

## REVIEW ON JAATIPHALADI VATI

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## ABSTRACT

Vati kalpana is one among the important secondary preparations in Ayurvedic pharmaceuticals. Many drugs are described in Ayurvedic classical texts for the treatment of various disorders. Jatiphaladi Vati is one such Kharaliya Rasayana mentioned in classics. There are 4 types of jaatiphaladi vatis are mentioned by different acharyas having different ingredients, indication, anupana and matra. *jaatiphala* (*Myristica fragrans*) is a aromatic drug having *tikta, katu* rasa, *laghu, teekshna* guna, *ushna* veerya, *katu* vipaka, *kaphavata shamaka*. This vati is mainly indicated in agnimandya, arshas, grahani and in other GIT disorder.

**KEYWORDS:** Jaatiphala, kharaliya rasayana, Arshas, Agnimandya.

## INTRODUCTION

Vati is a solid dosage form prepared by adding the fine powder of drug/drugs to liquified jaggery or sugar or guggulu or water or honey or swarasa either by heating or without heating.<sup>[1]</sup> The size of the vati depends upon the characters of its ingredients. According to vagbhata vati is a outcome of kalka kalpana. Sharangadhara in his sharangadara samhita has mentioned a specific chapters for preparing vati by specific techniques. vataka, gutika, vati, modaka, vatika, pindi, guda and varti are the synonyms of vati.<sup>[2]</sup> Differences may prevail in the shape or size of the above said preparations but the basic method of preparation remains same. If sugar to be added, it should be taken four times to the quantity of powder. Other drugs like saindhava lavana (salt), ksharas (alkalies), guggulu honey are to be added in equal quantity to that of powder.<sup>[3]</sup> The classical dosage of vati given as one karsha.

Jaatiphaladi vati is one such herbo mineral product having its indication in arshas, agnimandya, kasa, grahani, shwasa.

**General Method of Preparation of Vati**

If vati is prepared without the help of agni desired quantity of base drugs like *guggulu* or *guda* are pounded well in a khalwa yantra by adding fine powder of medicinal drugs little by little. when all the medicinal drug powder is incorporated into the base drug by thorough pounding, the mixture is further pounded to

obtain a smoother and homogenous drug mass. Later when the drug mass attains the required consistency of rolling the pills. If vati is prepared with the help of agni desired quantity of base drugs like *guda*, *sarkara*, *guggulu* are taken in a clean wide mouthed stainless steel vessel of suitable size. It is added with required quantity of water placed over mild fire and heated with frequent stirring. When paka of suitable consistency is obtained, the fine powder of medicinal drugs is added little into the vessel and stirred well to roll the pills of desired size and shape.

**General Dose and Anupana**

One karsha is the general dosage of vati administered after considering the strength and all the other factors that affect the dosage. It is administered along with water, honey, milk or any other suitable liquid preparation.<sup>[4]</sup>

**Shelf Life**

One year is the shelf life of pills prepared from herbal drugs and indefinite time period for the pills of mineral drugs, provided the pills are preserved in airtight container.

**Advantages of Vati Kalpana**

- Vati preparations can be swallowed easily as they are in compressed form with convenient shape.
- Bitter taste and irritating odour of the drugs can be masked.

- Volatile principles of the drugs used can be retained for a long.
- Shelf life is enhanced compared to many other dosage forms.
- Fixation of dosage is quick and easier.
- Vati preparation may be made attractive with different agreeable colours.
- They are more economical when compared with other dosage forms.
- Easy to pack and dispense.
- This dosage form suits better for large scale production.

#### Jaatiphaladi Vati

There are 4 references of jaatiphaladi vatis are found in different classical texts having different ingredients, indication, anupana and dose.

Reference	Ingredients	Method of preparation	Dose	Indication	Anupana
1.Rasendra saara sangrah. <sup>[5]</sup>	Jaatiphala 1 part Lavanga 1 part Pippali 1 part Saindhava lavana 1 part Shunti 1 part Shuddha dattura beeja churna 1 part Suddha hingula 1 part Shuddha tankana 1 part. Jambeera swarsa for bhavana -q.s.	Prepare the fine powders of all the ingredients separately and mix together thoroughly. Then It should be triturated with jambira swarasa and prepare its pills of two ratti.	Two ratti	Arshas, agnimandya.	Takra, tila kalka.
2.Rasendra saara sangraha. <sup>[6]</sup>	Jaatiphala 1 part Lavanga 1 part Pippali 1 part Saindhava lavana 1 part Suddha vatsanabha 1 part Shunti 1 part Suddha dattura bija 1 part Suddha hingula 1 part Shuddha tankana 1 part Jambira swarasa for bhavana -q.s	Prepare the fine powders of all the ingredients separately and mix together thoroughly. Then It should be triturated with jambira swarasa and prepare its pills of one valla size.	One valla	Agnimandya	-
3.Rasendra saara sangraha. <sup>[7]</sup>	Abhraka bhasma 1 part Suddha parada 1 part Suddha gandhaka 1 part Jatiphala churna 1 part Mocharasa 1 part Musta churna 1 part Tankana churna 1 part Ativisha churna 1 part Jiraka churna 1 part Maricha churna 1 part Shuddha vatsanabha churna ¼ th part Bhavana dravyas Nirgundi patra swarasa-q.s Bhanga patra swarasa -q.s Jambu patra swarasa -q.s Jayantika swarasa -q.s Dadima patra swarasa-q.s Kesharaja swarasa-q.s Patha swarasa-q.s Bhringa raja swarasa-q.s	Prepare kajjali of suddha parada and gandhaka first by triturating in khalwa yantra. Add fine powders of rest of the ingredients and mix them together thoroughly. Then it should be subjected to bhavana with bhavana dravyas. Each separately for one day. prepare its pills of one kolasthi size uniformly and dry them in shade.	One kolasthi	Grahani, amadoshaja atisara, vataroga, kasa, amlapitta, asadya grahani, pravridha grahani, jirna grahani, atisara, shwasa, pandu, arochaka, chirodbhava sangrahani and koshta dusti.	-
4.Bharatha bhaishajya ratnakara. <sup>[8]</sup>	Jaatiphala 1 part Kharjura 1 part Ahiphena 1 part Nagavalli swarasa -q.s	Prepare fine powder of all the ingredients and do bhavana with nagavalli swarasa. prepare pills of valla matra.	One valla	Atisara	Takra

## DISCUSSION

There are 4 variants in jaatiphaladi vati. in all the texts the yoga name is same there is no variance in its name. The differences are either in method of preparation, ingredients, dosage and indication. This yoga is named based on the first ingredient Jathiphala. Among four references two are Almost similar. Vatsanabha is the addition ingredient.<sup>[7,8]</sup> Jaatiphala is having tikta, laghu grahi, deepana, pachana, arshohara, kapha vatahara property. Different bhavana dravyas are mentioned according to different authors they plays a very important role in enhancing the quality of other ingredients. Bhavana is a process of grinding of the material with specific liquid media for a particular time limit. It is noted that the liquid media is selected according to the therapeutic application of the drug, particularly its application in different system. It induces new properties to the drug and at the same time enhances the properties present in the drug. It can remove the toxic material present in the drug and add necessary constitution to make it nontoxic, bio-available effective preparation. Jaatiphaladi vati is mainly Indicated in Atisara, Grahani, Agnimandya, Arshas and in Parinamashula.

## CONCLUSION

Jaatiphaladi vati is a Herbo-mineral classical, Khalvi Rasayana. There are four references of Jaatiphaladi vati available. Khalvi rasayana is an unique scientific pharmaceutical method to bind herbal ingredients to the metallo-mineral ingredients without direct Agnipaka, but based on Mardana principle. Thereby, the ingredients will form a monomolecular compact form. It is one of the important yoga Indicated in Atisara, Grahani, Arshas and in other GIT disorders.

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