Ayurvedic perspective of nutraceuticals with special reference to ashtaguna manda

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Abstract

Human life styles have been drastically changing over five decades due to urbanisation, industrialisation and changing culture. Due to these changes the population is gradually suffering from many metabolic and degenerative diseases, caused by nutritional deficiency. In recent years year a pharmaceutical product “Nutraceutical” has made a special attention for their nutritional supplementation which can be correlated to Pathya Kalpana in Ayurveda. It can provide health benefits especially in the prevention and treatment of acute and chronic diseases. Ashtaguna Manda coming under the Pathya Kalpana has got high nutritive value and is capable of preventing and curing diseases and also in maintaining health. The present study aims to reveal the Ayurvedic perspective of Nutraceuticals with special reference to Ashtaguna Manda by carrying out the pharmaceutical procedure and qualitative analysis. Ashtaguna Manda is a simple preparation mentioned in Sarangdhara samhitha in which Rice and Mudga are the main ingredients which are rich in Carbohydrate and proteins and its easily digestive property with high nutritive value make it the appropriate food for patients as well as healthy persons.

Keywords: nutraceuticals, pathya kalpana, ashtaguna manda

Introduction

The goal of Ayurveda is to achieve healthy life by its preventive and curable measures. Classical texts like Charaka samhitha, Susrutha samhita and Ashtanga hridaya has classified the whole dravyas into two categories ie Aushadha and Ahara. The importance of Ahara in prevention and treatment of diseases was well known even in 1000 BC. People have been taking herbs and herbal formulations as part of their food supplements since ancient times. Our acharyas have also mentioned that those diet should be consumed daily that would maintain our normal health and prevent the occurrence of diseases.

The Nutraceutical is defined as “A food or a part of food that provides health or medical benefits including the prevention and treatment of a disease.” Thus Nutraceuticals not only supplement the diet but also aids in prevention and treatment of a disease. These provide required amount of micronutrients and macronutrients.

In Ayurveda the concept of Nutraceuticals can be correlated to the Pathya Kalpana. There are basically two types of formulations Primary formulations and Secondary formulations. Pathya Kalpana is coming under the Secondary formulations, that are prepared using Primary formulations like Kasaya, Swarasa, Hima, Phanta etc. In Ayurvedic classics list of wholesome and unwholesome diet has been described. Among these the following are the wholesome diet advised by Charaka2 -Shashhtika, Saali, Mudga, Saindhava, Amalaka, Yava, Rainwater, Ghee, Jangala mamsam and Madhu. Among these shashhtika, saali, mudga and saindhava are present in Ashtaguna mandala. This itself indicates the anapaayatvam of this preparation. It got the name because of its 8 ingredients as well as its 8 indications like Dipana, Pranada, Basthishodhana, Raktavardhana, Jwarajit, Vatagna, Pittugna and Kaphagna.

Importance of Ashtaguna manda:

- This preparation is made up from minimum and easily available ingredients.
- Method of preparation is very simple.
- Cost effective and saves time.
- Moreover it is helpful for both healthy and diseased individuals.
- Best for samsarjana krama in panchakarma.

Ingredients and Indication of Ashtaguna Manda

Ashtaguna manda can be prepared using the following ingredients:

1. Dhanyaka - Coriandrum sativum
2. Nagar - Zingiber officinallis  
3. Maricha - Piper nigrum  
4. Pippali - Piper longum  
5. Saindhava - Rock salt  
6. Mudga - Phaselus aureus  
7. Tandula - Oryza sativum  
8. Taila bhrshtha Hingu - Ferula northax  
9. Water

### Materials and Methods

According to acharya Sharngdhara Ashtaguna Manda is prepared by general method of Manda preparation \(^3\). Drugs and water are taken in the ratio of 1:14 and heated till the drugs are completely cooked. Then it is decanted to obtain the liquid portion only which is known as manda. The ingredients and quantity taken are described in table 2.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Metric Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tandula</td>
<td>1 pala</td>
<td>48 g</td>
</tr>
<tr>
<td>Mudga</td>
<td>1 pala</td>
<td>48 g</td>
</tr>
<tr>
<td>Water</td>
<td>2x14 pala</td>
<td>1344 ml</td>
</tr>
</tbody>
</table>

All the ingredients except tandula and mudga are dried and powdered and kept aside. Then properly cleaned Tandula and Mudga are taken together and add 14 times (1344 ml) of water and heat. Heating is continued till the contents are properly cooked. Then the entire content is decanted to obtain the liquid portion known as the Manda which is added with the remaining powdered ingredients and is served. Siddhi lakshna is the completely cooked rice and mudga.

### Observations

- Time taken for complete cooking – 50 minutes
- Flame temperature – 500 Degree Celsius
- Temperature of vessel – 128 Degree Celsius
- Product obtained – 320 ml

Dosage: 25-50ml

Shelf life: Sadhyasevana. Best to be used freshly prepared.

### Pharmacological Action

1. Deepana: Improves digestion, can be given in ama condition and also can prevent the formation of ama. 
2. Pranada: Improves strength by normalising the electrolyte imbalance produced after the Panchakarma therapy, through samsarjana karma. 
4. Rakтavardhana: Dhatu parinama happens by the jataragni deepana.

### Indications

Deepana, Praanada, Basthi shodhana, Rakthavardhana, Jwarajith, Vatagna, Pittagna, Kaphaghna are the indications of Ashtaguna manda \(^3\). Ayurvedic pharmacology has a detailed information on the biological effects of food on parameters like Rasa, Guna, Virya, Vipaka and Karma. The Rasa panchaka of the ingredients are described in Table 1.
gastrointestinal tract thus providing the health benefits.

**Conclusion**
Pathya kalpana is basic but most important concept in Ayurveda which seems to be practical and must be practised clinically. Ashtaguna manda is a good pathya kalpana in Ayurveda. Rice and Mudga which are the main ingredients in this preparation are rich in carbohydrate and proteins and its easily digestive property with high nutritive value make it the appropriate food for patients as well as healthy persons.

**References**