

A Literary Review on 'Lavangadi Vati': A Classical Ayurvedic Medicine

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Abstract: Ayurvedic ancestors have formulated and used a lot of ayurvedic preparation for the betterment of ailing persons. The preparatory process, doses, composition, anupana and indication of all those medicines have also been stated by them in their respective texts. The ayurvedic practitioners have been preparing and using those medicine traditionally, experiencing their therapeutics effect era after era. There are several preparations available in different texts like Sahashrayoga, Bhaishajya Ratnavali (Vaidya jivanam), Bhaishajya Kalpana, Ayurveda Samgraha, Astanga Hridayam, Rasashastra, Sarangadhar Samhita, Yogaratnakar etc. and sometimes little controversy regarding composition or indication are also found, so vivid literary review should also be performed for making perfect preparation and utilization of those medicines. Lavangadi Vati is a complete herbal preparation commonly used in the treatment of cough, cold, throat infection, fever, diarrhoea, etc. and in present study it has been tried to go through the textual references of these preparations, some cross verifications also have been performed towards collection of information regarding the composition and their properties for therapeutic perfection. A methodical, scientific and reasonable study have been done to justify the claim of our ancestors.

Keywords: Lavangadi Vati, Bhaisajya Ratnavali (Vaidya jivanam)

1. Introduction

Ayurveda, the ancient Indian medical science has contributed a lot of herbals, mineral, Herbo mineral and organic compound for prevention and cure of the diseases. The oldest medical science ayurveda has categorized the drugs in various ways as per their beneficial or *hitakar* effect over the *srotas* (system) like *pranavaha srota*, *annavaha srota*, *udakavaha srota* etc. simultaneously the drugs have also been grouped at per ailment - based treatment in *Jwara rogadohikara*, *Atisara rogadohikara*, *Swasa rogadohikara* etc. *Pranavaha srota vikara* which simulates with respiratory diseases and fortunately ayurvedic classics have contributed a lot of formulations for the management of those troublesome diseases. In present scenario Bronchial asthma, C. O. P. D, Bronchitis, Acute and Chronic respiratory tract infection like ailments is becoming very much serious public health problem rather the solution is very much limited in modern or Western medicine. It has been well awarded that the medicines like steroidal preparations, broncho dilator, respiratory stimulants, cough suppressions like agents of modern medicine are not able to provide satisfactory curative remedies, as a result the scientists and scholars of this field are sincerely trying to find out the solution through ancient ayurvedic thought and medicine.

'Lavangadi vati' is such an easily available herbal compound which contains very few but reputed herbs like *Lavanga* 2 (*Syzygium aromaticum* Linn.), *Marich*3 (*Piper nigrum* Linn.), *Bibhitaki*4 (*Terminalia bellerica* Roxb.), *Khadira*5 (*Acacia catechu* Willd.), *Babula*6 (*Acacia nilotica* (L) Willd.), which are mostly possessing the properties like *laghu*, *ruksha*, *ushna* and some of the

ingredients are carrying *Madhura vipaka* (effect after digestion) and some other also *Katu vipaka* (effect after digestion) which indicates a beneficial effect to make equilibrium between *Souma* (Cold) and *Agneya* (Hot) components of the body therefore "Lavangadi Vati" could make balance between *Vata* and *Kapha*. *Lavangadi Vati* frequently used by the ayurvedists from ancient era to till date to manage the problems like *Swasa* (Respiratory disorders), *Kasa* (Cough), *Hikka* (Hiccough) etc.

In present study, several ancient texts related to Ayurvedic *Dravyaguna* (Nighantus) and Ayurvedic Pharmacopeia, and other texts to gather the information regarding the uses and properties of the drugs and those information or data have been furnished herewith in a methodical, scientific and logical manner to establish the claim of our ancient classics regarding its usefulness in the management of aforesaid ailments.

2. Materials & Methods: Materials:

In present study, ancient Ayurvedic treaties of different era like *Chakradatta*, *Yogaratanakar*, *Nighantus* (Ayurvedic pharmacopeial text of medieval period), *Bhavprakash* (1600AD), *Bhaisajya Ratnabali* (1900AD) and modern Ayurvedic texts like J. L. N. Shastri, Journals etc. which have been reviewed thoroughly.

2.1 Methods: Composition of Lavangadi Vati

Reference of 'Lavangadi vati' only has been believed in *Bhaisajya Ratnabali* (Vaidya jivanam), which contain the ingredients *Lavanga* (*Syzygium aromaticum* Linn.), *Marich* (*Piper nigrum* Linn.), *Bibhitaki* (*Terminalia*

bellerica Roxb.), *Khadira* (*Acacia catechu* Willd.), *Babbul* (*Acacia nilotica* (L) Willd.).

- 1) *Lavanga* - 100 gm
- 2) *Marich* - 100 gm
- 3) *Bibhitaki* - 100 gm
- 4) *Khadira sara* – 300 gm
- 5) *Babbula tvak kwath* - q. s

Prepare the fine powder of all the ingredients separately and mix together thoroughly. Then triturate with *bhabna dravya* and prepare pills of 250 mg each uniformly. Then the pills should be dried in shades and stored in a glass bottle.

Indication: It cures *Kasa* within *asta ghatika* (8 hours)
DOSE1: 2 - 4 pills daily for chewing.

2.2 Method of Preparation1 of Lavangadi Vati:

3. Results & Observation

Table 1: Ayurvedic Pharmacodynamics of the Ingredients of Lavangadi Vati

Ingredients	Rasa panchak	Dhanwant ari Nighantu7	Bhavaprak ash Nighantu8	Kaiyadeva Nighantu9	Madanpal a Nighantu10	Raja Nighantu 11
Lavanga	Rasa	-	Katu tikta	Katu tikta	-	Tikta
	Guna	-	Laghu	Ruksha	Laghu	Sitala, Tikshna
Marich	Virya	Sita	Sita	Sita	-	Usna
	Vipaka	-	-	-	-	Madhura
	Dosakarm ata	Pittasama ka	Kapha -Pitta samak	Kapha -Pitta nashan	Kaphahar a	Tridoso samaka
Bibhitaki	Rasa	Katu tikta	Katu	Katu	Katu	Katu Tikta
	Guna	-	Tikshna	Tikshna	Guru, kinchitiksh na	Laghu
Babbula	Virya	Ushna	Ushna	Ushna	Natiushna	Usna
	Vipaka	-	-	Katu	Madhura	-
	Dosakarm ata	Pittakaraka, kapha vata samak	Kapha vata jit, pittakara	Vata Kapha pittavardhaka	Kaphahar a	Kapha Vata hara
Khadira	Rasa	-	Kashaya	Kashaya	Kashaya	Katu, Tikta, Kashaya
	Guna	Laghu	Sita Ruksha	Sita	Heema	-
Lavangadi curnam	Virya	-	Ushna	Ushna	Ushna	Ushna
	Vipaka	Katu	Madhura	Madhura	Madhura	-
	Dosakarm ata	-	Kapha vata hara	Pittakaphanas hak	Kapha pitta hara	Kaphapa ha
Lavangadi curnam	Rasa	-	-	Kashaya	Kashaya	Kashaya
	Guna	-	-	-	-	-
Bibhitaki	Virya	-	-	Ushna	-	Ushna
	Vipaka	-	-	-	-	-
	Dosakarm ata	-	Grahi kaphanud	Kapha - pittasama	Kaphanud , Grahi	Pitta nashana, kaphahara
Khadira	Rasa	Swadu, tikta	Tikta, Kashaya	Tikta, Kashaya	Madhura	Tikta
	Guna	-	-	-	-	-
Lavangadi curnam	Virya	Hima	Sita	Sita	Sita	Sita
	Vipaka	-	-	-	-	-
	Dosakarm ata	Pitta kapha rakta vikara	Kapha hareta, pittahara	Kapha pitta nashak	Kaphahar a	Pitta kapha paha

Table 2: Various Preparations (composed with Lavanga) as Medicine in Different Texts.

Preparative drug	Ingredients	Indication	Dose	Anupana	Books
Lavangadi curnam	Lavanga, Kankola, Chandana, Tagara, Nilotpala, Krishna Jiraka, Ela, Agaru, Daruchini, Nagkeshar, Pippali, Sunthi, Sugandhibala, Karpoora, Jayaphala, Vamsolochana, Ushira all in 1 part, misri 8 parts	Arochaka, Balya, Brisya, Tridosanashan, Bibandha, Hridroga, Tamoksvasa, Galagraha, Svasa, Rajjaksma, Pinasa, Atisara, Prameha			Chakradutta12
Lavangadi curnam	Lavanga, Kankola,	Rajjaksma, Tamak Svasa,			Yogaratanakar13

	Raktachandana, Tagara, Nilotpala, Jiraka, Upakuchika, Tvaka, Agaru, Nagkeshar, Pippali, Sunthi, Jatamamsi, Jayaphala, Mutha, Satavari, Vamsolochana, all in 1 part, misri 8 parts	Kasa, Grahani, Visavardhaka			
Lavangadi curnam	Lavanga Dantimula, Trivrit Mula, Yamani, Sunthi, Vacha, Dhanyaka, Citraka Mula, Triphala, Pippali, Katuki,	Arsa, Sotha, Amavata, Udara Roga	10 gm/day	Ushna jala	Bhaisajya ratnabali14
Lavangadi curnam (Mahat)	Lavanga, Jiraka, Kaunti, Saindhava, Tvaka, Patra, Ela, Ajamoda, Yamani, Musta, Sunthi, Pippali, Maricha, Triphala, Satapuspa, Patha, Bhunimba, Goksura, Jatikosha, Jatiphala, Daruharidra, Nalada, Candana, Mura, Sati, Madhurika, Methi, Suddha Tankana, Krishna Jiraka, Sarja Ksara, Yavaksara, Balaka, Bilva, Puskaramula, Chitrakamula, Pippalimula, Vidanga, Dhanyaka, Suddha Parada, Abhraka Vasma, Suddha Gandhaka, Lauha Vasma	Mandagni, Amatisara, Grahani, Sula, Vistambhajirna, Anaha, Visuchi, Sitha, Kamala, Halimaka, Pandu, Kasa, Adhmana		Ushna jala in Mandagni, Sheeta udaka in dosagati Sarkara for Amatisara, Grahani, Sula, Vistambhajirna, Anaha, Visuchi, Sitha, Kamala, Halimaka, Pandu, Kasa, Adhmana	Bhaisajya ratnabali15
Lavangadi curnam 1	Lavanga, Jayphala, Pippali, Each In 1 Aksaphala, Marich 8 Pala,	Kasa, Swasa, Jwara, Aruchi, Meda, Gulma, Agnimandya, Grahani			Vaidya chintamani Swasa prakaranam16
	Sunthi 4 Pala, Sita 324 Gm				
Lavangadi curnam	Lavanga, Jatiphala,	Kasa, Swasa, Jwara,			Vaidya chintamani Kasa

	Pippali, Bibhitaki Each 1 Tola, Marich 2 Tola, Sunthi 4 Pala, Sarkara 5 ½ Pala	Aruchi, Meha, Agnimandya, Grahani			prakaranam17
Lavangadi gutika	Lavanga, Marich, Bibhitaki Phalatvaka each 1part, khadirasara 3 parts and all are mixed with babbula kwath	Kasa			Vaidya chintamani Kasa prakaranam18
Lavangadiurna	Lavanga, Ela, Jatiphala, Ahiphena	Agnimandya, Ajirna, Viswachi, Sula, Atisara, Vamana	1 sana	Ushna jala	Vaidya chintamani Agnimandya -Ajirna roga prakaranam19

Picture:



Figure 1: Showing ingredients of Lavangadi vati

4. Discussion

Lavangadi Vati is a poly herbal preparation composed with Lavanga, Maricha, Bibhitaki, Babul, Khadira in the form of tablet, vati or pill. It is useful in the treatment of chronic cough, respiratory diseases, throat infection like tonsillitis, laryngitis, pharyngitis etc. diarrhoea, dysentery, irritable bowel syndrome (IBS), indigestion, flatulence. The main ingredient Lavanga acts as kapha - pitta samak agent and other ingredient like Maricha having the action kapha - vatajita means it pacifies kapha and vata both in their aggravated. Another ingredient Bibhitaki also reduces the aggravated kapha and vata. Babul and Khadira both of these ingredients are capable to make balance between kapha and pitta in their aggravated state. Chronic cough or throat infections are closely related to the aggravated kapha and vitiated pitta, so kapha - pitta samana kriya of Lavangadi vati is here very much indicative towards exerting the relieving effect from cough and throat infections. Maricha is a ushna virya or hot potential ingredient show agneya effect and become capable to reduce kapha and vata. Through vivid literature rereview it has been clearly observed that Lavangadi is a potent, amapachak agent for having katu - tikta rasa (taste) and ushna virya or hot potency in its properties. In acute infection pitta gets aggravated so the Kashaya rasa of Babul and Bibhitaki become able to make pacification of pitta and in natural course it has the ability to

reduce pradaha or inflammation. Diarrhoea, dysentery, irritable bowel syndrome (IBS) like diseases is also usually caused by Ama, so the amapachana properties of Lavangadi shows beneficial effect over those digestive disorders. In any shorts of kasa or swasa, udana vayu and prana vayu become obstructed by the aggravated kapha, so as per Ayurvedic concept the aggravated kapha could be washed out from the respiratory passes by the tikshna and ushna guna medicine, which are usually present in Lavangadi vati. Lavanga and Maricha both these ingredients are srota sodhaka in nature and they are capable to work as expectorant in chronic cough. Dipaka, pachaka, srota sodhaka, ushna and tikshna like properties are very much effective in any shorts of kapha - vata kara properties. Grahani, atisara, prabahika, ajirna, agnimanda like diseases of annavaha and purishavaha srota or gastro - intestinal tract may could also be treated successfully by Lavangadi beside its great utilization in swasa, kasa, galabikara, tundikeri, rohini etc. of pranavaha srota or respiratory tract.

5. Conclusion

In conclusion it could be stated that Lavangadi Vati in a dose of 250mg to 500mg twice daily along with lukewarm water may give relief from cough, respiratory disorders, throat infection, indigestion, flatulence, diarrhoea, dysentery etc. the sufficient references as well as cross verification of textual claims are able to provide significant confidence regarding its use in the aforesaid problems.

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