



AN INSIGHT TO COMPARISON BETWEEN BALARISTA AND ASHWAGANDHADYARISTA

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ABSTRACT

Sandhana Kalpana are one of the best dosage forms of *Ayurveda* in practice since thousands of years. Certain sets of conditions are prearranged to prepare these medicaments which lead to fermentation of the formulation. *Asavarista* are one such *Sandhaniya Kalpana* which contain self-generated alcohol in it. They are easy to prepare and preserve as well. *Balarista* and *Ashwagandharista* are two such formulations which are commonly used by *Ayurveda* practitioners. There are various ingredients common in these formulations which need to be explored in order to wisely utilize these formulations in clinical practice. In this review paper, we have discussed about the detailed comparison between *Balarista* and *Ashwagandhadyarista*. After going through these basic informations, any academician or researcher or practitioners can wisely select the formulation for further utilization.

KEYWORDS: *Asavaarista, Balarista, Ashwagandhadyarista.*

INTRODUCTION

Ayurveda is a traditional medicinal practice of India which is an old and time-tested mode of treatment. Various medicinal preparations are available in Ayurvedic classics among which *Asava* and *Arista* are the unique dosage forms due to their self-generation of alcohol and indefinite shelf life. *Arista* are the alcoholic medicaments prepared by allowing the decoctions to undergo fermentation with the addition of sugars. *Arista*'s are made with the decoctions of herbs in boiling water. Fermentation of these preparations takes place by the addition of a source of sugar with *Dhataki* (*Woodfordia fruticosa* Kurz) flowers.^[1] Presence of alcohol in the preparation shows several advantages like better keeping quality, enhanced therapeutic properties, improvement in the efficiency of extraction of drug molecules from the herbs and improvement in drug delivery into the human body sites thereby enhancing the efficacy of given treatment.^[2]

Balarista and *Ashwagandhadyarista* are two such polyherbal hydroalcoholic formulation which possess several pharmacological properties and are used against many chronic diseases in clinical practice. This review is aimed at furnishing the basic information and comparison of *Balarista* and *Ashwagandhadyarista* which may further assist in strengthening the knowledge

to those who garner interest in such dosage forms in clinical practice.

REFERENCE

Balarista – *Bhaishajya ratnavali, vatavyadhi chikitsaprakaranam.*
Aswagandhadyarista- Bhaishajya ratnavali, Murcharogachikitsaprakaranam.

METHOD OF PREPARATION

Balarista

Panchanga of *Bala* plant and *Aswagandha* measuring 5kg each taken and decoction is to be prepared. When the decoction cools, 15kg of *Guda*, 750gm *Dhataki Churna*, 93gm of each of *Ksheerakoli*, roots of *Eranda*, 46gm of each of *Rasna*, *Ela*, *Gandhaprasarani*, *Devapushpi*, *Usira*, *Goksura* are to be added. Preparation is kept in earthen pot that has been smoke-treated and coated with *Ghrta*. Peace of cloth smeared with mud is placed over the lid and pot lid closed tightly.^[3]

Ashwagandhadyarista

2.335 kg measure of *Aswagandha*, 1kg *Musali*, 500g measure each of *Manjista*, *Haritaki*, *Haridra*, *Daruharidra*, *Mustaka*, *Rasna*, *Vidarikanda*, barks of *Arjuna* tree, *Madhuka* and roots of *Trivrit*, 375 gm each of *Sariva*, *Krishna Sariva*, *Shwetha Chandana*,

Rakatchandana, Vacha, Chitraka root is taken. These powdered drugs are added to 96 litre water and decoction is prepared. Cooled decoction is subsequently added with 190gm *Dhataki pushpa*, 15kg *Madhu*, 30gm each of *Vyosha*, 60gm each of *Trijataka, Priyangu*(190gm) and

the powder of *Nagakesara* measuring 90gm. Preparation kept in earthen pot smeared with *Gritha*. Piece of cloth smeared with mud is placed over the lid and pot lid closed tightly.^[4]

Comparison Between *Balarista* And *Ashwagandhadyarista*

1. Ingredients and percentage of each ingredient.

Ingredients	<i>Balarista</i>	Percentage of ingredient	<i>Ashwagandhadyarista</i>	Percentage of ingredient
<i>Bala</i>	+	19%		
<i>Aswagandha</i>	+100 pala(5k g)	19%	+1/2 tula(2.33kg)	12.17%
<i>Dhataki</i>	+	0.03%	+	0.03%
<i>Ksheerakakoli</i>	+	0.003%		
<i>Eranda</i>	+	0.003%		
<i>Rasna</i>	+	0.001%	+	0.02%
<i>Ela</i>	+	0.001%	+	0.009%
<i>Gandhaprasarani</i>	+	0.001%		
<i>Devapushpi</i>	+	0.001%		
<i>Usheera</i>	+	0.001%		
<i>Gokshura</i>	+	0.001%		
<i>Musali</i>			+	0.04%
<i>Manjista</i>			+	0.02%
<i>Hareetaki</i>			+	0.02%
<i>Rajani</i>			+	0.02%
<i>Madhuka</i>			+	0.02%
<i>Arjuna</i>			+	0.02%
<i>Trivrit</i>			+	0.02%
<i>Chitraka</i>			+	0.01%
<i>Shatavari</i>			+	0.02%
<i>Shwetha sariva</i>			+	0.01%
<i>Krishna sariva</i>			+	0.01%
<i>Vyosha</i>			+	0.004% each
<i>Shwetha Chandana</i>			+	0.01%
<i>Rakta Chandana</i>			+	0.01%
<i>Vacha</i>			+	0.01%
<i>Trijataka</i>			+	0.009% each
<i>Priyangu</i>			+	0.009%
<i>Nagakesara</i>			+	0.004%
<i>Makshika</i>			+	73%
<i>Guda</i>	+	57%		
<i>Daruharidra</i>			+	0.02%
<i>Musta</i>			+	0.02%
Total ingredient	12		28	

2. Number of ingredients based on *Doshagnata*.

<i>Dosha</i>	<i>Balarista</i> (12)	<i>Ashwagandhadyarista</i> (28)
<i>Vatagna</i>	8	14
<i>Pittagna</i>	6	17
<i>Kaphagna</i>	7	22

3. Physico-chemical parameters^[5]

Parameters	<i>Balarista</i>	<i>Ashwagandhadyarista</i>
Total phenolic content	0.095-0.0105%	0.104-0.260%
Specific gravity	1.05-1.20	1.05-1.20
pH	3.4-4.6	3.50-4.50
Alcohol content	5-10%	5-10%

4. Indications as per classics^[6,7]

<i>Srotas</i>	<i>Balarista</i>	<i>Ashwagandhadyarista</i>
<i>Rasavaha srotas</i>	<i>For Balapushti</i>	<i>Karshyaroga, Kshaya roga</i>
<i>Raktavaha srotas</i>		
<i>Mamsavaha srotas</i>		
<i>Medavaha srotas</i>		
<i>Asthivaha srotas</i>	<i>Vatavikara</i>	<i>Vatavikara</i>
<i>Majjavaha srotas</i>	<i>Vatavikara</i>	<i>Vatavikara</i>
<i>Shukravaha srotas</i>		
<i>Manovaha srotas</i>		<i>Apasmara, Unmada. Murcha</i>
<i>Annavaha srotas</i>	<i>Agni vikara</i>	<i>Arshas, Anilavikara</i>

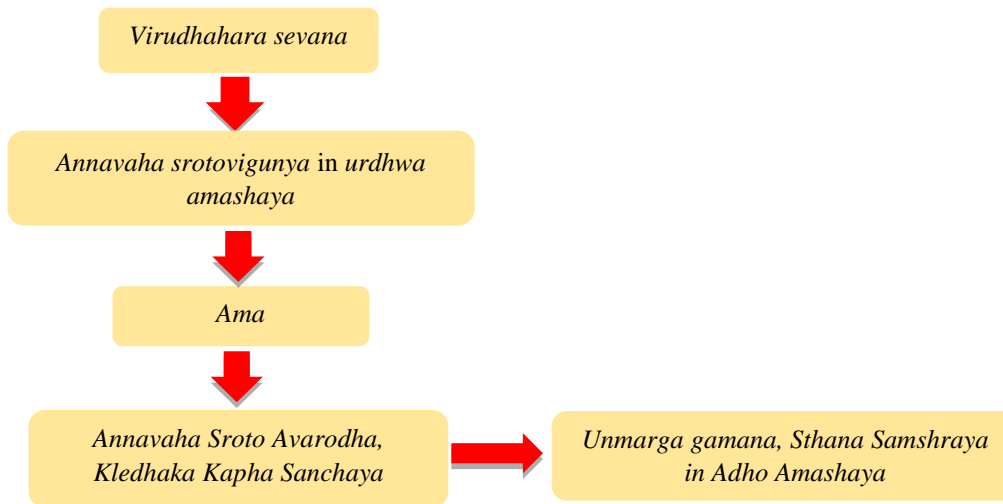
**DISCUSSION
DISCUSSION ON POSSIBLE MODE OF ACTION**

1. Agnimandya

The condition in which the food is not properly digested due to the diminished power of *Jaṭharagni* (digestive juices) is known as *Agnimandya*. In *Ayurveda*, *Agnimandya* is considered principal cause

for all metabolic disorders commencing with indigestion (*Ajirna*).

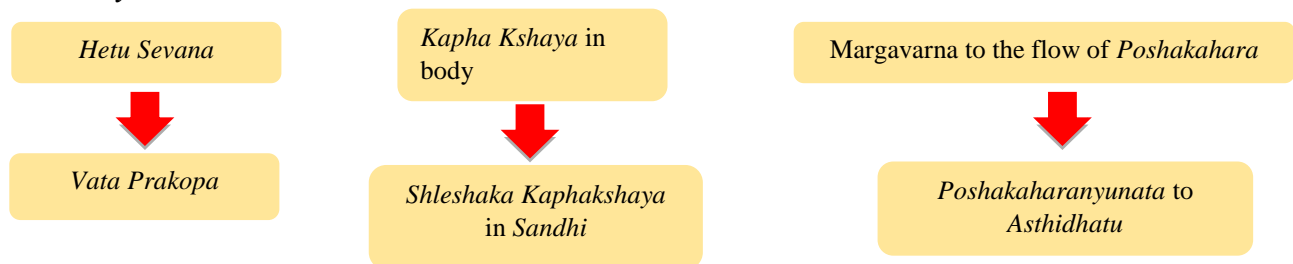
Agnimandya can be due to irregular dietary habits, excessive intake of liquids, avoidance of natural bowel reflex, habit of irregular sleep. Sometimes, *Agnimandya* is the symptoms of certain other diseases such as fever, anemia, diarrhoea, indigestion, piles etc.

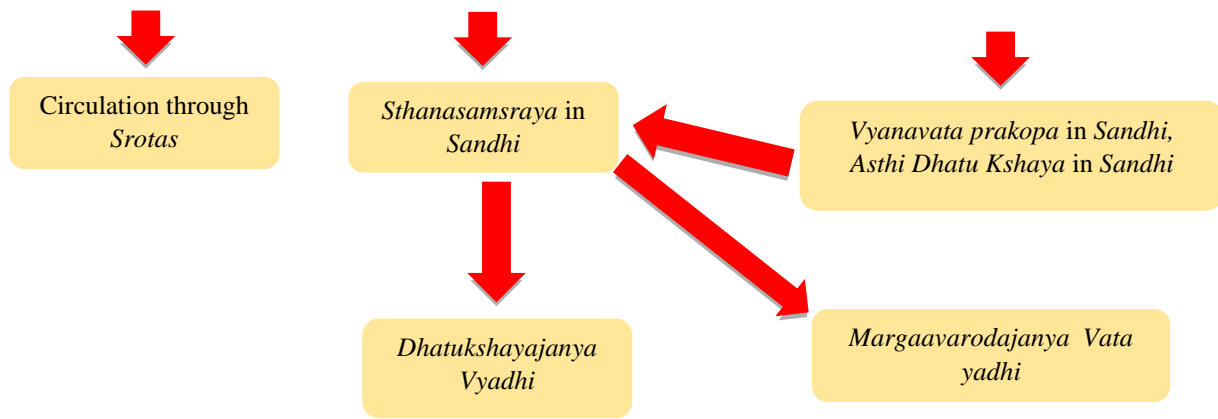


Action: Majority of drugs in *Balarista* has *Kapha Shamaka* properties, *Katu Tikta Rasa* except *Gokshura, Bala, Payasya*. *Tikta Rasa* decreases the *Saampitta* condition i.e. Undigested food along with *Pitta*. Due to *Vishada* (Clean/clear) quality helps in liquefying the stickiness of *Ama* by the breakdown process. *Katu* (Pungent taste) *Rasa* reduces the increased *Pichila*

(stickiness) quality and *Gurutwata* (heaviness) of *Kapha dosha* with the help of opposite *Ruksha* (Dryness) and *Laghu* (lightness) quality of *Katu Rasa* by the action of absorption process. *Ashwagandhadyarista* includes drugs like *Vyosha, Trijataka, Chitraka, Aswagandha*. etc having *Katu. Tikta Rasa* and having *Deepana Pachana* actions thereby helping to cure *Ama* formed.

2. Vatavyadhi





Action: Ingredients of *Balarista* and *Aswagandhadyarista* includes *Bala*, *Aswagandha*, *Dhataki*, *Eranda*, *Rasna*, *Ela*, *Prasarani*, *Lavanga*, *sira*, *Gokshura*, having *Balavardhana*, and *Agnivardhana* property. *Katu* and *Tikta Rasa* of majority of the drugs help to monitor the *Ama* which is a source of *Marghavarodha* in body. It contains potent analgesic and anti-inflammatory effects, which are particularly helpful in reducing joint and muscular pain, as well as minimizing the risk of chronic autoimmune inflammatory disorders like rheumatoid arthritis, which are caused by *Vata Dosha* vitiation. Pharmacologically these drugs possess neuroprotective antioxidant properties as well.

3. *Apasmara* and *Unmada*

Apasmara is one of the diseases included under ayurvedic psychiatry. *Apasmara* (epilepsy) is defined by *Acharya Charaka* as *Apagama* (deterioration) of *Smriti* (retention) associated with *Bibhatsa Chesta* (seizures) due to derangement of *Dhi* and *Sattva*. The vitiated *Dosha* related to the condition are *Vata* and *Rajo Dosha*.^[8] *Unmada* is a group of Psychological disorders described in *Ayurveda*. The pathological changes involve vitiation of *Tridoshas* in a person having *Alpasatva* (can be interpreted as lessened will power), affecting *Hridaya* which is the seat of *Buddhi*. This in turn affects the *Manovaha Srotas*, ultimately presenting with the derangement of various components such as *Mana* (Psyche), *Buddhi* (Intellect), *Sanjna* (Consciousness), *Jnana* (Knowledge component), *Smriti* (Memory), *Bhakti* (Likes and Dislikes), *Sheela* (Mood), *Cheshta* (Physical activity) and *Achara* (Habits).^[9]

Balarista and *Aswagandhadyarista* includes *Aswagandha* which is proven for its anticonvulsant^[10] activity, *Vacha*- studies have shown that the methanol extract shows anticonvulsant effects feasibly through potentiating the action of gamma-aminobutyric acid (GABA) pathway in the central nervous system^[11] and antioxidant property^[12] along with presence of *Chandana*, *Ela*, *Nagakesara* which helps in *Samprapti Vighatana* of *Unmada Apasmara Roga*.

Balarista and *Aswagandhadyarista* are the two most utilized alcoholic formulations in clinical practice. Both the formulations are important yoga of *Sandhana Kalpana* used for *Vata Vyadhi*. Though both the preparations has *Aswagandha* as one of the ingredients in it, the percentage comparison of *Aswagandha* in formulations shows that *Aswagandhadyarista* has less percentage of *Aswagandha* (100 *pala*) than *Aswagandha* in *Balarista* (1/2 *tula*). This information can be utilized for using the *Balarista* rather than *Aswagandhadyarista* if one targets for having the benefits of *Aswagandha* in selected disease. i.e *Balarista* could be preferred over *Aswagandhadyarista* in terms of amount of *Aswagandha* quantity for better clinical efficacy.

Comparison between *Dosagnata* shows that 66% of *Dravya* are having *Vatahara* property in *Balarista* whereas *Aswagandhadyarista* has 55% *Vatahara* property *Dravya* in it.

Various other common ingredients in the two formulations are *Dhataki*, *Rasna* *Ela*. *Aswagandhyarista* can be a choice of medication in *Manasa Vikara* as per the classical reference as it includes *Medya* drugs as well in it like *Vacha*. *Vacha* due to its *Pramati Guna* can enter into minute channel in the body and remove accumulated *Dosha* from cell pores.

AFI has included formulation named *Bala Aswagandhadyarista* as a separate formulation along with *Balarista* and *Aswagandhadyarista*, which are available in the market and is indicated for *Murcha*, *Apasmara*, *Unmada*, *Vruhya*, *Vataroga*. But the ingredients doesn't include all the ingredients of neither *Balarista* nor *Aswagandhadyarista*. If *Balarista* and *Aswagandhadyarista* are mixed in equal proportion before prescribing to patients according to the disease, then the percentage of *Aswagandha* in the combination would be 15.58% which is comparatively more when compared to prescribing *Aswagandhadyarista* alone which has only 9.5% *Aswagandha*. Such a combination would also add 50% of *Bala* to the formula along with various ingredients like *Gokshura*, *Ushira*, *Gandhaprasarani*, *Chitraka*, *Vacha*. This can be adopted in clinical practice for a wise treatment planning.

CONCLUSION

Asavarista are considered as best formulation in *Ayurveda* as they possess better keeping quality which are due to the contribution of fermentation to preservation process involved. *Balarista* and *Aswagandhadyarista* are two such formulations. Presence of various ingredients in both the formulations with their synergistic effect impart various actions in diseases. If the physician target to provide *Balya* action to patient, then one could opt *Balarista* alone and *Aswagandadyarista* could be better choice for cure of *Unmada*, *Apasmara*. Hence there is no necessity of mixing above two formulations. Though the name indicates certain ingredient of the preparation, physician has to know the amount of all the ingredients in every formulation so as to wisely select the treatment protocol for any diseases in patients. Further work to understand the mechanism of action of these formulations are required for much more clarification.

ACKNOWLEDGMENT

Nil.

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