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AYURVEDIC DRUG REVIEW – “Ajamodadi Vati ”

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Abstract: Ayurveda is one of the oldest traditional medicine system in the world. Most of them are not re-tested according to the current research methodology. Considering the importance of drug in the disease management Acharya Charaka in sutrasthan IX chapter has mentioned drug as second important factor in Cikitsa Catuspad.

The definition of the Drug as given by WHO “Any substance or product that is used or intended to be used to modify or explore physiological systems or pathological status for the benefit of recipient”.

Ayurvedic medicines are based on herbs and minerals which are prepared by using a single ingredient or a combination of two or more ingredients. Ayurvedic formulations are present in different kalpas such as Rasa, churna, kashaya, kwath, avaleha, alepa, vati, varti, bhasma.

Among all the different kalpas or the formulations, vati or ayurvedic pills are commonly available to get rid of various diseases. These are prepared from various herbs or minerals in the form of tablets. These can help to get rid of common health problems from headache and Diabetes to Sexual health issues². One such classical multi-ingredient herbal Ayurvedic formulation is *AJAMODADI VATI*.

Keywords: Ajamodadi Vati.

INTRODUCTION:

Ayurveda is one of the oldest traditional medicine system in the world. There are different formulations which are boon for the medical field. Ayurveda involves the use of herbs and mineral based products to treat a disease and follow a healthy lifestyle. The basic principle of ayurvedic formulations is to ensure the balance between the three major types of doshas- vata, pitta, kapha. It helps to restore a healthy balance and prevent the occurrence of any imbalance between the doshas¹.

The drugs are the tools of a Physician. The rational use of drug means that the half of the treatment is over. In Ayurvedic classics there are a lot of single and compound drugs which mentioned in several contexts. Most of them are not re-tested according to the current research methodology. Considering the importance of drug in the disease management Acharya Charaka in sutrasthan IX chapter has mentioned drug as second important factor in Cikitsa Catuspad.

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Among all the different kalpas or the formulations, vati or ayurvedic pills are commonly available to get ride of various diseases. These are prepared from various herbs or minerals in the form of tablets. These can help to get rid of common health problems from headache and Diabetes to Sexual health issues². One such classical multi-ingredient herbal *Ayurvedic* formulation is *AJAMODADI VATI*.

AJAMODADI VATI³

Ingredients of Ajamodadi vati are 13 in number:

- ✓ Ajamoda (*Apium graveolens* Linn.)
- ✓ Abhaya (*Terminalia chebula* Retz.)
- ✓ Pippali mula (*Piper longum* Linn.)
- ✓ Shunti (*Zingiber officinale* Roxb.)
- ✓ Maricha (*Piper Nigrum* Linn.)
- ✓ Pippali (*Piper longum* Linn.)
- ✓ Vidang (*Embelia Ribes* Burm.)
- ✓ Devadaru (*Cedrus deodara* Roxb.)
- ✓ Chitraka (*Plumbago Zeylanica* Linn.)
- ✓ Shatapushpa (*Anethum sowa* Kurz.)

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|---|---|
| ✓ Vruddhadaru (<i>Argyreia speciosa</i>) | Latin Name : <i>Terminalia chebula</i> |
| ✓ Saindhava lavana (Sodii chloride) | Retz. |
| ✓ Gooda (Jaggery) | Family : Combretaceae |
| AJAMODA (<i>Apium graveolans</i> Linn.) ⁴ | Synonyms : Amruta, Abhaya, |
| Sanskrita Name : Ajamoda | Kayastha, Vayastha, Pathya, Vijaya, |
| Latin Name : <i>Apium graveolans</i> | Shiva, Jaya, Haimavati |
| Linn. | Vernacular Name : Kannada |
| Family : Umbelliferae | : Alalekai |
| English Name : Celeary | Hindi : Harad |
| Synonyms : Ugra gandha, hasti, mayuraka, karavi, valli, bastamoda, Markata, Dipyaka, Bramha kusha | Marathi : Harade |
| Vernacular Name : kannada:Voma | English : Chebulic Myrobalan |
| Hindi : Ajawayin | Rasa : Kashaya rasa pradhana |
| Marathi : Ajamoda | Lavana varjita pancharasa |
| English : Celeary | Guna : Laghu, Ruksha |
| Rasa : Katu, Tikta | Virya : Ushna |
| Guna : Laghu, ruksha, teakshna | Vipaka : Madhura |
| Virya : Ushna | Doshagnata : Tridoshahara |
| Vipaka : Katu | Prayojyanga : Phala |
| Doshagnata : kapha vata hara | Karma : Tridoshahara, shulagna, balya, Deepana, Pachana, Krimigna, Rasayana, |
| Karma : Krimigna, kaphagna, Vajikarana, hridhya, balya | Uses : Shothahara, Jwaragna, kushtagna, vata vyadhihara, |
| Prayogya anga : Phala, Beeja | Arsha, udara roga, |
| Uses : Agnimandhya, udara shula, admana, kasa, shwasa, Mutraghata, | krimi, Rakta vicar, etc. |
| Kashtartava, Krimi | Chemical composition : Anthraquinone, glycoside, chebulinic acid, Tannic acid, stearic acid, chebulin |
| Chemical composition : | PIPPALI MULA ⁶ |
| Anthoxanthins, myristic acid, apiin, luteolin | Sanskrita Name : Pippali mula |
| ABHAYA ⁵ | Latin Name : <i>Piper longum</i> Linn. |
| Sanskrita Name : Haritaki | Family : Piperaceae |

| | | | |
|----------------------|---|--------------------------------------|---|
| Synonyms | : Granthikam, Ushnam, Catakashirah, mula, kanamula | Rasa | : Katu |
| Vernacular Name | : Kannada : Pippaliya Beru | Guna | : Guru, Rukshna, Tikshna |
| Hindi | : Pipal ki Mula | Virya | : Ushna |
| Marathi | : Pimpara mula | Vipaka | : Madhura |
| English | : Roots of long pepper | Doshagnata | : Vata kaphahara |
| Rasa | : Katu, | Prayojyanga | : Rhizome |
| Guna | : Laghu, Ruksha | Karma | : Vata kapha hara, |
| Virya | : Ushna | Uses | : Kasa, Shwasa, Hridroga, Vibhandha, Atisara, Sleepada, |
| Vipaka | : Katu | | Pandu, Rakta pitta, Kushta, Arsha |
| Prayojyanga | : Mula | Chemical Composition | : Citral, |
| Doshagnata | : Kaphavatahara | Zingerone, Glycolipids, Zingeberole, | |
| Karma | : Raktokleshaka, Jantugna, Krimighna, Vrushya, Mutrala, Kushtagna, Bhedana, | MARICHA ⁸ | |
| Uses | : Kasa, Shwasa, Arsha, Jwara, Pandu, Krimi, | Sanskrita Name | : Maricha |
| | | Latin Name | : <i>Piper</i> |
| Chemical composition | : Piperine, essential oils, B-Sitosterol, | <i>Nigrum</i> Linn. | |
| SHUNTHI ⁷ | | Family | : Piperaceae |
| Sanskrita Name | : Shunthi | Synonyms | : Ushna, Krishna, Dhavantari, Vellaja, Dharmapattana |
| Latin Name | : <i>Zingiber</i> <i>officinale</i> Roxb. | Vernacular Name | : Kannada |
| Family | : Scitaminae | Hindi | : Kali mircha |
| Synonyms | : Nagara, Shringavera, Vishwa, Bheshaja, Katubhadra, Mahaushadha | Marathi | : Mirin |
| Vernacular Name | : Kannada | English | : Black pepper |
| | : Shunthi | Rasa | : Katu |
| Hindi | : Sontha | Guna | : Laghu, Teakshna |
| Marathi | : Suntha | Virya | : Ushna |
| English | : Ginger | Vipaka | : Katu |
| | | Doshagnata | : Kapha vata hara |
| | | Prayojyanga | : Khandha, Taila |
| | | Karma | : Kapha vata hara, Deepana, shulagna, Krimigna, Pachana, |

| | |
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| Lekhana, garbhashya shodaka, sthoulyahara | shwasa, shukra dourbalya, Arsha, vibhandha |
| Uses : Shotha hara, Krimi, admana, vibandha, peenasa, Hikka, medoroga, prameha, | Chemical composition : Essential oil, piperine, piperlongermine, sesamin, piperlactum, Pipericide |
| Chemical Composition : Piperene, piperolein, cryptone, ascorbic acid, pipericide, pipercolic | VIDANGA ¹⁰ |
| PIPPALI ⁹ | Sanskrita Name : Vidang |
| Sanskrita Name : Pippali | Latin Name : <i>Embelia Ribes</i> Burm. |
| Latin Name : <i>Piper Longum</i> Linn. | Family : Myrsinaceae |
| Family : Piperaceae | Vernacular Name : Kannada |
| Synonyms : Kanaa, Krishna, Kolaa, Tikshna, Tandula, Maagadhi, Vaidehi, Ushna, Soundi | Hindi : Vilanga |
| Vernacular Name : Kannada | Hindi : Vayvidanga |
| : Hippali | Marathi : Bavidanga |
| Hindi : Pipala | Rasa : Kashaya, katu |
| Marathi : Pippali | Guna : Laghu, ruksha, teakshna |
| English Name : Long | Virya : Ushna |
| pepper | Vipaka: Katu |
| Rasa : Katu | Prayojyanga : Phala |
| Guna : Tikshna, snigdha, Laghu | Doshagnata : Kapha vata hara |
| Virya : Anushna sheeta | Uses : Kapha vata vicar, krimidantha, danta shula, ajirna, agnimandhya, Admana, Arsha, Vibandha |
| Vipaka: Madhura | Karma : Balya, Kapha vata hara, Raktashodhaka, Garbhanirodhaka, Rasayana, kushtagna, varnya, mutrajanana, krimigna |
| Doshagnata : Kaphavatahara | Chemical Composition : Embelin, quercitol, homoembelin, |
| Prayojyanga : Mula, Phala | DEVADARU ¹¹ |
| Karma : Jantugna, Shulaghna, Truptigna, Jwaragna, ShiroVirechana, Balya, Rasayana | Sanskrit name : Devadaru |
| Uses : Ajirna, Agnimandhya, krimi roga, udara shula, kasa, | Latin name : <i>Cedrus deodara</i> Roxb. |
| | Family : Pinaceae |

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| Synonyms | : Indra daru, | English | : Lead wort |
| Drukilinam, | Bhadradaru, Amaradaru, | Rasa | : Katu |
| Suravha, Sura Kashta, Bhadradi | | Guna | : Laghu, ruksha, teakshna |
| Vernacular names | : Kannada | Virya | : Ushna |
| | : Devadaru | Vipaka | : Katu |
| Hindi | : Devadara | Doshagnata | : kapha vata hara |
| Maraathi | : Devadar | Karma | : deepana, pachana, |
| English | : Himalayan cedar codar | | vata kapha hara, grahi |
| Rasa | : Katu, Tikta, | Prayogya anga | : Mula |
| Kashaya | | Uses | : shothahara, arsha, |
| Guna | : Lghu, Ruksha | | udara shula, rajorodha, kushta, ajirna, |
| Veerya | : Ushna | | agnimandhya, switra, kasa |
| Vipaka | : Katu | Chemical composition | : Chitranone, |
| Doshagnata | : Kapha vata hara | | droserone, elliptinone, maritone, |
| Karma | : Vedanasthapana, | | plumbagic acidB- |
| hridayottejaka, | pachana, lekha, | | sitosterole |
| swedajanana, shothahara, vranaropana | | | SHATAPUSHPA ¹³ |
| Uses | : Amavata, admana, | Sanskrita Name | : Shatapushpa |
| vibandha, krimi roga, galagandha, kasa, | | Latin Name | : <i>Anethum sowa</i> |
| peenasa, medoroga, jirnajwara | | Kurz. | |
| Upayukta Anga | : khandha, taila | Family | Umbelliferae |
| Chemical constituents | – Toxifolin, | Synonyms | : Atilambi, Karavi, |
| deodarin, atlantone, methyl- acetophenone | | | Misi, Madhura, Sitachatra |
| CHITRAKA ¹² | | Vernacular Name | : kannad: Sabbasige |
| Sanskrita Name | : Chitraka | Hindi | : Soyo |
| Latin Name | : <i>Plumbago zeylanica</i> Linn. | Marathi | : Sepu |
| Family | : Plumbaginaceae | English | : Dill-seeds |
| Synonyms | : Anala, Dahana, | Rasa | : Katu, Teakta |
| Pithi, agni, agnika, jyothi, nirdahana, | | Guna | : Laghu, ruksha, teakshna |
| vanhi, hutaasana | | Virya | : Ushna |
| Vernacular Name | : kannada: Chitraka | Vipaka | : Katu |
| Hindi | : Chita | Doshagnata | : kapha vata hara, |
| Marathi | : Chitramula | | |

Karma : deepana, pachana, rechana,
anulomana, krimigna,vata kapha hara,
vedanasthapana, shothahara,
vranapachana

Prayogya anga : Phala, patra

Uses : udara shula,
rajorodha, charma roga, ajirna, aruchi,
agnimandhya, yonishula, kasa, shwasa,
hikka, etc.

Chemical composition : Carvone,
dihydrocarvone, Apiol, dill-apiol, B-
sitosterole, Limonene

VRUDDHADARU ¹⁴

Sanskrita Name : Vruddha daru

Latin Name : *Argyreia speciosa*

Family : Convoluaceae

Synonyms : Chaagaantri,
vrushyagandhika, Avegi

Vernacular Name :kannada: Vruddha daru

Hindi : Bidhara

Marathi : Mardvela

English : elephant creeper

Rasa : Katu, Teakta, kashaya

Guna : Laghu, snigdha

Virya : Ushna

Vipaka : Madhura

Doshagnata : kapha vata hara,

Karma : Rasayana, vrushya,
shodhana, pachana, ropana, medhya,
nadibalya, hridhya, kanthya, pramehagna,
shothahara, etc.

Prayogya anga : Mula

Uses : Arsha,kapha vataj
vikara, kasa, shotha, kshaya, shukra
dourbalya, prameha, swarabheda,
vibandha, agnimandya, ajirna, etc

Chemical composition : Oleic acid,
quercentin, kaempferol, eragine,

penniclavine,

SAINDHAVA LAVANA ¹⁵

Sanskrita Name : Saindhava lavana

Latin Name : *Sodi chloridum*

Synonyms : Sindhu, sudha,
vimala, vara, seetasiva, dhauteya, shiva

Shivatmaja, pathya sarasa

Vernacular Name : kannada :

Saidhava lavana

Hindi : Sendha namak

English : Rock salt

Rasa : lavana

Guna : Laghu, snigdha,sheeta

Virya : Sheetta

Vipaka : Madhura

Doshagnata : Tridosha hara,

Karma : Chakshushya, hridhya,
ruchikara, tridosha hara, Rechaka,
deepana, pachana,etc.

Uses : abdominal disorders,
dyspepsia, vedanasthapaka, shothahara

Chemical composition : Nacl, NaHCO₃,
insoluble matter, minor quantity of

magnesium chloride, calcium sulphate

GOODA (JAGGERY) ¹⁶

Sanskrita Name : Gooda

Family : *Poaceae*

Vernacular Name :kannada : Bella

Hindi : Gooda

English : Jaggery

Rasa : Madhura

Guna : snigdha, isat kshariya

Virya : Na ati sheeta

Vipaka : Madhura

Doshagnata : Vata hara

Karma : Swadukara, raktashodhaka,
vatagna, balya

Chemical composition : NaCl, NaHCO₃,
insoluble matter, minor quantity of
magnesium chloride, calcium sulphate

DISCUSSION ON THE PROBABLE MODE OF ACTION:

As the drugs of ajamodadi vati were having the Laghu,ruksha guna and ushna varya, it decreases Vitiated Kapha.

As it acts as Deepana and Pachana, improves appetite and Digestion.

Due to its Rechaka and Vatanulomaka karma, it reduces Vata and helps in easy laxation.

Due to its activities like Shothahara, shulahara and vedanasthapaka, it reduces pain and inflammation.

Due to Inhibition of prostaglandin biosynthesis, there will be reduction of pain. Ajamodadi vati not only acts as analgesic (Shulahara) and anti-inflammatory (Shothahara), but also acts as Anti-microbial (krimigna/Jantugna); relieves constipation (Vibandhahara);

Improves appetite and Digestion (Deepana and Pachana); improves Immune System (Balyakara).

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