

## AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center  
Chakrapani Global Center for Training & Research in Ayurveda

May 1' 2003

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Your Continued Good Health is Our Goal.....

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1.).. **About the AyurvedaNews:** AyurvedaNews is an optional fortnightly newsletter available to those who have visited our web sites and contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our sites. Our sites: <http://chakrapaniayurveda.com>, <http://AyurvedaHelpline.com>, <http://LearnAyurveda.com> and <http://garrysun.com> contain only the best and most pertinent material on Ayurveda and Holistic systems of medicine. This newsletter focuses on improving and popularizing Ayurveda and all the holistic systems of medicine.

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### 2.).. This Issue's Quote:

"Medicine is not only a science; it is also an art. It does not consist of compounding pills and plasters; it deals with the very processes of life, which must be understood before they may be guided."

- Paracelsus, Philipus A.

### 3.).. Testimonials:

Good afternoon everybody, Pranam ! Today I received the new issue of "Chakrapani Ayurveda" april 2, and I am glad to received it because I have every issue and all of them are very interesting for me.... Till soon and a lot of success with "Chakrapani Ayurveda" ! Namasté!

Rien Eijbersen, The Netherlands.

Dear Dr. Rajesh Kotecha, The work is great! I did not expect to have so wonderful and presentable reference. It will be my proud forever. Please, feel free to address me any time if you need my help. It will be my pleasure to communicate with you and, may be, collaborate.

Lidia Kovalenko, Kazakhstan

(Thanks Rien and Lidia for your appreciation)

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4.).. **Editor's Note:** The today's feature article entitled "**The standardization and quality control of Ayurveda drugs**" will provide new perspective to this subject for our readers. The author has tried to put this complex subject in simplest possible words. It is really a nice effort.

Do enjoy reading AyurvedaNews with all its new information in every issue.

Kindly keep us posted to encourage us to help you. Particularly, we invite your views and ideas on the subject and content of our feature articles. It will help us to further improve in the area of feature articles.

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**5.).. The standardization and quality control of Ayurveda drugs:** Prof. V. J. Thakar

The question of standardization or quality control depends on the origin and nature of the medicinal herbs and compounds. There are many elements pertaining to their sources that need to be considered:

1. Source like Jangam, Audbhida or Parthiva (animal, vegetable or mineral origin)
2. Bhumi (soil)
3. Desha (climate)
4. Ritu (the period of the year - season)

These are the powerful and natural causes of variations to the properties of medicinal herbs and compounds, and together with the processes (Samskara) through which they are subjected to pass, i.e. cultivation, fertilization/manure, irrigation facility etc. and the manufacturing processes, the quality can be somewhat more controlled and measured.

However, due to these natural growth conditions of the herbs, the percentage of the chemical constituents, and their morphological growth-roots, leaves, bark and fruits, the chemical constituents contained in the Ayurveda drugs do not remain consistent as we would wish them to be. The same is also true for the compound products because in compounds, the number and amount of ingredients alter and the processes of compound formation also vary, from region to region and person to person. Hence, the numerous compounds listed under the same name. We, therefore, do not encounter uniformity in phytochemistry, active principles, extracts, alkaloids, glycosides on which modern standardization is based.

Another aspect to consider is the dose of the drug and its actions and usefulness within the living body. In other words, pharmacodynamics and therapeutic effects cannot be expected unless there is uniformity in the contents of the natural drug and that its properties are also of the same grade. Actions of a therapeutic agent (Aushadha) in the body are also varied – some acting on a particular organ or a system, body fluids or on microbes. There are the medicinal effects (Dosha Prashamana) to consider too, some having harmful effects (Dhatupradushana) and some having toxic effects. That is why drugs are examined 'in vitro' and 'in vivo' to fix their minimum and maximum dose before being prescribed to human beings as a therapeutic agent. Ayurveda has emphasized the point of the necessary detailed assessment in all possible ways before administration of a drug in Charaka Sutrasthana Chapter I & II.

Physical properties, active principles and pharmaceutical processes through which the drug is subjected to pass should also be measured and controlled to a set standard in order to ensure the desired quality of actions – which represent respectively – the Prakriti, Nama, Rupa, Rasa, Gunavigyana, Vipaka and Viryavigyana, Vidhivishesha or Karana, Samsakara or Kalpana and finally Prabhava Vigyana (specific actions) mentioned in Ayurveda. Physical examination, chemical evaluation and biological assessment are also to be controlled and maintained as detailed in modern science. Unless an average fixed standard is expected to be identified and also maintained, it is not possible to arrive at the idea of plus, minus points (Sama, Vishama or Pravara, Hina, Madhya or Kshaya, Sthana and Vriddhi) of the Doshas and the potency of the drug actions as described in Ayurveda. The importance of the standard value of qualities (Guna, Rasa etc.) and the constituents of a drug (Parthivadi Dravya) and also the normal or abnormal states of etiological factors (Dosha, Dhatu, Mala) and their effects and pathological changes in the body Vikara Samprati, cannot be overemphasized. This is pointed out in Vimanasthana of Charaka Samhita.

But, how to examine or verify them objectively is a complicated issue. No mention of normal or optional values, are mentioned. For the evaluation of properties (Guna) in Ayurveda drugs, the observer's (patient and doctor) senses of the physical effects are considered, secondly the pharmacological effects are established after observation of the drug on the body, and thirdly by observing Vyapat ( the toxic effect or unpleasant effects) on the body. For controlling the proportion of constituents in a drug, the same method for assessing the relative dominance of a particular basic element (Mahabhuta) is applied. This

form of assessment varies from person to person and can be a source of error made by the observer or by an error of crude instruments. For Dosha assessment – the normal or abnormal conditions, severity of a disease, the increase or decrease of a particular property in the body tissues and the increase or decrease in the specific body functions, are assessed only by the observer's observation.

Though there is emphasis given on relative dominance of properties and functions, (Amshansa Kalpana) there is no evidence or relevant accurate means and methods or techniques to express facts in figures. That is why no two Vaidyas follow one procedure and derive the same conclusion.

Modern scientific progress has established new methods, techniques and relevant precision instruments for verification of standard of drugs and disease. But how, they are going to be helpful in finding out low or high quality and varying conditions of – Triguna, Panchabhuta, Tridosha Doshapaka, Dhatupaka, Ama, Agnibala etc. in a living organism and Rasa, Guna, Veerya, Vipaka, Prabhava, Bhutokarsha and Samanya and Vishesa in Ayurveda drugs and diseases, is a complex problem.

Unless ancient science and modern western advanced science are linked, at a fundamental level or at a particular branch of medical diagnostic assessment, reliability of results of research and development cannot be expected. We need the unification of both our systems in order to bring about the exchange of our knowledge. But this is an uphill task, which is either simply avoided or touched on superficially and that is why it has reminded stuck where it is until now. Unbiased people with devotion, vision, coordination, scholarship and expertise with interdisciplinary combined efforts and determined approach may achieve this goal.

We hope the first decade of the twenty first century will push forward the achievement of this ambitious goal.

Kindly send your queries or comments on this article at [newsletter@chakrapaniayurveda.com](mailto:newsletter@chakrapaniayurveda.com).

The author of above article, Prof. V. J. Thakar is retired professor of Basic Principles of Ayurveda and ex - Vice Chancellor of Gujarat Ayurveda University, Jamnagar, Gujarat, India. We acknowledge that the above article is being republished from the Souvenir of 4th International Seminar on Ayurveda organized by Gujarat Ayurveda University from 5th to 7th January 2003.

Are you an expert in any one of the different Holistic Systems of Health? Please send your articles for publication in AyurvedaNews to Nachiketa, our editor at: [newsletter@chakrapaniayurveda.com](mailto:newsletter@chakrapaniayurveda.com)

#### 6.).. **Best Ayurveda Products from Chakrapani's:**

**[Rasayanaprash](#)** a 100% natural immunity promoter and provides inner strength of body and mind.

**[Ashwagandha Bru](#)** a 100% natural and caffeine free beverage for strength and vigor

**[Memory Enhancer Bru](#)** a 100% natural and caffeine free beverage for good memory

**[Herbal Face Pack](#)** a 100% natural formula for face care.

**[Herbal Revitalizing Cleanser](#)** a 100% natural formula for skin care.

**[Herbal Hair Conditioner](#)** a 100% natural formula for hair care.

Wish to procure our products? Ask at [manish@chakrapaniayurveda.com](mailto:manish@chakrapaniayurveda.com) for India and other countries except Europe, America and Canada, [SumanBakshi@t-online.de](mailto:SumanBakshi@t-online.de) for Europe and [Ayurvedicherbs@aol.com](mailto:Ayurvedicherbs@aol.com) if you are living in USA or Canada. We supply Ayurveda Herbs for customized requirement also.

#### 7.).. **Upcoming Events:**

National Institute of Ayurveda (NIA), Jaipur, India is organizing an International Seminar 'Aushadhi 2003' on Plant Based Medicine during 15-16-17 December, 2003. For more information, please contact -

Prof. Mahesh Chandra Sharma

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Sincerely,  
The AyurvedaNews Team

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