Suśruta sūtra 38/36 (p 167) |
| | *Aṣṭānga sangraha* | *Hikkānigrahaṇa, Kāsaghna* | Aṣṭānga sangraha sūtra 15/7 (p 131), 15/7 (p 131) |
| | *Bhāvaprakāśa Nighaṇṭu* | *Haritakyādi Varga* | p.98, verse 178-179 drug 59 |
| | *Madanapāla Nighaṇṭu* | *Abhyādi - Prathmavarga* | p.41, verse 200-201 |
| | *Dhanvantrī Nighaṇṭu* | *Guḍucyādi - Prathma Varga* | p.36, verse 83-84, drug 24 |
| | *Rāja Nighaṇṭu* | *Pippalyādi Varga* | p.166, verse 155-157 |
| | *Śoḍhala Nighaṇṭu* | *Guḍucyādi Varga* | p.15, verse 154 |
| | *Kāiyadeva Nighaṇṭu* | *Auṣadhī Varga* | p.213, verse 1150-1152, drug 345<br>*Ārdraka* p. 213, drug 346 |
| | *Nighaṇṭu Ādarśa* Vol II | *Bhallātakādi Varga* (38) | p.325, drug 123 |
| ***Yavānī*** | *Caraka saṁhitā* | *Śītapraśamana* | Caraka sūtra 4/42 (p.67) |
| | *Aṣṭānga sangraha* | *Śūlaśophaghna, Dīpanīya gaṇa* | Aṣṭānga sangraha sūtra 15/7 (p.130), 15/7 (p.130) |
| | *Bhāvaprakāśa Nighaṇṭu* | *Caturbīja Varga, (Haritakyādi varga)* | p.25, verse 75-77, drug 14 |
| | *Madanapāla Nighaṇṭu* | *Śuṇṭhyādi- Dvitya Varga* | p.82, verse 32-33 |
| | *Dhanvantrī Nighaṇṭu* | *Śatapuṣpādi - Dvitya Varga* | p.116, verse 88-89, drug 44 |
| | *Rajanighantu* | *Pippalyādi Varga* | p.141, verse 38-40 |
| | *Śoḍhala Nighaṇṭu* | *Śatapuṣpādi Varga* | p.35, verse 342 |
| | *Kāiyadeva Nighaṇṭu* | *Auṣadhī Varga* | p.22, verse 1203-1205, drug 360 |
| | *Nighaṇṭu Ādarśa* Vol I | *Jīrakādi Varga* (57) | p.679, drug 249 |
| ***Kārvī*** | *Caraka saṁhitā* | *Śūlapraśamana (Ajājī)* | Caraka sūtra 4/45 (p.68) |

| | | | |
|---|---|---|---|
| | *Suśruta saṁhitā* | *Pippalyādi gaṇa (Jīraka)* | Suśruta sūtra 38/22 (p 166) |
| | *Aṣṭāṅga hrdaya* | *Vatsakādī gaṇa (Jīraka)* | Aṣṭāṅga hrdaya sūtra 15/33 (p.143) |
| | *Bhāvaprakāśa Nighaṇṭu* | *Haritakyādi Varga* | p.26, verse 81-85, drug 20 |
| | *Madanapāla Nighaṇṭu* | *Śuṇṭhyādi- Dvitya Varga* | p.81, verse 29-31 |
| | *Dhanvantrī Nighaṇṭu* | *Śatapuṣpādi - Dvitya Varga* | p.111, verse 70-71, drug 33 |
| | *Rāja Nighaṇṭu* | *Pippalyādi Varga* | p.146-147, verse 60-62 |
| | *Śoḍhala Nighaṇṭu* | *Śatapuṣpādi Varga* | p.34, verse 328 |
| | *Kāiyadeva Nighaṇṭu* | *Auṣadhī Varga* | p.219, verse 1185, drug 355 |
| | *Nighaṇṭu Ādarśa* Vol I | *Jīrakādi Varga* (57) | p.669, drug 247 |
| ***Śuṇṭhī*** | *Caraka saṁhitā* | *Triptighna, Arśoghna, Dīpanīya* | Caraka sūtra 4/11 (p.62), 4/12 (p.62), 4/6 (p.60) |
| | *Suśruta saṁhitā* | *Pippalyādi gana, Trayuṣṇa gaṇa* | Suśruta sūtra 38/22 (p.166), 38/58 (p.168) |
| | *Aṣṭāṅga hrdaya* | *Vacādi, Vatsakādi (Paṇcakola), Śirovirecanopaga dravya* | Aṣṭāṅga hrdaya sūtra 15/35 (p.156), 15/34 (p.156), 14/6 (p.127) |
| | *Aṣṭāṅga sangraha* | *Vacāharidrādi gaṇa, Pippalyādi gaṇa, Śītapraśmana gaṇa, Hrdya gaṇa, Arśoghna gaṇa, Stanyaśuddhikara gaṇa* | 16/19 (p.134), 16/25 (p.134), 15/7 (p.131), 15/7 (p.131), 15/7 (p.130), 15/7 (p.131) |
| ***Marica*** | *Bhāvaprakāśa Nighaṇṭu* | *Haritakyādi Varga* | p.12, verse 44-48, drug 4 |
| | *Madanapāla Nighaṇṭu* | *Śuṇṭhyādi Varga- Dvitya Varga* | p.76, verse 1-3 |
| | *Dhanvantrī Nighaṇṭu* | *Śatapuṣpādi - Dvitya Varga* | p.115, verse 82-83, drug 40 |
| | *Rāja Nighaṇṭu* | *Pippalyādi Varga* | p.138-139, verse 24-26 |
| | *Śoḍhala Nighaṇṭu* | *Śatapuṣpādi Varga* | p.35, verse 340 |
| | *Kāiyadeva Nighaṇṭu* | *Auṣadhī Varga* | p.213, 1150-1153, drug 345 |
| | *Nighaṇṭu Ādarśa* Vol II | *Ardrakadi Varga* (110) | p.568, drug 505 |
| | *Caraka saṁhitā* | *Śūlapraśamana, Dīpanīya, Krimighna, Śirovirecanopaga* | Caraka sūtra 4/45 (p.68), 4/6 (p.60), 4/15 (p.62), 4/27 (p.66) |
| | *Suśruta saṁhitā* | *Pippalyādi gaṇa, Tryuṣṇa gaṇa* | Suśruta sūtra 38/22 (p.166), 38/58 (p.168) |
| | *Aṣṭāṅga hrdaya* | *Vacādi, Vatsakādi, Kaṭu gaṇa* | Aṣṭāṅga hrdaya sūtra 15/35 (p.156), 15/33 (p.156), 10/30 (p.112) |
| | *Aṣṭāṅga sangraha* | *Pippalyādi gaṇa, Krimihara gaṇa* | Aṣṭāṅga sangraha sūtra 16/25 (p.134), 15/7 (p.130) |
| | *Bhāvaprakāśa Nighaṇṭu* | *Haritakyādi Varga* | p.17, verse 59-61, drug 7 |
| | *Madanapāla Nighaṇṭu* | *Śuṇṭhyādi - Dvitya Varga* | p.77, verse 9-10 |
| | *Dhanvantrī Nighaṇṭu* | *Śatapuṣpādi - Dvitya Varga* | p.115, verse 85-86, drug 42 |
| | *Rāja Nighaṇṭu* | *Pippalyādi Varga* | p.140, verse 30-32 |
| | *Śoḍhala Nighaṇṭu* | *Śatapuṣpādi Varga* | p.35, verse 341 |
| | *Kāiyadeva Nighaṇṭu* | *Auṣadhī Varga* | p.214-215, verse 1161-1164, drug 447 |
| | *Nighaṇṭu Ādarśa* Vol II | *Pippalyādi Varga* (92) | p.357, drug 437 |
| ***Pippalī*** | *Caraka saṁhitā* | *Kāsahara, Hikkānigrahaṇa gaṇa, Dīpanīya śirovirecanopaga* | Caraka sūtra 4/36 (p.67), 4/30 (p.65), 4/6 (p.60), 4/27 (p.66) |
| | *Suśruta saṁhitā* | *Pippalyādi, Tryuṣṇa gaṇa, Āmlakyādi gaṇa, Urdhabhāgahara, Śirovirecaka* | Suśruta sūtra 38/22 (p 166), 38/58 (p.168), 38/60 (p.168), 39/3 (p.147), 39/6 (p.148) |
| | *Aṣṭāṅga hrdaya* | *Vamana gaṇa, Vatsakādi gaṇa (Pancakola)* | Aṣṭāṅga hrdaya sūtra 15/1 (p.140), 15/34 (p.143) |
| | *Aṣṭāṅga sangraha* | *Vatsakādi gaṇa (Pancakola), Pippalyādi gaṇa, Śītapraśmana gaṇa, Śiroviecanopaga dravya, Kāsaghna, Hikkānigrahaṇa, Kaṇṭhya gaṇa* | Aṣṭāṅga sangraha sūtra 15/34 (p.156), 16/25 (p.134), 16/25 (p.134); 14/6 (p.127), 15/7 (p.131), 15/7 (p.131), 15/7 (p.130), |
| | *Bhāvaprakāśa Nighaṇṭu* | *Haritakyādi Varga* | Bhāvaprakāśa Nighaṇṭu, p.15 *Haritakyadi*/53-58, drug 6 |
| | *Madanapāla Nighaṇṭu* | *Śuṇṭhyādi Varga- Dvitya Varga* | p.77, verse 11-13 |
| | *Dhanvantrī Nighaṇṭu* | *Śatapuṣpādi - Dvitya Varga* | p.112, verse 73-74, drug 35 |
| | *Rāja Nighaṇṭu* | *Pippalyādi Varga* | p.136, verse 11-13 |
| | *Śoḍhala Nighaṇṭu* | *Śatapuṣpādi Varga* | p.35, verse 333-334 |
| | *Kāiyadeva Nighaṇṭu* | *Auṣadhī Varga* | p.215, 1165-1169, drug 348 |
| | *Nighaṇṭu Ādarśa* Vol II | *Pippalyādi Varga* (92) | p.345, drug 435 |

**Table 4. Synonyms of ingredients of *Aṣṭāṅgavaleha***

| Ingredients | Synonyms |
|---|---|
| *Kaṭphala* | *Laghukāśmarya, Somavalkala, Kāyaphala, Śrīparṇikā, Tvakaphala, Mahāvalkala, Ugragandha, Tīkṣṇa, Pūtīgandhā* |
| *Puṣkaramūla* | *Pauṣkaram, Padmapatra, Kuṣṭhabheda, Kāśmīram, Śvāsarira* |
| *Śrūngī* | *Karkatśrūngī, Kulīrvjśanikā, Ajaśringī* |
| *Yavānī* | *Yamānī, Ajmodīkā, Dipyaka* |
| *Kārvī* | *Kriśna jīraka, Kaśmīra jīraka* |
| *Śuṇṭhī* | *Śuṇṭhī, Viśvā, Viśvam, Nāgaram, Viśvabheṣajam, Uṣṇā, Kaṭubhadram, Śringaveram, Mahauṣadham* |
| *Marica* | *Marica, Vellaja, Kriśnā, Uṣnā, Dharmapattanam* |
| *Pippalī* | *Pippalī, Māgadhī, Kriṣṇā, Vaidehī, Capala, Kaṇā, Upakulyā, Uṣṇā, Saundī, Kola, Tīkṣṇatandula* |

**Table 5. *Rasa panchaka* of the ingredients of *Aṣṭāngavaleha***

| Drug | *Rasa* | *Guṇa* | *Vīrya* | *Vipāka* | *Doṣa Karma* |
|---|---|---|---|---|---|
| *Kaṭphala* | *Ks, T, Kt* | *Tīkṣaṇa, Laghu* | *Uṣṇa* | *Kt* | *VK Shamana* |
| *Puṣkaramūla* | *T, Kt* | *Laghu, Tīkṣaṇa* | *Uṣṇa* | *Kt* | *VK Shamana* |
| *Śrūngī* | *Ks, T* | *Laghu, Rukṣa* | *Uṣṇa* | *Kt* | *KV Shamana* |
| *Yavānī* | *Kt, T* | *Laghu, Rukṣa, Tīkṣaṇa* | *Uṣṇa* | *Kt* | *Kapha vāta śamana, Pitta vardhaka* |
| *Kārvī* | *Kt* | *Laghu, Rukṣa* | *Uṣṇa* | *Kt* | *Kapha vāta śamana* |
| *Śuṇṭhī* | *Kt* | *Laghu, Snigdha* | *Uṣṇa* | *M* | *Vāta śamana* |
| *Marica* | *Kt* | *Laghu, Tīkṣaṇa* | *Uṣṇa* | *Kt* | *Kapha vāta śamana* |
| *Pippalī* | *Kt* | *Laghu, Snigdha, Tīkṣaṇa* | *Anuṣṇa Śīta* | *M* | *Kapha vāta śamana* |

*M- Madhura, T- Tikta, Kt- Kaṭu, Ks- Kaṣāya, KV- Kapha Vāta, VK- Vāta Kapha*

**Table 6. Ingredients of *Aṣṭāngavaleha* and their pharmacological and therapeutic properties**

| Sanskrit Name | Botanical name and Family | Part used | Therapeutic Properties as per Ayurveda | Pharmacological Properties |
|---|---|---|---|---|
| ***Kaṭphala*** | *Myrica esculenta* Buch-Ham., *M. nagi* Buch-Ham (Myricaceae) | Stem bark | ***Rogaghnatā*** *- Gulma, Prameha, Aruci, Jvara, Śvasa, Kāsa, Arśa, Grahaṇī, Pāṇḍu, Mukharoga, Pīnasa, Agnimandya* ***Karma*** *– Dāhahara, Rucikara, Mehaghna, Ranjan, Kṣayakāraka, Koṭhapraśaman, Śūlapraśaman, Sandhānīya, Kaṇṭhaya, Śukraśodhana, Śvāsahara, Kasahara* | Anti-allergic activity,[11] Antihelminthic activity,[12] Antiasthmatic and Mast Cell Stabilizing activity,[13] Antibacterial activity,[14] Antioxidant activity,[15] Anti-inflammatory activity[16] |
| ***Puṣkaramūla*** | *Inula racemosa* Hook. f. (Compositae) | Root | ***Rogaghnatā*** *– Aruci, Śvāsa, Kāsa, Pārśvaśūla, Pāṇḍu, Śopha, Ardit* ***Karma*** *– Dīpana, Pittasāraka, Vedanā sthāpana, Kāsahara, Hikkāhara, Jvarahara* | Antihistaminic, Mast cell stabilizing activity,[17] Anti allergic activity[18] |
| ***Śrūngī,*** | *Pistacia integerrima* Stew. Ex Brandis (Anacardiaceae) | Gall | ***Rogaghnatā*** *– Kāsahara, Śothahara, Hikkā, Atisāra, Kāsa, Raktapitta* ***Karma-*** *Dīpana, Vātanulomana, Raktarodhaka* | Anti asthmatic activity and Mast cell stabilizing activity,[19,20] Antioxidant activity,[21] Hepatoprotective,[22] Antimicrobial activity,[23] Analgesic and anti-inflammatory,[24] smooth muscle activity and airway inflammation[25] |
| ***Yavānī*** | *Trachyspermum ammi* Linn. (Umbelliferae) | Fruit | ***Rogaghnatā*** *– Aruci, Agnimāndya, Āanāha, Kāsa, Śvāsa, Garbhāśaya śodhana, Tvaka vikāra, Jvara* ***Karma-*** *Śvāsahara, Jvaraghna, Dīpana, Pācana, Vedanā sthapana, Śothahara, Viṣaghna* and *Vātānulomana* | antimicrobial,[26] hypolipidemic,[27] digestive stimulant,[28] antihypertensive, hepatoprotective, antispasmodic and broncho-dilating,[29] antilithiasis and diuretic,[30] abortifacient,[31] galactogogic,[32] antiinflammatory,[33] antitussive,[34] antifilarial,[35] gestroprotective,[36] nematicidal,[37] anthelmintic,[38] ameliorative effects,[39] carminative and expectorant,[40] antiseptic[41] |
| ***Kārvī*** | *Carum carvi* Linn. (Umbelliferae) | Fruit | ***Rogaghnatā*** *- Ajīrṇa, Āadhmāna, Prasūtī roga, Jīrṇa Jvara,* ***Karma-*** *Garbhāśaya śodhana, Stnya janana, Dīpana, Pācana, Vātānulomana* | Antioxidant activity,[42] Analgesic and anti-inflammatory activity[43] |
| ***Śuṇṭhī*** | *Zingiber officinale* Roscoe. (Zingiberaceae) | Rhizome | ***Rogaghnatā*** *Agnimāndya, Śvāsa, Ādhmāna, Āmavāta, Pāṇḍu, Udararoga* ***Karma-*** *Śītapraśamana, Śothahara, Vedanāsthapana, Uttejaka, Vātaśāmaka, Triptighna, Rocana, Dīpana, Pācana, Śūla praśmana, Vātānulomana, Arśaghna, Raktaśodhaka, Śvāsahara, Vriṣya, Jvaraghna, Āmapacana* | Anti-inflammatory activity,[44] antimicrobial activity[45,46] antioxidant property,[47] Anticancerous,[48] Antiosteoarthritis,[49] Hepatoprotective[50] |
| ***Marica*** | *Piper nigrum* Linn. (Piperaceae) | Fruit | ***Rogaghnatā*** *- Agnimāndya, Ajīrṇa, Ādhmāna, Śūla, Grahaṇī, Daurbalya, Bālaśoṣa, Śvāsa, Śūla, Krimīroga, Tvak roga,* ***Karma-*** *Dīpana, Pācana, Kaphaghna, Svedajanana, Srotośodhana, Vātānulomana, Lekhana, Jvaraghna, Pramāthī* | Bioavailibility enhancer,[51] Anticonvulsant activity,[52] Antidiarrhoeal activity[53] Insecticide effect,[54] Antioxidant, sedative, muscle relaxant, antipyretic, anti-inflammatory, hepatoprotective, antimicrobial, antiulcer, antibacterial, lipolytic[55,56] |
| ***Pippalī*** | *Piper longum* Linn. (Piperaceae) | Fruit | ***Rogaghnatā*** *– Ānāha, Agnimāndya, Udaraśūla, Kāsa, Śvāsa, Jīrṇajvara, Prasūti jvara, Āmavāta, Grīdharsī, Kaṭiśūla, Vātarakta, Anga ghāta* ***Karma-*** *Rasāyana, Dīpana, Pācana, Vātahara, Kaphaghna* | Antiasthmatic,[57] Anti-inflammatory,[58] Immunomodulatory activity,[59] Bio-availability enhancer,[60] Antitubercular activity[61] |

Table 7. *Rasa panchaka* of *Ārdraka*, *Madhu* as *Anupāna* (vehicle) and Sweetening agent Jaggery if used as modification

| *Rasa panchaka* | *Ārdraka Svarasa* (expressed juice of ginger rhizome) | Honey (*Madhu*) | Jaggery (*Guda*) |
|---|---|---|---|
| ***Rasa*** | *Kaṭu* | *Madhura, Kaśāya* | *Madhura* |
| ***Guṇa*** | *Guru, Rukṣa, Tīkṣaṇa* | *Guru, Rukṣa, Sūkṣma* | *Laghu, Snigdha* |
| ***Vīrya*** | *Uṣṇa* | *Śīta* | *Śīta* |
| ***Vipāka*** | *Madhura* | *Kaṭu* | *Madhura* |
| ***Doṣaghna*** | *Vāta kapha śamana* | *Kaphavāta śāmaka* | *Vāta śāmaka* |
| **Indication** | *Kuṣṭha, Pāṇḍu roga, Raktapitta, Mūtrakrīccha, Vraṇa, Jvara, Dāha* | *Śvāsa, Kuṣṭha, Arśa, Kāsa, Pittaraktavikāra, Prameha, Krimi, Atisāra, Dāha* | *Śvāsa, Kuṣṭha, Arśa, Kāsa* |
| ***Karma*** | *Agnidīpana, Rucikara, Jivhā kaṇṭha viśodhanakara* | *Yogavāhī, Ropaka, Balya, Vraṇaśodhana, Lekhanīya* | *Balya* |

## 4. CONCLUSION

*Vrndamādhava* firstly contribute *Aṣṭāngavaleha* to the Ayurvedic pharmaceutics and this was repeated thereafter in various texts by *Ācāryas*. *Ācāryas* had mentioned the basic formulation composition with different *Anupāna* and ingredients in different disease conditions accordingly. With the changing time, rather than taking the powder form of this formulation with fresh squeezed juice of *Ārdraka rasa* as *Anupāna*; *Bhāvanā* of the same can be subjected to the mixture of powder or can be modified to *Avaleha* making it easy to consume and dispense. The pharmacological activities of the ingredients of *Aṣṭāngavaleha* have shown their use as anti-inflammatory, anti-asthmatic, anti-allergic, mast cell stabilizing, antihistaminic and antioxidant drugs. So this review helps the researcher to explore this formulation for more pharmacological activities of *Aṣṭāngavaleha*.

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