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## 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 samhitha 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 Charaka<sup>2</sup> -Shashtika, Saali, Mudga, Saindhava, Amalaka, Yava, Rainwater, Ghee, Jangala mamsam and Madhu. Among these shashtika, saali, mudga and saindhava are present in Ashtaguna manda. 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, Pittagna 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 - Coriandrm sativum

- Nagara - Zingiber officinalis
- Maricha - Piper nigrum
- Pippali - Piper longum
- Saindhava - Rock salt
- Mudga - Phaseolus aureus
- Tandula - Oryza sativum
- Taila bhrshtha Hingu - Ferula northax
- Water

### Indications

Deepana, Praanada, Basthi shodhana, Raktavardhana, 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

**Table 1:** Rasa Panchaka of the ingredients of Ashtaguna manda<sup>5</sup>

Drugs	Rasa	Guna	Virya	Vipaka	Dosa karma	Therapeutic actions
Dhanya	Kasaya Tikta, Katu	Laghu, Snigdha	Ushna	Madhura	Tridosahara	Pacana, Dipana, Mutrala
Nagara	Katu	Ruksham, Tiksnam, Guru	Ushna	Madhura	VataKapha hara	Agnidipana, Jwarahara, kasaswasahara
Maricha	Katu	Laghu, Tiksnam	Ushna	Katu	KaphaVata hara	Dipana, Jwaragna, Arsogna
Pippali	Katu	Laghu, Snigdha, Tikshna	Ushna	Katu	VataKaphahara	Dipana, Jwaragna, Rasayana
Saindhava	Lavana, Madura	Laghu, Snigdha, Sookshma	Sheeta	Madura	Tridosahara	Dipana, Pacana, Ruchya, Chakshusya
Mudga	Maduram	Laghu, Ruksha	Sheeta	Madhura	Tridosahara	Jwaragna, Shukrala, Jeevaniya, Chakshusya
Tandula	Madura, Kasaya	Laghu, Snigdha	Sheeta	Madura	Tridosagna	Dipana, Brimhana Mutrala, Balya, Jwarapaha
Hingu	Tikta Katu	Laghu, Tikshna, Snigdha	Ushna	Katu	VataKaphahara, Pittakara	Pachanam, Anulomaniya, Rucya

### 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 2:** Ingredients and Quantity

Ingredients	Quantity	Metric Equivalent
Tandula	1 pala	48 g
Mudga	1 pala	48 g
Other ingredients	Quantity sufficient	
Water	2x14 pala	1344 ml

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

- Deepana: Improves digestion, can be given in ama condition and also can prevent the formation of ama.
- Praanada: Improves strength by normalising the electrolyte imbalance produced after the Panchakarma therapy, through samsarjana karma.
- Basti shodana: Cleanses and detoxifies kidney and bladder.
- Raktavardhana: Dhatu parinama happens by the jataragni deepana.

- Sarvadoshagna: Balances all the three dosas.
- Jwarahara

All the ingredients present in Ashtaguna manda has the above actions.

### Results

#### 1. Organoleptic Characters

Colour: Brownish liquid

Odour: Characteristic odour of rice and mudga

Taste: Katu

Form: Liquid

- PH : 6.83

- Qualitative Analysis

**Table 3:** Results for Qualitative Analysis

	Experiment	Observation	Inference
Carbohydrate	Molisch Test	Reddish violet ring at the junction of two liquids	Presence of Carbohydrate
Protein	Biuret Test	Violet colour	Presence of Protein
Starch	Iodine Test	Blue colour	Presence of Starch
Sugar	Fehling's Test	Brick red precipitate	Presence of Sugar

### Discussion

In Ayurveda basically there are two types of formulations ie Primary formulations and Secondary formulations. Ashtaguna manda is a Pathya kalpana coming under the secondary formulations. In this preparation the ingredients are simply cooked in 14 times water, decanted and the liquid portion known as the manda is collected. The table showing the Rasapanchaka of the ingredients clearly indicates that all the drugs are having dipana property in general. It improves strength particularly after the panchakarma therapy where electrolyte imbalance happens. Rakta vardhana doesn't make dravya level increase but the guna level increase in blood. The qualitative analysis of Ashtaguna manda proves the presence of nutrients like Carbohydrate, Starch, Protein and Sugar. The major carbohydrate constituent of rice is Starch which is 72-75%. The amylase content of the starch varies according to grain types. Superior types contains up to 17.5% amylase. This aspect may also have been considered by our Acharyas while indicating that mahatandula and dirghasuka are having good digestive property. Starch acts like soluble fibre in the

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.

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