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Review Article

A Review on Various Ayurvedic Preprations

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ABSTRACT

Ayurveda, the traditional Indian system of medicine, encompasses a wide range of customized formulations designed to address specific needs, imbalances in doshas, and various health conditions. Among the various preparations, lehya or avaleha stands out as a palatable, semisolid option, frequently sweetened and enriched with herbs, playing a crucial role in both preventive and curative healthcare. This article explores the categorization of Ayurvedic preparations, discusses the importance of lehya, explains its preparation techniques, highlights its therapeutic uses, and examines its relevance in the present era.

INTRODUCTION

1. Overview of Ayurveda.

Ayurveda, which means "the science of life," is a comprehensive medical system that originated in India more than 5,000 years ago. It highlights the importance of maintaining a harmonious balance among the three primary doshas—vata, pitta, and kapha—to promote overall well-being and prevent illness. Ayurvedic treatments are tailored to each person, taking into account their unique constitution (prakriti), daily habits, and the surrounding environment. [1]

2. Categorization of herbal remedies.

Ayurvedic formulations are classified according to their texture, preparation technique, and method of application.

Water-based extracts obtained by boiling herbs.

- **Churna (powders):** finely ground herbal mixtures. ^[2]
- Vati/gutika (tablets/pills): compressed herbal powders, often with binders..
- Fermented beverages: alcoholic concoctions created from herbal infusions.
- Ghrita (medicated ghee): clarified butter infused with herbs.

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- **Taila (medicated oils):** herbal oils that can be used internally and externally for various purposes.
- Lehya/avaleha (electuaries): semi-solid, sweetened preparations meant for licking^{. [3]}

3. lehya (avaleha): meaning and importance.

Lehya, originating from the Sanskrit root "lih" meaning "to lick," denotes semi-solid preparations intended for oral consumption by licking. These formulations are commonly sweetened with jaggery, sugar, or honey, which not only improves taste but also increases compliance, particularly among children and the elderly ^[4]. Improved bioavailability: the semisolid form enables more efficient absorption of active ingredients. ^[5] Nutritional support: frequently fortified with beneficial herbs, offering both therapeutic and nutritional advantages. ^[6] Adaptability: suitable for long-term use in chronic conditions and as rejuvenate tonics. ^[7]

4. Preparation of lehya.

The process of making lehya requires careful attention to detail: - ^[8]

- Decoction preparation: chosen herbs are boiled to create a concentrated decoction.
- Sweetening: the decoction is mixed with sweeteners like jaggery or sugar and heated until it reaches a semi-solid state.
- During the boiling process, fine powders of specific herbs are incorporated into the mixture.
- After the cooking process, substances like ghee and honey are added to enhance the therapeutic properties and prolong the shelf-life of the food.
- The end result is a uniform, semi-solid mixture with a delightful flavor and fragrance.

5. Medical uses of lehya.

Lehya equations are utilized in numerous therapeutic settings: .

Immunomodulation: preparations like chyavanprasha enhance immunity and vigour. ^[9] **Respiratory ailments:** Agastya rasayana is beneficial in treating chronic respiratory conditions. ^[10]

Digestive disorders: chitrak haritaki lehya aids in enhancing digestive fire and alleviating constipation. ^[11]

Brahma Rasayana is a rejuvenating formulation that acts as a neuro-tonic and anti-aging agent. ^[12]

Paediatric care: Kumarabharana Rasayana aids in the growth and development of children, bolstering their immune system. ^[13]

Various Working on Ayurvedic Formulation

Jyothi Raga, Vivek P, Hari C.M. (October 2023)

These researchers highlighted the pressing need for standardization in Ayurvedic formulations. They emphasized that traditional remedies, while effective, require consistency in quality. They proposed that parameters such as organoleptic evaluation, phytochemical profiling, and stability testing can be used to make herbal formulations more reliable and scientifically validated ^{[14].}

Patel P. et al. (2022)

This study focused on the importance of quality control in Ayurvedic medicine. The team worked on a formulation containing *Ashwagandha* and used chromatographic techniques like HPTLC to ensure the presence of key active ingredients. Their findings reinforced the idea that scientific tools can ensure authenticity and potency in Ayurvedic products [15].



Sharma S., Joshi A. (2021)

The authors discussed the integration of traditional knowledge with modern techniques. They developed an *Avaleha* formulation and evaluated it for physicochemical parameters, microbial load, and shelf-life. The research concluded that standard testing protocols can help bring Ayurvedic medicines to a global platform [16].

Kumar R. & Meena R. (2020)

This research focused on polyherbal formulations and their therapeutic relevance in lifestyle disorders. The authors formulated a combination for diabetes management and evaluated it through clinical parameters and patient outcomes, suggesting that traditional blends can be adapted for modern health issues when validated scientifically ^[17].

Banerjee T. et al. (2023)

This group explored nanotechnology in Ayurveda, proposing that nano-sized herbal particles could improve bioavailability and therapeutic efficacy. Their findings offer a modern approach to enhance the effectiveness of traditional formulations, especially for chronic diseases ^[18]

Singh P. & Yadav N. (2022)

They reviewed several classical Lehya formulations and emphasized their potential. Through immunomodulatory comparative analysis, they concluded that formulations Chyavanprasha, like when standardized and tested for safety and efficacy, could play a significant role in preventive healthcare.^[19]

CONCLUSION

Ayurveda offers a time-tested, holistic approach to health and wellness, with formulations like *Lehya* playing a crucial role in preventive and curative care. These semi-solid preparations are not only therapeutic but also nourishing, making them suitable for people of all ages. As seen in various studies, the modern scientific community is increasingly recognizing the value of traditional Avurvedic medicines. However. for these formulations to gain global acceptance, standardization, quality control, and scientific validation are essential. By combining ancient wisdom with modern research tools, we can ensure that Ayurvedic preparations remain effective, safe, and relevant in today's healthcare landscape. The path forward lies in bridging traditional practices with evidence-based science-a step that will enhance the credibility and reach of Ayurveda across the world.

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