

# International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



## Clinical indications of *Chandanasava* an experiential and scientific view

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ICV-70.44 ISRA-1.318  
VOLUME 4 ISSUE 2 February 2021

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Article received on 29<sup>th</sup> Jan 2021

Article Accepted 19<sup>th</sup> Feb 2021

Article published 28<sup>th</sup> Feb 2021

### ABSTRACT

Herbal and Herbo-mineral formulations are popularly practiced by Ayurveda physicians in modern India. Formulations like *Dashamoolarishta*, *Pushkaramoolasava*, *Sarivadyasava*, *Maharasnadi kwatha*, are few *Asava- arishta* (Medicated Fermented products) preparations used in the management of various disorders. *Asava- arishta* (Medicated Fermented products) formulations contain 9 – 10 % of self generated alcohol which will help in extracting the alcohol soluble ingredients as well as help in preservation of active principles for a longer time. *Chandanasava* is one such preparation which is used in the treatment of urinary disorders and diseases of the skin. It is given in *Mootra kricchra* (Dysuria), *Mootraghata* (Benign Prostatic Hyperplasia), burning micturition, dysuria, Gonorrhoea, scabies, Eczema, furunculosis, etc. It is having actions like *Dipana* (Appetizer), *Pachana* (Digestive), *Rakta shodhaka* (Blood purifier), *Kushthghna*, *Krimighna* (Anthelmintic), *Raktaprasadana* (Blood purifier) and *Rasayana* (Rejuvenation) actions. The present paper highlights about the clinical indications of *Chandanasava* in an experiential and scientific view.

**Key words:** *Chandanasava*, Ayurveda, *Raktashodhaka*, *Rasayana*



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**How to cite this article:** - Dr Prof Shripathi Acharya G, Miss Rajeshwari S Acharya, Clinical indications of *Chandanasava* an experiential and scientific view 'IRJAY', February: 2021 Vol- 4, Issue-2; 93-96; DOI: <https://doi.org/10.47223/IRJAY.2021.4204>

## INTRODUCTION

*Asavarishta* preparations (Fermented products) are commonly used by Ayurveda physicians. The formulations are *Dipana* (Appetizer), *Pachana* (Digestive) and *Rasayana* (Rejuvenation) in action. and because of its alcohol content it can be preserved for longer time. *Chandanasava* is a formulation which has *Sheeta virya* or cold potency. It acts as urinary antiseptic and blood purifier also. It is commonly in skin disorders and urinary diseases. *Chandanasava* fights off a wide range of microbes, so it gives relief from urinary tract infections and its Lithotriptic property helps to dissolve the stones. However, the effects are mild,

but along with other medicines, it gives good results in its indicated diseases.

## MATERIALS AND METHODS

This article is based on personal experiences and textual review. Material related to *Asav* and its indications, properties were collected. All the *Brihatrayi*, *laghutrayi* and available commentaries of those have been reviewed. Modern texts and various websites to collect information on the relevant topics were referred.

**Table 1 Shows Ingredients of CHANDANASAVA**

S.No.	Plant	Botanical name	Part used
1	<i>Chandana</i>	<i>Santalum album</i>	Wood
2	<i>Hribera</i>	<i>Plectranthus vettiveroides</i>	Root
3	<i>Musta</i>	<i>Cyperus rotundus</i>	Tuber
4	<i>Kashmari</i>	<i>Gmelina arborea</i>	Wood
5	<i>Indivara</i>	<i>Monochoria vaginalis</i>	Tuber
6	<i>Priyangu</i>	<i>Callicarpa macrophylla</i>	Flower
7	<i>Padmaka</i>	<i>Prunus cerasoides</i>	Wood
8	<i>Lodhra</i>	<i>Symplocos cochinchinens</i>	Bark
9	<i>Manjistha</i>	<i>Rubia cordifolia</i>	Tuber
10	<i>Rakta chandana</i>	<i>Pterocarpus santalinus</i>	Wood
11	<i>Patha</i>	<i>Cyclea peltata</i>	Tuber
12	<i>Bhunimba</i>	<i>Andrographis paniculata</i>	Whole plant
13	<i>Vata</i>	<i>Ficus benghalensis</i>	Bark
14	<i>Ashwattha</i>	<i>Ficus religiosa</i>	Bark
15	<i>Shati</i>	<i>Kaempferia galanga</i>	Tuber
16	<i>Parpata</i>	<i>Hedyotis corymbosa</i>	Whole plant
17	<i>Madhuka</i>	<i>Glycyrrhiza glabra</i>	Rhizome
18	<i>Rasna</i>	<i>Alpinia galanga</i>	Tuber
19	<i>Patola</i>	<i>Trichosanthes lobata</i>	Stem
20	<i>Kanchanara</i>	<i>Bauhinia variegata</i>	Bark
21	<i>Amra</i>	<i>Mangifera indica</i>	Bark
22	<i>Mocharasa</i>	<i>Bombax ceiba</i>	Gum
23	<i>Mridvika</i>	<i>Vitis vinifera</i>	Fruit

24	<i>Guda</i>	Jaggery	-
25	<i>Dhataki</i>	<i>Woodfordia fruticosa</i>	Flower
26	-	Sugar	-
27	-	Water	-

### Actions of Chandanasava. [1][2]

*Dipana* (Appetizer), *Pachana* (Digestive), *Rakta shodhaka* (Blood purifier), *Rasayana* (Rejuvenation), *Pittahara*, Urinary antiseptic, Anti-infective Bactericidal, Antibacterial, Antistress, Apoptogenic, Immunomodulator, *Pittahara*, *Pooyahara* (Drainage of pus), Anti-inflammatory, *Dahahara* (pacifying burning sensation), *Pakahara*, *Ropana* (wound healing) Ulcer-healer, *Jwarahara* (anti-febrile).

### Clinical indications [3][4]

*Mootra kricchra* (Dysuria), *Mootraghata* (BPH), *Vicharchika* (Eczema), Furunculosis, Eczema Urticaria, *Padadari* (cracked feet), Paronychia, Scabies, Pityriasis versicolor, *Taenia capitis*, *Taenia corporis*, *Taenia cruris*, *Molluscum contagiosum*, Varicose ulcer, Chronic non healing ulcer, Measles, Chicken pox, UTI, Chronic pyelonephritis, *Mootradaha* (Burning micturition), *Yonikandu* (Itching vulva), Napkin rash, *Vatarakta* (Gout), *Atisweda* (Excessive sweating), *Pittaja bhrama* (Confusion).

### Amayika prayoga (Internal Administration) [3][4]

***Mootra kricchra* (Dysuria)** - It is given with *Chandraprabha vati*, *Gandhaka rasayana* and *narikela jala*.

***Mootraghata* (BPH)** - It is given with *Chandraprabha vati* and *pashana bhedadi choorna*.

***Vicharchika* (Eczema)** - It is given with *Sarivadyasava*, *Laghusootha shekhara vati* and *arogyavardhini vati*.

**Furunculosis** - It is given with *Arogyavardhini vati* and *Gandhaka rasayana*.

**Eczema** - It is given with *Mahamanjishtadi kashaya*, *Arogyavardhini vati* internally and *nalpamaradi* oil external application.

**Urticaria** - It is given with *Laghu sootha shekhara vati*.

***Padadari* (cracked feet)**, - It is given with *Gandhaka rasayana* and Vaseline for external application.

**Paronychia** - It is given with *Gandhaka rasayana* and *Gandhakarpoora malahara* external application.

**Scabies** - It is given with *Sarivadyasava*, *Gandhaka rasayana* and external application of *Gandhakadya malahara*.

**Pityriasis versicolor** - It is given with *Arogyavardhini vati* and salicylic acid ointment externally.

***Taenia capitis*** - It is given with *Gandhaka rasayana* and local application of *Tankana bhasma*.

***Taenia corporis*** - It is given with *Arogyavardhini vati* and application of *Tankana bhasma* externally.

***Taenia cruris*** - It is given with *Arogyavardhini vati*, *Gandhaka rasayana* and external application of salicylic acid ointment.

***Molluscum contagiosum*** - It is given with *Madhusnuhi rasayana* and *Rasamanikya*.

**Varicose ulcer in the leg** - It is given with *Asanadi kwatha*, *Shilajatwadi loha*, *Shiva gutika* and application of *Tankana sindoora* externally.

**Chronic non healing ulcer** - It is given with *Chandraprabha vati*, *Mahamanjishtadi kashaya*, and *Pravala panchamrita rasa*. Measles - It is given with *Mrityunjaya rasa*.

**Chicken pox** - It is given with *Tribhuvana kirti rasa*.

**UTI** - It is given with *Gandhaka rasayana* and *Chandraprabha vati*.

**Chronic pyelonephritis** - It is given with *Chandanadi loha*, *Chandraprabha vati*, *Gandhaka rasayana* and *Sarivadyasava*.

***Mootradaha* (Burning micturition)** - It is

given with *Gandhaka rasayana* and *Chandraprabha vati*.

**Yonikandu (Itching vulva)**, – It is given with *Gandhaka rasayana* and external application of *Tankana bhasma*.

**Napkin rash** – It is given with *Arogyavardhini vati*, *Gandhaka Rasayana* .

**Vatarakta (Gout)** - It is given with *Kaishora guggulu* and *Pravala panchamrita rasa*.

**Atisweda** (Excessive sweating), – It is given with *Kamadugha rasa*.

**Pittaja bhrama** (Confusion) - It is given with *Laghu sootha Sekhara vati* and *Sootha shekhara rasa*.

## DISCUSSION

*Asavarishta* contain 9% self-generated alcohol, hence act as *Dipana* (Appetizer), *Pachana* (digestive) , antistress , apoptogenic and *Rasayana* (Rejuvenation) . *Chandanasava* is a *Sandhana kalpa* (Fermented product) which is commonly used in urinary and skin disorders.<sup>[5,6]</sup> It is indicated in diseases like UTI, *Mootra kricchra* (Dysuria) , *Mootraghata*(BPH), eczema , furunculosis , scabies , pityriasis versicolor , rhagades, paronychia and *Pittaja bhrama* conditions . It is *raktashodhaka* (blood purifier) in action. Hence it is used in various skin disorders. As *Chandana* is urinary antiseptic, it is commonly given in urinary disorders when there is infection . It purifies the blood and act as *Raktaprasadana* also. Even after prolonged administration it does not produce any serious adverse drug reactions. Usually, it is mixed with water in equal quantity before intake and is given after food.<sup>[7,8]</sup>

## CONCLUSION

Plant formulations in form of Ayurvedic

preparations play an important role in the healthcare system and immunity booster in many developing countries worldwide and are rapidly gaining popularity in many developed countries as well. Therefore, there is a need for maintaining technical standards in manufacturing and development of evaluation procedures to standardize the Ayurvedic formulations so as to enhance their acceptability worldwide. This would contribute to increased reliance and making them more competitive for global markets. *Chandanasava* is effective in urinary and skin disorders. Even after prolonged usage, it will not produce any adverse drug reactions. It is mixed with equal quantity of water before intake. It is given usually after food. When it is given with disease specific adjuvants, it gives desired effect in various disorders where it is indicated.

**Acknowledgement- Nil**

**Conflict of Interest- Nil**

**Financial Support- Nil**

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