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Review Article

EVALUATING THE THERAPEUTIC EFFICACY AND SAFETY PROFILE OF MAHAVATNASHAK TABLET: A COMPREHENSIVE STUDY

Dr. Smita Naram¹, Dr. Komal Gawali,² Pallavi Tripathi³

1. Founder, Chairman and Managing Director, Ayushakti Ayurveda Pvt Ltd, Bhadran Nagar, Cross road, Malad, Mumbai-64.
2. Research head & Consulting Ayurveda physician, Ayushakti Ayurveda Pvt Ltd, Bhadran Nagar, Cross road, Malad, Mumbai-64.
3. Senior executive for product development, Ayushakti Ayurveda Pvt Ltd, Bhadran Nagar, Cross road, Malad, Mumbai -64.

Address for correspondence:

Dr. Komal Gawali, BAMS, M.D, Ph.D (Ayu) Consulting Ayurveda physician, Ayushakti Ayurveda Pvt Ltd, Bhadran Nagar, Cross road, Malad, Mumbai-64

Email Id: - drkomalg@ayushakti.com

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ABSTRACT

An Ayurvedic approach to Vata disorders, a widespread intestinal ailment that impacts millions of people worldwide. The inability to pass firm stools or empty the intestines is referred to as Vata. An imbalance in the Vata dosha, which controls the flow and removal of waste products from the body, results in Vata. The Vata dosha's cold, dry, and harsh characteristics interfere with and affect intestine function. Ayurvedic Vata remedies, including natural laxatives, dietary modifications, exercise, massage, and lifestyle adjustments, will be covered in this chapter. Among the natural laxatives are flax seeds, raisins, psyllium husk, castor oil, and triphala. Dietary adjustments include consuming fewer cold, dry, heavy, and processed foods and increasing your intake of whole grains, fruits, and vegetables as well as warm beverages.

Massage therapy and exercise both enhance blood flow to the digestive organs and stimulate the abdominal muscles. Regular routines, stress avoidance, getting enough sleep, and meditation practice are all part of improving one's lifestyle. The chapter will also cover the advantages of using Ayurveda to relieve Vata,

including better immunity, better digestion, avert issues before they arise, overall wellbeing, and practical applications of the Ayurvedic approach to Vata management.

KEYWORDS

Ayurvedic intervention, Digestion, Elimination, Vata.

INTRODUCTION

People of all ages experience vata, also known as malavashtambha, which is a common digestive issue (indigestion) that negatively affects the digestive system and lowers quality of life. According to Ayurveda, vata is a sign of an imbalance in the Vata dosha, which regulates the body's movement and excretion. This chapter examines the origins, symptoms, and basic Ayurvedic principles that guide the management of vata (malavashtambha) from an Ayurvedic viewpoint. By seeing vata through the prism of Ayurveda, people can alleviate this condition and achieve total wellbeing by adopting a holistic and natural approach.

1. Ayurvedic concept of digestion and elimination

Agni, often known as the "digestive fire," is a fundamental component of health and vitality in the Ayurvedic worldview. It stands for the body's transformational and metabolic activities, particularly those related to food absorption and digestion. Since it is essential to assessing a person's general health, the idea of Agni is fundamental to Ayurvedic medicine. Agni is the subtle force that controls the transformation of food into nutrients, energy, and waste materials. It is not merely a physical substance. It is in charge of effectively breaking down food into its component parts, removing vital nutrients, and getting rid of trash. Ayurvedic Panchakarma identifies many forms of Agni, each with a distinct purpose in the digestive process: Primary Digestive Fire, or Jatharagni, is the primary digestive fire found in the small intestine and stomach. It is in charge of the first breakdown of food as well as the release of bile, gastric fluids, and digestive enzymes. Bhutagni, also known as the "Elemental Digestive Fire," controls how certain elements change in meals. The corresponding Bhutagni of each of the five elements—earth, water, fire, air, and ether—metabolizes the meal. Dhatvagni, or "Tissue Digestive Fire," is a biological process that makes sure the body absorbs and uses the nutrients from meals to fuel its many tissues and organs.

1.1. The role of Agni in the digestive process

Digestion: Agni is in charge of starting the digestion process when food is consumed. It indicates that the stomach's digestive juices, enzymes, and hydrochloric acid are about to be released, starting the process of breaking down and chowing down the food. **Food Transformation:** Agni breaks down food consumption into more digestible and absorbed components. Proteins are broken down into amino acids, lipids into fatty acids and glycerol, and carbohydrates into sugars like glucose. **Nutrient Absorption:** Agni makes sure that the nutrients from the broken-down meal are absorbed properly. Through the gut walls, nutrients enter the bloodstream and are subsequently delivered to different tissues and organs. **Removal of Waste:** Following the extraction of essential nutrients, Agni aids in the body's excretion process, which removes waste and pollutants. This contributes to keeping the gastrointestinal tract (GIT) healthy and clean.

1.2. Signs of Balanced Agni

Consistent and pleasant bowel motions Lack of gas, indigestion, or bloating a robust appetite and effective digestion Skin that is vibrant and clear Maintaining vitality and mental acuity Indices of an Unbalanced Agni erratic or slow bowel motions Indigestion, gas, or bloating Absence of desire or overindulgence in hunger Lethargy, exhaustion, and mental fog Toxin Build-up (Ama) in the Body Encouraging Balanced Agni Panchakarma in Ayurveda emphasizes the significance of preserving a balanced Agni for general well-being. Agni can be influenced by a number of things, such as lifestyle, nutrition, emotional health, and surroundings. Eating in a quiet and attentive manner Eating warm, freshly prepared, and healthy foods avoiding overindulging in heavy, digestible foods or eating them in excess adding digestive spices to food, such as cumin, fennel, and ginger. Maintaining a daily schedule that includes regular meal times and Utilizing stress-reduction methods like relaxation and meditation People can experience enhanced vitality and general well-being, better nutrient absorption, and improved digestive health by enhancing Agni. According to Ayurveda, a regulated Agni is essential for regular and easy bowel motions. The digestive fire, Agni, is in charge of efficiently digesting food, drawing nutrients out of it, and getting rid of waste. The whole digestive process runs smoothly when Agni is balanced, resulting in regular bowel motions and ideal gastrointestinal health.

Digestion: Proper Agni balances the body to allow for optimal food digestion. It simplifies nutrients that are difficult for the body to absorb and assimilate into simpler ones. By doing this, the build-up of undigested food particles that can cause vata and other digestive problems is avoided. **Appropriate Nutrient Absorption:** Balanced Agni makes it easier for nutrients to be absorbed from food that has been digested. Sufficient assimilation of nutrients is necessary to provide nourishment to the body and facilitate diverse physiological processes, such as muscle contraction and cellular restoration. **Waste Removal:** Balanced Agni encourages the body to promptly rid itself of waste products and poisons. It keeps Ama, or undigested waste, from building up in the digestive tract, which could cause vata (malavashtambha) and disturb bowel movements.

Preserving Gut Flora: A well-balanced Agni helps to maintain a normal gut microbiota. A healthy balance of helpful bacteria helps maintain regularity and smooth bowel movements. The gut flora plays a critical function in digesting. **Preventing Vata:** Inadequate passage of stool through the intestines is a common cause of Vata, which is often brought on by sluggish or ineffective digestion. Vata is avoided by balanced Agni, which makes sure that the digestion process is neither too quick nor too slow. **Preventing Diarrhoea:** Conversely, an excess or unbalanced Agni can cause diarrhea because it can speed up the passage of food through the digestive system, reducing the amount of time it has to properly absorb nutrients and reabsorb water. **Decrease in Gas and Bloating:** Balanced Agni works to keep food particles from building up, which can cause gas and bloating. Assimilation and digestion done correctly lessen the chance of these discomforts. **Enhanced Peristalsis:** The movement of feces through the digestive tract is caused by the rhythmic contraction and relaxation of the intestinal muscles. Smooth bowel movements are encouraged by regular, well-coordinated peristaltic movements, which are supported by balanced Agni.

1.3. An Ayurvedic method for regulating Agni to promote easy elimination Mindful Eating: When eating quietly and deliberately, the body can give its complete attention to the digestive process. Diet: Eating a well-balanced diet that consists of a range of nutrients and foods that are readily digested helps to maintain regulated Agni. Sufficient Hydration: Drinking enough water softens stool, promoting more comfortable and regular bowel motions. Herbal Support: Known to support balanced Agni and encourage regular bowel motions, Ayurvedic herbs such as ginger, cumin, and triphala are beneficial. Steer clear of Overeating: Consuming too much food can overburden the digestive system, resulting in vata and slow digestion. Stress management: Agni may suffer from long-term stress. Digestion can be supported by using relaxation strategies to manage stress. In summary, regular and easy bowel motions depend on a balanced Agni. In order to support general gastrointestinal health, optimal digestion, nutrient absorption, and timely waste removal, Ayurvedic teachings emphasize the importance of nourishing Agni. The digestive system is considered a vital organ in Ayurveda, in charge of breaking down and assimilating food. It is essential to preserving general health and wellbeing. The gastrointestinal system is impacted by the three doshas (Vata, Pitta, and Kapha) that control different physiological activities, according to Ayurveda. The health of the digestive system depends on the balance of these doshas. Let's examine how the gastrointestinal system and its connections with the doshas are understood in Ayurveda: Vata and the Digestive System: Vata dosha is the dosha of movement. It controls the neurological system, muscles, and the elimination process. Vata regulates the peristaltic motions in the gastrointestinal tract, which move food through the digestive system.

It also controls how nutrients are absorbed and assimilated. Bowel movements are regular and the digestive process is easy when Vata is in equilibrium. On the other hand, a Vata imbalance can cause bloating, gas, and irregular bowel motions, like diarrhoea or vata. The gastrointestinal tract and Pitta: The fire element is represented by the pita dosha, which is in charge of metabolism and transformation. Pitta is responsible for regulating the synthesis of bile, stomach acid, and digestive enzymes in the gastrointestinal tract. These substances facilitate the process of food digestion and nutrient absorption. For best absorption and digestion, maintain a balanced Pitta. However, too much Pitta can cause inflammation in the digestive tract, heartburn, and hyperacidity.

The earth and water components are represented by the Kapha dosha, which is in charge of stability, lubrication, and structural integrity in the gastrointestinal tract. Kapha supplies the mucous lining of the gastrointestinal tract, shielding the digestive system from over-acidity and discomfort. It also controls the amount of fluid in the digestive tract. Proper Kapha balance keeps the gastrointestinal system from becoming dry or irritated and guarantees smooth operation. But an excess of Kapha can cause heaviness, slow digestion, and mucus-related problems including congestion.

1.4. Dosha interactions with intestinal health Vata-Pitta Imbalance: An excessive amount of Vata and Pitta in the body can cause indigestion, inflammation, and hyperacidity in the digestive system. Gas, loose stools, and burning feelings are some of the symptoms that this combo may induce. Vata-Kapha Imbalance: An excess

of either Vata or Kapha can cause heaviness, irregular bowel motions, and an inadequate feeling of digestion. Bloating, vata, and general digestive pain could result from this imbalance.

2. Ayurvedic causes and varieties of vata - the different Ayurvedic causes that can cause vata. These could include lifestyle decisions, food preferences, inactivity levels, and psychological issues. According to Ayurveda, vata can result from a vata imbalance, which can seriously impair the colon's ability to operate normally. The vata dosha, which governs motion and mobility, is essential in controlling peristaltic motions, which carry feces through the colon to be eliminated. Vata can result from an imbalance in Vata, which can cause peristaltic movements to become weak and irregular and the stool to become dry and hard.

2.1. This is how Vata can result from a Vata imbalance. **Dryness:** Generally speaking, vata imbalance leads to a dry body, including the colon. This dryness may result in insufficient colon lubrication, which will hinder the stool's easy passage through the intestines. **Irregular Peristaltic Movements:** Vata is responsible for the rhythmic contractions, or peristalsis, that occur in the intestines. These motions can be interfered with by an imbalance in Vata, leading to erratic and slow bowel movements.

Involvement with the Nervous System: Vata has a connection to the nervous system. Stress, worry, and nervousness can result from an imbalance in Vata, which can further affect how well the gastrointestinal tract functions.

2.2. Distinctive Vata patterns according to Dosha imbalance

Vata Predominant Vata : Difficult-to-pass, firm, and dry stools slow and irregular bowel motions Bloating and discomfort in the abdomen sensations of incomplete evacuation following bowel motions

Vata that is primarily Pitta: firm, infrequent stools that lean toward acidity burning feeling in the rectum or abdomen elevated body temperature and gastrointestinal tract irritation a bowel movement-related sense of anger or frustration

Vata that is predominantly Kapha: large, viscous stools that are challenging to pass a feeling of weight and fullness in the abdomen slow and sluggish bowel motions surplus mucus in the colon or stools

Treatment can be more individually tailored when Vata types are distinguished according to the prevailing dosha.

Vata with a Vata predominance: Pay attention to lubricating the colon with foods that are moisturizing and enough water. Peristalsis can also be aided by warming spices and light exercise.

For vata with a Pitta predominance, prioritize foods that are cooling and calming in order to lower intestinal irritation. Staying hydrated is crucial, and it can help to steer clear of acidic and spicy foods.

Vata with a Kapha Predominance: Eat foods that support warmth and lightness to balance the Kapha element's tendency toward being heavy and sticky. Regular bowel motions can be encouraged with the use of gentle exercise and spicy spices.

All things considered, knowing the particular dosha imbalances that lead to vata can help determine the best dietary, behavioural, and herbal therapies to address the underlying cause of the problem and help the digestive system rebalance.

3. Ayurvedic lifestyle techniques to avoid vata

3.1. Useful and all-encompassing lifestyle techniques to ward off vata - Normative Meal Times: Maintain regular eating times in accordance with your daily schedule. Try to eat three main meals a day—breakfast, lunch, and dinner—and avoid going too long without eating. This lessens the chance of irregular bowel motions and preserves a steady digestive rhythm. A well-rounded, high-fibre diet: Eat a varied range of fruits, vegetables, whole grains, legumes, nuts, and seeds as part of a balanced diet. These foods high in fibre aid in encouraging regular bowel motions and giving the stool more volume.

Hydration: Make sure you drink enough water to stay well-hydrated throughout the day. Drinking enough water makes the feces softer and easier to travel through the colon. Warm Water in the Morning: To aid the removal of trash that has accumulated over night, drink a glass of warm water as soon as you wake up. Herbal Teas: Teas made from herbs, such triphala or ginger, can help with digestion and encourage regular bowel movements. For additional advantages, sip these teas in between meals. Steer clear of excessive alcohol and caffeine: Alcohol and caffeine should be consumed in moderation as they might dehydrate the body and perhaps cause vata. Sitting down to dine in a peaceful, comfortable setting is a good way to practice mindful eating.

3.2. The significance of daily routines (Dinacharya) According to Ayurveda, regular activities, or Dinacharya, are very important for general health and wellbeing. Dinacharya focuses on coordinating your daily activities with the day's natural cycles in order to promote the best possible health and mental state. The following explains why maintaining intestinal health and avoiding vata requires daily routines: Agni, the Digestive Fire: Maintaining a regular daily schedule aids in controlling Agni, the digestive fire. Healthy digestion is supported by eating meals at regular intervals and avoiding irregular eating behaviours. Maintains Dosha Balance: Routines help maintain the harmony of Vata, Pitta, and Kapha by balancing the dosha's. Vata can result from an imbalanced dosha, which can impair digestion.

Syncs with Circadian Rhythms: Your body's internal clock is synchronized when your daily routine is in line with the day's natural cycles, such as rising and setting with the sun. Improves Digestion: Adhering to a regimented daily schedule helps alleviate stress and anxiety, both of which have a negative impact on digestive health. Consistency can be exacerbated by stress, which can also affect digestion. Regular bedtimes and daily routines encourage deep, revitalizing sleep. Improves Mindful Eating: Setting regular meal times enables you to eat consciously and pay attention to your body's hunger and satiety cues. Adequate sleep is essential for the body to heal and restore, including normal digestion. This promotes improved digestion and discourages overindulging. You can actively avoid vata and promote optimal digestive health by implementing realistic and comprehensive lifestyle strategies into your everyday routine. Recall that every person has different needs, thus it's critical to customize these routines according to your doshic constitution and particular health needs.¹

3.3. A standardization of Tablet (Tablet) - Identifying and/or quantifying a substance, the constituents of a solution or mixture, or determining the structures of chemical compounds are all accomplished by the application of a procedure or range of processes in analytical investigation. It is necessary to conduct a

thorough qualitative and quantitative analysis of the drug using both traditional and contemporary methods in order to optimize the use of Ayurvedic pharmaceuticals. The goal of this paper is to develop an analytical profile of Mahavatnashak tablet by evaluating their various Physico-chemical and organoleptic parameters, such as hardness, disintegration time, pH, loss on drying, and ash values. Examined parameters Ayurvedic Pharmacopoeia of India, 2008 Department of AYUSH, Govt. of India The test parameters were determined in accordance with the "Protocol for Testing of Ayurvedic, Siddha and Unani medicines", Govt. of India, Dept. of AYUSH, Ministry of Health and Family Welfare, Pharmacopoeial Laboratory for Indian Medicines, Ghaziabad as well as "Laboratory Guide for the Analysis of Ayurvedic and Siddha Formulations," CCRAS, Department of AYUSH, Government of India, 2010. The study has been carried out for the following:-

A. Organoleptic characters:

1. Colour
2. Odour
3. Taste
4. Appearance/Texture

B. Pharmaceutical standardization of Tablet:

1. Hardness
2. Friability test
3. Disintegration Time (D.T.)

C. Physico-chemical parameters:

1. pH value
2. Loss on drying
3. Total ash
4. Acid Insoluble ash
5. Alcohol soluble extractive
6. Water soluble extractive

D. Test for microbial contamination:

1. Total bacterial count
2. Total fungal count

● **ORGANOLEPTIC CHARACTERS:** - The organoleptic characteristics of the samples, which are acquired through the use of sense organs, are highly helpful metrics for assessing and contrasting the samples' quality. Here, factors including taste, consistency, colour, and aroma are taken into account.

Pharmaceutical Standardization of Tablet:-

1. **Hardness of Tablet:** - The purpose of this test is to assess the physical strength of the tablet and is applicable to compressed tablet. The "Monsanto" or "Stokes hardness tester," a compact and portable device, was utilized to measure the tablet's hardness. The device calculates the force necessary to rupture

the tablet when a coil spring's force is applied diametrically. When applied in manufacturing, a minimum hardness of 4 kg/cm² is deemed adequate. The force is expressed in kilograms.

2. **Friability Test:** - The ability of the tablet to withstand chipping, abrasion, or breaking when stored, transported, and handled carefully before use.
 3. **Procedure** - There were 10 complete tablet taken. Gently dust off the tablet. Accurately weigh the necessary quantity of tablet. Place the tablet in the drum, rotate it for 100 times at 25 rotation/minute for 4 minutes. Accurate weight measurements were taken once the tablets were taken out and any loose dust was wiped away. A 100-degree angle was made between the drum base and the horizontal to prevent uneven tumbling. To allow them to fall freely, the tablets shouldn't bond together when they are lying near to one another. The associated weight was used to compute the percentage of loss.
 4. **Disintegration Time:** - Disintegration is the condition in which there is either no remnant of the unit being tested on the apparatus's screen, or if there is, it is made up of pieces of the disintegrated tablet, such as insoluble coatings. This test establishes if dosage forms—such as pills, tablet, gutika, and tablets—disintegrate in the allotted amount of time when submerged in a liquid medium—in this case, water—under the specified experimental parameters. Distilled water was added to the disintegration apparatus's tank until the desired level was reached. Each of the 1000 ml beakers was filled with 750 ml of distilled water. The instrument's timer was set for thirty minutes, and the water in the beaker was at 37.0 ± 0.50 degrees Celsius. In each equipment tube, one tablet was inserted. On each tube was a covered disc. After suspending the assembly in the water in the beaker, the process began. It was recorded how long it took for the tablet to fully dissolve in the beaker.
- **PHYSICO-CHEMICAL PARAMETERS:** - The impact that the physical and chemical (physicochemical) qualities of a chemical compound have on the biomolecule it interacts with determines whether or not the chemical compound has a pharmacological or therapeutic effect.

1. **Determination of pH:**

An aqueous solution's acidity or alkalinity is often indicated by its pH value. From the perspective of stability, or physiological stability, pH is significant as a measure of hydrogen activity. The standard method for measuring pH is to use an appropriate potentiometric meter, sometimes referred to as a pH meter. This meter has two electrodes: a glass electrode that is sensitive to hydrogenation activity, and a calomel reference electrode. If the monograph specifies a different temperature, 25.0 ± 0.2 °C is used for the determination.

Procedure: - A 10 % w/v aqueous solution of the sample was prepared, filtered and the pH of the filtrate was noted in digital pH meter using combined glass electrode.

2. **Loss on Drying:**

This parameter establishes how much volatile matter there is (water evaporating from the medication). This process is suited for compounds that seem to have water as the only volatile ingredient.

Procedure:

A precisely weighed 10 g ground sample was put in a petridish without being dried beforehand. Once the medication was added to the petri dish, it was dried at 105 °C for three hours and then weighed. The process of drying and weighing was carried out at one-hour intervals until the variation in two subsequent weight readings did not exceed 0.25%. After drying and chilling for 30 minutes in a desiccator, two successive weighings revealed a variation of no more than 0.001g, indicating that the constant weight had been reached.

3. **Total ash:**

About 2 to 3g of precisely weighed medication were burned in a silica crucible at a temperature not to exceed 450°C until the sample was carbon-free. This process was used to calculate the sample's ash value. After cooling, weigh. In the event that a carbon-free ash could not be achieved in this manner, the burned material was emptied using hot water, and the leftover material was gathered onto ash-free filter paper. The filtrate was added, evaporated to dryness, and fired at a temperature not to exceed 450°C after the residue and filter paper were burned. With reference to the air-dried sample, the percentage of ash was determined.

4. **Acid – Insoluble Ash:**

A tarred silica crucible containing 2 to 3g of precisely weighed medication was burned at a temperature not to exceed 450°C until the carbon was removed, yielding the sample's ash value. Cooled, then weighed. The charred substance was exhausted with hot water and the residue was collected on ash-less filter paper if a carbon-free ash could not be achieved in this manner. After burning the residue and the filter paper, the filtrate was added, dried out, and burned at a temperature not higher than 450°C. When calculating the proportion of ash, the air-dried sample was taken into consideration.

5. **Water Soluble Extractive Value:**

The purpose of this test was to assess the sample's water solubility principle. A 5g sample that had been precisely weighed was macerated for 24 hours in a closed flask with 100 ml of distilled water, shaken repeatedly throughout the first 6 hours and allowed to stand for 8 hrs. and quickly filtered while being cautious not to lose any solvent, and 25 millilitres of the filtrate were dried in a shallow dish with a tarred bottom. Prior to being dried in a hot air oven set at 105°C, the material was first dried over a water bath. The weight was then recorded. With reference to the air-dried sample, the proportion of water-soluble extractive was computed based on the residue's weight.

6. **Alcohol soluble extractive value:**

The purpose of this test was to assess the sample's alcohol-soluble components. The procedure for the alcohol soluble extractive was the same as that outlined in the Water Soluble Extract; however, 100 ml of methanol was used in lieu of 100 ml of distilled water, and the percentage was computed.

- **Test for Microbial Contamination: - Microbiological** contamination is the unintended or needless presence of pathogenic microorganisms. Microbial contamination is caused by pathogenic microorganisms, such as bacteria, fungus, yeasts, protozoa, and even viruses.

1. **Total Bacterial Count** : - The most crucial test for assessing microbial contamination in Ayurvedic formulation and raw materials is the total aerobic bacterial count. The assessment of bacterial contamination, sanitary handling and storage conditions, and overall aerobic bacteria in raw materials and finished products is guaranteed by the determination of total aerobic bacteria. Certain harmful bacteria have the potential to seriously harm humans.
2. **Total Fungal Count:** - When assessing fungal contamination in herbal medicine and raw materials, the most crucial test is the total yeast and mould count. Assessment of fungal contamination, sanitary handling and storage conditions are guaranteed by the determination of total yeast and mould analysis in raw materials and finished products. Certain harmful fungi can inflict serious illnesses on people.
3. **Test for Aflatoxins:** - A class of secondary metabolites known as aflatoxins has been demonstrated to be mycotoxin. They are closely related. *Aspergillus flavus* is the fungus that produces them. B1, B2, G1, and G2 come in four varieties.²

3.4. Ayurvedic herbs and remedies for Vata relief - An extensive compilation of Ayurvedic medicines and therapies for Vata relief. Ayurveda has a long range of traditional herbal and medicinal therapies for Vata relief. These organic laxatives function by inducing mild stimulation of the gastrointestinal tract, encouraging evacuations, and facilitating the transit of feces. Below mentioned are the herbs helpful in Vata , Bowel movement and bloating: -

- i. **Glycyrrhiza Glabra (Yastimadhu) Relieves Acidity and Vata** - Moreover, dyspepsia (heartburn), gastric ulcers, stomach discomfort, bloating, and indigestion are among the digestive and intestinal issues that the liquorice root extract is frequently used to treat. Clinical trials demonstrate the effectiveness of powdered liquorice in treating hyperacidity, Vata, and other symptoms resulting from stomach acid. More so than alkalis, it eliminates the irritant properties of acids. Moreover, it has been determined that liquiritin, a flavonoid glycoside, is the aglycon liquiritigenin; it forms naturally as the root dries. This is the cause of liquorice's spasmolytic properties. It is a moderate laxative that tones and calms the mucous membranes.
- ii. **Treating ulcers** - Since the flavonoids are unaffected by the removal of glycyrrhizin, deglycyrrhizinated liquorice (DGL) is beneficial in the treatment of ulcers of the digestive system. *Helicobacter pylori*, the bacteria responsible for the majority of stomach ulcers and inflammations, has been shown to be killed by flavonoids.³
- iii. **Senna** - In addition to treating constipation, it is used to empty the bowels. Senna is also used to treat a variety of different ailments, including haemorrhoids, and irritable bowel syndrome (IBS).⁴
- iv. **Hingu (Ferula Narthex)** - Because asafoetida increases the activity of digestive enzymes, it has also been demonstrated to improve digestion. In particular, it can cause your liver to release more bile, which is necessary for fat digestion. While using the spice to prevent or lessen flatulence after eating is also common.⁵

- v. **Trivrit** - This has several purgative and cleansing qualities. It facilitates smooth stool passage and promotes regular bowel movements. Additionally, the herb aids in preventing constipation. Using this herb helps to effectively treat haemorrhoids. Haemorrhoid symptoms like itching, irritation, redness, soreness, and swelling around the anus might be relieved with its assistance. This herb is well-known for being effective in treating edema because it aids in the body's removal of excess water. Additionally, it aids in the management of symptoms including stretched skin, an increase in the size of the abdomen, and puffiness or swelling of the tissues beneath the skin. The plant is also beneficial to liver health.⁶
- vi. **Sharkara:** - Sugarcane juice helps the digestive juices secrete more easily and maintains the proper functioning of the system. Additionally, sugarcane has a large quantity of fiber, which aids in digestive tract clearance and lessens constipation.⁷
- vii. **Haritaki:** - A variety of gastrointestinal conditions, including esophagitis, heartburn, diarrhoea, flatulence, peptic ulcer, gastroesophageal reflux disease, indigestion, constipation and stomach discomfort, can be effectively treated with the traditional Haritaki. Because of the fruit's carminative properties, which also improve the secretion of digestive juices and aid in the breakdown of food particles in the stomach and intestine, more vital nutrients are absorbed through the intestines. It lessens gas in the abdomen, which in turn lessens bloating, gaseous cramps, and abdominal distension.⁸
- viii. **Cassia Fistula:** - In addition to its outstanding digestive abilities, amaltas has adaptogenic effects. The roots' anti-flatulent quality lessens gas production in the digestive tract, which lessens bloating, flatulence, and distension in the abdomen. The root powder's high fibre content makes it an effective treatment for constipation and other digestive problems. The herb's antacid quality treats indigestion, ulcers, and gastritis by preventing the stomach from producing too much acid and enhancing the body's absorption of nutrients.⁹

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