



# A POLYHERBAL FORMULATION – DRUG REVIEW

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## ABSTRACT

Polyherbal formulation is an Ayurvedic Aushadi (medicine) commonly used in a clinical practice. which is made by combining different herbs for their different potential properties. it is useful in kidney stone, Dysuria, Burning micturition, all kidney related disorders, specially kidney stones. This article reviews the chemical constituents and pharmacological action of ingredients of Polyherbal formulation.

**KEYWORDS:-** Polyherbal formulation, Mutrashmari

## INTRODUCTION – :

General assessment or survey of drugs the available literature is called as Drug Review'. The word "Drug" is derived from French word "Droge" which means a dry herb. The remark of drug stands for substance or chemical used for diagnosis, prevention, treatment or cure of a disease. It does not include the health enhancer material or contraceptives.

In Ayurveda it is called as "Aushadhi" derived from word osh means Rasa" All the Dravya when used tactically in swarasa- Kashya etc. Kalpana with time and thoughtful considerations to keep a human body free from alterations and maintain the health, are called "Aushadhi". The great

effect of any drug is abide of its therapeutic value which can be marked out by inspecting the synonyms of Bheshja.

Polyherbal formulation medicine is poly-mineral and polyherbal Ayurvedic preparation. This is indicated especially in kidney stone Vrikk Ashmari. Polyherbal formulation is prepared from diuretic and anti- urolithic herbal medicines. This medicines show a propitious effect in Urinary tract infections, Burning micturition and dyuria.

**AIM :-** To study the chemical constituents of polyherbal formulation Vati .

## MATERIAL AND METHODS –

Ayurvedic text books were considered to reviewed the key word like Polyherbal formulation, ashmari and information regarding chemical constituents of study

drugs are collected from Ayurvedic Pharmacopoeia of india.

Content	Latin Name	Part used	Form
<b>Dry Extract</b>			
<i>Gokshura</i>	<i>Tribulus terrestris</i>	Fruit	Powder
<i>Kulatha</i>	<i>Dolichos biflorus</i>	Seed	Powder
<i>Varuna</i>	<i>Crataeva nurvala</i>	Bark	Powder
<i>Punarnavamool</i>	<i>Borhavia diffusa</i>	Root	Powder
<i>Pashanbheda</i>	<i>Bergenia lgulata</i>	Root	Powder
<i>Methi</i>	<i>Trigonellafoenum graecum</i>	Seed	Powder
<b>Fine Powder</b>			
<i>Yava kshar</i>	Classical product	Mineral	Powder
<i>Hazrul yahud bhasma</i>	Classical product	Bhasma	Powder
<i>Kalmi shora</i>	Classical product	Mineral	Powder
<i>Mulak kshara</i>	Classical product	Mineral	Powder
<i>Swet parpati</i>	Classical product	Mineral	Powder

**Ras Panchak and Dosha Karma of ingredients:-**

<b>Sr.no.</b>	<b>Drug</b>	<b>Rasa</b>	<b>Guna</b>	<b>Virya</b>	<b>Vipaka</b>	<b>Doshagnata</b>
1	<i>Gokshura</i>	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Shita</i>	<i>Katu, Madhura</i>	<i>KV Shamaka</i>
2	<i>Kulattath</i>	<i>Kashaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Amla</i>	<i>VK Shamaka</i>
3	<i>Varuna</i>	<i>Kashaya Tikta</i>	<i>Laghu, Ruksha,</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK Shamaka</i>
4	<i>Punarnavamool</i>	<i>Madhura Tikta, Kashaya,</i>	<i>Laghu, Ruksha, Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>VKShamaka</i>
5	<i>Pashanabheda</i>	<i>Tikta, Kashaya</i>	<i>Laghu,</i>	<i>Shita</i>	<i>Katu</i>	<i>VK Shamaka</i>
6	<i>Methi</i>	<i>Katu</i>	<i>Laghu, Snighdh,</i>	<i>Ushna</i>	<i>Katu</i>	<i>PK Shamaka</i>
7	<i>Yavakshara</i>	<i>Lavana</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>KP Shamak</i>
8	<i>Haazrulyahu</i>	<i>Lavana</i>	–	<i>Sheeta</i>	<i>Madhur</i>	<i>KP Shamak</i>
9	<i>Kalmishora</i>	<i>Lavana</i>	<i>Tikshn</i>	<i>Ushna</i>	<i>Katu</i>	<i>VK Shamak</i>
10	<i>Mulakk shara</i>	<i>Lavana</i>	<i>Laghu Tikshna</i>	<i>Ushna</i>	<i>Madhur</i>	<i>KP shamak</i>
11	<i>Swetprapati</i>	<i>Lavana</i>	–	<i>Sheeta</i>	<i>Madhur</i>	<i>VK Shamak</i>

## DESCRIPTION OF CONTENTS OF POLYHERBAL FORMULATION:-

### 1-GOKSHURA :-

- Botanical name- - *Tribulus terrestris*
- Family - *Zygophyllaceae*
- Sanskrit name - *Gokshura , Trailokantaka , Trikantaka*
- Hindi name - *Gokhru, Gokshura*
- English - *Caltrops fruit*

### **Chemical constituents:-**

- Root-Alkaloids and Saponins.
- Fruit- Potassium nitrate, Sterols, Sapogenin with pyro ketone ring (diosgenin), Gitogenin and Hecogenins.

### ➤ AYURVEDIC PROPERTIES AND ACTION:-

- *Rasa* - *Madhura*
- *Guna* - *Guru, Snigdha*
- *Virya* - *Sheet*
- *Vipaka* - *Madhura*
- *Karma* - *Mutrala, Vrasya, Vatanut , Brumhana Vrasya , Vatanut , Brunhana , Ashmarihara , Vastisodhana*
- Dose –*churana(powder - 50 mg*

### 2-KULATTHA :-

- Botanical name - *Dolichos biflorus*
- Family - *Leguminosae*
- Sanskrit - *Khalva , Vardhipatraka*
- Hindi - *Kulathi, Kurathi*
- English - *Horse gram*

- **Chemical Constituents :-** An enzyme (urease) and essential oil.

### ➤ AYURVEDIC PROPERTIES AND ACTION:-

- *Rasa* - *Kashaya*
- *Gana* - *Laghu ,Sara*
- *Virya* - *Ushna*
- *Vipaka* - *Katu*

- *Karma* - *Vidahi, Svedasangrahaka, Krimihara, Kaphavatahara.*

**Therapeutic Uses:-** *Ashmari, Nastartava*

Dose –*churana(powder - 50 mg*

### **3-VARUNA :-**

- Botanical name - *Crataeva nurvala*
- Family - *Capparidaceae*
- Sanskrit - *Varana*
- Hindi - *Baruna, Barna*
- English - *Three leaved caper*

**Chemical Constituents:-** - *Saponin and Tannin.*

### **➤ AYURVEDIC PROPERTIES AND ACTION :-**

- *Rasa* - *Tikta, Kashaya*
- *Guna* - *Laghu, Ruksha*
- *Virya* - *Ushna*
- *Vipaka* - *Katu*
- *Karma* - *Bhedi, Deepana, Vatasleshmahara*

**Therapeutics Uses: -** *Ashmari, Gulma, Mutrakrichha , Vidradhi*

Dose –*churana(powder) 50 mg*

### **4-PUNARNAVA MOOL:-**

- Botanical name - *Boerhaavia diffusa L.*
- Family - *Nyctaginaceae*
- Sanskrit - *Kathilla, Sophaghni, Sothagini*
- Hindi - *Gadapurna, Lalpunarnava*
- English - *Horse Purslane, Hog Weed.*

**Chemical Constituents :-** Punarnavoside, Boeravinone C, Liriodendrin

➤ **AYURVEDIC PROPERTIES AND ACTION:-**

- *Rasa* - *Madhura, Tikta*
- *Guna* - *Ruksha*
- *Virya* - *Ushna*
- *Vipaka* - *Madhura*
- *Karma* - *Andomana, Mutravirechniya, Rasayana, Shothhara, Vataslehmahara*

**Therapeutics uses:-** *Dhatushaya* (tissue wasting), *Pandu* (anaemia), *Sotha* (inflammation)

Dose –*churana*(powder) 20 mg

**5-PASHANABHEDA :-**

- Botanical name - *Bergenia ligulata*
- Family - Saxifragaceae
- Sanskrit - *Asmabhedaka, Silabheda*
- Hindi: - *Pakhanabheda, Silphara, Patharcua, Pakhanabhed, Silphheda*
- English: - *Stone breaker*

**Chemical Constituents:** - Tannic acid, Gallic acid and Glucose

**AYURVEDIC PROPERTIES AND ACTION:-**

- *Rasa* - *Tikta Kashya*
- *Guna* - *Laghu*
- *Virya* - *Sheeta*
- *Vipaka* - *Katu*
- *Karma* - *Bhedana, Vastisodhana, Asmarighna, Mutravirecaniya*

**Therapeutics uses :-** *Ashmari, Meha, Mutrakrichha*

Dose –*churana* (powder )20 mg

## **6-METHI :-**

- Botanical name - *Trigonella foenumgraecum L...*
- Family - Fabaceae
- Sanskrit - *Medhi*
- Hind - Methi
- English - Fenugreek

### ➤ **AYUVEDIC PROPERTIES AND ACTION:-**

- *Rasa* - *Tikta*
- *Guna* - *Laghu, Snigdha*
- *Virya* - *Ushna*
- *Vipaka* - *Katu*
- *Karma* - *Deepana, Kaphahara, Ruchya, Vatahara*

**Therapeutic uses :-** *Aruchi* (tastelessness), *Grahani*, (malabsorption syndrome), *Jwara* (fever), *Prameha* (increased frequency turbidity of urine)

Dose –*churana* (powder – 10 mg)

## **5-YAVA KSHARA ;:-**

- Botanical name - *Hordeum Vulgare L*
- Family - *poaceae*
- Sanskrit - *Divya*
- Hindi: - *Yav , Jav , Jau*
- English: - *Barley*

**Chemical Constituents:** - Tannins , Flavonoid glycosides -Luteolin and Orientin Carbohydrate , free amino acids , Diferulic acid

Yavakshara is crude potassium carbonate obtained from barley.

### ➤ **AYURVEDIC PROPERTIES AND ACTION:-**

- *Rasa* - *Lavana*
- *Guna* - *Langhu ,Snigdha*

- *Virya* - *Usna*
- *Vipaka* *Madhur*
- *Karma* - *Anaha, Sulahar, Mutrakricchra har, kapha-pitta shamak*

**Therapeutics uses :-** Sothhar Madhumehhar

Solubility – completely soluble in water producing a strong alkaline solution

Dose –*churana*(powder -100 mg

### **5-HAZRUL YAHUD BHASMA :-**

- Botanical name - Lapis judaicus
- Sanskrit - Hajrul *yahood bhasma* /*Bel Pathar* , *Ber Pathar*
- Hindi: - *Badrashma bhasma*
- English: - Lime silicate calx, Jews stone

**Chemical Constituents:** - Calcium Oxalate, Magnesium, Calcium chloride, sodium sulfate ,Sodium oxalate .

Hazrulyahud bhasma (calcined lime silicate ) is an ayurvedic calcined medicine usually used for kidney stones, dysuria and renal colic.

### **➤ AYURVEDIC PROPERTIES AND ACTION;-**

- *Rasa* - *Lavana*
- *Virya* - *Sheeta*
- *Vipaka* - *Madhur*
- *Karma* - *Mutradah shamak ,Ashmarihar*

**Therapeutics uses :-** *Ashmari, Meha, Mutrakrichha*

Dose –*churana*(powder - 50 mg

### **5- KALMISHORA :-**

- Botanical name - Potassium Nitrate
- Family - Chemical / Mineral
- Sanskrit - *Saurkshar , Surya kshar , Suvarchika*
- Hindi: - *Sora, Qalmi sora , Sorakhar*
- English: - Saltpetre or salt stone

**Chemical Constituents:** - Tannic acid, Gallic acid and Glucose

It is white colourless crystalline powder. It is soluble in water 4 time of it.

➤ **AYURVEDIC PROPERTIES AND ACTION;-**

- *Rasa* - *Lavana*
- *Guna* - *Tikshn*
- *Virya* - *sheeta*
- *Vipaka* - *Katu*
- *Karma* - *Mutrakrcchra sothhar , Mutravirecaniya*

**Therapeutics uses :-** *Ashmari, Meha, Mutrakrichha*

Dose –*churana*(powder - 20 mg

**5-MULAK KSHAR ;:-**

- Botanical name - *Raphanus sativus Linn*
- Family - *Brassicaceae*
- Sanskrit - *mulak*
- Hindi: - *Muli*
- English: - *Radish*

**Chemical Constituents:** - *Castasterone, Brassinolide, Ferulic acid, Caffeic acid , sulfloraphene.*

It is prepared by burning the sun dried piece of raddish to ashes and then dissolving those ashes into water. After filtering the solution in a clean pot keep 7-8 hours still.so that solid material gets sediment at bottom of that pot, after filtering and drying we get earthen colour powder, it is Mooli Kshar and is alkaline by nature.

➤ **AYURVEDIC PROPERTIES AND ACTION;-**

- *Rasa* - *Lavana*
- *Virya* - *Ushna*
- *Vipaka* - *madhur*
- *Karma* - *Mutrakricchra Sheshmahar, Ashmarighan*

**Therapeutics uses :-** *Ashmari, Meha, Mutrakrichha*

Dose –*churana*(powder -80mg

## 5. SWET PARPATI :-

Shwet prapati contains dehydrated homogenous mixture of ammonium chloride, potash alum and potassium nitrate.

**Chemical Constituents:** - Tannic acid, Gallic acid and Glucose

### ➤ AYURVEDIC PROPERTIES AND ACTION:-

- *Rasa* - *Lavana*
- *Guna* - *Madhur*
- *Virya* - *Sheeta*
- *Vipaka* - *Madhur*
- *Karma* - , *Asmarihar* , *Mutravirecaniya*, *Mootral*, *Vatahar*, *Swedal*,

- **Pharmacological action of swet prapati –**

- *Surya kshara* -*Bhedana Bastishodan* , *Ashmarighan* , *Mutravirechaniya*
- *Sphatika* - *Mutral Pachana*
- *Navsadar* – *Shukrala* , *Balya* , *Rasayan*

**Therapeutics uses :-** *Ashmari*, *Meha*, *Mutrakrichha* , *Jwaraghana*, *Pneumonia*.

Dose –*churana*(powder) 50 mg

### DISCUSSION

➤ Polyherbal formulation has 11 ingredients in which major ingredients have *Katu*, *Tikta* and *Kashaya* ras, *laghu*, *rukha* *guna*, *katu* and *Madhur* *Vipaka* and have *vaat-kapih shamak*, *bhedi* and *anulomana* *karma* properties. Hence, this drug can be used in the management of *Mutrashmari*. According to Ayurvedic texts all the drugs in Polyherbal formulation have specific ingredients whose mode of action is due to their *Mutravirechaniya*, *Vednasthapan*, *Ashmarinashana*, *Mutrala*, *Sthothhara* properties which play an important role in increasing urinary output and hence flushing the urinary system.

➤ As per Ayurvedic classics the contents of Polyherbal formulation have *Ashmaribhedan* and *Mutral* properties, due to which stone disintegrate and passed out during micturition.

Polyherbal formulation have *Mutrakricchahara*, *shothhar* properties, due to which relief in burning micturition and Pain.

## CONCLUSION

From the above properties of ingredients of Polyherbal formulation, we can conclude that we can use this Tablet (Vati) in the management of mutrashmari. The constituents of Polyherbal formulation are important potential medicine in Ayurveda. This formulation can be used without any side effect.

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