INTRODUCTION

‘Asava’ and ‘Arishta’ are included under ‘Sandhana Kalpana’. These are self-generated herbal compounds prepared by natural fermentation procedure. Emergence of Sandhana Kalpana had made revolution in Ayurveda during Vedic period. ‘Asavas’ and ‘Arishtas’ are also quite popular among the community of Ayurvedic physicians due to their actions at the cellular level of the body. The liquid dose creates an easier way for ingestion to all age groups and leads to a healthier life. They prove more beneficial in the treatment of many diseases as they have medicinal as well as nutritive value. Compared to other preparations they have longer shelf life, quick absorption and maximum bioavailability. As mentioned in ‘Sharangadhara Samhita’ preparation of ‘Sandhana Kalpana’ has been done using the following.

- Drava dravya (liquid media)
- Madhura dravya (sweetening agents)
- Prakshepa dravya (condiments)
- Sandhana dravya (fermenting agents)

Khadirarishta is most popular among various ‘Arishtas’. Ancient Ayurvedic text “Sharangdhara Samhita” has described about its ingredients, method of preparation, therapeutic indications and mode of action in detail. It is beneficial for curing Skin disorders (like Eczema, Psoriasis, Vitiligo etc.), Urticaria, Wounds, Splenomegaly, Intestinal worms etc. as per Ayurvedic literature.

Ingredients of Khadirarishta

1) Kwatha Dravyas
   - Khadira {Acacia catechu}- Useful part: Heart Wood
   - Devadaru{Cedrus deodar} - Useful part: Heart Wood
- **Bakuchi** (*Psoralea corylifolia*) - Useful part: Seed
- **Darvi** (*Daruharidra*) (*Berberis aristata*) - Useful part: Stem
- **Haritaki** (*Terminalia chebula*) - Useful part: Pericarp
- **Bibhitaka** (*Terminalia bellirica*) - Useful part: Pericarp
- **Amalaki** (*Emblica officinalis*) - Useful part: Pericarp
- **Water** for decoction

2] **Madhura Dravyas**
- **Makshika** (Madhu, Honey)
- **Sharkara** (Sugar)

3] **Sandhana Dravya**
- **Dhataki** (*Woodfordia fruticosa*) – Useful part: Flower

4] **Prakshepa Dravyas**
- **Kankola** (*Piper cubeba*) - Useful part: Fruit
- **Nagakeshara** (*Mesua ferrea*) - Useful part: Stamen
- **Jatiphala** (*Myristica fragrans*) - Useful part: Seed
- **Lavanga** (*Syzygium aromaticum*) - Useful part: Flower Bud
- **Ela** (*Syzygium aromaticum*) - Useful part: Flower Bud
- **Tvak** (*Cinnamomum verum*) - Useful part: Stem Bark
- **Patra** (*Tejapatra*) (*Cinnamomum tamala*) - Useful part: Leaf
- **Krishna** (*Pippali*) (*Piper longum*) - Useful part: Fruit

**Important Therapeutic Usages**
- Granthi (Cyst)
- Gulma (Abdominal lump)
- Krimi (Helminthiasis/worm infestation)
- Plihodara (Disorder of Spleen)
- Panduroga (Anaemia)
- Maha Kushtha (Group of major skin diseases)
- Hridroga (Heart disease)
- Kasa (Cough)
- Shwasa (Dyspnoea/Asthma)
- Arbuda (Tumor)
Dosage
10 to 30 ml. once or twice a day, usually advised after intake of food, with equal quantity of Ushnodaka (lukewarm water).

Additional research On Khadirarishta
I) Ayush Clinical research publication studies already conducted on Khadirarishta prepared according to textual and modified method by Muzaffer Alam and others.

Description about Khadira (main ingredient of Khadirarishta)
Botanical Name - Acacia catechu Willd.
Family: Mimosoideae
Vernacular names: Hindi- Khaira
English- Cuth tree

Classical Categorization
According to Charaka Samhita -Kusthaghna, Udardaprashamana, Kashaya Skandha
According to Sushruta Samhita- Salasaradi
According to Vagbhata Samhita - Asanadi

Major chemical constituents of
Heart wood – Catechin, Catechutannic acid
Wood- l-epicatechin, Afzelchin, gossypetin, procyanidin, taxifolin
Gum- L-arabinose,D-galactose,D-rhamnose

Properties
Rasa: Tikta, Kashaya
Guna: Laghu , Ruksha
Virya: Sheeta
Vipaka: Katu
Karma: As Kapha- Pittahara, Medoghna, Dipana, Dantya

Indications- Beneficial in Kandu, Kasa, Aruchi, Krimi, Prameha, Jwara , Shwitra , Shotha, Pandu, Vrana, Dantarogas, Arsha etc.

Useful parts
Stem bark, Heartwood, Flowers.

Research (As per Dravyaguna Vijnana by Dr. J.L.N. SASTRY, Vol 2nd)
1] A flavonoid isolated from ethanolic extracts of central wood of Acacia catechu showed hypoglycemic activity (Chakravarthy et al. 1983).
2] The ethanal acetate extract of Acacia catechu is reported to possess Hepatoprotective activity (Jayasekhar et al., 1997).
3] It was tried in the management of Lepromatous leprosy (Ojha et al. 1969).

Additional Research on Khadira
(As per Ayush Clinical Research Publications)
1] (Acasia Catechu Linn) A Medico-historical review by A Narayana

Additional Research of other ingredients of Khadirarishta on
Bakuchi
1. In the preliminary clinical studies (at the Kolkata school of Tropical Medicine, Kolkata), the oleo-resinous extract of seeds was found to be the most effective preparation when applied locally on the patches of Leucoderma (Mukerji, 1956).
2. The antifungal activity of the essential oil is reported (Gupta et al., 1962; Grover & Rao, 1979; Sharma & Singh, 1979).
3. The antibacterial activity is also documented (George & Pandalai, 1949; Kurup, 1956; Narang et al., 1962; Gainda et al., 1964 a,b; Gainda et al., 1965 a; Singh et al., 1974; Kaul, 1976; Saxena 1983).

Devadaru
1. Stem bark extract showed significant anti-inflammatory activity in rat (Ind. J. Pharmacol. 5:334, 1973)

Haritaki
1. Study of in vitro antibacterial activity of extracts from the plants of T. chebula. E. alba and O. sanctum was carried out by the disc diffusion technique. All showed such activity against human pathogenic Gram positive and Gram negative bacteria.
2. Various extracts prepared from the powdered fruits have been wide antibacterial and antifungal spectrum (Inamdar et al., 1959)
3. Various extracts prepared from the fruit rind of T. chebula have shown cardiotonic activity when tested on normal as well as hypodynamic isolated frog hearts.

Amalaki
1. Antidiabetic property and Hypoglycaemic activity: Emblica fruit powder reduced blood sugar levels in normal rabbits, as well as hyperglycaemic rabbits proving the hypoglycaemic activity (Tripathi et al., 1979)
2. Anti-peptic ulcer activity- 30 cases of ulcer and non-ulcer dyspepsia showed equal improvement in subjective and objective parameters with conventional antacids and Emblica fruits (Chawla et. al., 1982 & 1987).

Practical work with Observation
30 patients suffering from Eczema screened by physical examination in outdoor patient department in M.A. Podar (Govt.) hospital from Worli area of Mumbai and advised to take Khadirarishta 10 ml with equal quantity of Ushnodaka (lukewarm water) thrice a day after some food for three months. It has shown remarkable results in 70% cases in Vaivarnya (Discoloration), Strava (Secretion) and Kandu (Itching) after completion of treatement.

CONCLUSION
Khadirarishta (easily available in the market) is an effective, safe and economically cheap solution for eradication of Eczema.

REFERENCES
3. Dravyaguna Vijnana by Dr. J.L.N. SASTRY, Vol 2nd