

PHARMACEUTICAL PREPARATION OF “TULSI SHARKARA” A HOLISTIC PREPARATION WITH VISHNUSAHASRANAMA

***Dear Dr. Anshuman Biswal, Dr. M. Paramkussh and Dr. S. Pavan Kumar**

PG Scholar, Department of Dravyaguna, S.V. Ayurvedic College and hospital, Tirupathi.

Article Received on
7 Aug 2015,

Revised on 27 Aug 2015,
Accepted on 16 Sep 2015

***Correspondence for
Author**

Dr. Anshuman Biswal
PG Scholar, Department
of Dravyaguna, S.V.
Ayurvedic College and
hospital, Tirupathi.

ABSTRACT

Acute and emergency conditions management depends upon drug delivery system and potency of drug. Daivavyapasraya chikitsa is mentioned to treat the ailments in Samhitas. Vishnusahasranama is said to recite at the time of Vishamajwara. Plants being beings are likely to be influenced by mantras. It may be possible to enhance the potency of the drugs by exposing them to mantras during growth. With this hypothesis the present study is designed. The drug Tulsi contains high content of Aromatic compounds with methyl eugenol as the main constituent, which are heat sensitive. The volatile oils and chemical constituents get destroyed or evaporated on drying. By adding Sharkara the properties of Tulsi Swarasa remain the same. Its odor also

remains as it is. Here Sharkara is added with Tulsi Swarasa in order to preserve Tulsi Swarasa in its originality and to save the volatile contents of Tulsi from being destroyed. Thus Tulsi Swarasa is preserved for long time. By the preparation Sharkara Kalpana the drug becomes palatable and convenient to use. Its active principles and volatile contents are also preserved. Being associated with sugar the absorption of drug become faster. As Avaleha and Gutika (Which are chewable) act better on respiratory system, like that Sharkara will also act better on respiratory disorders than other forms of drug. Finally a new Kalpana has come forward that is Tulsi Sharkara and is used in this study.

KEY WORDS: Vishnusahasranama, Tulsi Sharkara.

INTRODUCTION

Health is the supreme foundation for the achievement of happy life. Ayurvedic classics always emphasized the need of advancement in the science to keep pace with the need of

time. Now the right time comes to get fruitful researches in such disorders where Ayurveda can offer a better care than any other medical science.

Acute and emergency conditions management depends upon drug delivery system and potency of drug. Daivavyapasaraya chikitsa is mentioned to treat the ailments in Samhitas.

According to Charaka Samhita, While collecting a medicinal plant, we have to pray and then pick it up.^[1] This ancient practise did not find any rationality in the current science. Now a day Ayurvedic professionals have almost forgotten this vedic practise of collecting drugs.

Vishnusahasranama is said to recite at the time of Vishamajwara.^[2] Plants being beings are likely to be influenced by mantras. It may be possible to enhance the potency of the drugs by exposing them to mantras during growth. With this hypothesis the present study is designed.

Mankind will be free from all sorrows by chanting the "*Vishnusahasranāma*", which are the thousand names of the all-pervading Supreme Being *Vishnu*, who is the master of all the worlds, the supreme light, the essence of the universe and who is Brahman.

Tulsi is an important plant of the Hindu religion. It is indicated in many diseases. It is also called as *Haripriya and Visnuvallabha*.^[3] Found in most of the Indian homes and worshipped.

Juice of Tulsi mixed with honey should be used as collyrium in conjunctivitis.^[39/4]

In Makkala Shula intake of the juice of Tulsi leaves mixed with old jaggery and wine-scum removes pain.^[40/5]

Juice of Tulsi or Dronapuspi mixed with Maricha powder should be taken to check malarial fever.^[41/6]

In case of Urticaria local application of Tulsi juice is an excellent remedy.^[42/7]

Amayika prayoga of Tulsi is mention in classics maximum in the form of Juice. But the difficulty is that Swarasa (Juice) cannot be preserved more than one day. In order to preserve Tulsi Swarasa, Sharkara is added to it. A new Kalpana has come forward that is briefly described.

MATERIALS AND METHODS

Materials

- Tulsi seeds
- MP 3 Player with Digital (Dolby) speakers with 200Watts output,
- C D (Vishnusahasranam)

Tulsi seeds are propagated in a pot of soil. When seedlings got developed the seedlings of Tulsi are transplanted in the well-nourished soil in the college herbal garden, where proper sunlight is available. Proper irrigation of plants is done on alternate days.



Figure no. 1 Tulsi seed.



Figure no. 2 Tulsi plantation.

Vishnusahasranama is played with multi dimension amplified speakers with 200Watts output, two hours in a day (morning and evening) for 2months. After 2months the Tulsi plants are collected.



Figure no. 3 Playing Vishnusahasranama.



Figure No.4 Tulsi plants after two months.

Preparation of Tulsi Swarasa

Reference

Sarangadhara Samhita M. K. 1 / 2.

Materials

Tulsi leaves.

Apparatus

Stainless Steel Vessel, electrical mixer, Filter, Steel plate.

Procedure

- Fresh green Tulsi leaves are collected for the preparation of Tulsi Swarasa.
- Tulsi leaves are thoroughly cleaned in water.
- Swarasa is extracted by using an electrical mixer without adding water.
- The fully grinded leaves are then squeezed in a clean cotton cloth and filtered with a sieve and stored in a clean glass container.

Panchavidha Kashaya Kalpana are the primary Kalpanas for the preparation of drugs. The shelf life of all the five Kalpanas is only one day. Only Churna (Dried form of Kalka) can be preserved for more than one day. But for preparation of Churna drying of drug is necessary.

The drug Tulsi contains high content of Aromatic compounds with methyl eugenol as the main constituent, which are heat sensitive. The volatile oils and chemical constituents get destroyed or evaporated on drying. So Tulsi leaves cannot be preserved in the form of Churna

Kalpana. Tulsi can neither be powdered nor can it be made decoction. Tulsi can be used only in the form of Swarasa and Hima Kalpana.

But the difficulty is that Swarasa and Hima Kalpana cannot be preserved more than one day. In order to preserve Tulsi Swarasa, Sharkara is added to it. As Sharkara is solid it absorbs the Tulsi Swarasa and again gets solidified on shade drying. By adding Sharkara the properties of Tulsi Swarasa remain the same. Its odor also remains as it is. To use Sharkara as anupana along with drugs references are mentioned in Bhavaprakash Nighantu in Panaka Kalpana.^[55/8] But Panaka Kalpana can also not be preserved more than one day. There is reference in Sharangdhara Samhita also to use Sharkara in Churna Kalpana. Sharangdhara mentioned two times of Sarkara should be added in Churna Kalpana.^[56/9] Here Sharkara is added with Tulsi Swarasa in order to preserve Tulsi Swarasa in its originality and to save the volatile contents of Tulsi from being destroyed. Thus Tulsi Swarasa is preserved for long time. By the preparation Sharkara Kalpana the drug becomes palatable and convenient to use. Its active principles and volatile contents are also preserved. Being associated with sugar the absorption of drug become faster. As Avaleha and Gutika (Which are chewable) act better on respiratory system, like that Sharkara will also act better on respiratory disorders than other forms of drug. A new Kalpana has come forward that is Tulsi Sharkara.

Preparation of Tulsi Sarkara(with Vishnusahasranama)

Apparatus

- Stainless Steel Vessel
- Grinder
- Filter
- Steel plate

Ingredients

1. Tulsi juice (with Vishnusahasranama): 1 liter.
2. Crystal Sugar (Khanda): 2 kg.

The Crystal Sugar (Khanda) is crushed in grinder and then spread over a clean stainless steel plate. 200ml of Tulsi Swarasa is added to it and then it is kept for drying in shade. After getting absorbed and fully dried again 200ml of Swarasa is added to it and the procedure is repeated for 5 times till 1litre of Swarasa is absorbed in the Sarkara. After that the mixture of Tulsi and Crystal Sugar (Khanda) is then kept for drying in shade.

After complete drying of Tulsi Sarkara, powder is made in grinder and packed in air sealed packet.

The whole above procedure does not involve any heating process and artificial preservation.

This preparation is palatable which is better utilized in respiratory disorders.



Figure No.5 Tulsi VS juice.



Figure No.6 Khanda.



Figure No.7 Tulsi Sarkara VS.

Preparation of Tulsi Sarkara (without Vishnusahasranama)

Ingredients

1. Tulsi juice (without Vishnusahasranama): 1 liter.
2. Crystal Sugar (Khanda): 2 kg.).

The same above procedure is followed to prepare Tulsi Sarkara without Vishnusahasranama. Fresh green Tulsi leaves are collected for the preparation of Tulsi Swarasa from S.V Ayurveda college garden. Collected Tulsi leaves are thoroughly cleaned in water. The juice is extracted with electrical mixer without adding water. The fully grinded leaves are then squeezed in a clean cotton cloth and filtered with a sieve and stored in a clean glass container.

The Crystal Sugar (Khanda) is crushed in grinder and then spread over a clean stainless steel plate and 200ml. of Swarasa is added to it and then it is kept for drying in shade. After getting absorbed and fully dried again 200ml of Swarasa is added to it and the procedure is repeated for 5 times till 1litre of Swarasa is absorbed in the Sarkara. After that the mixture of Tulsi and Crystal Sugar (Khanda) is then kept for drying in shade.

After complete drying of TulsiSarkara, powder is made in electrical mixture and is packed in air sealed packet.



Figure No.8 Tulsi Sark

QUANTITY OF DRUGS COLLECTED

- Total quantity of Tulsi juice 1 liter.
- Weight of Sarkara 2kg.

QUANTITY OF DRUG PREPARED

Total TulsiSarkara 2.4kg.

Phytochemical study

The formulations Tulsi Sarkara processed with Vishnusahasranama (TSVS), Tulsi Sarkara without Vishnusahasranama (TS), Tulsi leaf powder with Vishnusahasranama (TVS), Tulsi leaf powder without Vishnusahasranama (T) were subjected to preliminary phytochemical screening for the detection of various chemical constituents present. The term qualitative analysis refers to the establishing and providing the identity of a substance. The pharmacological actions of crude drugs are determined by the nature of their constituents. The phyto-constituents are responsible for the desired therapeutic properties. To obtain these pharmacological effects, the plant materials itself or extract in a suitable solvent or isolated active constituent may be used.

Table No.1 Showing the Phytochemical analysis results.

S.No.	Test	Type of test used	TSVS	TS	TVS	T
I	Alkaloids	Mayer's test	-	-	-	-
II	Carbohydrates	Molisch test	+	+	+	+
III	Starch	Iodine test	-	-	-	-
IV	Tannins	Ferric chloride test	+	+	+	+
V	Protein and Amino Acid	Biuret Test	-	-	-	-
VI	Flavonoids	Led acetate	+	+	+	+
VII	Saponins		-	-	-	-
VIII	Acid test (pH)		7	7	7	7

+ Positive; - Negative

RESULTS AND OBSERVATIONS

The above table showed that carbohydrates, Tannins and flavonoids are present in Tulsi Sarkara with Vishnusahasranama (TSVS).

Tulsi Sarkara without Vishnusahasranama (TS), showed the presence of carbohydrates, tannins and flavonoids.

Tulsi leaf powder with Vishnusahasranama (TVS) showed the presence of carbohydrates, tannins and flavonoids.

Tulsi leaf powder (T) showed the presence of carbohydrates, tannins and flavonoids.

CONCLUSION

Phytochemical component of Tulsi have been repeated in TSVS, TS, TVS and T. That shows there is no difference in components among the groups. The quantitative analysis could have

given more clear result. Here Sharkara is added with Tulsi Swarasa in order to preserve Tulsi Swarasa in its originality and to save the volatile contents of Tulsi from being destroyed. Thus Tulsi Swarasa is preserved for long time. By the preparation Sharkara Kalpana the drug becomes palatable and convenient to use.

REFERENCES

1. Charaka Samhita Vol. VI Edited and Published by Dr. Ram Karan Sharma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint Kalpastana, Madanakalpa, Sloka, 2008; 10: 10.
2. Charaka Samhita Vol. III Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint Cikitsasatha, Jwara, Sloka, 2008; 311: 213.
3. Raj Nighantu of Pandit Narahari Commentary by Dr. Indradeva Tripathi - Karaviradi varga-pg no: 327, shloka no 148 Chaukhambha Krishnadas Academy Oriental Publishers & Distributors K.37/118, GopalMandir Lane, P.O. Box No. 1118, Varanasi – 221001 (India) Reprint, 2010.
4. Indradeva Tripathi, Gadanigraha of Sri Vaidya Sodhala Part-3 Netrarogaadhikara 3 Sloka, 150: 107.
5. Indradeva Tripathi, Gadanigraha of Sri Vaidya Sodhala Part-3 Yonisukrarogadhikara 6 Sloka, 9: 494.
6. Shailaja Srivastava, Sarangadhara Samhitha of Sharanga dharacharya Madhyamakanda, Swarasakalpana-pg no.129, shloka no.10, Chaukhamba Orientalia, Varanasi, 2013.
7. Indradeva Tripathi and DayaSankar Tripathi, Yogaratnakara, Vaidyaprabhahindi Commentary Sloka, 18: 664.
8. Bhavaprakash Nighantu- kritannavarga-pg no: 725, shloka no 148-150 (Indian Materia Medica of Sri Bhavamishra (C. 1600-1600 AD) Commentary by K.C. Chuneker Edited by Dr. G.S. Pandey Published by Chaukhambha Bharti Academy Gokul Bhawan K-37/109, Gopal Mandir Lane, P.O. Box No. 1065, Varanasi – 221001 (India).
9. Shailaja Srivastava, Sarangadhara Samhitha of Sharanga dharacharya Madhyamakanda, Churnakalpana-pg no: 173, shloka no: 02, Chaukhamba Orientalia, Varanasi 2013.