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Review on the Preparation of *Rasna Saphaka Kashaya* Tablet and its Dose Fixation

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ABSTRACT

Pharmaceutical industry is on continuous experimentations to improve the dosage forms. These experiments will definitely bring out dosage forms in a way so that patient feels comfortable to consume. One among the recent trend in pharmaceuticals is the conversion of Kashaya into Kashaya tablet. Tablets have certain advantages over other dosage forms. The present article deals with the preparation of Rasna Saphaka Kashaya tablet preparation and its dose fixation.

KEYWORDS

Rasna Saptaka Kashaya Tablet, Dose fixation



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INTRODUCTION

Ayurvedic pharmaceutical industry is always improvising the method of preparation of different dosage forms. One of the main aims of these improvisations is to increase the shelf life of Kashaya. Kashaya Kalpana is one of the Kalpana which requires more improvisation so that it can be stored long. It is also to be noted that Kashaya is the dosage form which is effective and less palatable to the patient. So, improved techniques may help us clinically to give much better palatable dosage form to the patients. Converting these Kashaya into tablet may help us to tackle the problem of both palatability and shelf life. While improvising the dosage form there are chances of compromising with the classical references and techniques. So to avoid those measures are also taken for the proper dose fixation of this improved technique of converting Rasnasaptaka Kashaya in to Rasnasaptaka Kashaya tablet.

Rasnasaptakam Kashaya Tablet:

Preparation of kashaya tablet was done in two stages

Stage 1: Preparation of Kashaya

Name of the practical: Preparation of Rasnasaptaka Kashaya¹ (table 1)

Reference: Sharangdhara Samhitha

Equipment: Hammer mill, drug boiler, thermic fluid for heating, weighting machine, measuring

Table 1 ingredients of Rasnasaptaka kashaya

S. No.	Ingredients	Parts Used	Qty
1	Rasna	Rhizome	3 kgs
2	Amrita	Stem	3 kgs
3	Aragwadha	Stem bark	3 kgs
4	Eranda	Root	3 kgs
5	Gokshura	Fruit	3 kgs
6	Devadaru	Heartwood	3 kgs
7	Punarnava	Whole plant	3 kgs
8	Water		340 lts

Procedure:

The raw drugs were collected from SDM pharmacy. They were cleaned and dried in sunlight. Later were made into coarse powder and it was passed through mesh no 8.

The coarse powder was put in a drug basket and it was introduced inside the drug boiler with a capacity of 1000litres and 16 times water was added to it and heat was given with thermic fluid circulation around the drug boiler, which was heated by fire wood boiler.

After 1/8th reduction checked by a measuring scale, the water is filtered with a cotton cloth underneath the drug boiler and filtered kashya was taken in a separate vessel and the residue was discarded

Observations:

- The boiled liquid became brownish in color.
- It attained the odour of kashaya dravyas.
- It became slightly thicker in consistency.



Precaution:

- Raw drugs used for boiling should be coarse in nature to benefit maximum aqueous extraction.
- Mandagni should be given.
- The lid of the drug boiler should be open so as to benefit evaporation.

RESULTS

Table 2 end product of Kashaya preparation

Parameters	Reading
Kashya churna quantity	21000
Total quantity of water	340
Temperature	80 ⁰ c to 90 ⁰ c
Time taken	5 hours
Total quantity	40 lts

Stage 2: Preparation of Tablet

Name of the practical: Preparation of Rasnasaptaka Kashaya tablet² (table 3)

Reference: Sharangdhara Samhitha

Equipment: Heating, pan, stirrer, drier, granulator, tablet compression machine

Method adopted: wet granulation

Table 3 preparation Kashaya tablet

S.N.	Ingredients	Qty
1	Rasnasaptaka kashaya	40 lts
2	Starch	100 g
3	Shunthi churna	200 g

Procedure:

The previously obtained Rasna Sapataka Kashaya was put on a stainless-steel vessel and it is further subjected to mild heat till the entire liquid portion was evaporated. Continuous stirring was done to avoid charring of material. Once the liquid portion was evaporated the residue were scrapped out and kept in drier. It was made

in to granules by putting it in granulator with a 2mm sieve and rotating it in forward direction. These obtained granules were punched in to tablet in 16 stations rotatory tablet compression machine

OBSERVATIONS

- The color of Kashaya became dark brownish as it became semi solid in nature.
- The odor of kashaya became very mild after the procedure.
- It became very sticky in nature after the evaporation.
- After adding shunthichurna and starch the stickiness of the powder reduced and the preparation of granules were easier.

Table 4: preparation of ghanaa vati

Parameters	Reading
Total quantity of kashaya taken	40 lts
Total quantity of Ghana obtained	4257 g
Temperature of heat given	80 ⁰ C to 90 ⁰ C
Total time taken for reduction	3.40 hrs
Total quantity of Ghana obtained after drying	2352 g
Temperature of the heat dryer	45 ⁰ C
Total time taken for drying	2 days
Loss of drying	1950 gms
Total number of tablets punched	2130 tablets
Total weight of tablets	2159

Dose fixation:

The dosage for Rasnasaptakakashayam is 50ml³ per day as the dose of kashaya was fixed at one pala. With this as a benchmark, the kashaya tablet should be able to give the approximate equivalent dose of one pala of



liquid kashaya, if it has to do justice to the comparative clinical study.

To understand how the dosage of one palakashaya equivalent is achieved, it is important to go through the observation of the pharmaceutical preparation of Rasnasaptakakashaya tablet. The preparation had 2 stages:

- 1) Preparation of Rasnasaptakakashaya
- 2) Preparation of Rasnasaptakakashaya tablet

For the preparation of kashaya, 7 ingredients were taken 3 kg each and to that 16 times water (340 ltrs) was added and boiled in mridu-agni and reduced to 40 ltrs (which is 1/8th reduction). This filtered 40 ltrs of Kashaya was again taken in heating pan and heated and stirred constantly till its aqueous portion is evaporated and stopped once it attains the semisolid consistency.

OBSERVATION

Table 5 Result of Ghana preparation

Parameters	Readings
Total quantity of kashaya taken	40 ltrs
Total quantity of rasakriya obtained	4257 g
Loss on drying	1905 g
Total number of tablets punched	2130 tablets
Total weight of tablets	2189 g

Dose fixation of Kashaya tablet

It can be noted that with 40 ltrs of kashaya, 2130 kashaya tablets weighing (1g) was prepared. So with this equation an

approximate calculation of the equivalent of one tablet can be made like this.

2130 Kashaya Tablets = 40,000ml of Kashaya, one kashaya Tablet = 17ml of Kashaya.

Here we can give an approximate correlation of one tablet equals 17ml of kashaya, hence 3 tablets were advised to meet the one pala dosage criteria.



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