

“Polyherbal Cough Linctus Vati”

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Abstract: Ayurvedic formulations are mainly administered by oral route. Sore throat is the condition which causes discomfort or irritation in throat. Cough is a natural defence mechanism of the body which helps to expel out allergens and make lungs and throat clear. Polyherbal cough linctus vati acts by soothing cough to get easily expel out from the body. Polyherbal cough linctus vati was prepared by using some traditional herbs having proved nutritional potential. The ingredients were selected as Adulsa, Hirda, Soonth, Clove, Jaggery and Honey.

Keywords: Ayurvedic formulation, Cough, Linctus, Hirda, Clove

I. INTRODUCTION

Gutika (vati) is known as one of the inordinate Ayurvedic formulation that is prepared from various blends of herbs. This is known to treat the complicated of respiratory system. Vati is an effective Ayurvedic formulation that is able to maintain the balance of Vata and Kapha Doshas in the body.

Another name for cough is tussis the voluntary or involuntary turn which disappears the throat and breathing channel of external particles, microorganisms, irritations. A bacterial, viral, or fungal infection can result in inflammation and fluid in the lungs, which is known as a cough. It can induce fever and make breathing difficult.

Your body produces a cough as a reaction to irritation of the throat or airways. An irritant causes your nerves to fire, sending a signal to your brain. Ayurveda medicines are anticipated to carry out a variety of pharmacological functions, at least to the point of treating symptoms, unlike contemporary medicines that have a single-drug, single-target activity.

A "Polyherbal Vati " in Ayurvedic medicine refers to a type of formulation where multiple medicinal herbs are combined to create a single medicine or preparation. These formulations are in the form of tablets or powders, are designed to address a specific health concern or condition by leveraging the combined properties of the different herbs. [1]

The preparation contains poly herbs such as Adulsa, Hirda, Soonth, Clove, Jaggery and Honey.

Adulsa Leaves contains various nutrients which acts as an anti-tussive for relief cough and to clear sore throat.

Botanical Name: *Justicia Adhatoda*

Consider as a blood purifier, helping to cleanse the system and potentially aiding in heart related disorders.

Popular for respiratory problems like cough, colds, asthma and bronchitis, it's expectorant and bronchodilator properties help to clear airways and reduce inflammation.

Hirda, also known as Terminalia chebula, is a key ingredient in many Ayurvedic formulations due to its numerous health benefits.

Here's a brief overview: Hirda is a fruit that grows on the Terminalia chebula tree, native to Southeast Asia. It has been used for centuries in traditional Ayurvedic medicine for its medicinal properties.

Soonth (Dried Ginger) is well known for its various medicinal properties such as Clear throat and reduce inflammation.

It can help soothe coughs and colds due to its anti-inflammatory and anti-bacterial properties.

Clove has various beneficial properties known for good source of anti-oxidant, vitamins and minerals.

Also known for its medicinal properties such as anti-inflammatory and analgesic effects.

Additionally, it can help with respiratory health and oral health.

Jaggery is a traditional sweetener obtained from sugarcane juice and it also has several health benefits

Rich in minerals like calcium, magnesium, iron and phosphorus. It also have vitamins including vitamin B and vitamin C.

It is also known for respiratory and immunity boosting properties. It also helps to get relief from cold and coughs.

Honey is a natural sweet substance produced by honeybees from the nectar of flowers. It has been used by humans for thousands of years as both a food and a medicine. Honey varies in colour and flavour depending on the types of flowers from which the bees collect nectar. It has a complex composition, containing sugars, enzymes, amino acids, vitamins, minerals, and various phytochemicals, which contribute to its numerous health benefits.

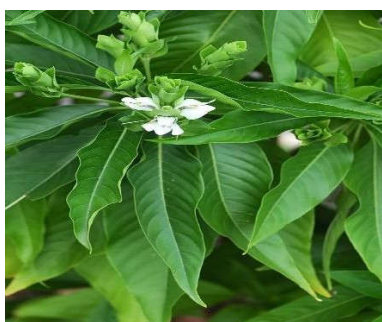


Fig. Adulsa Leaves



Fig. Hirda



Fig. Jaggery



Fig. Clove



Fig. Soonth (Dried Ginger)



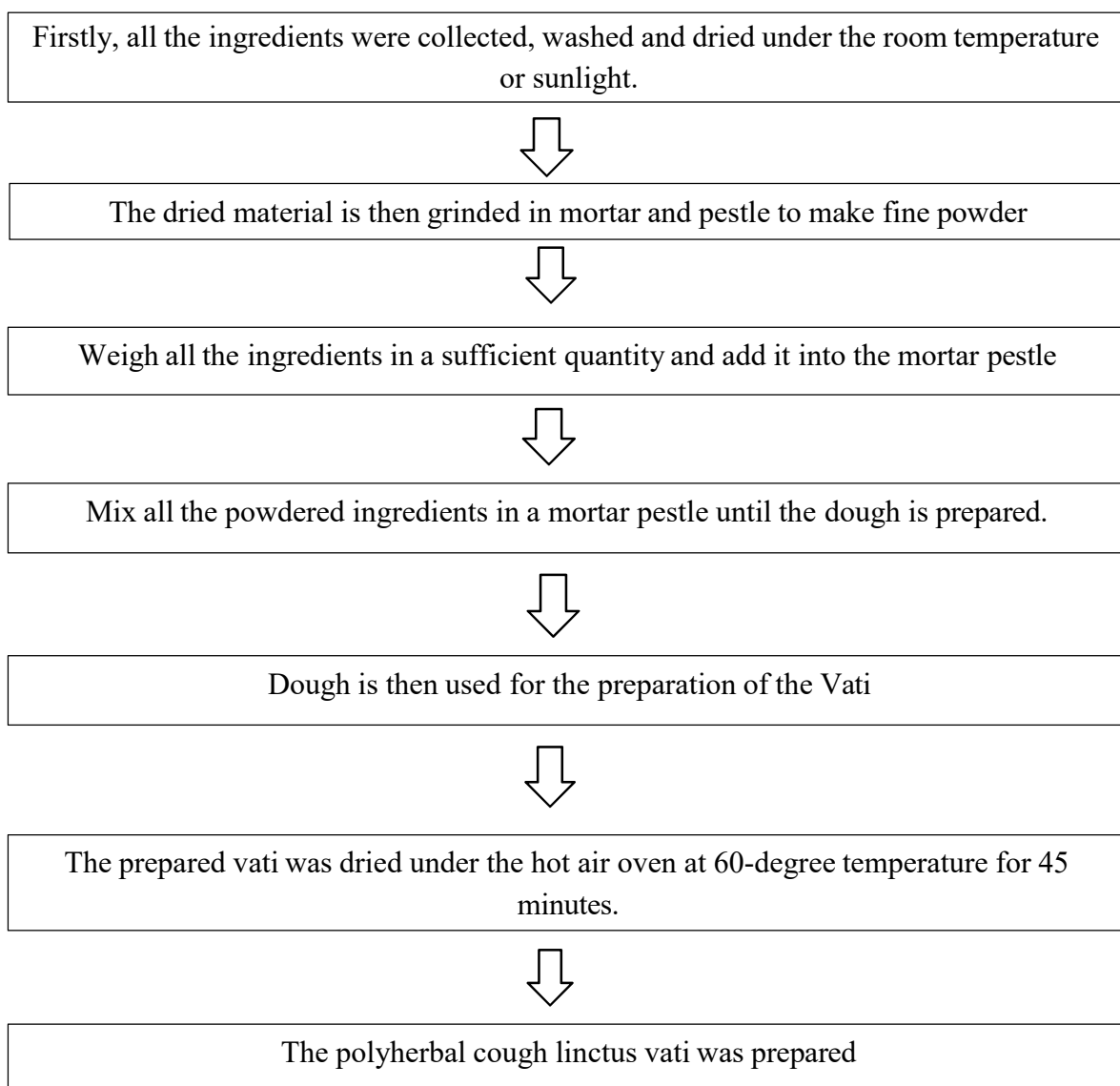
Fig. Honey

II. METHODOLOGY AND PROCEDURE

MATERIALS:

Adulsa, Hirda, Soonth, Clove, Jaggery and Honey were used for the formulation

PROCEDURE:



III. FORMULA:

Sr. No.	Ingredients	Qty.Taken	Uses
1.	Adulsa Leaves	1.0 gm	For treating respiratory ailments
2.	Jaggery	1.0 gm	Proven lung Cleanser
3.	Clove	1.0 gm	To prevent nocturnal cough
4.	Soonth	0.5 gm	Culinary Flavouring
5.	Hirda	0.3 gm	Cough Suppressant
6.	Honey	3 ml	Sweetening agent

IV. RESULT:

The Polyherbal Cough Linctus Vati was formulated using natural herbs like Adulsa Leaves, Hirda, Honey, Jaggery, Clove and Soonth.



Fig. Polyherbal Cough Linctus Vati

V. DISCUSSION:

The prepared polyherbal vati using natural herbs as adulsa leaves, jaggery, soonth, nd hirda shows effectiveness. Adulsa contributes to cough suppressant action. Jaggery contributes as a proven lung cleanser. Honey contributes as a sweetening agent. Clove helps in preventing nocturnal cough.

The cough linctus vati acts by soothing cough to gets easily expelout from the body which helps to get lungs and throat clear. Adulsa is one f the most active ingredients for its anti-inflammatory effect with minimal side effects.

VI. CONCLUSION:

The research paper aimed to develop a cough linctus vati for the management of relief cough and sore throat. For this, the herbs were selected and combined for their various medicinal properties such as anti-tussive, expectorant and anti-histaminic activity.

The use of various herbs such as adulsa leaves, hirda, soonth, jaggery, honey and clove shows medicinal properties which helps to get relief cough and sore throat. Jaggery was used as a lung cleanser whereas adulsa was used as a anti-tussive effect and expectorant.

The research not only aimed to alleviate symptoms but also to promote overall respiratory health of the body.

The use of natural herbs for the preparation does not have any side effects and are easily available.

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