ABSTRACT

Syrup is the most palatable form of drug for children in the Ayurvedic system of medicine. The intake of Ayurvedic medicines is often unpleasant for children due to their bitter and astringent taste. Syrup is the palatable form of Ayurvedic medicines, which are pleasing for the taste buds thus allowing the patients, especially children, to consume them without having to bear the unpleasant taste. This form of medication is widely accepted in present clinical practice because of its accuracy in dosage, longer shelf life & palatability and use in children is one formulation mentioned in classics which is widely used in present day clinical practice. These syrups are having effective result in Tamak Swash. These Yoga (formulation) Vasayadi syrup is taken from Bala tantra and Satyadi syrup is taken from Astanga hridaya Chiktsa sthana. This paper is an attempt to make a review on the formulation “Vasayadi syrup” and “Satyadi Syrup” from various literatures of Ayurveda.

KEYWORDS: Tamak Swash, Yoga, Vasayadi, Bala tantra, Satyadi, Astanga hridaya.

INTRODUCTION

Health is the supreme foundation of virtue wealth, enjoyment and salvation. So when fight against disease and premature death drugs have been the weapon used by man. In Ayurveda, drug is defined in broader perspective means, which a physician uses for restoring the equilibrium of Doshas i.e. relieving the disease is known as drug. Acharya Charaka gives its importance by considering it as one among the ‘Trisutra’ of Ayurveda.\(^1\)

Also considers Oushadha as one of the four essential components for maintaining health.\(^2\)

The drug which is rich in pharmacological activities, which could be made into various forms.
of medicaments, having specific therapeutic action and available in plenty are praised by the legendries of science. Ample of references are available in the classics regarding the wonders a good drug can produce as well as the ill effects an improper drug can create. The combinations of medicines described in the textbooks of Ayurveda are the products of thorough analysis and clinical trials. Many of them indicated in the context of various disorders are able to work both in the curative as well as preventive perspective.

Acharya Kashyapa in Vishesha Nirdesheya Adhyaya, advises the importance of rational use of appropriate medicine in treatment of diseases.[3]

Drugs and congenial food, how so ever good in its own qualities, if used irrationally will not work. Over and above, it will create adverse results in the patients. The same when used appropriately will save the life like a panacea.[4] Hence the most important factor to be remembered while selecting a drug is the appropriateness of choosing the specific drug for the specific condition. As many systemic and local therapeutic applications have been in Ayurvedic texts. “vasayadi syrup” and “Satyadi Syrup” is one of those formulations which is described here in detail.

Preparation of drug
The mentioned drugs were taken in a given quantity and cleaned properly. The drugs made into Yavakuta form and prepared according to the instructions given in Sharangdhara Samhita. The drugs in Yavakuta form were boiled with 16 times of water under low heat and reduced to 1/8th and filtered properly. 63% Khand Sarkara by weight was added to the decoction and again boiled.[5] The process was continued until the syrup becomes one –Tari (Thread). Again it was filtered in a fine fresh cotton cloth and preservative -- methyl paraben sodium 0.02% (w/w) as well as sodium benzoate 0.002% (w/w) are added. Finally prepared syrup filled in clean, sterilized 200 ml bottles for dispersing.

Drugs which are used for study are described as follow

Vasadi Syrup

Table No.: - 1

<table>
<thead>
<tr>
<th>Name</th>
<th>Botanical name</th>
<th>Family</th>
<th>Part used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vasa</td>
<td><em>Adhatoda vasica</em> Nees.</td>
<td>Acanthaceae</td>
<td>Leaves</td>
</tr>
<tr>
<td>Shunti</td>
<td><em>Zingiber officinalis</em> Rose.</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
</tr>
<tr>
<td>Kantkari</td>
<td><em>Solanum surattense</em> Burm. F.</td>
<td>Solanaceae</td>
<td>Whole plant</td>
</tr>
<tr>
<td>Guduchi</td>
<td><em>Tinospora cordifolia</em> Wild.</td>
<td>Menispermaceae</td>
<td>Stem</td>
</tr>
</tbody>
</table>
Drug reference: Bala tantra 13/53.

Satyadi Syrup

Table No.: 2

<table>
<thead>
<tr>
<th>Name</th>
<th>Botanical name</th>
<th>Family</th>
<th>Part used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sati</td>
<td><em>Hedychium spicatium</em> Buchhlam</td>
<td>Zinzebraceae</td>
<td>Rhizome</td>
</tr>
<tr>
<td>Tamalki</td>
<td><em>Phyllanthus urinaria</em> Hook. F. non Linn.</td>
<td>Euphorbiaceae</td>
<td>Whole Plant</td>
</tr>
<tr>
<td>Sugandhbala</td>
<td><em>Valeriana jatamansi</em> D.C.</td>
<td>Verbenaceae</td>
<td>Root</td>
</tr>
<tr>
<td>Bhrngi</td>
<td><em>Cleroderum seratum</em> Linn.</td>
<td>Verbenaceae</td>
<td>Root</td>
</tr>
<tr>
<td>Choraka (Chanda)</td>
<td><em>Angelica glauca</em> Linn.</td>
<td>Umblliferae</td>
<td>Root</td>
</tr>
<tr>
<td>Puskarmoola</td>
<td><em>Inula racemos</em> Hook. F.</td>
<td>Compositae</td>
<td>Root</td>
</tr>
<tr>
<td>Sharkra</td>
<td><em>Saccharum officinarum</em></td>
<td>Graminae</td>
<td>-</td>
</tr>
</tbody>
</table>


Rasa panchaka of Vasadi Syrup

Table No.: 3

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vasa</td>
<td>Madhura</td>
<td>Snigdha, Guru, Mridu</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>VP↓</td>
</tr>
<tr>
<td>Shunti</td>
<td>Pancharas</td>
<td>Laghu, Ruksha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>VPK↓</td>
</tr>
<tr>
<td>Kantkari</td>
<td>Katu Tikta</td>
<td>Laghu, Sara</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>KVP↓</td>
</tr>
<tr>
<td>Guduchi</td>
<td>Tikta, Kashaya</td>
<td>Guru, Snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Kaphaghna Tridosha ↓</td>
</tr>
</tbody>
</table>

Ras panchaka of Satyadi Syrup

Table No.: 4

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sati</td>
<td>Katu, Madhura</td>
<td>Laghu, Snigdha,</td>
<td>Madhura</td>
<td>KVP↓</td>
<td></td>
</tr>
<tr>
<td>Tamalaki</td>
<td>Katu</td>
<td>Laghu, Ruksha, Ushna</td>
<td>Katu</td>
<td>VK↓</td>
<td></td>
</tr>
<tr>
<td>Sugan dhabala</td>
<td>Katu</td>
<td>Laghu, Snigdha, Ushna</td>
<td>Katu</td>
<td>VK↓</td>
<td></td>
</tr>
<tr>
<td>Bharangi</td>
<td>Katu, tikta</td>
<td>laghu, ruksha, ushna</td>
<td>katu</td>
<td>VK↓</td>
<td></td>
</tr>
<tr>
<td>Chanda</td>
<td>Katu, tikta</td>
<td>laghu, tikshana, ushna</td>
<td>Katu</td>
<td>VK↓</td>
<td></td>
</tr>
<tr>
<td>Puskarmoola</td>
<td>Katu, Tikta</td>
<td>Laghu, Teekshna, Ushana</td>
<td>Katu</td>
<td>KV↓</td>
<td></td>
</tr>
<tr>
<td>Sarkra</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Description of each drug-

Vasa

- **Kula**: Vasa kula
- **Botanical name**: *Adhatoda vasica* Nees.
- **Family**: Acanthaceae
- **English name**: Malabar nut
- **Sanskrit name**: Vasak, Vasika, Vajidant, Matruka, Simhasaya, Bhishakmata, Panchamukhee
Habitat
All over India, Singapore (white). Black adusa grows mostly in the Himalayas at a height of 1.5 thousand metres.

Properties
- **Rasa**: Tikta, Kashaya
- **Guna**: Laghu, Ruksha
- **Virya**: Sheeta
- **Vipaka**: Katu.
- **Karma**: Kafa-pitta shamaka & vatavardhak

Rogaghnata
Swasa, kasa, jwara, chardi, meha, kushta, kshaya, krimi, raktapitta.

Srotogamitva
- **Dosha**: Vititae vata, kaphapittashamaka
- **Dhatu**: Rakta (raktapitta, kushta, meda (meha), rasa (jwara, manas, kshayanashak)
- **Mala**: Pittasaraka.
- **Organs**: Pranavaha srotus, respiratory system

Chemical constituents
Vasicine, Vasicinine, Arachidic acid, Cerotic acid, Lignoceric acid, Linoleic acid, Vasicol, Adhatodine, Vasicinone, Vasicinol, Vasicinolone.

Action and uses
Sedative, antispasmodic, bronchodilator, respiratory stimulant, anti viral, anti-insect, expectorant, anti-bacterial, antiseptic.

Shunti
- **Gana**: Triptighna, Deepaniya, Shoolapra- shamana, Trishnanigrahana, Arshoghn (Cha.) Pipplyadi, Trikatu’ (Su.) Panchakola, Shadushana, Haritakyadi (Bh.ni)
- **Kula**: Ardarak a kula
- **Botanical name**: Zingiber officinale Rose.
- **Family**: Zingiberaceae.
- **Sanskrit name**: Ausadha, Muhaaushadha, Nagara, Visva, Visvabhesaja, sringaver, Visva, Visvausaadha
Habitat
The common cooking ginger originated in tropical Asia, but is now grown as a commercial crop for the ginger root in Latin America and Africa as well as South East Asia. Fifty percent of worldwide ginger production is in India.

Properties
- **Rasa**: Katu.
- **Guna**: Laghu, Snigdha
- **Virya**: Ushna
- **Vipaka**: Madhura
- **Karma**: Kaphavatohara, swasahara

Rogaghnata
Deepana, Rochana, Pachana, Shothahara, Triptighna, Vatanulomana, Swasahara, Shlesmahara, Vrishna, Jwarghna, vivandhara etc.

Chemical constituents
Oil of Ginger contains Zingiberene, Zingeberol, Gingerin. The essential oil is found to have ar-curcumene (22.1%), zingiberene (11.7%), [beta]-bisabolene (11.2%) and cadina-1,4-diene(12.5%). Aldehydes and alcohols are also present. Gingerol and its analogs found in rhizome extracts are responsible for many pharmacological activities.

Action and uses
Dry ginger is acrid, thermogenic, emollient, appetizer, laxative, stomachic, stimulent, rubifacient, anodyne, aphrodisiac, expectorant, anti helminthic and carminative. Useful in dropsy, cephalalgia, otalgia, Asthma, Cough, colic, anorexia, inflammations etc.

Kantkari
- **Gana**: Kasahara, Kanthya, Hikkanigrahana, Sothahara, Sitapittaprasamana, Angamar Daprasamana (Cha.) Brihatyadi, Varunadi, Laghupanchamoola (Su.)
- **Kula**: Kantkari kula
- **Botanical name**: Solanum surattense Burm f.
- **Family**: Solanaceae
- **Sanskrit name**: Kantkari, Dusparsha, Vyaghri, Vartaki, Bahugudakuli
Habitat: Found throughout India, mostly in dry places as a weed along roadsides and waste lands.

Properties

- Rasa: Tikta, Katu
- Guna: Laghu, Ruksha, Tikshana
- Virya: Ushana
- Vipaka: Katu
- Karma: Kafavatashamaka
- Rogaghanata: Kasa, Shwasa, Jwara, Peensa, Krimi, Kandu.

Srotogamitva

- Dosha: Pittavardaka, Kafhavatashamaka
- Dhatu: Shukrakara, Meda Hara, Garbhakarini
- Mala: Purisha (purgative), Bhedana (in renal calculi & dysuria), diaphoretic
- Organs: Lungs

Chemical constituents

Glucoalkaloids, sterols.

Action and uses

Roots are thermogenic, aromatic, stimulant, antiseptic, alexipharmic, anodyne, anti-inflammatory, antihistamine, digestive, carminative, stomachic, expectorant, bronchodilator, uterine stimulant, emmenagogue, resolvent, febrifuge and tonic.

Useful in many conditions including inflammations, cough, cardiac and bronchial Asthma, Bronchitis, strangury, emaciation, anaemia and general debility. Charaka indicates this drug as the drug of choice in hikka, shwasa and parshwa soola. It has anti histaminic and a broncho-dilatory action that makes it work in Shwasa roga.

Guduchi

- Gana: Vayasthapanama, Dahaprasamana, Trushananigrahan, Truptighana, Stanyashodhan (Cha.) Guduchyadi, Patoladi, Aragwadhadi, Kakolyadi, Vallipanchmoola (Su.)
- Kula: Guduchi kula
- Botanical name: Tinospora cordifolia Willd Miers.
Family: Menispermaceae

Sanskrit name: Madhuparnika, Amruta, Vishalya, Chakralakshana, Tandrika

Habitat: All over India

Properties
- **Rasa:** Tikta, Kashaya
- **Guna:** Laghu, snigdha
- **Virya:** Ushana
- **Vipaka:** Madhura
- **Karma:** Tridoshasamaka & pittasaraaka

Rogaghnata
*Kasa, Swasa, Meha, Pandu, Kamala, Kushta, Vatarakta, Jawara, Krimi.*

Chemical constituents
Alkaloids: Berberine, Palmatine, Tembutarine (0.012%), Magnoflorine (0.075%), Choline, Tinosporin, Isocolumbin, Palmatine, Tetrahydropalmatine, Magnoflorine.

Srotogamitva
- **Dosha:** Tridoshashamaka
- **Dhatu:** Rakta, meda, dravadhatu, sukra(aphrodisiac), rasayani.
- **Mala:** Mutra, constipative
- **Organs:** Liver, Kidney, Spleen

Action and uses
Thermo genic, anodyne, anthelminthic, antispasmodic, anti-inflammatory, antipyretic, antiemetic, digestive, carminative, cardio tonic, expectorant, depurative, haematinic, galactopurifier, rejuvenating and aphrodisiac.

Useful in inflammations, intermittent and chronic fevers, stomachalgia, flatulence, dyspepsia, gout, vomiting, Asthma, helminthiasis, cardiac debility, cough, skin diseases, leprosy, erysipelas, anaemia, jaundice, general debility, seminal weakness, uropathy and splenopathy.

Shati
- **Gana:** Swasahara, Hikkanigrahana
- **Kula:** Ardraka
Botanical name: *Hedychium spicatum* Buch Ham.

Family: Zingiberaceae

English name: Long Zedoary

Sanskrit name: Kachur, Gandhamul, Dravida, Gandhasar, Jatil, Sthoolkanda

Habitat

It is a perennial rhizomatous herb, growing in the parts of Western and Central Himalayas at altitudes of 3500-7500 ft.

Properties

- **Rasa**: Katu, Tikta, Kshaya
- **Guna**: Laghu, Tikshna
- **Virya**: Ushana
- **Vipaka**: Katu.
- **Karma**: Kafha Vata Nasahaka

Rogagnata

Shotha, Kasa, Varana, Swasa Shoola, Hikka, Jwara, Graha Roga.

Srotogamitva

- **Dosha**: Vataghana, Kaphaghana *Dhatu*: Rakta(purifier), Rasa(fever), Meda(ligaments, fumigation in hiccups)
- **Mala**: Purisha (ama digestive, astrigent), hair (alopecia)
- **Organs**: Very useful in cleansing of mouth.

Chemical constituents: Essential oils.

Action and uses

The powdered rhizome in divided doses is used in conditions like bronchial asthma, cough, chest heaviness, sleeplessness, loss of appetite and pulmonary eosinophilia. The rhizomes are also used in dyspepsia, diarrhea, liver complaints, ulcers, skin diseases and rheumatoid arthritis. It is used in conditions like poor circulation due to thickening of blood vessels. It has mild tranquilizing activity.

Tamalaki

- **Gana**: Kasahara, Swasahara
- **Kula**: Erand kula
Botanical name: *Phyllanthus urinaria* Linn.

Family: Euphorbiaceae

Sanskrit name: Vrushya, Bhudhatri, Bhumyamalaki, Bindupatri, Shiva

Habitat: All over India, Assam, Bihar, South India

**Properties**

- **Rasa**: Tikta, Ksahya, Madhura
- **Guna**: Laghu, Ruksha
- **Virya**: Sheeta
- **Vipaka**: Madhura.
- **Karma**: Kaphapittashamaka
- **Rogaghnata**: Kasa, Trishana, Daha, Hikka, Ksahta- Ksheena

**Srotogamitva**

- **Dosha**: Kaphapittaghana
- **Dhatu**: Asthi (fracture), Rasa (appetizer), Rakta (stimulates liver), cough, Asthma
- **Mala**: Purisha (constipative), urine(dysuria), pyuria

**Chemical constituents**: Contains phyllenthin.

**Action and uses**

It is an appetizer, digestive, liver stimulant, laxative, carminative and alleviates thirst therefore useful in diarrhoea and dysentry.

Nasya of the juice of roots mixed with sugar is used for hiccups. Seed & rice wateris useful in menorrhagia, leuccorehoea, dysuria, diabetes, skin diseases, fever and hepatospleenomegaly.

**Sugandhabala**

- **Gana**: Sheeetaprasamana, Tiktaskanda, Eladi gana
- **Kula**: Mamsi kula
- **Botanical name**: *Valerian wallachi* Dc.
- **Family**: Valerianaceae
- **Sanskrit name**: Tagara, Nata, Vakara, Kutila

**Habitat**

India (Kashmir to Butan) at the height of 1.5 to 3 thousand meters. France, Italy, Africa, Persia.
Properties

- **Rasa:** Tikta, Katu, Kasaya
- **Guna:** Laghu, Snigdha
- **Virya:** Ushana
- **Vipaka:** Katu
- **Karma:** Kaphavata Shamaka
- **Rogaghna:** Madahara, Apasmaranashaka, Shirovikara, Bhutaghana.
- **Prajojya:** Moola

**Chemical composition**

Root contains volatile oil, yellow and bitter substances and a sweet chemical.

**Action and uses**

It acts as anti-spasmodic, cardiot stimulant, hepatostimulant, appetizer, digestive, laxative. It is useful in cough, Asthma, retention of urine and dysmenorrhoea. It is also useful in loss of appetite, colic, hepato-spleenomegaly, jaundice. It reduces pain, convulsions and nourishes the central nervous system.

**Bharangi**

- **Gana:** Pippalyadi (Su.)
- **Kula:** Nirgundi
- **Botanical name:** Cleroderum seratum Linn.
- **Family:** Verbenaceae
- **Sanskrit name:** Brahmanyashtika, Padama, Kasaghani, bhargura

**Habitat**

Tarai region of Himalaya, specially Nepal, Bengal, Bihar, Western and southern India.

**Properties**

1. **Rasa:** Katu, Tikta, Kasaya
2. **Guna:** Laghu, Ruksha
3. **Virya:** Ushna
4. **Vipaka:** Katu.
5. **Karma:** Ushana, Kaphavatashamaka
6. **Rogaghna:** Kasa, Swasa, Shotha, Vrana, Krimihagana, Daha, Jwara
Srotogamitva
7. Dosha: Kaphavatavaraha Dhatu: Rasa (menstruation), Rakta (gulma)
8. Mala: Anti-helmenthic
9. Organs: Respiratory system

Chemical Constituents
Alcoholic extract and Saponin isolated from root bark caused release of histamine from lung tissue (J. Pharm. Pharmacol. 1968). Serratagenic acid, queretaroic acid, some phytosterols, saponins, twoiriod glycosides, feralic acid, arabinose, scutellarein, baicalein are some important chemical constituents reported.

Action and uses
Anti histaminic, Anti allergic, Anti asthmatic, Anti biotic, CNS depressant, Hypotensive, Bronchoconstrictor, Stomachic.

The roots are bitter, acrid, thermogenic, anti-inflammatory, digestive carminative, stomachic, anthelmintic, depurative, expectorant, sudorific, antispasmodic, stimulant and febrifuge, useful in inflammations, dyspepsia, anorexia, colic, flatulence, helminthiasis, cough, asthma, bronchitis, chronic inflammation of the nose, skin diseases, leucoderma, leprosy and fever.

Choraka
10. Gana: Sangyasthapana Eladi gana, Sugandhi gana
11. Kula: Satpuspha
13. Family: Umblliferae
14. Sanskrit name: Dushpatra, Ripu, Ganahas, Kopanak, Nishachar, Shankit

Habitat
Kashmir, Nepal. According to Acharaya Dahlana, this plant resembles Granthi Parni but according to others it is Sthaunak.

Properties
15. Rasa: Katu, tikta
16. Guna: laghu, tikshan
17. Virya: ushan
19. **Karma**: vatakaphaghana
20. **Rogaghnata**: Kustha, kandu, vranahara

**Srotogamitva**
21. **Dosha**: Vataghna-kaphghna Dhatu: Rakta
22. **Mala**: Purisha (laxative)
23. **Organs**: Digestive system, respiratory system and nervous system

**Chemicalconstituents**
Oxypeucedanin, 3-butylidine phthalide, 3-butylidine dihydrophthalide, dimers of butyl phthalide.

**Action and uses**
It is a fragrant appetizer, digestive, stimulant, and laxative. Therefore it is useful in indigestion, constipation and debility.

It is also useful in Dyspnoea, rhinitis, hiccups and epilepsy.
*Chanda* has same properties has *Choraka*.

**Pooskarmoola**
24. **Gana**: Shwasahara, Hikkanigrahana
25. **Kula**: Bhrungra kula
26. **Botanical name**: *Inula racemosa* Hook f.
27. **Family**: Compositeae
28. **Sanskrit name**: Poushkara, Haimavati, shwetavacha, Kusthabheda, Shwasari

**Habitat**
It grows at the height of 2.25 thousand metre in Kashmir.

**Properties**
29. **Rasa**: Tikta, katu
30. **Guna**: Laghu, Tikshna
31. **Virya**: Ushana
32. **Vipaka**: Katu
33. **Karma**: Vatakaphanashak
34. **Rogaghnata**: Hikka, Swasa, Kasa, Parsvasoola, Jwara, Aruchi, Shofa, Pandu
Srotogamitva
35. Dosha: Vata-Kaphghana
36. Dhatu: Rasa (Fever, Lateral Chest Pain), Rakta, Meda (Anaemia).
37. Mala: Diuretic
38. Organs: lateral chest pain (analgesic)

Chemical constituents
Inulin (10%), Aromatic oil (1.3%), Main alkaloid in oil is Alantolactone. (C15H20O2; M.P-76º).
Roots of Inula racemosa gave β-sitosterol, dancosterol, and iso-alantolactone.

It contains the volatile oil, bitter principle and benzoic acid

Action and uses
Roots are bitter, acrid, thermogenic, aromatic, stimulant, antiseptic, alexipharmic, anti-inflammatory, digestive, carminative, stomachic, expectorant, broncho-dilator, emmenagogue, resolvent, febrifuge and tonic. Useful in many conditions including inflammations, anorexia, hiccough, cough, cardiac and bronchial Asthma, Bronchitis, anaemia and general debility. Charaka indicates this drug as the drug of choice in hikka.

Sarkra (SITA)
- Latin name: Saccharum officinarum.
- Family: Graminae.

Ayurvedic properties
- Rasa: Madhura
- Guna: Snigdha, Guru
- Vipaka: Madhura
- Veerya: Sheeta.
- Doshagnata: Vata-Pitta Shamaka

Sugar
Raw sugar manufacture consists of the following steps; expression of juice from canes; clarification, i.e., heating of juice with lime and removing the precipitates by sedimentation, evaporation of the clarified juice in multiple effect evaporators; crystallization of the sugar in single effect vacuum pans and separation of the crystals and molasses by centrifugal force.
Refined sugar can be made from it by affixation, melting, chemical treatment, filtration, discoloration & subsequent recrystallization in vacuum pans.

DISCUSSION
The drug is totally made of Ushna Veerya Dravyas and this Ushna Veerya will pacify the increased Vata and also liquefies the Kapha, facilitating its flow back to its Ashraya Kthana in Amashaya. The Kapha Vata Shamaka property of the drugs, will help to do cure of both Vata and Kapha, once they are returned to Swasthana, thereby avoiding the necessity of Shodhana.

A stepwise action of drugs on Samprapti can be viewed like this.

- **Action I**- The Deepana property of Shunthi and Guduchi acts on Agni, alleviating the Āma. This will also clears up the rasa Dhatu Dushti, and excess production of Malabuta Kapha. The Ushna Veerya and Kaphahara Prabhava of the drug will neutralise the left over Dushti of Kapha, which will no more create Sanga in Pranavaha Srotas to the Vata. The drug has Vata Anulomana property which helps the Prakupita vata to return to normalcy. Thus, the balance state of Dosha is regained. The balance of madhura and katu vipaka of the drug pacifies both Doshas without agitating the other with its ‘Vipareetha Gunas’.

- **Action II**- Rasa acts at the first stage of Aharapaka, where there is metabolism of Madhura rasa, and formation of Kapha take place.[7] The drug is predominant in tikta and Katu rasa, which will control the Kapha vitiation in the initial stage. Now, the Ushna Veerya of the drug, controls the Vata Prakopa, enhances Kapha Vilayana.

The Tikshna Guna of the drug helps in penetrating through the Sanga created by the kapha, and carrying out its function. The Kapha that is liquefied regains its Snigdha, Mardava and Picchila gunas and flow back to Amashaya. The Prakopa of Vayu is controlled by the Ushnaveerya and Vatashamaka karma of the drugs. It also allows its penetration through the blocked and narrowed airways and work on bronchial muscle dialation. Once the Samprapti is under control and the Doshas return to Swasthana, the Shamana action is performed well by the Dosha karma of the drug, which is completely made of Vata-Kapha Hara drugs.

As per the modern concept, anti asthmatic drugs should have anti-inflammatory property to control airway inflammation and anti allergic property to reduce airway hyper-responsiveness. The broncho dilatory action expands the constricted airway.
Guduchi is a well-known anti-inflammatory drug and has significant anti allergic properties as cited in above experimental studies.

Kantakari is also having anti-inflammatory properties and has shown to have significant effects in broncho-dilatation.

Various studies on different species of Pushkara mula- has shown highly significant anti allergic activity along with anti-inflammatory and bronchodilator effect.

Shunthi is also known as an expectorant and has mild anti inflammatory action.[6]

Thus, the drug has the scope for bringing about the actions of a combination of Long-acting $\beta_2$-agonists, which are given along with anti inflammatory drugs and Glucocorticosteroids, without the possible side effects. But more researches are required to obtain more valid data in larger samples for establishing the claim. The drugs were administered in the form of Syrup, no medicine in other form than syrup is easily accepted by pediatric patients. In routine practice, children often reject even Avaleha, which is considered as the best in therapeutic forms for pediatric patients due to its palatability and acceptability. The decoction of the drugs was prepared, according to instructions given in Sharangadhara Samhita and was converted into syrup form by adding 63% of Khand Sharka.

It is really very interesting for a scholar that the two combinations having almost opposite Ayurvedic pharmacological properties produce similar effect on a particular problem. The only probable explanation to this problem is that irrespective of Rasa, Guna, Virya, Vipaka; it is the active principle of a drug or a combination that work. In this regard the concept postulated by Acharya Charaka as drug can’t be do any action without potency or all action caused by potency.

Chakrapani the commentator of Charak Samhita states that, apart from Rasa, Guna, Vipaka; Virya is pre-eminently responsible for therapeutic action of a drug.

Acharya Vagbhata explains in this way the drug may act by virtue of its Rasa, any of its Guna, Vipaka, Virya or Prabhava. When this parameter also fails to explain the pharmacodynamics of a drug, then they tried to explain it in term of extra ordinary combination of five elements (Mahabhutas) in the drug i.e. “Vichitrarapatrayayarabdha”.
Here Acharya Charaka introduce the concept of Prabhava i.e. when the two drugs differ with regard to their action, the distinctive feature responsible for distinctive effects not supported by their Rasa, Vipaka and potency is regarded as Prabhava or specific action.

Again Acharya Charaka introduces the concept of Avayava Prabhava and Samudaya Prabhava. i.e. because of the variation in the curative effect of drug, it affect action of one property of the drug by another and method of their preparation which leads to perversion or irregularity in combination, it is not possible to determine the attributes of a substance having many Rasa, simply by taking into account the attributes of individual Rasa.

From all these it could be concluded that the ancient Acharya’s realized a factor or group of factors in a drug or a combination which is solely responsible for the potency of the same.

**Vasadi Syrup[^7]**

- Katu and Tikta Rasa drugs are known for its Deepana and Pachana properties. Due to Pachana properties drug makes Pachana of Ama along with its Deepana property. These both properties breaks the root cause of disease Tamaka swasa i.e. Mandagni.
- Katu and Kashaya Rasa due to its Shodhana property purify the body.
- In the other hand Tikta Rasa of the drug due to their Vishaghna and Krimighna property reduces the incidence and manifestation of allergy and infection of microorganism.
- Kapha Vata Shamaka property of the drug acts against the Tamaka Swasa by Hetupratyanika.
- They also have Rasayana property of drug also revitalizes and establishes good quality of Sharira Dhatu.
- According to modern pharmacology majority of drugs having an antimicrobial, antiviral and respiratory stimulant property which helps in the protection of individual against the pathogens.
- By these means the overall immunity is increased and in this way the capability of body to fight against pathogens gets naturally increased.

**Satyadi syrup[^8]**

- In Satyadi syrup majority of drug having direct effect on Pranavaha Srotas. The impairment of Pranavaha Srotas i.e. produced by chronic and recurrent respiratory
infection could effectively be ruled out by the drug which are expectorant, mucolytic and bronchodilator.

- The *Katu, Tikta Rasa Pradhana* drugs like *Maricha, Mishreya* etc. known for its Deepana, Pachana Karma. Due to Pachana properties drug makes Pachana of Ama along with its Deepana property. These both properties breaks the root cause of disease Pratishyaya i.e. Mandagni.

- *Katu and Kashaya Rasa* due to its *Shodhana* property purify the body.

- In the other hand Tikta Rasa of the drug due to their *Vishaghna* and *Krimighna* property reduces the incidence and manifestation of allergy and infection of microorganism.

- *Kapha Vata Shamaka* property of the drug acts against the *Pratishyaya* by *Hetupratyanika*.

- A good numbers of ingredients are having *Balya, Brimhana* and *Rasayana* properties. *Acharya Charaka* says that the drug having *Rasayana* property is able to cure the disease. Also revitalizes and establishes good quality of *Sharira Dhatu*.

- By these means the overall immunity is increased and in this way the capability of body to fight against pathogens gets naturally increased.

**CONCLUSION**

Detailed description of ingredients of both the drug (Vasadi syrup and Satyadi syrup) are described here. The drug has been selected from the classical text of “Bala tantra” and “Ashtang Hridya Chiktsa sathan”. According to Ayurvedic pharmacology majority of ingredients of test drug shows dominancy of *Tikta, Kashaya* and *Katu Rasa*; *Laghu, Ruksha Guna*; *Sheeta Virya*; *Madhura Vipaka* and *Kapha-vatahara* properties. These drugs also possess *Kasahara*, *Swasahara*, *Deepana*, *Pachana* and *Rasayana* properties.

So, it is very good combination of respiratory stimulant, antiviral, expectorant, digestive, antibacterial, immune-modulator, anthelmintic drugs. These properties help the drug in the breakdown of the pathogenesis of *Tamaka swasa*.

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