ABSTRACT

Asavas and Arishtas are self-generated herbal preparations of traditional Ayurvedic System. The method of preparation of Asava and Arishta is known as “Sandhanakalpana” Asavas and Arishtas are popular since Samhita period due to their better absorption in human body and thereby quick action. References of these preparations are available even during Vedic period. The emergence of Sandhanakalpana was a revolutionary innovation at that period. In this age of day-by-day increasing mental stress, strain and cut-throat competition, we are finding it more and more difficult to cope with the pressures of day to day life. Ayurvedic Rasayan dravyas claims at not only increasing the powers of the brain but also at keeping the mental diseases away, along with helping to cure them desirably. It is believed that a number of the diseases have their root in the brain of an individual. That is one of the reasons why the number of psychological and neurological cases is on the increase. Due to the multi-factorial nature of these diseases, modern medicine based psychoactive drugs have met with limited success. Therefore, there is a growing demand for novel products like ‘Saraswatarishta’ that could target multiple pathways and improve the mental capabilities either independently or in combination with conventional drugs. ‘Saraswatarishta’ is a Polyhedral-Ayurvedic-Medicine, used to treat several disorders. It is an “Nervine tonic” and has a special effect on Central nervous system. Also it is useful for all age groups. Besides that, it provides Longevity, Strength, Acquisition, Rejuvenation and Cognity.

KEYWORDS: Asavas and Arishtas “Sandhanakalpana” Asavas and Arishtas Cognity.
INTRODUCTION

In Ayurveda, formulations containing multiple herbal and herbo-mineral ingredients are often used for many different conditions based on the concept that they provide synergistic therapeutic effect and help to minimize adverse effects of major drugs. One such multi-ingredient plant-based herbo-mineral formulation is ‘Saraswatarishta’. It consists of 18 plants as depicted below some of which include Ashwagandha, Brahmi and Shatavari which are Medhyarasayanas. Medhyarasayanas are used to improve memory and cognitive deficits. Saraswatarishta is claimed to be useful to treat acute anxiety, fatigue, insomnia, partial loss of memory, low grasping power, slurred speech etc.

Following is an information given about ingredients, method of preparation, properties, uses and dosage of Saraswatarishta.

INGREDIENTS

The main ingredient of this medicine is Bramhi (Bacopa monnieri). For medicinal purpose, whole plant is used. Bramhi has several properties, because of which it is an Nervetonic, Diuretic, Blood purifier, Anticonvulsant, Cardiotonic etc.

Kwatha dravyas
1. Bramhi (Centella asiatica)-960 gms
2. Shatavari (Asparagus racemosus)-240 gms
3. Vidari (Pueraria tuberose)-240 gms
4. Abhaya (Terminalia chebula)-240 gms
5. Ushira (Vetiveria zizanioides)-240 gms
6. Sunthi (Zingiber officinale)-240 gms
7. Mishreya (Foeniculum vulgare)-240 gms
8. Water for Decoction-13 liters

Madhura dravyas
9. Madhu (Honey)-480 gms
10. Sita (Sugar)-1.2kg

Sandhaniya dravyas
11. Dhataki (Woodfordia fruticosa)-240 gms
Prakshepaka dravyas
12. Renuka (Vitex nigundo)-12 gms
13. Pippali (Piper longum-12 gms)
14. Trivrita (Operculina turpethum)-12 gms
15. Lavanga (Syzigium aromaticum)-12 gms
16. Vacha (Acorus calamus)-12 gms
17. Kustha (Saussurea lappa)-12 gms
18. Ashwagandha (Withania somnifera)-12 gms
19. Bibhitak (Terminalia bellerica)-12 gms
20. Amruta (Tinospora cordifolia)-12 gms
21. Ela (Cardamomum elettaria)-12 gms
22. Vidanga (Embelia ribes)-12 gms
23. Twaka (Cinnamon indica)-12 gms
24. Swarnapatra-12 gms

Method of preparation
The abovesaid Kwatha-dravyas in course powder form are added with water, boiled and reduced to a quarter part to prepare Kashaya. Filtered and then added with rest of the ingredients. Taken in a mud vessel. It is added with a thin gold leaf of 12 gms. The contents are kept sealed for a month time. After observing proper taste (completion of fermentation), and after confirming that gold leaf has disintegrated in the liquid, the contents are filtered and stored in a vessel smeared with Ghee.

Clinical uses
Auyuvvardhaka, Veeryavardhaka, Smritivardhaka, Medhavardhaka, Kantivardhaka, Balavardhaka, Hr idya, Rasayanavara, Vagshuddhikara, Rajodoshahara, Shukradoshahara, Sarvadoshahara.

Dosage and Anupana
10-15 ml twice a day, after food (with equal quantity of water).

Saraswatarishta as ‘Rasayana’(Rejuvination)
In Ayurveda, Saraswatarishta is taken as ‘Rasayana’, which means it can be consumed without any restriction throughout life for improving general well-being and increasing life
span. It stimulate Immunity, which helps protecting a several type of Viral, Bacterial and other diseases.

Role of Saraswatarishta In CNS Disorders

‘Bramhi’a major ingredient of Saraswatarishta is found decreasing Anxiety, Depression etc. with significant effects. Alkaloids of ‘Bramhi’ has shown potent effect in said disorders. Various Neuroogical and Psychiatric disorders are associated with loss of Memory, Cognitive deficits, Impaired mental functions. Bramhi as being a ‘Medhyarasayana’ shows improvement in Mental functions, restore Cognitive deficits and boost Memory.

Special features

- Saraswatarishta has effect on Brain, Nerves, Mind, Vocal-cords, Ovaries and Tesetis. Therefore Saraswatarishta is beneficial in the disease of these organs. However main impact of Saraswatarishta is observable on Vatadosha
- Saraswatarishta is an Anti-aging herb tonic
- It improves Immunity, Voisetone and Stressngth
- Good for people having Depleted Memory
- Ideal for people who read and sing for long periods of time
- It is useful in problems related to Speech such as Stammering, Hoarseness of voice
- Gives strength to Heart

REFERENCE