



Int J Ayu Pharm Chem

[www.ijapc.com](http://www.ijapc.com)  
e ISSN - 2350-0204  
Volume 8 Issue 3  
5/10/2018

Greentree Group Publishers





## Practical Processing of *Dadimaavaleha*: A Review

Namitha R. Chandra<sup>1\*</sup>, Sharada Khanal<sup>2</sup>, and Basavaraj Y. Ganti

<sup>1-3</sup>Department of Rasashastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Hassan, KA, India

### ABSTRACT

*Avaleha* is a semisolid dosage form, prepared by solidifying many of the liquids (*Kwatha* and *Swarasa*). *Dadimaavaleha* is one of the common *Avaleha* prescribed in *Atisara*. It is explained in *Yogaratnakara Atisararogadhikara*. The preparation consists of 22 ingredients. In the present work an attempt has been made to prepare the *Dadimaavaleha* from the ingredients available, also to study the Phytoconstituents and therapeutic efficacy of each drug w.s.r. to its indication. *Dadimaavaleha* has properties like *Agnideepana*, *Pachana*, *Grahi*, *Anulomana*, *Shoolagna*, *Balya* which are required in the treatment of *Atisara*. Hence, *Dadimaavaleha* can be administered in all types of *Atisara* and its complications.

### KEYWORDS

*Avaleha*, *Dadimaavaleha*, *Atisara*, *Phytoconstituents*



**Greentree Group**

Received 13/04/18 Accepted 28/04/18 Published 10/05/18



## INTRODUCTION

The branch of preparing and dispensing medicine is known as *Bhaishajya Kalpana*<sup>1</sup>. Ancient Scholars of *Ayurveda* have developed the basic preparations in 5 different forms such as *Swarasa*, *Kalka*, *Kwatha*, *Hima*, *Phanta*<sup>2</sup>. Due to need of time, less shelf life, more demand of medicines the formulations were further modified into secondary preparations like *Avaleha*, *Arka*, *Taila* and *Ghruta*. *Avaleha* is a semisolid dosage form, prepared by solidifying many of the liquids (*Kwatha* and *Swarasa*). *Dadimaavaleha* is one of the *Avaleha Kalpana*. It is explained in *Yogaratanakara Atisararogadhikara*<sup>3</sup>. The formulation is formulated by 19 ingredients adding *Madhu* and *Ghruta*, *Sharkara* having indication in *Jwara*, *Atisara*, *Amashoola*, *Agnimandya*, *Shotha*, *Kshaya* and *Dhatugata jwara*. The aetiological factors of *Atisara*<sup>4</sup> includes consumption of excessive heavy, unctuous, dry hot liquids, cold & cool foods i.e., *Viruddhaahara*, *Adhyashana*, *Ajirna*, *Vishamaashana*, *Shoka*, *Bhaya*, *Madhyaatipana*. The pathogenesis starts from *Agnimandhya* resulting in disturbance & vitiation of *Ap Dhatu* which mixes with *puresha* (Stool) which is driven downwards by *Samana* & *Apana Vata*, with force it expels mostly water mixed stools frequently through *Guda*.

*Dadima* is one of the main ingredients of this *Avaleha* which shows promising result in *Atisara*, hence an attempt has been made to prepare and review the *Dadimaavaleha* from the references available.

## METHODOLOGY

Preparation of *Dadimaavaleha* was done as per reference. An extensive literature search was done for individual ingredients through books and digital media.

### METHOD OF PREPARATION:

#### Reference:

*Yogaratanakara Atisararogadhikara*

**Table 1** Ingredients of *Avaleha* and their proportion

Sl no	Ingredients	Quantity taken
1	<i>Dadima phala</i>	96g
2	<i>Jala</i>	384ml
3	<i>Sharkara</i>	96g
4	<i>Nagara</i>	6g
5	<i>Pippali</i>	6g
6	<i>Pippalimula</i>	6g
7	<i>Dhanyaka</i>	6g
8	<i>Jatiphala</i>	6g
9	<i>Jatipatra</i>	6g
10	<i>Maricha</i>	6g
11	<i>Jeeraka</i>	6g
12	<i>Vamshalochana</i>	6g
13	<i>Patha</i>	6g
14	<i>Nimba patra</i>	6g
15	<i>Manjishta</i>	6g
16	<i>Lavanga</i>	6g
17	<i>Ghruta</i>	96ml
18	<i>Madhu</i>	96ml

#### Materials:

*Khalvayantra*, Stove, Frying pan, Measuring jar, Weighing balance.

#### Method of Preparation:



In *Khalvayantra*, *Dadimaphala* 96g was taken and crushed. Then in a vessel, crushed *Dadimaphala* was taken and 384ml of water was added to it (1part:4 parts), subjected to heat and reduced to 1/4th quantity. *Kwatha* (decoction) was filtered through cloth, time taken was 35 minutes. The *Kwatha* was taken in stainless steel vessel and sugar was added to it. It was then heated on mild flame and continuous stirring was done till one thread consistency was obtained. *Ghrita* was added and mixed well. Pan was taken out from the fire; *Prakshepaka dravya's Churna* were added and mixed well till it becomes homogenous mixture. *Madhu* was added when *Avaleha* cooled completely.

**Dose:** 1 Tola (12 grams)

**Anupana:** *Madhu*, *Goksheera*, *Ushna jala*

**Indication:** *Jwara*, *Atisara*, *Amashoola*, *Agnimandya*, *Shotha*, *Kshaya*, *Dhatugata jwara*

#### PROPERTIES OF INDIVIDUAL DRUGS:

➤ ***Dadima phala***<sup>5,6</sup>

**Phytoconstituents** – Glucose, Fructose, Maltose, Starch, Oxalic acid, Thiamine, Vitamin C, Tannin, Riboflavin.

***Amayika prayoga***- Ripen fruit should be cooked in closed heating, the juice extracted from fruit cures all types of *Atisara*

➤ ***Nagara***<sup>7,8</sup>

**Phytoconstituents**- Aromatic oil (1 - 4%), Starch (40-60%), Fat(10%), Fibre(5%), Camphene, Zingiberine, Gingerol, Gingerin

***Amayika prayoga***- In *Agnimandya*- *Nagara* & *Haritaki churna* in equal quantity has to be taken with *Guda/Saindhava*. ***Parinama sula***- paste of *Nagara*, *Tila*, *Guda* when consumed with milk is beneficial. ***Shotha***- equal quantity of *Nagara* & *Guda* with *Punarnava kwatha*. ***Atisara***- *Kwatha* prepared from *Nagara* & *Bilva*

➤ ***Pippali***<sup>9,10</sup>

**Phytoconstituents**- Piperine, Piplartine, Zingiberene, Piperundecalidine, Terpinolene, P-cymene

***Amayika prayoga***- ***Jwara***- *Kwatha* prepared by *Pippali* with 4 times water.

***Udara shula***- combination of *Pippali* & *Sringavera*

➤ ***Dhanyaka***<sup>11,12</sup>

**Phytoconstituents**- Volatile oil(0.3-1%), Fixed oil(13%), Proteins(20%), Tannin, Malic acid

***Amayika prayoga***- ***Atisara***- *Dhanyaka Kwatha*

➤ ***Jatiphala***<sup>13,14</sup>

**Phytoconstituents**- Myristicin, Myristic acid, D-pinene, D-camphene, Safrole, Eugenol, Isoeugenol



*Amayika prayoga- Atisara-* paste prepared from *Jatiphala* is applied over the umbilicus

➤ *Maricha*<sup>15</sup>

**Phytoconstituents-** Alkaloid(5-9%), Volatile oil(1-2.5%), Pungent resin(6%), Piperidine, Starch

*Amayika prayoga- Atisara-* fine powder of *Pippali* & *Maricha*

➤ *Jiraka*<sup>16</sup>

**Phytoconstituents-** Volatile oil(2.5-4%), Fixed oil(10%), Proteins

*Amayika prayoga- Jwara-* paste prepared from *Jiraka* with *Guda*

➤ *Vamsalochana*<sup>17</sup>

**Phytoconstituents-** Silica, Iron peroxide, Potassium, Aluminium, Glycosides

➤ *Nimba patra*<sup>18,19</sup>

**Phytoconstituents-** Nimbin, Nimbinene, Nimbandiol, Azadirone, Azadirachtin

*Amayika prayoga- Jwara- Nimbadi Kwata*

➤ *Samanga*<sup>20</sup>

**Phytoconstituents-** Manjishtin, Purpurin, Rubifolic acid, Fatty acids, Rubianin

*Amayika prayoga- Sotha- Manjistadi Lepa*

➤ *Ativisha*<sup>21,22</sup>

**Phytoconstituents-** Atisine, Atidine, Tannic acid, Aconitic acid, Hestisine, Heteratisine, Doterpene

*Amayika prayoga- Amatisara-* The Peya processed with *Tivisha*, *Nagara* & *Amla*

➤ *Patha*<sup>23,24</sup>

**Phytoconstituents-** Alkaloids, Quercitol, Sterol, Saponins

*Amayika prayoga- Atisara- Patha* triturated with curd

➤ *Lavanga*<sup>25,26</sup>

**Phytoconstituents-** Volatile oil(15-20%), Tannin(10-13%), Resin, Chromone, Eugenin

*Amayika prayoga- Amatisara- Lavanga catuhsama. Agnimandya- Lavangadya modaka*

➤ *Dipyaka*<sup>27</sup>

**Phytoconstituents-** Thymol, Thymine, Dispentene, r-terpinen

*Amayika prayoga- Agnimandya- Yavani pancake*

➤ *Kuta Salmali*<sup>28</sup>

**Phytoconstituents-** Napthaquinone, Lupeol,  $\beta$ -D-glucoside,  $\beta$ -sitosterol

*Amayika prayoga- Atisara- Basti* of *Salmali* leaf petioles/exudates boiled with milk then mixed with ghee

## DISCUSSION

*Dadimaavaleha* is one of the commonly practiced *Avaleha* in *Annavaahasrotogata vikara*. It is one of the drugs of choice in *Atisara*. There are only few references available in the Authentic *Ayurvedic* text. The ingredients, methods of preparation, indication are same in all the references available. There are 22 ingredients in total.



At the temperature of 102.5°C *paka* was attained. It took 35 minute for preparation.

**Table 2** *Rasapanchaka* of drugs

Name of the drugs	Rasa	Guna	Veerya	Vipaka	Karma
<i>Dadima phala</i>	<i>Madhura, amla, kashaya</i>	<i>Laghu, sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
<i>Nagara</i>	<i>Katu</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavatahara</i>
<i>Maricha</i>	<i>Katu</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara dipana</i>
<i>Pippali</i>	<i>Katu</i>	<i>Laghu</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Kaphavatahara kasahara</i>
<i>Dhanyaka</i>	<i>Tikta, kashaya</i>	<i>Laghu, sheeta</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>
<i>Ajamoda</i>	<i>Tikta, katu</i>	<i>laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>kaphaVatahara</i>
<i>Ativisha</i>	<i>Katu, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
<i>Jatiphala</i>	<i>Katu, Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Jiraka</i>	<i>Katu, Tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Vamsalochana</i>	<i>Madhura, katu</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kaphapittahara</i>
<i>Pata</i>	<i>Tikta</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
<i>Vijaya</i>	<i>Katu, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Nimba patra</i>	<i>Tikta, kashaya</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Samanga/ Manjista</i>	<i>Madhura, tikta</i>	<i>Guru, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Kutashalmali / Mocharasa</i>	<i>Madhura</i>	<i>laghu, snigda</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittahara</i>
<i>Aralu</i>	<i>Tikta, kashaya</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Kashaya</i>	<i>Kaphapittahara</i>
<i>Lavanga</i>	<i>Katu, tikta</i>	<i>Laghu, sheeta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pittakaphahara</i>

## OBSERVATION

**Table 3** Organoleptic characters

S. No	Kwatha	Avaleha
1. <i>Varna</i>	<i>Dadima colour</i>	<i>Brown</i>
2. <i>Rasa</i>	<i>Kashaya Madhura</i>	<i>Kashaya, madhura</i>
3. <i>Gandha</i>	<i>Sugandha</i>	<i>Sugandha</i>
4. <i>Sparsha</i>	<i>Liquid</i>	<i>Smooth</i>

*Atisara* is the *Vatapradhana tridoshaja vyadhi*<sup>29</sup>. The symptoms of *Vataja Atisara* can be obtainable under two headings *Ama Atisara* and *Pakwa Atisara*. In *Amaja*, *Vata* lodged in alimentary tract, getting obstructed moves obliquely making gurgling sounds and colicky pain. Here *Grahi* but *Anulomana dravya* can be used like *Dadima*, *Ajamoda*, *Ativisha*, *Dhanyaka*, *Jatiphala*, *Pata*, *Nagara*, *Jeeraka*, *Vijaya*, *Vamsalochana*, *Nimba patra*, *Mocharasa*, *Aralu* which brings

back the *Ap dhatu* in *prakritavasta* & to decrease *Dravata* of *pureesha* in *Pakvashaya* along with *Sulaghna* drugs like *Ajamoda*, *Lavanga*, *Pippali* are needed to do *Shamana* of *Shula*. In *Pakwa* stage *Vibadha*, *Alpalapam Sashabdham*, *Shula*, *Phena*, *Picha*, *Parikarthika*, *Romaharsha* associated with *Swasa* and *Sushkamukha*. There will be pain in *Kati*, *Uru*, *Trika*, *Janu*, *Prishta*, *Parswa*. *Ajamoda*, *Lavanga*, *Pippali* are needed to do *Shamana* of *Shoola*. For *Swasa*



*Lavanga, Nagara, Jeeraka* and for *Sushkamukha Dadima, Ajamoda, Dhanyaka, Jeeraka* will be helpful.

In *Pittaja Atisara Trishna, Daha, Sweda, Murcha, Shoola, Santapa, Paka. Dadima, Ajamoda, Dhanyaka, Jatiphala, Lavanga, Nagara, Jeeraka* helps to relieve *Trishna, Daha, Santapa*. For *Shoola Ajamoda, Lavanga, Pippali* are benefited.

In *Kaphaja Atisara* heaviness in the Abdomen, Rectum, Hypogastric and Inguinal region, *Krite api akruta samjata*(sense of incomplete evacuation), *Romaharsha, Utklesa, Nidra, Alasya, Sadana, Annadweshi*. The drugs like *Dadima, Ajamoda, Dhanyaka, Jeeraka, Lavanga, Pippali, Jatiphala, Pata* helps in reducing the heaviness by their *Laghu guna* and *Kaphahara* property. In condition like *Utklesa, Annadweshi Dadima, Ajamoda, Ativisha, Dhanyaka, Jatiphala, Lavanga, Nagara, Jeeraka, Vijaya, Pippali, Maricha* having *Agnideepana & Pachana* properties are required.

The *Upadravas* of *Atisara*<sup>30</sup> as mentioned by different authors are compiled as *Trishna, Daha, Shwasa, Bhrama, Hikka, Jwara, Shopha, Ruja, Kasa, Aruchi, Pravahika, Parikartika, Murcha. Dadima, Ajamoda, Dhanyaka, Jatiphala, Lavanga, Nagara, Jeeraka* helps to relieve *Trishna, Daha, Pippali, Nimba, Jeeraka* are

*Jwaraghna* drugs helps to subside *Jwara. Ajamoda, Lavanga, Pippali* helps to decrease *Ruja*. For *Kasa, Swasa, Hikka* drugs like *Nagara, Jeeraka, Lavanga, Pippali, Maricha, Jatiphala* are helpful. Most of the *Upadravas* are well indicative of severe stage of dehydration. *Balya dravyas* like *Dadima, Ghrita, Madhu, Sarkara* having nourishing properties helps to regain the *Bala* (strength) in severe dehydration.

The drugs which are used in the preparation of *Dadimaavaleha* are having properties like *Agnideepana, Pachana, Grahi, Anulomana, Shoolagna, Balya* which are required in the treatment of *Atisara*. Hence *Dadimaavaleha* can be administered in all types of *Atisara*.

## CONCLUSION

*Dadimaavaleha* is an effective preparation for *Atisara* which is practiced till date. It is also useful in *jwara* with *atisara, raktaja vikaras* as it as *stambana* property. The pharmacological actions of the formulation and its constituents are largely supported for eliminating the diseases *Atisara, Jwara, Shula, Aruchi, Agni mandhya, Pravahika*. Focusing to *Atisara* drugs having properties like *Dipana, Pachana, Grahi, Vatanulomana* and *Balya* which is found in *Dadimaavaleha*.





**Color plate 1** Preparation of *Dadimaavaleha*





## REFERENCES

1. Angadi Ravindra. A text book of Bhaisajya Kalpana Vijnana. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surbharati Prakashan; 2009. P. 3.
2. Acharya Agnivesa. Caraka Samhita. Shuklavidyadar, Tripathi Ravidatta with Vaidya Manorama Hindi commentary. New Delhi: Chowkamba Sanskrit Pratisthan; 2006. Vol 1. P. 67.
3. Tripathi Indradev, Tripathi Daya Shankar. Yogaratnakara. 1<sup>st</sup> ed. Varanasi: Chowkamba press; 1998. P. 215.
4. Udupa H Mahesh. Comprehensive Kayachikitsa and Principles of Ayurveda. 1<sup>st</sup> ed. Karnataka: M/s. Laveena publications; 2004. P. 937.
5. Anonymous. The Ayurvedic Pharmacopoeia of India. 1<sup>st</sup> ed. New Delhi: The Controller of publications civil lines; 2004. Part 1(4). P. 18.
6. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 244.
7. Anonymous. The Ayurvedic Pharmacopoeia of India. 1<sup>st</sup> ed. New Delhi: The Controller of publications civil lines; 2004. Part 1(1). P. 103.
8. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 65-66.
9. Anonymous. The Ayurvedic Pharmacopoeia of India. 1<sup>st</sup> ed. New Delhi: The Controller of publications civil lines; 2004. Part 1(4). P. 92.
10. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 660.
11. Anonymous. The Ayurvedic Pharmacopoeia of India. 1<sup>st</sup> ed. New Delhi: The Controller of publications civil lines; 2004. Part 1(1). P. 30.
12. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 1. P. 174
13. Anonymous. The Ayurvedic Pharmacopoeia of India. 1<sup>st</sup> ed. New Delhi: The Controller of publications civil lines; 2004. Part 1(1). P. 53.
14. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 399.
15. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 586.
16. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 407.



17. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 3. P. 804.
18. Anonymous. Indian medicinal plants. Chennai: Orient longman private limited; 2005. Vol 1. P. 227-29.
19. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 610.
20. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 577.
21. Anonymous. The Ayurvedic Pharmacopoeia of India. 1<sup>st</sup> ed. New Delhi: The Controller of publications civil lines; 2004. Part 1(1). P. 22.
22. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 113.
23. Anonymous. The Ayurvedic Pharmacopoeia of India. 1<sup>st</sup> ed. New Delhi: The Controller of publications civil lines; 2004. Part 1(1). P. 92.
24. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 3. P. 591.
25. Anonymous. The Ayurvedic Pharmacopoeia of India. 1<sup>st</sup> ed. New Delhi: The Controller of publications civil lines; 2004. Part 1(1). P. 80.
26. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 546.
27. Anonymous. Indian medicinal plants. Chennai: Orient longman private limited; 2005. Vol 1. P. 292.
28. Hedge L Prakash, A Harini. A text book of Dravyaguna Vijnana. 1<sup>st</sup> ed. New Delhi: Chowkamba publication; 2014. Vol 2. P. 759.
29. Udupa H Mahesh. Comprehensive Kayachikitsa and Principles of Ayurveda. 1<sup>st</sup> ed. Karnataka: M/s. Laveena publications; 2004. P. 939.
30. Durgalakshmi et al. An overview on Nidana Panchaka of Atisara(Diarrhea). International Ayurvedic Medical Journal. Vol 3(8) aug. 2015. P. 2420-2425.