



# AYURVED PRAKASH

PRAKASH INSTITUTE OF AYURVEDIC MEDICAL SCIENCES & RESEARCH

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## A CRITICAL STUDY ON DIFFERENT FILTRATION TECHNIQUE IN THE PREPARATION OF APAMARGA KSHARA

The aim and objective of Bhaishajya Kalpana is to prepare different formulations of herbal and herbo-mineral compounds in various forms and to arrive at a formulation that yields highest possible therapeutic efficacy, having cost effectiveness, easiest mode of administration and maximum feasibility to the patient. This is achieved by means of experimental and clinical studies.

Total Eight samples are used for the study, among them two are according to classical references of Acharya Susruta and Acharya Sharangadhara. Four samples are prepared by altering the number of filtration in the classical reference itself. The remaining two samples were prepared by new methods, by using a specially designed apparatus and a water purifier in which activated charcoal was used.

### METHODOLOGY

#### POORVA KARMA

Poorva karma will be same for all the sample preparation.

#### I. Procurement of Crude Drugs:

- The whole plant of Apamarga (*Achyranthes aspera* Linn.) was collected from outskirts of Thirthahali, Karnataka, India.

- Care was taken that no industries or waste channels were there.
- It was washed well to remove physical impurities.
- The collected plant was dried under shade
- It was covered with markin cloth to avoid dust contamination.

#### II. Incineration of Dried Apamarga Panchanga To Ash:

- Well dried Apamarga Panchanga weighing about 24kg was cut into small pieces.
- The cut parts were arranged in a heap in an iron vessel.
- Direct fire was introduced to cut parts.
- They were allowed to incinerate first and then after complete incineration to cool down.
- After cooling, the 2kg of ash was collected.
- Collected total ash was divided in to eight parts, weighing 250gm each.
- They were stored in air tight plastic covers for further practical procedure.

## PRADHANA KARMA:

### Sample A

Apamarga kshara had been prepared by using 6 times of water. Here 21 times of filtration had done through three layered cloth

### Sample B

Apamarga kshara had been prepared by using 4 times of water. Here kharodaka had been kept over a night.

### Sample C, D, E & F

Sample C, D, E & F of apamarga kshara is made by changing the number of filtration i.e 4,8,12 & 16 times of filtration is done respectively, in each sample 6 times of water had taken.

### Sample G

Sample G of apamarga kshara is prepared by using pureit as the filtering apparatus in which activated charcoal is used. Here the filtration is done only for one time.

### Sample H

Sample H of apamarga kshara is prepared by using a specially made filtering apparatus in which two earthen pot, a conical flask and what man filter paper is used. Here also only one time of filtration is done.

## SUMMARY

The section discusses in brief with the concept of Kshara. Classical concepts of Kshara with utilization in specific cases are shortly mentioned. The difference in opinion about the filtration method in various classical text books and probable changes in quality of products had been considered. The quality expressed is thought for minerals as during bhasma preparations, organic metabolites may get denatured or destroyed.

Conclusions were drawn from the outcome of the study undertaken along with limitations and suggestions for further study

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## विभिन्न स्त्रीरोगों में उपयुक्त

### स्थानिक चिकित्सा

1. **प्रस्रंसिनी योनिव्यापद –**  
(Uterine Prolapse)
  - योनिधावन—पंचवल्कल कवाथ
  - योनिपिचू—जात्यादीतैल  
—चांगेर्यादितैल  
—फलघृत पिचू
2. **स्तनशोथ –** स्तन प्रदेश में हरिद्रा + धत्तूरपत्रलेप  
(Breast Engorgement)
3. **Decubitus ulcer of cervix –**  
Glycerine + MgSO<sub>4</sub> Painting & vaginal Packing
4. **योनिंकंडू , योनिस्त्राव , पिच्छिलस्त्राव**
  - योनिधूपन – गुग्गुल, विडंग , हरिद्रा , शतपुष्पा
  - योनिधावन – त्रिफला + दार्वी + गिलोयकवाथ
5. **योनिशूल , योनिपिचू –** बलातैल , धातकयादी तैल
  - निरुहबस्ति – दशमूलकवाथ
  - अनुवासन बस्ति – बलातैल
6. **अनियमित आर्तव –**  
मात्रा बस्ति – सहचरादी तैल 60ml प्रतिदिन, 7 दिन तक मासिक रजः स्त्राव के बाद प्रतिमास, 6 मास तक
7. **महायोनि –**
  - योनिपिचू –मूषकसिद्ध तैल  
—चांगेर्यादी घृत  
—जात्यादी घृत
  - योनिधूपन – गुग्गुल + हरिद्रा
  - योनिगत पोटली धारण – लोधचूर्ण  
+ माजूफल चूर्ण + पलाशचूर्ण  
+ जात्यादी/धातकयादी तैल + शहल
8. **योनिंकंडू ,**
  - योनिधूपन – हरिद्रा + दारुहरिद्रा + बृहतीफल
  - योनिधावन – त्रिफला + दंती + गुडूची कवाथ  
त्रिफला + विडंग कवाथ

9. **योनिदाह** – योनिधावन – चंदन कवाथ  
योनिपिचू – चंदनकवाथ पिचू
10. **योनिकंद** – योनिपिचू – मूषकसिद्ध तैल
11. **वितृत्ता योनि** – योनिपिचू – उदुम्बरादी तैल
12. **सूतिका परिचर्या**–  
योनिधूपन – गुग्गुल, कुष्ठ, घृत, हरिद्रा  
+ विडंग, शतपुष्पा, अजमोदा, राल  
योनिधावन – त्रिफला कवाथ
13. **योनिदौर्गन्ध्य** – योनिधावन – आरग्वधकषाय
14. **फलिनी/अंडिनी योनि व्यापद**–  
(Cystocele)  
  - योनिधावन – निंब कवाथ
  - योनिपिचू – उदुंबरतैल  
–मूषकसिद्ध तैल
  - योनिकल्क धारण – लोध्र + माजूफल  
+ शहद + धातकयादी तैल
15. **प्रस्रंसमान गर्भ** –  
  - अधोदर प्रदेश में – कृष्णमृत्तिका लेप  
– शलधौत घृत लेप
  - योनिपिचू – पंचवल्कल कवाथ  
– यष्टीमधू चूर्ण +  
घृत यूक्त पिचू
  - योनिलेप – शतधौत घृत
16. **Post spinal Headache** – वचा + शुंठी लेप  
(ललाट प्रदेश में)  
– शतावरीघृत नस्य 2<sup>0</sup> – 2<sup>0</sup>  
(Post OP LSCS)
17. **Irregular or Poor Endometrium** –  
To increase endometrial thickness in  
infertility patient  
योनिपूरण – फलधृत  
From 5<sup>th</sup> day of Menses to 12<sup>th</sup> day of  
menses
18. **Post-Menopausal syndrome** –  
(रजोनिवृत्तिजन्य लक्षण)  
– धान्वंतरतैल मात्रा बस्ति 60ml  
– प्रतिदिन 7 दिन, प्रतिमास

19. **Endometriosis** –

- निरुहबस्ति –दशमूलकवाथ
- अनुवासनबस्ति –बलातैल
- मात्राबस्ति –सहचरादितैल 60ml

20. **Tubal Block-**

- स्थानिक स्नेहन – अधोदर प्रदेश में  
बला तैल
- स्थानिक स्वेदन – दशमूलकवाथ
- निरुहबस्ति – दशमूल कवाथ ( 2  
से 3 दिन)
- उत्तरबस्ति – क्षार तैल  
– कासीसादीतैल  
– हरिद्रादी तैल
- अधादेर प्रदेश में लेप – बदरपत्र बिल्व  
पत्र बीज कल्क (प्रतिदिन)

**Dr. Tejaswini Buchade**  
(Assistant professor)

**Deptt. Of Stri Roga evum Prasuti Tantra**

## NOTICE BOARD

- **Swarna Prashana** on  
4<sup>th</sup> July 2019 (Thur)  
31<sup>st</sup> July 2019(Wed)  
28 Aug 2019(Wed)

### Venue:

Prakash Institute of Ayurvedic Medical  
Sciences & Research, Jhajhar, Rabupura  
Road, Yamuna Express Way (NCR)

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YOGA PAKHWADA (15<sup>TH</sup> JUNE – 30<sup>TH</sup> JUNE)



INTERNATIONAL YOGA DAY (21<sup>ST</sup> JUNE)

