International Journal of Indian Medicine

www.ijim.co.in
ISSN: 2582-7634
Volume - 7 Issue - 04
April 2026

IJIM

INDEXED

Original Article

eISSN : 2582 - 7634

International Journal of Indian Medicine, 2026; 7(04):13-23 *ISSN: 2582-7634*

International Journal of Indian Medicine

International Category Code (ICC): ICC-1702 International Journal Address (IJA): IJA.ZONE/258276217634

Pharmaceutical Preparation and Standardization of *Parijatkasav*: An Ayurvedic Fermented Formulation

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ABSTRACT: Ayurveda, known as the science of life, boasts a long-standing history in India and has been used for thousands of years to tackle a variety of health concerns. Ayurveda is fundamentally based on the use of blends of different herbs and treatments to manage numerous health problems. It encompasses a wide range of remedies, two of which are derived through fermentation: Asava and Arishta. These medicinal alcohol preparations are produced by fermenting herbal liquids or decoctions along with the incorporation of jaggery (Guda)or some time sugar. Asava and Arista are regarded as distinct Ayurvedic dosage forms because they have an indefinite shelf life. The medicinal and therapeutic qualities of the therapies are enhanced by the naturally occurring alcohol in these formulations. Because of their special qualities that make them more advantageous than other preparations, Ayurvedic formulations like Asava and Arishta are highly valued. The Parijat flower, also called Harsingar or Night-blooming Jasmine (Nyctanthes Arbor-tristis), is deeply ingrained in cultural and spiritual traditions and plays an important part in Ayurveda and other traditional medical systems. Some claim that the Parijat tree flower is a gift from God. It is an elegant, spiritual flower that fell in love with Surya Dev. Ayurveda mentions Parijat herbs, which Manifold utilizes to treat a variety of illnesses, including fever and cough. Parijat trees offer a remarkable and distinctive health advantage. Nyctanthes Arbor-tristis (Parijat leaves) leaves showing multiple therapeutics benefits. various studies shown that Parijat leaves have been used in treatment of various kinds of fever, cough, arthritis, worm infection etc. The leaves juice is bitter and work as a tonic. Parijat leaves are more useful than other parts.This study provides an overview of the latest available information regarding Arishta and Asava. These preparations are mainly used in case of Pain due to Inflammatory condition. These use of Asava-Arista has led craze among the consumers due to its quicker absorption, long shelf life.

KEYWORDS: Parijatak, Medicinal properties, Asava-Arishta, Physicochemical- Evaluation, fermented formulation

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How to cite this article: Gandhe Y.V., Wanjari A.S., Belge R.S. Parijatak, Medicinal properties, Asava-Arishta, Physicochemical- Evaluation, fermented formulation. Int J Ind Med 2026;7(04):13-23 DOI: http://doi.org/10.55552/IJIM.2026.7403

eISSN : 2582 - 7634
International Journal of Indian Medicine, 2026; 7(04):13-23 ISSN: 2582-7634

INTRODUCTION:

Ayurveda considered as one of the world's oldest traditional systems of medicine with sound philosophical and experimental basis, which is believed to be over 3000 years old, and is still being practiced today. It is known to be a complete medical system that comprised of physical, psychological, philosophical, ethical, and spiritual health[1]. *Rig Veda, Sam Veda, Yajur Veda* and *Atharva Veda* have made sound impact on evolutionary change of living a healthy life in India[2] [3]. Traditional herbal formulations have importance due to their natural alternatives, affordability, safety and harmlessness as compared to modern synthetic drugs. Medicinal plants and their formulations are being used by majority of people all over world for their primary health care.[4] [5]In Ayurveda, *Parijatak* (Nyctanthes arbor-tristis) is widely recognized for its analgesic, anti-pyretic, and anti-inflammatory properties. There is no reference to *Parijatkasava* as a classical formulation. In order to determine its quality, safety, and therapeutic dependability, a novel fermented preparation was created and assessed. The most sophisticated versions of *Sandhana Kalpana*, known as *Asava-Arishta* preparations, are distinguished by the production of self-formed alcohol by natural fermentation.[6] [7].

As they are naturally fermented products that develop mild acidity and self-generated alcohol through the fermentation process[8]. This alcohol works both as a preservative and an efficient carrier for phytoconstituents. *Parijataka* plant Flowering starts in Aug-Dec. According to some reports the ingredients of these herbal formulations are being adulterated with inferior quality drugs/ nondrug adulterants. Therefore, these formulations are not officially recognized in many countries even though these have been used in this country of origin over many years. The reason may be due to lack of proper standardization, unavailability of research data and inadequate research methodology pertaining to authentication of these herbal formulations.[9] [10]*Sandhana* compositions have their origins in the *Vedic* era, where fermented preparations like Sura and *Soma Rasa* were mentioned. *Asava* and *Arishta* became popular dosage forms over antiquity because of their better palatability, quicker absorption, and longer shelf life. Although several classical texts describe the preparation of fermented formulations, the distinction between *Asava* and *Arishta* was systematically explained by *Sharangadhara Acharya*[11].

Asava–Arishta preparations are elaborately documented in *Charaka Samhita*[12], *Sushruta Samhita*[13], *Ashtanga Hridaya*[14], *Sharangadhara Samhita*[15], *Yogratnakar*[16] and *Bhaishajya Ratnavali*[17].

Therapeutic relevance of *Parijatkasava*[18]:-

In traditional herbal medicine, *Parijatak* leaves—which come from the sacred Night-flowering Jasmine tree—are well known for their many therapeutic uses. They are indigenous to South Asia, especially Nepal and India. The vivid green hue and slightly serrated edges of these leaves are well-known. These leaves, which are high in antioxidants and vital minerals like vitamins A and C, enhance immune system function and fight oxidative stress. They are useful in lowering pain and inflammation since they have analgesic and anti-inflammatory properties[19]. Furthermore, *Parijatak* leaves are recognized to improve respiratory health by reducing bronchitis and asthma symptoms. Additionally, by preventing

infections and accelerating wound healing, their natural chemicals help improve digestion, detoxify the liver, and improve skin health.

Including *Parijatak* leaves in wellness regimens provides a natural method of maintaining overall health. In order to establish baseline characteristics crucial for quality control and future therapeutic validation, this study focuses on the pharmaceutical preparation and physicochemical characterization of a new *Parijatkasava.*

Form	Usage method	Best for
Decoction(*kadha*)	Boil 5-10 leaves in water until reduced	Arthritis,fever,sciatica
Leaf juice	Extract juice from fresh leaves,mix with honey	Cough,cold,stomach worms
Paste	Crush leaves with a little water	Skin infection,minor wound
Tea	Steep leaves/flower in hot water with *Tulsi*	Immunity and stress relief

Table no-1-Common form of use

Importance of *Parijatak* Leaves: -

- Medicinal Properties: Parijat leaves possess anti-inflammatory and analgesic qualities beneficial for pain relief.
- Traditional Healing Uses: Widely used in Ayurveda for treating fever, asthma, and skin disorders.
- Antioxidant Benefits: Rich in antioxidants that help combat oxidative stress and promote overall health.
- Wound Healing Aid: Leaves are applied topically to accelerate the healing of cuts and wounds.
- Respiratory Health Support: Used to alleviate symptoms of cough, bronchitis, and other respiratory issues.
- Anti-bacterial Effects: Contains compounds that inhibit bacterial growth, enhancing infection control.
- Anti-diabetic Potential: Helps in regulating blood sugar levels in traditional medicine practices.
- Anti-depressant Properties: Traditionally believed to improve mood and reduce anxiety symptoms.
- Natural Insect Repellent: Leaves are used to deter insects and protect stored grains naturally.
- Cultural and Religious Significance: Holds spiritual importance in various rituals and ceremonies across regions.

Aim: To develop and standardize a novel *Parijatkasava* based on Ayurvedic *Sandhana Kalpana* principles.

Key Ingredients: -

Ingredients	Latin Name	Part Used	Quantity
Parijatka Patra	Nyctanthes Arbor-tristis	Leaves	10kg
Dhataki	Woodfordiafruticosa	*Pushpa* (Flowers)	1Kg
Jaggery / *Gudh*			12Kg

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International Journal of Indian Medicine, 2026; 7(04):13-23 ISSN: 2582-7634

Table no.2-Key Ingredients

Prakshepa Dravya: -

Ingredients	Latin Name	Part Used	Quantity
Twak (*Dalchini*)	Cinnamomum zeylanicum	Bark	125g
Ela (Cardamom)	Elettaria cardamomum	Pods	125g
Pippali	Piper longum	Fruit	125g
Nagkeshar	Mesuaferrea	Androecium	125g

Table no.3-*Prakshepa Dravyas*

Instruments: Vessels, Gas-Burner,Stirring rod, measuring cylinder, Weighing balance, Cloth (for filtration), *Sandhan Patra*, Thermometer, Key Ingredients, *Prakshepa dravyas.*

Objectives: -

To develop a novel *Parijataksava* using *Parijataka patra*, jaggery, *Dhatakipushpa phanta*, and *prakshepadravyas (Dalchini, Pippali*, and *Ela*), and to assess its pharmaceutical and physicochemical parameters for quality assurance.

1. To prepare *Parijatkasava* using *Parijataka Patra*, *Dhatakipushpa phanta*, jaggery, and selected *prakshepadravyas.*

2. To document the pharmaceutical procedures involved in formulation development.

3. To evaluate physicochemical parameters including pH, specific gravity, total solids, total residue, and alcohol content.

4. To assess organoleptic characteristics of the prepared formulation.

5. To establish preliminary quality standards for optimizing future production.

Material and methods: -

Materials: -

Ayurvedic Properties

1)*Rasa* (Taste): - *Tikta* (bitter), *Kashaya* (astringent)

2)*Guna* (Quality): - *Laghu* (light), *Ruksha* (dry)

3)*Virya* (Potency): - *Ushna* (hot)

4)*Vipaka* (Post-digestive effect): - *Katu* (pungent)

Dosha effect: - Pacifies *Vata* and *Kapha*

Side Effects / Adverse Effects

1)Gastric irritation

2)Bitter taste intolerance

3)Allergic reaction (rare)

4)Overdose effects can cause abdominal pain

Method:

The formulation was prepared following standard *Asava–Arishta* procedures with controlled natural fermentation. Physicochemical parameters—total solids, total residue, specific gravity, pH, and alcohol content—were evaluated using established pharmacopeial methods.

The methodology of the present study involves four stages:

1. Preparation of *Parijatka patrakwatha.*
2. Preparation of *Dhataki Pushpa Phanta.*
3. Preparation of *Parijatkasava.*
4. Addition of *Prakshepa Dravyas.*

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A.Preparation of *Parijatkapatra Kwatha: -*

1. To get ready the *Parijatkasava* fermentation medium. The *Kwatha Kalpana* standard technique described in the *Samhita* was followed in the preparation of *Parijatak patra kwatha.*

2. To prepare the decoction for this Process, 10 kg of fresh *Parijatak* leaves were chosen, carefully cleaned, and processed.

3. After properly cleaning the leaves to get rid of dirt and contaminants, they were coarsely crushed *(Yavakuta)* to make it easier to extract the active components.

4.The crushed material was transferred into a stainless-steel vessel, and 8 times water (80 litres) was added.

5. A controlled flame was then used to heat the vessel. The mixture was brought to a boil while stirring periodically, and the heating process was carried out until the volume was reduced to 1/4th. producing 20 liters of *Patrakwatha Parijatka.*

6.When the desired reduction was achieved, the decoction was removed from the fire and filtered through a clean muslin cloth to obtain a clear, uniform *Kwatha.*

7.The freshly prepared 20 litres of Parijatakapatra Kwatha were immediately used as the primary liquid medium for preparing ParijatkAsava.

B. Preparation of *Dhataki Pushpa Phanta*: -

1.For preparing the fermentation inoculum, 1kg of *Dhatakipushpa* (Woodfordiafruticosa) were taken, cleaned, and placed in a stainless-steel vessel.

2.To this, 4 litres of freshly boiled hot water were added to prepare the classical *Phanta kalpana*(hot infusion).

3. To fully extract the active ingredients and the naturally occurring fermentative microbes found in *Dhataki* flowers, the container was covered with a fresh cloth and left undisturbed for four to six hours.

4.After the infusion period, the mixture was filtered through a clean muslin cloth to obtain 4 litres of clear *Dhataki Pushpa Phanta*, which was used immediately for the preparation of *Parijatkasava.*

C. Preparation of *Parijatkasava: -*

1. The previously acquired 20 liters of *Parijatak patra Kwatha* were moved into a dry, clean *Sandhana Patra* (fermentation vessel) in order to prepare the *Asava.*

2.To this, 12 kg of jaggery (powdered and filtered) was added and stirred thoroughly until completely dissolved.

3.After complete dissolution of jaggery, 4 litres of freshly prepared *Dhataki Pushpa Phanta* were added to serve as the natural fermentative catalyst.

4. The *Sandhana Patra's* mouth was covered with a clean, tightly tied cloth to permit anaerobic fermentation while avoiding external contamination, and the material was thoroughly swirled to ensure uniform mixing.

5.The vessel was kept in a warm, shaded, and undisturbed location for 30 days.

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Periodic observations were made for classical fermentation signs such as:

- Froth formation
- Bubbling or effervescence
- Development of characteristic aroma
- Clarity of the upper layer
- Subsidence of fermentation activity

The *Asava* was carefully decanted to separate the clear supernatant and leave behind the sedimented material once the natural fermentation process was confirmed to be complete.

D. Addition of *Prakshepadravyas:-*

1.After fermentation, the clear fermented liquid was decanted and filtered using a clean muslin cloth.

2. For additional processing, the filtered *Asava* was moved to a stainless-steel vessel. To improve palatability and stabilize the final formulation, an extra 2 kg of jaggery was added at this point.

3.The jaggery was mixed thoroughly until completely dissolved.

4.Subsequently, the powdered *Prakshepadravyas* were added in the following quantities:

- *Twak (Dalchini)* – 125 g
- *Ela* (Cardamom) – 125g
- *Pippali* – 125 g
- *Nagkeshar*-125g

5.The mixture was stirred thoroughly to ensure uniform dispersion of the aromatic and therapeutic additives.

6. After that, the vessel was left undisturbed for seven days, which allowed the *Prakshepa Dravyas'* volatile oils and active compounds to be sufficiently extracted into the fermenting liquid.

7.After the 7-day maceration period, the final *Parijatkasava* was filtered again through clean muslin cloth to achieve a clear, uniform product.

8.The finished *Asava* was then stored in airtight,amber-coloured glass bottles for further evaluation and analysis.

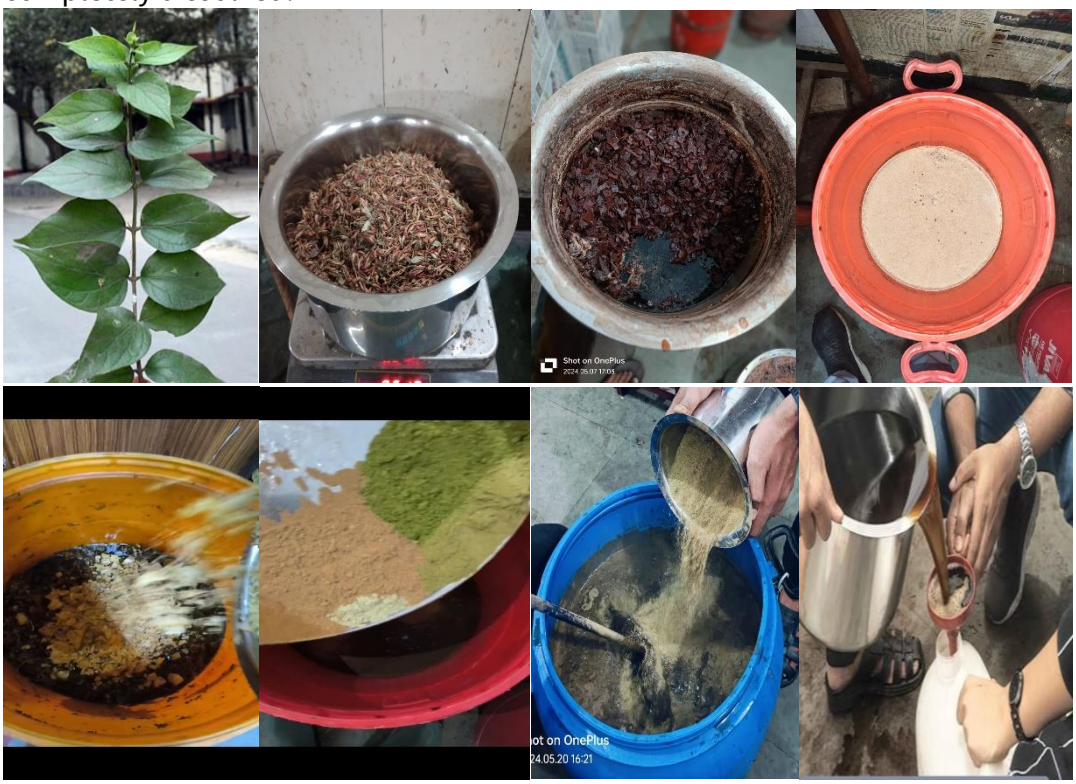

Fig: -Steps of Preparation

Analytical Profiling: -

The prepared *Parijatkasava* was evaluated for quality, stability, and compliance with traditional criteria using organoleptic and physicochemical characteristics.

Organoleptic Properties: -

As per the standards described in the Ayurvedic Pharmacopoeia of India (API), the *Parijatkasava* was evaluated for:

a) • Colour
b) • Odour
c) • Taste
d) • Appearance/Consistency

These parameters help in confirming the characteristic sensory profile of a properly processed *Asava.*

Physicochemical evaluation of *Parijatkasava* included the following tests:

- pH
- Specific gravity
- Total solids
- Total residue
- Alcohol content

These parameters provide insight into the fermentation efficiency, stability, and overall pharmaceutical quality of the formulation.

Result: -

Pharmaceutical Evaluation: -

Sr.No	Ingredients	Quantity
1.	*Parijatkapatrasava*	20 lit
2.	*Dhatki Pushpa Phanta*	4 lit
3.	Jaggery/ *Gud*	14kg
4.	*Twak Churna*	125g
5.	*Ela Churna*	125g
6.	*Pippali Churna*	125g
7.	*Nagkeshar Churna*	125g
	Final Outcome	17 Lit

Table no.4-Pharmaceutical Result

Organoleptic evaluation: -

Test	Result
Description	Clear liquid
Colour	Dark brown
Odour	Characteristic
Taste	Astringent (typical Parijatka taste)

Table no.5-Organoleptic Result

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International Journal of Indian Medicine, 2026; 7(04):13-23 ISSN: 2582-7634

Physicochemical Evaluation: -

Sr. No.	Parameter	Result	(as per API / General *Asava-Arishta* Standards)
1.	**Total Solids**	**18.4%**	The brix value (total soluble solids) of samples was measured using digital Abbe refractometer (Biobase BK-R2S).
2.	**Total Residue**	**3.3%**	
3.	**Specific Gravity**	**1.0177**	Specific gravity was measured using the method described in Ayurvedic Pharmacopoeia of India - 2018: 3.8.
4.	**pH (Direct)**	**3.49**	pH was measured using the method described in The Ayurvedic Pharmacopoeia of India -2.4.24.
5.	**Alcohol Content**	**9.6% v/v**	As Descibed in API

Table no.6-Physicochemical Result

Fig 2-Analytical Study

Observation and Result: -

1.Decrease of the sugar content and increase in alcohol content was the indication of active fermentation. The pH range of 3-5 was considered as the most favorable condition for growth and fermentation activity of yeast.

2.At the initial stage specific gravity was more due to addition of jaggery and honey. Subsequently the content of total solid and specific gravity was decreased in the final product indicating utilization of sugar with an increase in alcohol generation.

3.The reduction of self-generated alcohol might be due to vaporization on opening of the container. Therefore, *Asava* and *Arista* preparations must have to be consumed within a shorter period of time or formulation could be prepared in smaller volume containers in divided doses.

4.It was observed that the formulations became acidic on storage and the acidity was further enhanced on long storage(20).

5.Physico-chemical study of these formulations revealed that formulation prepared in glass container showed less acidic (pH 4.2) and higher specific gravity (1.14) than the earthen container.

6.From this study, it was inferred that the pot filled up to 3/4th capacity was most suitable for fermentation of *Parijatkasava*(21).

7.Growth of fungus was observed in after prolong incubation.(22)

8.The color of the formulation changed from brown to dark brown due to low extraction of

phytoconstituents from the ingredients used in the preparation.

9.Change in fragrance indicated the extraction of phytochemicals. Initially taste was sweet due to the presence of bulk volume of jaggery but subsequently it changed to astringent due to utilization of sugar by the microorganisms.

10.Free amino acids were continuously decreased during the fermentation process. Concentration of starch gradually decreased in successive stages of fermentation. These changes might be due to the growth and metabolic activity of microbes present in the formulation.

11.The acids produced during the fermentation process and storage (oxidation of alcohols) was responsible for the sour taste of preparations.

12.End of fermentation was indicated by the stoppage of alcohol generation and no further consumption of residual sugar.

13.The study of physico-chemical parameters of has been carried out according to the WHO (world health organization) guidelines.

Result: -

1.The prepared *Parijatkasava* exhibited the characteristic dark brown colour, pleasant aroma, and mildly astringent taste expected from a fermented *Parijatka* based formulation. 2.Physicochemical evaluation showed: total solids 18.4%, total residue 3.3%, specific gravity 1.01777, pH 3.49, and alcohol content 9.6%, all falling within acceptable limits for *Asava* preparations, indicating proper fermentation, stability, and satisfactory quality of the formulation.

DISCUSSION: -

1. In this study, *Parijatka* Leaves *kwatha*, together with jaggery, *Dhatakipushpaphanta*, and certain *Prakshepadravyas*, were used as the principal liquid medium to formulate and analyze *Parijatkasava.*

2. The fermentation process went easily and without any unwanted deviations, and the preparation procedure closely adhered to the ancient principles of *Sandhana Kalpana*.

3. Proper and full fermentation was proven by the formation of a distinctive scent, mild acidity, clarity in the top layer, and sporadic effervescence.

4. Because of its natural microbial flora and beneficial components, the addition of *Dhatakipushpa phanta* was essential in starting and sustaining fermentation. bioactive components and the natural microbial flora.

5. *Twak, Ela,* and *Pippali* were added to the formulation after fermentation, which improved its palatability and added digestive and carminative qualities. The created *Parijatkasava* is pharmaceutically stable and meets the main quality standards required of *Asava* preparations, according to the overall analytical results.

6. This study offers a fundamental pharmacological and analytical profile of *Parijatkasava,* which will be helpful in the future.

7. To confirm its therapeutic claims and promote its broader medical applicability, more sophisticated research is advised, including HPTLC fingerprinting, phytochemical quantification, stability analysis, and pharmacological/clinical assessments.

CONCLUSION: -

The unique *Parijatkasava's* pharmaceutical and physicochemical profile is successfully established in this work, demonstrating its suitable fermentation technique and offering a solid scientific basis for upcoming pharmacological, clinical, and stability investigations.

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Authors Contribution: All authors have contributed equally.

Financial Support and Sponsorship: None declared

Conflict of Interest: There are no conflicts of interest.

Declaration of Generative AI and AI Assisted Technologies in the writing process:

The author has NOT used generative AI/AI assisted technologies in the writing process.

An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

Website: https://www.ijim.co.in **Email**: ijimjournal1@gmail.com

IIFS Impact Factor: 4.125

Frequency of Publication: Monthly