

### Review of Avaleha

<sup>1</sup>Dr.Shivaji Suresh Mastud, <sup>2</sup>Dr.kavita Deshmukh (Research Supervisor)

<sup>1,2</sup>Ssam Ayurved College Hadapsar, Pune

E-Mail: [dr.shivaji4help@gmail.com](mailto:dr.shivaji4help@gmail.com)

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#### Abstract

When the decoction are dehydrated to a semisolid forms it is known as Rasakriya or Avaleha. Rasakriya is a dehydrated decoction where as sweet substances are added during solidification with some prakshep it is known as AVALEHA. For the standardization of herbal preparation, organoleptic character with physico - chemical standards like ph value ash contains etc, & TLC pattern are essential tools. This paper deals with standardisation of AVLEHA Kalpana.

**Keywords:** Rasakriya or Avaleha, TLC, AVLEHA Kalpana, Organoleptic, Herbal Preparation.

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#### Introduction

Bhaisajya Kalpana is important branch of Ayurveda, denotes the meaning of pharmacy. It covers the are of identification of material collection preservation storage processing packing dispensing including quality control and standardization and new drug development .it mainly deals with the material plant based basic formulation are mainly juice, paste, decoction, cold & hot infusion. Many derivatives like powder, pills, confection, oily preparation (medicated ghee & oil) and frementive preparations are derived. Avlehas popularity is based on its palatability, longer shelf life dose, quick action easy dispensing & handling. Avaleha Kalpana is a derivative of decoction. When decoctions are dehydrated to semisolid is known as Rasakriya & if added sweet substances & prakshep to it during the solidification is known as Avaleha.

#### Material & Methods

Avaleha or lehya is intended for internal administration & it is semi solid preparation of drug by the addition of Jaggery, sugar or sugar candy & boiled with prescribed drug decoction or drug juice etc. Liquid it can be consumed along with some Anupana.

#### Definition

- The word Avaleha has been originated from the 'Liha Aswadane' here it is dhatu & aswadane is the Kriya.
- Avalehya means - the substance which is taken by licking (chewing) with good palatability.
- Lehya is one among the four types of food items.they are peya,lehya,bhaksya & charvyā.
- Avalehya if required can be considered as an upakalpana of kwatha.

#### Synonyms

Lehya, Rasakriya, lehya, Avalehya and Avalehaka.

Acharya sarandhar mentioned that Rasakriya as synonyms of Leha but Dulhana disagrees with it. He says that Rasakriya is a preparation similar to that of phanita is known by a general term Kakavi.

## **Methods of Preparation**

### **Equipment**

- The drump enumerated in the receipe.
- A wide mouthed stainless steel vessels or a similar vessel made of other metals, tinned inside.
- Strong spatule - for mixing.
- Fine cloth.

### **Process of Preparation**

The components drugs which enter in to the composition of leha are capable of being classified in to the following.

1. The major drugs which are of prime importance (powder or pulps of certain drugs).
2. The sweetening agent these includes sugar, sugar candy and Jaggery.
3. Ghee keeps the lehya soft & preserves it.
4. Flavouring agents.
5. The liquid media these may either be infusion or juice or simply water.
6. If the ratio of Drava Dravya and Kalka of drugs in a recipe of Avalehya is not specified then the Kalka should be taken 1/4th in quantity of Drava Dravya.
7. To this decoction Jaggery sugar should be appropriately added and the lehya should be prepared.
8. The major drugs are dried, finely powdered and sieved through a fine clean cloth individually as well as collecting.
9. The ingredients mentioned in yoga are taken and made in to Kasaya, Guda, Sarkara or Sita etc are added and it is filtered once more to remove the foreign partical.
10. It is then kept over mandagni and subjected to continue stirring till it reaches a semisolid stage and form thread like extension when pressed and drawn betn the thumb and index finger.

### **Paka Lakshana of Avalehya**

According to sharangdhar, well prepared Avalehya should come up as thread like (if taken out in rod ) sink in water takes prints are shapes if rolled between finger, gives pleasant smell possess good colour and taste.

### **Signs of Proper Paka of Lehya**

- It should be soft in rubbing.
- It should be soft in touch.
- It should be possess appropriate smell, colour and taste.

- If it is pressed between the two finger, then finger prints should stick to the stirrer
- The Paka should stick to the stirrer
- Thread should appear when a small portion of the Paka is lifted out of the vessel
- If a small portion of the Paka is placed on a cup filled with water , it should not float, it should remain stable in water and it should not get dissolved in water

### **Preservative and Storage**

The lehya should be kept in wide mouthed glass or procelain jars .it can be kept in a method container which does not react with it.

### **Saviryata Avadhi**

1 year

### **Matra**

- According to sharangdhar - one pal (48 gms ) is the dose.
- According to Yadavji - 1 Karsha (12 gms )
- According to Todarananda - 2 Paka (6 gms )

### **Anupana**

- According to sharangdhar: milk, sugar cane, juice, yusa, panchamulkashay vasakasaya, is good vehicles.

### **Sevan Kala**

- If the patient is having the disease in
- Urdvyajatrugat bhaga - sayamkala (evening time)
- Adhobhag - before food

### **Analytical Specification of Avaleha**

1. Description - Organoleptic Character

Colour    Odour    Taste    Touch

2. Identification -

- Microscopy
- Thin Layer Chromatography

### 3. Physico - chemical parameters

- Loss on drying at 1050c
- Total ash
- Acid insoluble ash
- Alcohol - soluble extractive
- water soluble extractive
- pH (1%) aqueous solution )
- Total solid
- Fat content
- Specific gravity at 250c
- Total sugar
- Reducing sugar
- Non reducing sugar

### 4. Assay

For tannins, Alkaloids, phenols, glucosides etc.

### 5. Other Requirements

- Test for Heavy metals - leads - cadmium - mercury - arsenic
- Microbial contamination - Total bacterial count.

Total fungal count.

- Test for specific pathogen - e.coli, s.aurouses, salmonella spp. Pseudomonas.
- Test for Alfatoxins - B1,B2,G1,G2

### Discussion

In Ayurveda basically there are two types of formulation i.e. primary formulations and secondary formulation. Avaleha Kalpana is considered as a secondary formulation. It is a preparation of reboiling of the Kwath etc. until it becomes semisolid. It includes the ingredients like, churnas (powder), kalkas (soft paste), sugar, jaggaery, honey, ghee, taila, etc. As per the need of the condition of the disease and patients. Honey should be added after self cooling of the preparation. The Avalehas may be of two types on the basis of uses of liquids. It includes both fatty and non fatty substance. The facts like ghee, sesom oil, castor oil, etc. Have been used depending on the Desha. Involved non oily substances like milk, cow's urine.sour gruel are added to counteract specific doshic imbalance. Sweet substance used in the preparation of Avaleha on the basis of dosha is Jaggery, in Vata Dosha. Sugar in pitta and honey in Kapha Dosha. Intention of adding

prakshep (addictive) its respective formulation is to increase the potency and palatability. The utensils used commonly for cooling are stainless steel vessels. But there are references in classical texts to use different types of vessels to achieve different qualities. There is also advice to store the final product for a few days in a particular place for maturation. The intention behind this could be proper mixing, dissolving, collision, interaction, extraction etc. Siddhi Lakshana (signs of proper cooking) include the Annapaka Lakshana (near end point sign) and is seen during preparation and Siddhi Lakshana are seen after preparation. The Tantumatva test indicates the thread consistency and also the sugar content. The two to three thread consistencies recommended for Avaleha indicate the presence of 65% to 70% of sugar in the final product. This percent is sufficient to act as a preservative. Gandha (odour), Varna (colour), Rasa (taste) of the drug in the final product.

Dose of Avaleha varies from 12gms to 6gms. This dose depends on the basis of Bala (strength) of the patients and the disease which is left to the physician to decide. Acharya Charak says that the dose should be such that it should not interact with the regular daily diet.

Today in the market there are many popular products sold in the name of nutraceuticals. They contain vitamins, fat, proteins, carbohydrate, minerals as well as active principles that in disease.

Chyavanprash Avaleha is a popular Avaleha preparation which has an annual market of 200 crore rupees. This formulation is explained in classical to treat disease and also can be consumed by a healthy person to maintain the health. It contains nutritional components like carbohydrates, proteins, fats, vitamin C, minerals like iron, calcium, magnesium, phosphorous etc.

## **Conclusion**

Avaleha Kalpana can be compared with nutraceuticals but not with functional food or dietary supplement. The components like medicinal drugs along with Jaggery, sugar, ghee, oil, milk etc. fulfill the needs of nutraceuticals i.e. both nutritional and pharmaceutical effects.

Avaleha contains proteins, carbohydrates, minerals, vitamins and fats along with pharmacologically active substance.