

PREPARATION AND ANALYSIS OF KUMARI ASAV

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ABSTRACT:

Introduction- Many of our Granthas have mentioned that Kumari, i.e., aloe vera, is a plant for women, which means it is very helpful in menstruation-related problems. As Kumari is helpful in balancing Vata and Kapha so it can be useful in PCOS/PCOD. So further study is an effort to prove its action in obesity induced PCOS /PCOD.

Objectives- To prepare and analyze Kumari Asav

Material and method - Reference were taken from Rasaratna Samucchay, Kumari Swaras -2500ml, Jaggery-1000gm, Haritaki Phalmajja-250gm, Water-2560ml, Honey - 640ml, Dhataki Pushpa - 160gm, and Prakshep Drvyas in the quantity of 10 gm.

Methods- Kumari Swaras and Haritaki Phalmajja Kwath was prepared. Dhoopan was done in the vessel while doing this Guda, Haritaki Phalmajja Kwath and Kumari Swaras was poured and all the Prakshep Dravyas added to it. After that Dhataki Pushpa added and stirred well. Lid of the vessel was covered with the Matkapad. And kept for Sandhan for a month. After one month lid was opened and the mixture was filtered through cloth.

Result - Kumari Asav was prepared and analysed. Specific gravity-1.050, pH-3.89, Sugar content%- 19, Viscosity- 2. 090. Sparsha - soft, Roop- Brownish black, Rasa - Sweet, Gandha - Characteristic.

Conclusion -The prepared formulation was analyzed and can be used in Obesity induced PCOS/PCOD.

Key Words: Kumari Asava, Analytical study, PCOS/PCOD

INTRODUCTION:

Ayurveda is the plant-based indigenous system of medicine practiced in India since ancient times. However, there is a growing need for scientific evidence toward the efficacy of the Ayurvedic formulations.

Kumari (Aloe vera Linn. Burm.), is one of the important medicinal herbs in Ayurveda. The term "*Kumari*" itself denotes the popularity of the herb among women owing to multitude of actions ranging from cosmetic effects to gynaecological effects.

There are no references about it in *Brihatrayis* but all the *Nighantus* have elaborately mentioned about the properties, action and therapeutic uses of Aloe vera. Various studies have explored therapeutic action of Aloe vera on skin conditions and wound healing, including psoriasis, dermatitis, oral mucositis, burn injuries, and surgical wounds. The Anti-diabetic, Anticancerous, Anti-ulcer, cathartic and anti-inflammatory effects of the herb are also well documented. The present review seeks to throw light on the immense possibilities in the utilisation of this promising herb in Ayurveda in maintaining health of the human reproductive system.

Asavas (fermented infusions) are considered as unique and valuable therapeutics in Ayurveda. These are the medicinal preparations made by soaking the drugs (powder or mixing decoction) in a solution of jaggery for a specified period of time. It undergoes the fermentation process by generating alcohol, which facilitates the extraction of active principles of drugs. The alcohol generated during the process also serves as a preservative.

1. Preparation of *Kumari Swaras* and *Haritaki Phalmajja Kwath* -

A. Ingredients of *Kumari Swaras* -

Sr. No.	Drug Name	Latin name	Part used (as per API)	Quantity
1.	<i>Kumari</i>	<i>Aloe vera Linn.</i>	Leaves	2Kg

Table no. 1.1. Ingredients and Quantity of *Kumari Swaras*

So the present work is an efforts prepare and analyze the *Kumaryasava* and describe its action in obesity induced PCOS/PCOD.

AIM:

Preparation and analysis of *Kumari Asav*.

OBJECTIVES:

1. To prepare *Kumari Swaras* and *Haritaki Phalmajja Kwath* by using traditional method.
2. To prepare *Kumari Asav*.
3. To analyse *Kumari Asav* Physico-Chemically.

MATERIALS And METHOD:

Kumari is *Shit Viryatmak*, *Madhur Rasatmak* also having *Bhedan Prabhav*. It helps in the balancing all the *Tridoshas*. Also the other ingredients have the properties like *Ushna Virya Madhur Tikta Rasa*, *Bhedhan* and *Virechak Prabhav*.

Preparation of gel carried out in two steps-

1. Preparation of *Kumari Swaras* and *Haritaki Phalmajja Kwath*
2. Preparation of *Kumari Asav*



Preparation of *Kumari Swaras*:

Image no. 1.1 Kumari Plant



Image no. 1.2 Preparation Of Kumari Asav



Raw *Kumari* leaves were taken.

And washed with water .

All the *Kumari Gara* was taken

And then it was grinded with the help of mixer.

Kumari Swaras then collected and stored in a glass bottle.

B. Ingredients of *Haritaki Phalmajja Kwath* -

Sr. No.	Ingredient	Latin name	Part used (as per API)	Quantity
1.	<i>Haritaki Phalmajja</i>	<i>Terminalia chebula</i>	Seed	250gms
2.	Water	-	-	2560 ml

Table no. 1.2. Ingredients and Quantity of *Haritaki Phalmajja Kwath*

Preparation of *Haritaki Phalmajja Kwath*-

250gms of *Haritaki Phalmajja* was taken.

2560ml water is added to it.

Heat is given until it becomes 1/4th in proportion.

The *Kwath* was filtered through the cloth.

And stored in glass vessel

2.Preparation of *Kumari Asava*-



A. Ingredients of *Kumari Asava* -

Sr. No.	Ingredient	Quantity
1.	<i>Kumari swaras</i>	2560ml
2.	<i>Haritaki Phalmajja Kwath</i>	640ml
3.	<i>Guda</i> (jaggery)	1000gms
4.	<i>Madh</i> (Honey)	640ml

Table no. 2.1. Ingredients and Quantity of *Kumari Asava*

Sandhan Dravyas-

Sr. No.	Ingredient	Latin name	Part used (as per API)	Quantity
1.	<i>Dhataki pushpa</i>	<i>Woodfordia fruticosa</i>	Flower	180gms

Table no. 2.2. Ingredient and Quantity of *Sandhan Dravyas*

Prakshep Dravya-

Sr. No.	Ingredient	Latin name	Part used (as per API)	Quantity
1.	<i>Jayfal</i>	<i>Myristica fragrans</i>	Fruit	10gms
2.	<i>Lavang</i>	<i>Syzygium aromaticum</i>	Fruit	10gms
3.	<i>Kankol</i>	<i>Roscoea purpurea</i>	Fruit	10gms
4.	<i>Kababchini</i>	<i>Piper cubeba</i>	Fruit	10gms
5.	<i>Chavyak</i>	<i>Piper retrofractum</i>	Fruit	10gms
6.	<i>Jaypatri</i>	<i>Myristica fragrans</i>	Leaves	10gms
7.	<i>Chitrak</i>	<i>Plumbago zeylanica</i>	Fruit	10gms
8.	<i>Kakadshringi</i>	<i>Pistacia integrrima</i>	Fruit	10gms
9.	<i>Pushkarmool</i>	<i>Inula racemosa</i>	Root	10gms
10.	<i>Behada</i>	<i>Terminalia bellirica</i>	Fruit	10gms
11.	<i>Tamra bhasma</i>	<i>Cuprus</i>	-	5gms
12.	<i>Loha bhasma</i>	<i>Ferrum</i>	-	5gms

Table no. 2.3. Ingredients and Quantity of *Prakshep Dravya*



Preparation of *Kumari Asava-*

Image no. 2.1 Preparation Of Kumari Asav

A Ceramic Jar was taken.

For authentic sterilization, *Dhoopan* was done in the jar.

In the last stage of *dhoopan*, at the base, *Guda* was added.

Then *Haritaki Phalmajja Kwath* and *Kumari Swaras* were poured.

In the last *Prakshep Dravyas*, along with *Dhataki Pushpa*, was added.

After mixing the *Dravyas* ceramic jar was covered with the lid.

To avoid the air entry Lid was again covered with the Cloth slurred with the mud.

The ceramic jar then kept for *Sandhan* prakriya for one month.

After one month the bubble sound was heard at the wall of a jar.

Then the lid was removed and the candle was kept near to the opening of jar the flame was continued that shows the asava was prepared.

The mixture then filtered and stored in the amber colored glass bottles.



Image no. 2.2 Filtering the mixture

Result -



Kumari Asav was prepared and analysed.

A. Organoleptic Tests-

Shabda- NA

Sparsha - Soft

Roop- Brownish black

Rasa - Sweet

Gandha - Characteristic

B. Physico-Chemical Tests

Sr. No.	Physico-Chemical Test	Results
1.	Specific gravity	1.050
2.	pH	3.89
3.	Sugar content%	19%
4.	Viscosity	2.090

Table no. 3.1. Physico-Chemical Tests of *Kumaryasav*.

DISCUSSION:

Kumari has properties mentioned in *Nighantus* are-

	<i>BPN</i> [1]	<i>RN</i> [2]	<i>Sa. Ni</i> [3]	<i>KN</i> [4]	<i>PN</i> [5]
<i>Rasa</i>	<i>Tikta, madhura</i>	<i>Tikta</i>	<i>Madhura</i>	<i>Tikta, madhura</i>	<i>Tikta, madhura</i>
<i>Guna</i>	<i>Guru, Snigdha, Pichila</i>				<i>Sara</i>
<i>Virya</i>	<i>Seetha</i>	<i>Seetha</i>		<i>Seetha</i>	<i>Seetha</i>
<i>Vipaka</i>	<i>Katu</i>	<i>Katu</i>		<i>Katu</i>	
<i>Dosa karma</i>	<i>Vata Pittaghni</i>	<i>Kapha-Pittahara</i>	<i>Pittaghna</i>		
<i>VyadhiKarma</i>	<i>Visaghni, gulma, pleeha, yakrit, vridhhi, jwara, grandhi, agnidagdha, visphota, twak roga</i>	<i>Visaghni kasaghni, swasaghni, kushtaghni,</i>	<i>Krimighna</i>	<i>gulma, pleeha, yakrit, vridhhi, jwara, grandhi, agnidagdha, visphota, twak roga, krimihara,</i>	<i>gulma, pleeha, yakrit, vridhhi, rajorodha</i>
<i>Anya karma</i>	<i>Bhedini, Netrya, Rasayani, brmhani, balya, vrsya,</i>	<i>Rasayani</i>		<i>Bhedini, Chakshusya, Rasayani, brmhani, balya, vrsya,</i>	<i>Rasayana</i>

Table no. 4.1. Properties of *Kumari*.

The properties of *Kumari* described in various *Nighantus* indicate predominance of *Tikta* and *Madhura rasa*, *Sheeta virya*, and *Katu vipaka*, along with actions such as *Pitta shamaka* and *Vata-Pitta hara*. It is also mentioned to have effects on conditions related to *Gulma*, *Yakrit*, *Pleeha*, *Twak roga*, and *Krimi*.

Kumari is described as having *Rasayana*, *Balya*, and *Bhedana* properties, which suggest its role in maintaining general health and supporting physiological functions.

Haritaki has properties as *Rasa*- All five except *lavan*, *Tridoshar*, *Virya* - *Ushna*, *Vipak*- *Madhur*, *Guna*- *Laghu*, *Ruksha*, *Lekhaniya*, *Dipan*, *Pachaniya*, *Rasayan*, *Anulomaniya* etc.

Gudaa (Jaggery) is traditionally used as a base in formulations and is known to contain minerals and phenolic compounds. It is considered to have supportive roles in digestion and general well-being.

The *Prakshepa dravyas*, being predominantly *Ushna virya* and having *Deepana-Pachana* and *Anulomana* properties, may contribute to improving digestive and metabolic functions.

Overall, the combination of ingredients in Kumari Asava reflects a formulation designed in Ayurveda with multiple properties that may act on digestive, metabolic, and reproductive aspects.

CONCLUSION:

Kumari Asava is a classical Ayurvedic formulation traditionally used in conditions related to the

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reproductive system. The individual ingredients possess properties described in classical texts that are associated with Dosha balance, digestive support, and general health maintenance.

Based on available descriptions and studies, the formulation may have a role in conditions such as menstrual irregularities and related disorders. However, further systematic clinical evaluation is required to understand its effects and establish its therapeutic utility across various gynecological conditions.

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