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A Review on the Formulation and Dosage Form of ASU Medicines with Their Clinical and Therapeutic Uses

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ABSTRACT
Traditional System of medicine such as Ayurveda, Siddha, Unani plays a vital role in healthcare centuries, Offering holistic Approach to the prevention and treatment of Disease. In Ayurvedic Formulation often include polyherbal preparation such as Churna (Powder), Asava and Arista (Fermented Decoction) and Tails (Medicated oil) they are employed in treating Digestive disorder, Respiratory Disorder etc., for Rejuvenation Therapies. In Siddha Formulation Herbo- Mineral Preparation, Metallic Compound and Polyherbal Drugs in forms like Kashayam (Extract), Tailam (medicated Oil) are Therapies for Chronic Skin Disease, Liver Disorder in Preventing Healthcare through Detoxification and Dietary regulation. Unani Formulation involves herbal extract, Mineral- Based Compound and Animal derived Product in Form as Majun (Confection), Sharbat (Syrup) and Habb (Pills) are used for Digestive and Nervous disorder and Cardiovascular Conditions. Thus Ayurveda, siddha and unani system of medicines plays a significant role in treating various healthcare conditions.

KEYWORDS: Ayurveda, Siddha, Unani, Dosage forms, Diseases

I. INTRODUCTION

Traditional systems of medicine have always played a vital role in global healthcare and continue to be significant today, with their importance expected to grow in the future. In India, the systems either originated locally or were assimilated into Indian culture, collectively known as the Indian Systems of Medicine (ISM). With a herbal foundation and cultural adaptations, India has a wide range of indigenous healthcare systems. Herbs have long been the main source of medicine in India. India is unique in that it has six recognized medical systems, including homeopathy and Indian medicine. Herbal medicine is used as a primary raw material in all ISM-based drug systems, including Ayurveda, Siddha, and Unani. According to WHO estimates, approximately 80% of people in developing nations rely solely on traditional medicine for their primary medical needs.[1]

The conventional medicinal systems have gained considerable popularity worldwide due to their healing properties, lower toxicity, and minimal side effects. They have been utilized for human health issues since ancient times. Estimates suggest that between 70-80% of the global population depends on traditional healthcare. The methods of preparation and the plants employed in traditional medicine differ across regions. Furthermore, the acceptance of traditional remedies, particularly herbal treatments, is rapidly increasing in the developed world. In ASU systems, plants, minerals, and animal products serve as primary medications to address various health concerns. There is a worldwide revival in the use of these medicines, coupled with an increasing scientific interest in them as potential sources for new pharmaceuticals. The consumption of ASU drugs has surged, and exports have seen a significant rise over the past two decades.[2]

AYURVEDA SYSTEM OF MEDICINE

Ayurveda is the knowledge of life and longevity. But what sets Ayurveda apart from other systems is its clear conceptual framework, which has held true over time. It was probably very advanced conceptually and well ahead of its time. It was one of the first medical systems to support a comprehensive strategy for dealing with illness and health issues. Another significant way that

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Ayurveda differs from other medical systems is that, instead of basing its conceptual framework on the outcomes of medication and therapy. [3]

AYURVEDIC DOSAGE FORM

Ayurveda dosage forms classified into four groups,

- **Solid Dosage form** -Gutika, Vatika.
- **Semi solid dosage form** -Avaleha, Paka, Lepa.
- **Liquid dosage form** -Asava, Arista, Swarsa, Taila.
- **Powder Dosage Form** -Bhasma, Satva, Lavana, Kshara, Pisthi, Mandura, Guggul, Churna.[4]

GENERAL METHOD OF PREPARATION:

SOLID DOSAGE FORM:

- ✔ Collect the raw material and dried and get fine powder.
- ✔ Binding medium are added to mass the homogenous.
- ✔ And Dosage form made in specific shape and then dry.
- ✔ Store in Airtight well closed container. [5,6]

SEMI SOLID DOSAGE FORM:

- ✔ Collect the appropriate herb and powder them mixed with Liquid media.
- ✔ Decoction was prepared and incorporate with base for Medicated semisolid for oral, Internal and Topical use.
- ✔ Stir continuously until the semi solid state is achieved.
- ✔ Filter & cool and Store in airtight well closed container. [7,8]

LIQUID DOSAGE FORM:

- ✔ Drug coarsely powder and extract to Juice or decoction.
- ✔ Kept in fermentation vessel add any liquid media and boiled.
- ✔ Constant temperature maintained for fermentation.
- ✔ After fermentation liquid filter through cloth and store in air tight well closed container. [9,10]

POWDER DOSAGE FORM:

- ✔ Select raw material remove foreign matter before processing.
- ✔ Raw material is dried under shade of specific requirement.
- ✔ Material dried in Pulverized and make powder separately.
- ✔ Powdered material are sieve according to mesh size.
- ✔ Powder are pack and store in air tight well closed container. [11,12]

FORMULATIONS OF AYURVEDA

S.NO	TYPES OF DOSAGE FORM	NAME OF PREPARATION	USES	FORMULATION EXAMPLES
1.	SOLID	Gutika	Digestive Disorders, Respiratory problem, Fever and infection.	Astaksari Gutika, Eladi Gutika, CitrakadiGutika.
		Vatika	Aid digestion and Metabolism	Gandhaka Vatika, Candraprabha Vatika, Plihari Vatika.
2.	SEMI SOLID	Avaleha	Immunity booster, Neurological Health, skin health.	KantakaryAvaleha, Kutaj Avaleha, DraksAvaleha.
		Lepa	Inflammation and Swelling, Wounds and Ulcer	Dsanga Lepa, Kaccuradi Lepa, Avalgujadi Lepa.
3.	LIQUID	Arista	Blood Purification and Skin health.	Abhay Aristha, Asok Aristha, Kumary Aristha.

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		Asava	Neurological Support, Immunity Booster.	Candan Asava Candana Asava, Loh Asava.
		Swarsa	Liver and metabolism, Urinary Infection, Wound Healing.	SwasaSudharana, Swasa Kalpa, Mulaka Swarsa.
		Taila	Joints and Bone Health, Promotes Circulation.	Anu Taila, Candanadi Taila, Narayana Raila.
4.	POWDER	Bhasma	Chronic diseases, Cardiac Health, Respiratory Health	Mandura Bhasma, Naga Bahsma, Loha Bhasma.
		Satva	Effective In Fever, Improve Immunity	Guduci Sattva, Gioly Satva, Guduchi Satva.
		Lavana	Laxative, Detoxification, Carminative Action.	Arka Lavana, Abhaya Lavana, Narikela Lavana.
		Kshara	Obesity and metabolic Disorder, Anthelmintic.	Kadali Ksara, Palasa Ksara, Vasa Ksara.
		Pisthi	Bleeding Disorders, Psychiatric Condition	PravalaPisthi, Manikya Pisthi, Mukta Pisthi.
		Mandura	Anaemia, Edema, Gynecological Health.	PunarnsavadiMandura, Mandura Vataka, Mandura Bhasam.
		Churna	Detoxification, Skin Disorder, Neuralogical balance.	CandanadiChurna, TriphalaChurna, NavayasaChurna.
		Guggul	Leprosy, Asthma, Bronchitis.	Kncanara Guggul, Yogaraja Guggul.[13]

SIDDHA SYSTEM OF MEDICINE

Siddha medicine has many fundamental ideas. The Tamil people, both in India and overseas, adhere to this medical system, which is almost 10,000 years old. Due to its widespread use in ancient India, the Siddha system of medicine is regarded as one of the oldest medical systems. The term "Siddha" comes from the Tamil word "Siddhi", meaning attainment of perfection, eternal bliss, oraccomplishment.[14]

SIDDHA SYSTEM OF DOSAGE FORM

- Kashayam (Extract)
- Churnam (powder)
- Lehyam (Confections)
- Tailam (Medicated oils)
- Bhasma (Clax prepared by calcination)
- Chenduram (Metal Complex)
- Mezhugu (Waxes)
- Ghritam (Medicinal ghee)
- Kuligai (Tablet). [15]

GENERAL METHOD OF PREPARATION LIQUID DOSAGE FORM

- ✔ Select the appropriate herbs and mineral based on desired therapeutic effect.
- ✔ The chosen Ingredient are dried to remove moisture.
- ✔ After dried the herb make finely powder and mix with a base oil and water.
- ✔ Boil the mixture continuously until a clear oil is obtained.
- ✔ Filter the liquid with clean muslin cloth.

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✔ Collect the filter liquid and store in air tight well closed container. [16,17]

POWDER DOSAGE FORM

✔ The first step Involve select the herb and mineral based on therapeutic effect

✔ The chosen raw material are clean and dried to remove moisture.

✔ After drying Grinding the ingredient and pulverize the coarse material to fine powder.

✔ The fine powder are pass through sieve to collect the uniform powder

✔ Blend the powder to ensure uniform particle size

✔ The final prepared powder are store in air tight well closed container. [18,19.20]

SEMI SOLID DOSAGE FORM

✔ Herb arecollect and boil in water and extract the water.

✔ Decoction are prepared as liquid and filter through clean cloth.

✔ And then combine with sugar and Jaggery and heat with the prepared decoction to continuously to thick syrup is obtained.

✔ Add the powder material during the heating process, ensure they are mixed well.

✔ Honey is added the preparation has cool down to prevent it.

✔ Ensure the final product is appropriate in Semi solid consistency.

✔ And then store in air tight well closed container. [21,22,23]

TABLET DOSAGE FORM

✔ Select the Authentication herbs of raw material and dry the raw material.

✔ After dried powder the raw material and pass through the sieve to ensure uniform size.

✔ Excipient are used to improve Tablet binding.

✔ The powdered ingredient and excipient are mix to ensure a uniform blend.

✔ Sieve the dried granules to get uniform Granule size.

✔ The uniform granules are compress in machine.

✔ The Tablet are pack in air tight well closed container. [24]

FORMULATIONS OF SIDDHA

S. NO	TYPES OF DOSAGE FORM	NAME OF PREPARATION	USES	FORMULATION EXAMPLES
1.	Solid	Kuligai	Neurological Condition, Gastric Problem, Urinary & metabolic Disorders.	VallaraiKuligai, Karuppan Kuligai, NilavembuKuligai.
2.	Liquid	kashayam	Detoxification, Digestive Health, Anti-inflammatory.	Kadaryadi Kashyam, Rasnadikashayam, Gayatriadikashayam.
		Tailam	Musculoskeletal Health, Neurological Disorders, Improves Blood Circulation	AntatTailam, Kanat Tailam, CukkutTailam
3.	Semi Solid	Mezhugu	Improve Immunity, Anti-inflammatory, Respiratory Disorders.	ItivallatiMezhugu, Kanti Mezhugu, Navauppu Mezhugu.
		Gritam	Digestive Aid, Anxiety &insomnia, Rheumatism.	Brahmi Gritam, Triphala Gritam, Panchagavya Gritam.

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		Lehyam	Immunity Booster, Blood Purification, Digestive Aid	SamajamLehyam AswagandhadiLehyam, Karasalai Lehyam.
4.	Powder	Bhasma	Anti- microbial & Detoxifier, Cardiac Health, Metabolic Regulation.	Thurusu Bhasma, Pooram Bhasma, Swarna Bhasma
		Chenduram	Liver & Spleen Disorders, Urinary & Metabolic Diseases.	Ayac Chenduram, Iraca Chenduram, TankacChenduram.
		Churnam	Digestive Aid, Neurological condition, Skin Diseases.	Attaticchurnam, ElaticChurnam, TalicaticChurnam.[25]

UNANI SYSTEM OF MEDICINE

The Unani system of medicine is maintain the human body by a natural power called Tabiyat, which function like body immune system.Unani Medicine believe in health care promotion and manage the disease through various mode as Regimental therapy, Dietotherapy and Pharmacotherapy. [26]

UNANI SYSTEM OF DOSAGE FORM

- **Solid Dosage Form**: Pill (habb), Tablet (Qurs), Powder (Safoof).
- **Semi solid Dosage Form**:Majoon, Jawarish, Khameera, Itrifal.
- **Liquid Dosage Form**:Decotion (Joshanda), Distillate (Arq), Syrup (Sharbat), Drops (Qatur).
- **Gaseous Dosage Form:** Fumigation (Bakhur), Steam Inhalation (Inkibab), Fragrances or Perfumes.[27]

GENERAL METHOD OF PREPARATION:
SOLID DOSAGE FORM:

- ✔ Take the All ingredient and dry the material.
- ✔ Ingredient are dried under shade using Grinding equipment.
- ✔ Are finely powdered and pass through a sieve and get final consistency Homogenously
- ✔ Store in air tight well closed container. [28,29]

SEMI SOLID DOSAGE FORM:

- ✔ Crude drugs are cleaned and fine powder.
- ✔ Base is prepared and fine powder is mix with base and continuous stirring.
- ✔ Sugar or honey add to mixture to get Specific consistency
- ✔ Cool the mixture uniformly and final product are transfer in air tight well closed container. [30,31]

LIQUID DOSAGE FORM:

- ✔ Ingredient are clean and dry under shade.
- ✔ Crush the Ingredient to obtain Coarse powder.
- ✔ Soak the coarse powder overnight transfer into distilled unit.
- ✔ Soak material are boiled at temperature.
- ✔ They filter through sieve or muslin cloth properly. [32,33]

GASEOUS DOSAGE FORM

- ✔ The raw material are cleaned and dried.
- ✔ Ingredient are soak in solvent to release fragrance.
- ✔ The mixture is matured in clay container to develop fragrance.
- ✔ Fumigated drugs are stored in air tight well closed container. [34,35]

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FORMULATION OF UNANI

S.NO	TYPES OF DOSAGE FORM	NAME OF PREPARATION	USES	FORMULATION EXAMPLES
1.	SOLID	Pill (Habb)	Digestive Disorder, Respiratory Ailments, Liver & Spleen Disorder.	Habb-e-Ayarij, Habb-e-Loban, Habb-e-Mulaiyin.
		Tablet (Qurs)	Blood Purification, Neurological Disorder,	Qurs-e-Mafasil, Qurs-e- Murr, Qurs-e-KabidNauhadri
2.	SEMI SOLID	Majoon	Improve Immunity, Renal Stone, Neurological Disorder.	Majoon-e-Gul, Majoon-e-Kundur, Mjoon-e-Piyaz.
		Jawarish	Carminative, Laxative Effect, Liver Tonic	Jawarish Amla Sada, JawarishOod Shirin, Jawarish Tamar Hindi.
		Khameera	Digestive Support, Blood Purification, Febrile condition.	Khamira Murakkab, Khamira Gawzaban Ambari, Khamira-e-Banafsha.
		Itrifal	Detoxification, Headache & Migraine, Eye Disorders.	ItrifalFauladi, Itrifal Mundi, Itrifal Kabir.
3.	LIQUID	Decoction (Joshanda)	Respiratory Relief, Sore Throat & Hoarseness, Expectorant.	Mufeed Joshanda JoshandaAloobaloo, Joshandea Munzije Balgham.
		Distillate (Arq)	Detoxification & Purification, Skin & Eye Health, Digestive Aid.	Arq Ambar, Arq Chiraita, Arq Gazar Sada.
		Syrup (Sharbat)	Cooling & Refreshing, Respiratory Relief, Detoxification & Liver Support.	Sharbat-e-Aijaz, Sharbat Bel Giri, Sharbat Khaksi.
		Drops (Qatur)	Eye Disorders, Skin Diseases, Digestive & Liver Support.	Qutur-e-Kasni, Qutur-e-Gulab, Qutur-e-Banafsha
4.	GASEOUS	Fumigation (Bakhur)	Fragrance & Aromatherapy, Healing & Purification.	Bakhoor-e-Zafran, Bakhoor-e-Hina, Bakhoor-e-Luban.
		Steam Inhalation (Inkibab)	Anti-inflammatory & Pain Relief, Detoxification & Cleansing.	Inkibab-e-Kundur, Inkibab-e-Murr, Inkibab-e-Hina.

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		Fragrances or Purfumes	Aromatherapy & Relaxation, Masking Unpleasant Odour.	Itr-e-Sandal, Itr-e-Gulab, Itr -e- Rose.
		Lakhlakha	Nasal congestion and headache, Respiratory Health.	Itr-e-Lakhlakha, Bakhoor-e-Lakhlakha.[36]

II. CONCLUSION

India has a long-standing tradition of healthcare systems rooted in herbal medicine, with Ayurveda, Siddha, and Unani forming the foundation of the Indian System of Medicine (ISM). These practices, deeply interwoven with local culture, continue to play a crucial role in healthcare delivery. The emphasizing holistic approach toward health and disease management. The Ayurveda, Siddha, Unani Formulation are comprehensive and holistic therapeutic approach that focus on restoring balance in the body and mind through natural remedies. This highlights the need to preserve, promote, and integrate these systems alongside modern medicine for holistic healthcare.

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