



A NUTRACEUTICAL REVIEW OF ASTAGUNA MANDA AS A READILY USABLE KIT FOR GENERAL AND THERAPEUTIC APPLICATIONS

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Abstract:

Ayurveda is not only a medical science it is a holistic science of life. The aim of Ayurveda is promoting and preserving the health of individual and to cure from diseases. *Pathyas* are food substances and lifestyle of Ayurveda. *Pathya kalpana* can be correlated to Nutraceuticals in present era.

The term Nutraceuticals is coined by combining the term Nutrition and Phramaceuticals. Nutraceuticals are naturally occurring ingredients that are extracted, isolated and purified form of food or non-food sources, consumption in measured amounts provides physiological benefits and helps to maintain good health. Hippocrates also considered “Let food be thy medicine”.

Although Nutraceuticals have gained popularity in recent ages, its roots are traced in Ayurveda. Acharya Charaka has mentioned that “The diet which besides providing the basic nutrition to the body helps to maintain the healthy state of the body and prevents the occurrence of the diseases”. *Pathya kalpana* prepared with various samsakaras have great nutritive value and plays a major role in both *swastha* (Healthy) and *Atura* (Diseased).

One such unique preparation mentioned in *Sharangadhara samhitha* is *astaguna manda* which goes by the name with 8 ingredients and pathya in 8 diseases. This preparation has many therapeutic properties and can be given for *deepana*, *Pranadharana*, *basthi shodhana*, *raktha vardhana*, *vata-pitta-kaphaja jwara hara*, *sarva doshaghna*. So the preparation was converted to a readily available kit form to make it easy to prepare. This kit was analysed using organoleptic characters like like colour, odour, taste and form for 0,3 and 6 months and also using Hedonic scale a scale used to assess the acceptability of new product.

The organoleptic characters colour was brownish in 0th month and changed to light brownish in 3rd and 6th month. Other Characters odour, taste, form remained constant for 0,3 and 6th month. Among the Hedonic scale evaluation, the product was ranked excellent wit the characterstics like Taste, packaging, easy to prepare and over all acceptability. The Aroma is exhibited to be fair. Hence the *Astaguna manda* can be made available in sachet form for ready use and there was no much changes after storage.

Key words : Astaguna manda , Pathya kalpana , Nutraceuticals , Hedonic scale .

Introduction:

The prime objective of Ayurveda is prevention of disease and maintenance of health. Principles involved such as *dinacharya*, *rutucharya* and *pathya apathya* serves the purpose of both prevention and maintenance of health. Importance of food goes down to the era of *Vedakala* to mahabharatha many references of aahara has been mentioned like Anna is a basic need for all human beings, Anna is *amritha* .¹ The person taking food in a proper manner lives long and gets strength. In Samhitha kaala Acharya Charaka has mentioned *pathya apathya* according to diseases. In *Sushrutha samhitha* importance of *aahara* and *aushadhi* has been mentioned along with the concept of Hitha and *ahitha* Aahara, *Satmya* and *asatmya* aahara and *Dwadasha ashana vichara*. In *Astanga sangraha* and *Astanga hridaya* references like *aahara* according to ritu, *Sada pathya*, *Aahra maatra* and *ati maatra* has been mentioned.

Nutraceuticals are dietary supplements designed to provide health benefits² which can be correlated to *pathya kalpana*. Acharya Vagbhatta has mentioned Pathya as

पथ्यं पृथोऽनपेतं यद्यच्चोक्तं मनसः प्रियम् । यच्चाप्रियमपथ्यं च नियतं तत्र लक्षयेत्॥³

that which is wholesome and soothing to our body which maintains health and help getting rid of diseases is called pathya. Acharyas have mentioned mainly four major preparations *Manda*, *peya*, *yavagu*, *vilepi*. *Astaguna manda* mentioned in *sharangadhara samhitha* which has got a unique name with 8 ingredients and 8 indications⁴. The preparation also contains 4 wholesome ingredients *shashtika*, *shaali*, *mudga* and *saindhava* which are among the wholesome diet mentioned by Acharya Charaka.

Ingredients of *Astaguna manda* are *dhanyaka*, *Nagara*, *maricha*, *pippali*, *saindhava* *lavana*, *mudga*, *raktha shali* and *hingu* with the indication of *Deepana*, *pachana*, *basthi shodhana*, *raktha vardhana*, *jwara hara*, *vata-pitta-kapha hara*.

Importance of Astaguna manda

- Prepared using less ingredients and easy to prepare
- Cost effective
- Can be prescribed for various conditions
- Useful in *samsarjana Krama*

Uses of preparing readily available kit:

- Making it easily available for the patients for dispensing.
- Hassel free preparation
- Cost effective and saves time
- Increased shelf life as *tandula* and *mudga* are fried
- Can be used for preparing other *pathya kalpanas* like *peya*, *vilepi*, *odana* etc

Reference, ingredients and indications of Astaguna manda:

धान्यत्रिकटु सिन्धुत्थमुद्रतण्डुलयोजितः । भृष्टश्चर्हिगुतैलाभ्यां स मण्डो अष्टगुणाः स्मृतः ॥

दीपनः प्राणदो वस्तिशोधनो रक्तवर्धनः । ज्वरजित्सर्वदोषघ्नो मण्डोऽष्टगुर्न उच्यते ॥ (Sa.ma.kha2/171-173)

Ingredients:

1.Dhanyaka –Coriandrm sativum

2.Nagara – Zingiber officinalis

3.Maricha –Piper nigrum

4.Pippali-Piper longum

5.Saindhava-Rock salt

6.Mudga-Phaseolus aureus

7.Tandula –Oryza sativum

8.Taila bhrshta hingu-Ferula northax

9.Water

Table1: Rasa Panchaka of the ingredients of Astaguna manda:⁵

Drugs	Rasa	Guna	Virya	Vipaka	Dosha karma	Therapeutic actions
Dhanya	Kashaya, Tikta, Katu	Laghu,snigdha	Ushna	Madhura	Tridosahara	Pachana, dipana, Mutrala
Nagara	Katu	Ruksha,Tikshna,Guru	Ushna	Madhura	VataKaphahara	Agnidipana, Jwarahara, Kasashwasahara
Maricha	Katu	Laghu,Tikshnam	Ushna	Katu	Kaphavatahara	Jwraghna arshoghna
Pippali	Katu	Laghu,Snigdha,Tikshna	Ushna	Katu	Vatakaphahara	Dipana, Jwaragna Rasayana
Saindhava	Lavana, Madhura	Laghu,Snigdha,sookshma	Sheeta	Madhura	Tridosahara	Dipana Pachana Ruchya Chakshushya
Mudga	Madhura	Laghu,Ruksha	Sheeta	Madhura	Tridosahara	Jwaragna Shukrala Jeevaniya Chakshusya
Tandula	Madura, Kashaya	Laghu,Snigdha	Sheeta	Madhura	Tridosahara	Dipana Brihmana Mutrala Balya Jwarahara
Hingula	Tikta, Katu	Laghu,tikshna,snigdha	Ushna	Katu	Vatakaphahara , Pittakara	Pachana Anulomana Ruchya

Indications:

Deepana,Pachana,Basthi shodhana,rakthavardhana,Jwara hara,Vata hara,Pitta hara,Kapha hara

Mateials and methods:

Ingredients of astaguna manda-

- | | |
|------------|--------------------|
| 1.Dhanyaka | 5.Saindhava lavana |
| 2.Nagara | 6.Mudga |
| 3.Maricha | 7.Rakthashali |
| 4.Pippali | 8.Hingu |

Methodology:

Collection of ingredients:

The ingredients were collected from a local market.

Place of Pharmaceutical Preparation :

A.L.N Rao Memorial Ayurvedic Teaching Pharmacy.Koppa

Preparation of Readily available kit of Astaguna manda:

Two separate packets with packet 1 of *Raktashali* and *mudga* after frying them and making them to course powder was packed and another packet that is packet 2 with *Dhanyaka*, *trikatu churna*, *Saindhava lavana* *shuddha hingu* was prepared and packed for patients convenience. This was labelled clearly with all the ingredients and directions for use. This Readily available kit was named as ***Pathyamritha***.

Image 1: showing readily available kit of Astaguna manda



Preparation of Astaguna manda with Readily available kit:

A clean vessel was taken and was added with 14 parts of water and kept for boiling, after the water boils packet 1 was emptied and continued boiling after *mudga* and *shali* was cooked completely packet 2 was emptied and boiled for few minutes, the liquid portion was filtered and was given for consumption.

Siddhi lakshana: completely cooked rice and *mudga*.





Organoleptic Evaluation:

Astaguna manda was evaluated for its organoleptic characteristics that is rasa, gandha and varna which were analysed and noted and these characteristics were compared to the characteristics with those in the literature.

Analysis of Product:

Astaguna manda was analysed using Hedonic scale ⁶. Hedonic scale is a widely used method for measuring the subjective experience associated with particular product and experience. This relies on individuals' personal opinions and feelings about a product, liking or dislike.

The product was scored for characteristics like Packing, Aroma, Taste, Easy for preparation, Likely hood of purchasing again by panel of five people on five points Hedonic scale using score card.

Results and Discussion:

The analytical study results for *Astaguna manda* including organoleptic characters and Hedonic scale for analysing the acceptance of the product.

Organoleptic Characters:

Astaguna manda was evaluated for its organoleptic characters like Varna (colour), Ganda (odour), Ruchi (taste) and form. These characters were checked for a period of 0 month, 3 month and 6 month for readily available kit.

Tabel 2: Organoleptic characters of readily available kit

Test Attributes	Analytical results		
	0 month	3 month	6 month
Colour	Brownish	Light Brownish	Light Brownish
Odour	Faint	Faint	Faint
Taste	Kashaya and katu	Kashaya and katu	Kashaya and katu
Form	Powder	Powder	Powder

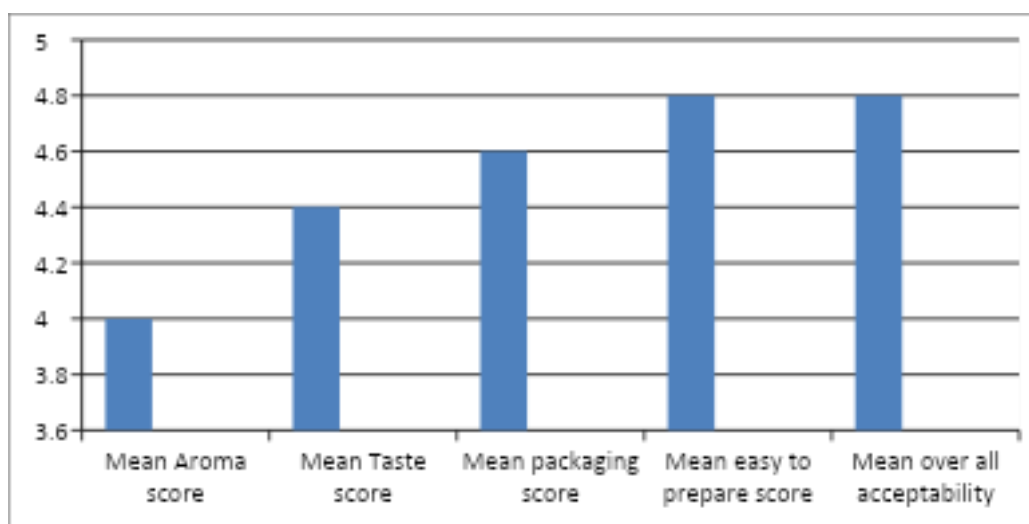
The readily available kit of *astaguna manda* was scored for characteristics like aroma, taste, appearance, easy to prepare and overall acceptability, by panel of five people in A.L.N Rao Memorial Ayurvedic Medical college, Koppa on five points of Hedonic scale.

Table 3 : Individual score of panellists on Hedonic scale

Sl.no	Aroma	Taste	Packaging	Easy to prepare	Over all acceptability
1	3	5	4	4	4
2	4	4	5	5	5
3	5	5	5	5	5
4	4	4	5	5	5
5	4	4	4	5	5

Table 4: Mean score of panellists on hedonic scale

Sl.no	Characterstics	Mean score
1	Mean Aroma score	4
2	Mean Taste score	4.4
3	Mean packaging score	4.6
4	Mean easy to prepare score	4.8
5	Mean over all acceptability	4.8

Figure 1: Mean score on Hedonic scale

Among the Hedonic scale evaluation the product was ranked excellent with the characteristics like Taste, packaging, easy to prepare and over all acceptability. The Aroma is exhibited to be fair.

Thus, The product exhibited overall good acceptability. As the packaging is made for ready use it can be made quickly and consumed any time. The product makes easy storage quick preparation and can be used in various conditions according to the Yukthi of the physician.

Discussion:

A secondary formulation *astaguna manda* comes under *pathy kalpana*. Where the preparation is simple to boil Mudga and tandula with 14 parts of water and the liquid portion is used. This preparation can be widely used for many therapeutic purposes like in *samsarjana karma* after panchakarma to balance the electrolyte, for *deepana* and *pachana*, as *pathya* in various conditions like *jwara* etc. Rice which contains about 72 – 75 % which is good for digestion, green gram rich in anti-oxidant properties makes the preparation more beneficial. Hence this preparation was made to a readily available kit making it easily available for the patients and for dispensing, for hassle free preparation, cost effective and saves time, increased shelf life (as *mudga* and *tandula* are fried). This readily available kit was widely acceptable and was beneficial.

Conclusion:

Astaguna manda a simple preparation with numerous benefits was made into a unique readily available kit form to make it more easily available and easy to prepare. This preparation had a excellent acceptability which was assessed through hedonic scale. Thus this product can be prescribed according to the condition making it easily available for both patients as well as healthy persons.

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