



## Ayurvedic Dosage Forms: An Updated Overview

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<b>Article History</b>	<b>Abstract:</b> With its origins in antiquated Indian customs, ayurvedic medicine is still very important to healthcare. The foundation of this comprehensive approach is the wide range of Ayurvedic dosage forms. An updated overview of Ayurvedic dosage forms is given in this thorough examination, which also examines their modern applications, historical development, quality standards, and breakthroughs in science. In addition, the paper explores the difficulties associated with regulation and standards, providing future options for research and development. This updated review promotes a deeper understanding of the complex world of Ayurvedic dosage forms in the context of contemporary healthcare, serving as a vital resource for practitioners, academics, and policymakers alike as Ayurvedic techniques acquire recognition on a global scale. <b>Keywords:</b> Ayurveda, Dosage forms, Traditional medicine, Churna, Kwatha, Vati, Taila, Herbal formulations
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### Introduction:

The age-old medical system known as Ayurveda, which has its roots in the Indian subcontinent, takes a holistic approach to health and wellbeing by integrating the mental, physical, and spiritual facets of human existence. Ayurveda's many and painstakingly prepared dosage forms, each intended to maximize the healing properties of nature and offer an individualized experience, are the foundation of the practice<sup>1-2</sup>. This review sets out to provide light on the historical development and current relevance of Ayurvedic dose forms in healthcare, as well as their profound significance within the framework of traditional medicine. A thorough study of the intrinsic properties of medicinal plants, minerals, and other natural substances is the foundation for the richness of Ayurvedic dosage forms<sup>3</sup>. These formulas, which include tablets (vati), oils (taila), powders (churna), decoctions (kwatha), and tablets (vati), are the result

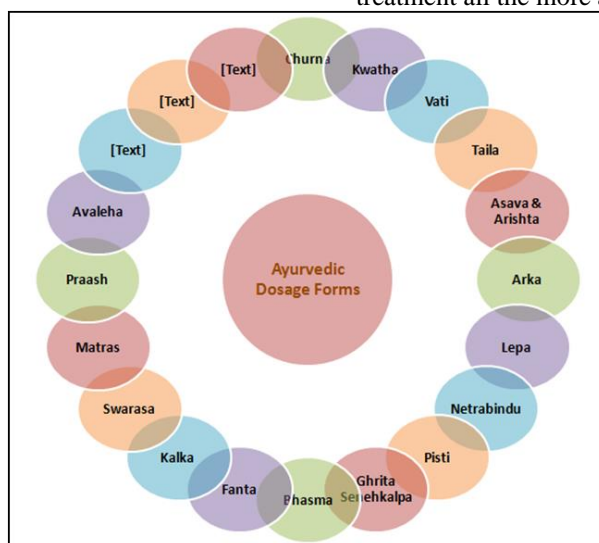
of centuries of empirical knowledge that has been passed down through the generations. The careful combination of various components in exact ratios not only demonstrates the intricacy of Ayurvedic pharmacology but also the deep regard for the delicate equilibrium that exists inside the human body<sup>4-6</sup>.

The holistic theory of Ayurveda, which sees health as a condition of equilibrium between the three basic energies, or doshas—Vata, Pitta, and Kapha—is the foundation for the significance of Ayurvedic dose forms. Every dosage form is designed to target certain imbalances and constitutional types, in keeping with the core Ayurvedic practice idea of customized therapy. This individualised approach is what sets Ayurveda apart from other medical systems and highlights how flexible it is to meet the specific needs of each person<sup>7-10</sup>.

The potential of Ayurvedic dose forms to supplement and improve current healthcare procedures is gaining

attention as interest in traditional and alternative treatments grows globally. The purpose of this study is to present a current overview of various dosage forms by exploring their historical foundations, current uses, and the ongoing scientific studies that confirm their effectiveness. By doing this, it hopes to advance our understanding of Ayurvedic dose forms and establish them as priceless resources within the dynamic global healthcare system<sup>11-12</sup>. Amidst the ever-changing healthcare environment characterized by ongoing breakthroughs and shifting perspectives, the applicability of conventional medical systems, like Ayurveda, has attracted fresh interest. The complex and tried-and-true Ayurvedic dose forms, which are based on centuries-old knowledge, are essential to this age-old holistic approach to health. But with the ways that global healthcare practices are evolving, there is a growing demand for a current overview of Ayurvedic dose forms<sup>13-14</sup>.

Over the years, Ayurvedic dosage forms have shown to be a reliable source of traditional knowledge that offers therapeutic remedies that go beyond symptomatic alleviation to address the underlying causes of diseases. However, given the speed at which modern healthcare is developing, it is imperative that the traditional and the modern be brought closer together. Navigating this juncture requires an updated perspective that serves as a prism through which the ageless wisdom of Ayurvedic dosage forms can be reframed within the framework of changing healthcare procedures. The current interest in holistic health and the growing awareness of the drawbacks of strictly allopathic treatment emphasize how timely this investigation is. The growing trend of customers seeking more individualized and integrated healthcare experiences makes investigating the possible synergy between Ayurvedic dose forms and conventional treatment all the more appealing<sup>15-17</sup>.



**Figure No: 1: Ayurvedic Dosage Forms**

In addition, a revised overview responds to the increasing interest in the scientific community. It is critical to examine, record, and confirm the effectiveness of Ayurvedic dose forms in accordance with modern scientific guidelines. By doing this, it will be possible to incorporate these antiquated ideas into contemporary healthcare practices in a way that is both appropriate and beneficial for promoting a patient care philosophy that is more all-encompassing and

inclusive. This review sets out to investigate the nuances of Ayurvedic dose forms, stressing both the need for a modern understanding and its time-honored qualities. We hope to contribute to the continuing conversation between conventional wisdom and developing healthcare practices by addressing this urgent need for an updated overview and opening the door to a harmonic integration that could completely transform the healthcare industry in the future<sup>18-21</sup>.

**Table No: 1: Classification of Ayurvedic Dosage Forms**

<b>Ayurvedic Dosage Forms</b>	<b>Solid Dosage Forms</b>	<b>Unit Solid Dosage forms</b>	E.g.: Pills, Gutika, Vatika
		<b>Bulk Solid Dosage forms</b>	E.g.: Bhasma, Satva, Mandura, Pisti, Parpati
	<b>Semi-solid Dosage Forms</b>	E.g.: Avleha, Paka, Lepa, Ghrita.	
	<b>Liquid Dosage Forms</b>	E.g.: Asava, Arista, Arka, Taila, Dravaka	

### **Historical Perspective:**

The practice of Ayurveda originated as a sophisticated method of treatment thousands of years ago in ancient India, where the roots of modern Ayurvedic dose forms can be traced. As we follow the historical lineage of Ayurvedic dosage forms, we go through periods characterized by the wisdom of sages and the incorporation of the abundance of nature into medicinal concoctions. The ancient texts of the Vedas, especially the Rigveda and Atharvaveda, are deeply ingrained in the early traditions of Ayurveda, as they established the conceptual framework for this holistic approach<sup>22</sup>. The core of herbal cures and medicinal formulas started to emerge from these verses. The sages, who were considered the keepers of this divine wisdom, painstakingly recorded their insights on the therapeutic qualities of many plants and materials. Compounding therapeutic components into precise dose forms became an art form as Ayurveda developed. A varied pharmacopoeia resulted from traditional formulas that were developed by a sophisticated comprehension of the five elements and the three doshas—Pitta, Kapha, and Vata. The material forms of this age-old knowledge began to take shape as powders (churna), decoctions (kwatha), tablets (vati), and oils (taila), each designed to correct particular imbalances in the human constitution<sup>23-24</sup>.

The history of Ayurvedic dose forms is firmly anchored by the traditional Ayurvedic books, such as the Sushruta Samhita and Charaka Samhita. These manuscripts not only standardized the compositions but also offered comprehensive particulars regarding the techniques of preparation, the medicinal indications, and the careful equilibrium of constituents. Ayurvedic dose forms are unique in that they emphasize personalized medicine and acknowledge the interdependence of the macrocosm and microcosm. This makes them a holistic and customized approach to healthcare. The traditional art of compounding was preserved because this expertise was passed down from guru to disciple, frequently in the seclusion of gurukuls<sup>25-26</sup>. Generation after generation of Ayurvedic doctors, or Vaidyas, became the guardians of this precious information, carrying the dose form formulations tradition forward. By examining the historical foundations of Ayurvedic dosage forms, we reveal a legacy that exists beyond time—a paradigm of healing that was created by the fusion of human creativity and the alchemy of nature. This historical viewpoint honors the ageless wisdom that reverberates through the halls of ancient medicine, providing the basis for our modern understanding and respect of Ayurvedic dose forms. Ayurvedic dosage forms have their historical roots in the old Indian traditions; they have not only endured the test of time, but have undergone a remarkable metamorphosis,

evolving and changing with the times. This historical voyage presents a dynamic story of inventiveness and resiliency, showing how Ayurvedic dosage forms have continuously evolved and reinvented themselves. The early descriptions of the close interaction between man and nature are found in the Vedic literature and were crude depictions of that relationship<sup>1, 11, 27</sup>.

The traditional dosage forms, such as churna (powders) and kwatha (decoctions), are the result of the distillation of knowledge by Ayurvedic healers, or Rishis. Based on the concept of doshas and elemental balance, these formulations captured the simplicity of a time when the healing arts were directly related to the cycles of the natural world. The ancient writings, such as the Sushruta Samhita and the Charaka Samhita, provided a more nuanced explanation of dosage forms as Ayurveda advanced through the ages. The evolution was in the accuracy of compounding as well as the variety of forms. There were several formulas that arose, such as tailas (oils) and vatis (tablets), each taking a different approach to treating the complexity of human health. Knowledge was shared across cultural boundaries during the Middle Ages, especially once the Silk Road was established. The dose forms used in Ayurveda underwent a syncretic evolution as a result of influences from Greek, Chinese, and Persian medical traditions. During this adaptive phase, Ayurveda absorbed new concepts while preserving its fundamental principles, resulting in a pharmacopoeia that was more diverse and wide<sup>28-30</sup>.

Challenges and opportunities for Ayurvedic dosage forms were brought about by colonial influences and the modern era that followed. A more methodical approach was required in order to standardize and present Ayurveda in a way that is familiar to the Western medical gaze. Standardized dose forms that could be produced in large quantities were created by adapting traditional formulas to fit within the parameters of pharmaceutical sciences. Following independence, there was a resurgence of interest in traditional medicine and holistic wellness, which led to a renaissance of Ayurveda. This revival led to a reassessment of Ayurvedic dose forms as symbols of a scientific and cultural legacy as well as potential medicinal agents<sup>31-33</sup>. The pharmacological activities of these forms have been better understood thanks to modern research and technology breakthrough, which validates their efficacy and prospective integration into modern healthcare procedures. Ayurvedic dosage formulations currently exist at the nexus of modernity and tradition. These forms' adaptations and changes across time demonstrate a resilience that cuts across historical boundaries, reiterating their applicability in the complex world of global healthcare. Ayurvedic dosage forms have

undergone significant changes throughout time, but their enduring spirit has also undergone alteration, as we follow their complex historical path. This is evidence of the continuing harmony between age-old wisdom and the rapidly evolving currents of progress<sup>34-35</sup>.

#### **Current Ayurvedic Dosage Forms:**

A wide variety of Ayurvedic dose forms have emerged from the dynamic field of modern Ayurveda, where traditional medicine has merged with modern healthcare needs. Every shape bears witness to the timeless knowledge contained in old writings as well as the flexibility needed to adapt to a reality that is changing quickly. The traditional Ayurvedic dose forms like churna, kwatha, vati, and taila, etc (as shown in Figure no:1 & Table no: 1) are explained in this overview along with their special qualities, modern applications, and significance<sup>1-2</sup>.

#### **Churna (Powders):**

Churna, or powdered mixtures, is the embodiment of Ayurveda's medical philosophy. Churnas are multipurpose treatments made of finely ground herbs, spices, and minerals. They can be eaten on their own, combined with honey, or added to different recipes. Churnas are praised for their capacity to balance doshas, support cleansing, facilitate digestion, and cure a variety of illnesses. They are a common option in contemporary Ayurvedic practice due to their adaptability and convenience. Within the context of Ayurvedic dosage forms, churna is distinguished by a number of essential characteristics that support its ability to support overall health. First of all, churnas have a delicate texture with finely ground spices, herbs, and minerals that the body may easily absorb. This feature guarantees the best possible absorption of the therapeutic qualities present in the constituents. Churnas stand out because to their adaptability, which provides a variety of administration possibilities. Whether consumed raw, combined with honey, or added to meals and drinks, churnas offer versatility that accommodates a range of tastes. Apart from their composition and adaptability, churnas are notable for their capacity to maintain dosha balance, which is a fundamental principle of Ayurvedic medicine. These powders, which are specifically designed to address digestive disorders, are essential for controlling bowel motions and improving metabolism. Furthermore, churnas are a great tool in detoxification treatments because of their cleansing qualities, which support the body's natural removal of toxins. When it comes to health, some churnas are restorative in nature; they support general health and long-term energy. Because of its simultaneous emphasis on renewal and balance, churnas have many uses and are a key component of Ayurvedic therapies that support detoxification,

promote digestive health, and enhance overall vitality<sup>3, 36-41</sup>.

#### **Kwatha:**

The process of making decoctions, or kwasha, entails boiling herbs to extract their medicinal qualities. Kwathas are highly regarded in modern Ayurveda for their ability to cure immune system problems, respiratory conditions, and different metabolic imbalances. A concentrated and easily absorbable medicinal solution is guaranteed by the decoction process. Contemporary iterations could incorporate inventive amalgamations to tackle certain health issues, becoming kwathas a fundamental component of Ayurvedic medicine today. Kwatha is a well-known Ayurvedic dosage form that has unique properties that highlight its medicinal effectiveness and versatility. In order to create kwathas, the medicinal components of the herbs are carefully extracted by boiling them, leaving behind a concentrated and easily absorbed herbal solution. This feature guarantees that kwathas function as a strong herbal medication, facilitating effective absorption of the advantageous components found in the herbs. Additionally, one of the most remarkable qualities of kwathas is their adaptability. This is because they can be customized with different herb combinations to target particular health issues, demonstrating the versatility of Ayurvedic formulations. When it comes to applications, kwathas have gained acclaim for their capacity to support respiratory health. As a result of their medicinal effect on the respiratory system, kwathas are frequently used to relieve coughs, colds, and allergies. As such, they function as respiratory tonics. Some kwathas also serve as immune enhancers, strengthening the body's defenses naturally to strengthen immunity as a whole. Kwathas maintain metabolic balance and help regulate metabolism, which in turn supports illnesses like obesity and diabetes. Together with their versatility, this combined emphasis on immune support and respiratory health puts kwathas as essential elements in the modern application of Ayurvedic procedures, effectively and precisely addressing a wide range of health issues<sup>42-46</sup>.

#### **Vati, or tables:**

Ayurvedic tablets, or vati, are a balanced blend of the old and the new. Ayurvedic medication in the form of vatis, which are made by compressing finely powdered herbs and minerals, is a handy and portable option. They offer a standardized and measured dosage, accommodating the tastes of modern lifestyles. Vatis are frequently used to treat a variety of ailments, from stress relief to digestive issues, demonstrating their flexibility to the fast-paced nature of modern living.

Vati is a unique Ayurvedic dose form that has qualities that make it easy to use and precise to administer.

Vatis, which are made by compressing finely ground herbs and minerals into tablet form, guarantee a precise and consistent dosage. They are quite appropriate for modern lifestyles because of their compacted form, which makes handling and storing them easier. Because of their portability, people can easily incorporate them into their everyday routines, which adds another level of convenience. Especially, vatis offer a fixed dose, making it easier to administer and adhering to Ayurvedic medicine's precise standards. Applications-wise, vatis are important in stress management formulations because they support resilience and mental health. Their versatility also extends to the treatment of digestive diseases, where they facilitate regular bowel motions and gastric comfort, so assisting in the restoration of digestive balance. Additionally, vatis function as daily supplements for overall well-being, highlighting their wider use as a comprehensive health support. Essentially, vatis's compact size, ease of use, and accurate dosages highlight its current applicability, providing a useful and focused strategy for reducing stress, maintaining digestive health, and promoting general wellbeing among the fast-paced demands of modern life<sup>47-51</sup>.

**Taila (Oils):**

Tailas, or ayurvedic oils, are highly valued elements of modern wellness regimens that have transcended antiquity. These meticulously crafted oils provide a medium for both internal and external use by infusing them with herbs and medicinal compounds. Tailas are used in modern Ayurveda for a variety of reasons, including massage, skincare, and nasal and oral delivery. Their incorporation into wellness regimens and spa services highlights their ongoing importance in fostering overall well-being. The essential component of Ayurvedic medicine known as taila has unique qualities that add to its adaptability and nutritional value. Tailas are distinguished by an infused herbal medium. Herbs and medicinal compounds are infused into oil bases to provide a versatile medium that may be utilized for a variety of purposes. Tailas are unique in that they can be used externally or internally, which makes them a flexible part of Ayurvedic medicine. Their nourishing qualities are vital in supporting general health and the health of the skin, so they are a vital component of holistic treatment regimens. Tailas are the cornerstone of Ayurvedic massage therapy in terms of applications; they act as transporters for the benefits of herbs, encouraging rest and renewal. Furthermore, certain tailas are designed with skincare in mind, specifically targeting issues like psoriasis, eczema, and dryness. They are perfect for reviving and renewing the skin because of how deeply nourishing they are. In addition to external uses, tailas are used internally in practices

like oil pulling (Gandusha) and nasal drops (Nasya). This dual use promotes nasal and mouth health, demonstrating the versatility and all-encompassing advantages of tailas in internal and external Ayurvedic medicine. Tailas, then, are essentially a vehicle for physical well-being and a monument to the ancient wisdom that acknowledges the interdependence of external and interior health, thanks to the infusion of herbal goodness into oil bases<sup>2, 8, 52-55</sup>

**Asava and Arishta:**

Asava and Arishta are two of the most remarkable liquids found in Ayurvedic formulas; they are made through a special fermentation process that gives these herbal remedies their own special properties. Asavas, which are made with a careful infusion of medicinal herbs, grow in a sugar-based medium, whereas the essence of Arishtas is found in the sweetness of jaggery. Beyond simple preparation, this fermentation procedure performs an alchemical change that increases the herbal ingredients' bioavailability and unlocks their therapeutic potential. When it comes to applications, Asava and Arishta blends are effective healers that are frequently used to cure respiratory conditions, digestive disorders, and overall body toning. These liquid formulas serve as powerful tonics that aid in boosting immunity and imparting vigor. Asava and Arishta's fermented state contributes to overall health and digestive health by introducing probiotic factors while maintaining the purity of the herbal ingredients. Asava and Arishta perform a key symphony in the Ayurvedic wellness orchestra, harmonizing with the body's inherent rhythms to promote resilience and vigor<sup>56-59</sup>.

**Arka:**

Arka is the essence of Ayurvedic herbal knowledge; it is a distilled elixir that is formed from the alchemical process of steam distillation. The concentrated abundance of active chemicals and essential oils taken from medicinal herbs is captured in this liquid treasure. By means of the complex process of steam distillation, Arka turns plant extracts into a strong liquid that is abundant in medicinal benefits. Arka's unique concentration highlights its unique place in the Ayurvedic pharmacopeia. Regarding applications, Arka assumes the role of adaptable healing, serving as a link between conventional and modern therapeutic approaches. Its widespread use in nasal administration (Nasya) is evidence of its effectiveness in promoting mental clarity and relieving respiratory problems. Arka can also be used as an antibacterial and an anti-inflammatory in skincare products, acting as a kind of protector. Because of its mild yet effective character, it is a crucial component in Ayurvedic skincare regimens, offering a comprehensive approach to skin health. In the quest for holistic health, Arka appears in the alchemy of wellness not only as a distilled liquid

but also as a rejuvenating channel that bridges the physical and metaphysical domains<sup>60-63</sup>.

**Lepa:**

An ancient piece in the patchwork of Ayurvedic medicine, lepa is made by skillfully blending liquids and powdered herbs to create a thick paste or poultice. This special mixture of natural treatments creates a palpable mélange that embodies the spirit of external healing. Lepa's thick consistency is employed for targeted and localized application in addition to acting as a carrier for strong herbal characteristics. When used topically to treat a variety of health issues, Lepa appears as a protector of the outside world. Lepa is a calming balm that relieves inflammation, skin disorders, and joint discomfort right where it's required. This external therapeutic substance provides a focused and direct approach to healing, embodying a localized treatment for wounds, infections, and numerous skin problems. Lepa brings history and accuracy together in the symphony of Ayurvedic treatments, establishing a concrete link between herbal wisdom and the complex demands of the body's exterior<sup>64-67</sup>.

**Netrabindu and Anjana:**

Two Ayurvedic eye care professionals, Netrabindu and Anjana, distinguish themselves from one another with their own traits and specific uses. Meticulously crafted, Netrabindu is an Ayurvedic eye drop, while Anjana is an ointment that comes from a combination of minerals and herbal extracts. The careful balancing act between the medicinal power of minerals and plant expertise is reflected in their composition. When it comes to application, Netrabindu and Anjana stand out as protectors of eye health, offering a comprehensive strategy. These formulations serve to reduce eye strain, support good eye health in general, and target specific ocular disorders. When applied externally to the eye area, they function as a balm, providing comfort and revitalization to this delicate region. Netrabindu and Anjana play a dual role in Ayurvedic medicine: they are not just eye medicines; they also represent the holistic health concept, which views eye health as an essential component of the body's overall quest for harmony and balance<sup>68-72</sup>.

**Pisti:**

Pisti is a special case in point of Ayurvedic formulas whereby the combination of gemstones or minerals with herbal alchemy is demonstrated. Pisti, in its distinctive powdered form, captures the essence of processed minerals, which are ground with care using herbal liquids or decoctions. This unique preparation method combines the qualities of the plant and mineral into a harmonic blend, imparting a potency that transcends the physical realm. Pisti's versatility as a medicinal agent is evident in its applications, providing a sophisticated approach to holistic health.

When doshas, or the basic energy of the body, are balanced, Pisti acts as a stabilizing agent and encourages homeostasis. Its use goes beyond improving mental acuity, serving as a stabilizing factor for cognitive health. Furthermore, Pisti is a flexible ingredient in Ayurvedic formulas, utilizing a special blend of mineral and botanical qualities to address a variety of health issues. Pisti appears in the complex web of Ayurveda not just as a powder but also as a means of achieving equilibrium, clarity, and focused healing; it is the modern equivalent of age-old knowledge applied to wellness activities<sup>73-76</sup>.

**Ghrita Senhkalpa:**

One notable piece in the Ayurvedic formulary is Ghrita Senhkalpa, which is made special by combining clarified butter (ghee) with herbal extracts. This combination creates a powerful mixture in which the medicinal qualities of well chosen herbs are delivered by the rich aroma of ghee. Ghrita Senhkalpa's attributes encapsulate the harmonious combination of the nourishing properties of ghee and the restorative properties of herbs. Ghrita Senhkalpa reveals its importance as an internal elixir that promotes a holistic approach to well-being in terms of applications. It is a commonly used Ayurvedic herb that has a calming and nourishing impact on the gastrointestinal tract while also being crucial in aiding in digestion. Furthermore, this mixture has a vital role in supporting physical tissues, which enhances the person's general well-being. Ghrita Senhkalpa becomes an essential part of focused treatment regimens with an emphasis on harmonizing doshas, the body's elemental energies. This mixture represents the essence of internal nourishment and harmony and is a tribute to the complex interaction between customary medicine and Ayurvedic wellness<sup>77-80</sup>.

**Bhasma:**

A remarkable aspect of Ayurvedic alchemy, bhasma is a product of a rigorous purifying procedure followed by the burning of metals or minerals. This complex process produces finely ground materials that are rich in healing minerals and represent the core of elemental transmutation. Bhasma is a special and highly respected element in the field of Ayurvedic medicine because of its qualities, which stem from its birth in the crucible of fire and cleansing. When used topically, Bhasma is a potent medicinal substance that is used in little doses to treat a wide range of ailments. Beyond just being powerful, Bhasma is also known for its restorative qualities, providing a comprehensive approach to revivification. Furthermore, it strengthens the body's natural defenses by acting as a potent immune-boosting agent. Within Ayurveda, where equilibrium is critical, Bhasma is an example of the careful blending of custom and effectiveness. Its subtle yet powerful presence embodies age-old

wisdom, providing a targeted and nuanced approach to holistic health with its immune-boosting and revitalizing properties<sup>81-82</sup>.

**Fanta:**

In the context of Ayurveda, fanta is identified as a medicated water infusion—a well-balanced combination of herbs or other therapeutic materials with water. Its distinguishing feature is the careful soaking procedure, which extracts the medicinal ingredients' essence and produces a healing elixir. This infusion captures the life and healing power found in nature; it's frequently a subtle tango of botanicals and water. Fanta shows up as a medicinal beverage with two benefits when used properly—hydration and healing. Fanta is mostly taken internally, where it not only slakes thirst but also acts as a vehicle for the health benefits of the infused herbs. Its recommended use also includes treating digestive problems, providing a mild and all-natural solution for gastrointestinal problems. Fanta's significance in enhancing overall health extends beyond its specific therapeutic uses. It is consistent with the fundamental tenets of Ayurveda, which acknowledge the interdependence of digestion, hydration, and total vitality. Fanta is a delightful representation of holistic health in the Ayurvedic wellness tapestry, where each drink serves as a conduit for both physical sustenance and therapeutic grace<sup>83-85</sup>.

**Kalka:**

An ancient element in the complex web of Ayurvedic medicine, kalka is made from a combination of fresh herbs that are finely chopped or ground into a thick paste. This unique method gives Kalka a thick texture and turns it into a physical representation of the strength of herbs. Kalka embodies the essence of effortless preparation and swift action, perfectly capturing the raw vigor of fresh herbs in their simplicity. When used as an external therapy, Kalka proves to be a flexible and effective solution that is used to relieve localized pain. When used as poultices, Kalka transforms into a targeted healer that provides alleviation for a range of skin diseases, pains, and inflammation. Its prompt action is especially noteworthy, as it offers targeted and timely support to those in need of immediate relief. Its practicality is further enhanced by its ease of preparation, which is consistent with the accessibility inherent in Ayurvedic principles. With its grounded simplicity, Kalka emphasizes the immediate and palpable effects that herbal treatments can have on specific conditions, serving as a testament to the tremendous potency that can be garnered from nature's wealth<sup>48, 86</sup>.

**Swarasa:**

Ayurvedic in nature, swarasa is a lively statement that is defined by its pure liveliness as the freshly squeezed juice of plants or herbs. Its raw, unadulterated life

force—found in the medicinal greens—is captured in its instantaneous creation, which is its essential quality. Swarasa distinguishes itself as a vibrant and effective element of Ayurvedic treatments by acting as a conduit for the finest form of herbal essence through its distinctive freshness. When used as directed, Swarasa becomes a potent elixir that is mainly meant to be taken internally, providing the body with a direct route to the therapeutic effects of herbs. This mode of ingestion facilitates the quick absorption of active ingredients, highlighting the immediate effects of the plant. Swarasa is a flexible tool in the Ayurvedic toolbox that is frequently used for its ability to treat a wide range of illnesses. Whether treating particular conditions or promoting general health, Swarasa embodies the energy of herbal medicine, providing a straightforward and effective way to utilize nature's healing capacity within the context of Ayurvedic principles<sup>87-88</sup>.

**Matras:**

Matras provide an essential component of accuracy and attention to detail in the complex realm of Ayurvedic medicine. These precise quantities or dosages constitute the foundation of Ayurvedic medicine formulations, guaranteeing a complex equilibrium during remedy preparation. Matras's traits emphasize the value of precision, mirroring the painstaking attention to detail in Ayurvedic treatments customized to each patient's exact needs. Matras become protectors of effectiveness and safety in its uses, contributing significantly to the field of Ayurvedic medicine. Practitioners guarantee the precise and secure administration of herbal treatments by following these established measurements. Matras serve as a foundational idea that enables Ayurvedic practitioners to customize therapies according to patients' unique constitutions and medical situations. This degree of accuracy not only demonstrates the depth of Ayurvedic knowledge but also supports the holistic approach that acknowledges the individuality of every person's body and how it reacts to herbal remedies. Matras are a witness to the profound junction of history and careful science within Ayurvedic therapy, in their uniqueness<sup>89-90</sup>.

**Praash:**

A unique offering in the field of Ayurvedic formulations, Praash is characterised by a well-balanced combination of herbs, honey, ghee, and other substances that culminate in a somewhat solid mixture. This distinctive concoction captures the spirit of old knowledge and the fusion of many components of nature. When Praash is semi-solid, it becomes a physical representation of the strength and nutrition of herbs. When it comes to uses, prajash is a calming remedy that is frequently used to support respiratory health. Its effectiveness in relieving coughs and

calming throat discomfort is especially noteworthy. The formulation's dual nature, providing both comfort and nourishment, is attributed to the thoughtful combination of herbs, honey, and ghee. Praash becomes a reliable partner in the fight for respiratory wellness, relieving pain and delivering the medicinal advantages of its ingredients directly to the body. The simplicity of Praash, which embodies the natural constituents' synergy to address common respiratory problems with a touch of ancient wisdom and holistic care, makes it stand out in the vast tapestry of Ayurvedic healing<sup>77,91</sup>.

#### **Avaleha or Leha and Paka:**

Within the rich tapestry of Ayurvedic formulations, Avaleha, also known as Leha and Paka, exhibit their distinct qualities as semi-solid preparations resulting from the alchemical union of herbs with the sweetness of jaggery or honey. The cooking procedure turns the raw materials into a well-balanced mixture that preserves the medicinal qualities of the herbs in a digestible form. When Avaleha, also known as Leha or Paka, is semi-solid, it transforms from a therapeutic preparation into a sensual indulgence. These formulations are excellent as sweet treatments, which makes them useful and pleasurable for a range of age groups. Particularly for younger patients, the sweet flavor makes them more pleasant by adding an element of accessibility. In Ayurveda, avaleha, also known as Leha, and Paka are frequently prescribed for a variety of medical conditions. These semi-solid mixtures are useful for a variety of health problems, including digestive discomfort, respiratory problems, and even rejuvenative treatments. They are a complete expression of Ayurvedic philosophy, where treatment is not just a regimen but a sensory experience that pleases the body and the senses, thanks to their union of medical potency and delicious taste. The adaptability and effectiveness of various dose forms stand out as significant factors in the rebirth of Ayurvedic therapies, which are continuing to garner international prominence. Current Ayurvedic dose forms demonstrate the system's adaptability by balancing tradition and modernity, making old wisdom relevant and accessible in the modern quest for holistic health<sup>92-93</sup>.

#### **Challenges and Future Directions:**

Due to the distinctive characteristics of Ayurveda and the requirements of contemporary healthcare systems, the standardization and commercialization of Ayurvedic dosage forms pose complex obstacles. The variety of Ayurvedic formulas and preparation techniques is one major obstacle that makes standardization a difficult undertaking. Uneven quality between Ayurvedic goods is difficult to achieve due to differences in raw materials, preparation methods, and local customs. In order to

guarantee consumer safety and comply with international regulatory standards, quality control and assurance issues must also be addressed. The difficulty in commercializing Ayurvedic dosage forms is striking a balance between conventional wisdom and contemporary market expectations, which includes taking shelf life, marketing, and packaging into account. In terms of future directions, there are several possible areas for Ayurvedic dosage form research and development. It is imperative to allocate resources towards scientific research in order to verify the safety and effectiveness of conventional formulations via extensive clinical trials. This can entail investigating cutting-edge methods for formulation and extraction to improve uniformity and bioavailability. Technological and analytical advances can help create strong quality control procedures. The creation of evidence-based formulations may be aided by partnerships between scientists, the pharmaceutical industry, and conventional Ayurvedic practitioners. Furthermore, spreading knowledge about the advantages and tenets of Ayurveda among the general public and medical professionals will be essential to its international acceptability. The essence of this age-old medicinal tradition can be preserved as Ayurvedic dosage forms adapt to modern standards by resolving these issues and seizing the chance for future study<sup>2, 11, 18, 94-96</sup>.

#### **Conclusion:**

In summary, this research has examined the wide range of Ayurvedic dosage forms, including their historical origins, modern uses, and distinctive qualities. The investigation has clarified the opportunities and difficulties associated with standardizing and bringing these formulations to market. When we consider the main conclusions, it is clear that Ayurvedic dosage forms—which range widely from churna to taila—offer a wealth of therapeutic potential that is firmly ingrained in conventional knowledge. Not only has the dynamic interaction of minerals, herbs, and formulations withstood the test of time, but it also continues to provide comprehensive answers to a wide range of health issues. Most importantly, this analysis emphasizes how important it is to have an updated overview when managing the incorporation of Ayurvedic dose forms into contemporary medicine. A concentrated effort must be made in research, quality control, and connecting traditional knowledge with modern expectations in order to meet the obstacles of standardization and commercialization. By tackling these issues, we open the door for Ayurveda to develop into a viable and widely available kind of healthcare. It is impossible to overestimate the significance of thorough scientific investigation, validations based on evidence, and cooperative efforts between traditional



practitioners and the scientific community. A revised overview guarantees that Ayurvedic dosage forms fulfill the exacting requirements required by contemporary healthcare procedures while simultaneously maintaining their authenticity. It is critical that we embrace the ageless knowledge of Ayurveda within the context of changing healthcare as we stand at the nexus of tradition and innovation. The incorporation of Ayurvedic dose forms corresponds with the increased interest in individualized and preventative healthcare by providing a comprehensive strategy that goes beyond simple symptom management. Ayurveda shines as a light in the integration of traditional wisdom and modern science, offering a singular paradigm for overall wellbeing. Ayurvedic dosage forms can contribute to a more inclusive and comprehensive approach to wellbeing by enriching the current healthcare environment through a nuanced understanding, collaborative research activities, and a commitment to quality.

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