

A CRITICAL REVIEW OF STANDARDIZATION OF AYURVEDIC ASAVA-ARISHTA PART I - REVIEW AND STATUS

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Standardization of dosage forms as prescribed in traditional system of Ayurveda have been an area of academic, research, industrial and regulatory interests. It is essential to understand the basic principles of therapeutic relevance of these dosage forms while adapting to technological advances for continuity of its optimum clinical use. The *asava-arishta* are classical Ayurvedic pharmaceutical dosage forms that are easy to use and are frequently prescribed owing to better palatability, accelerated therapeutic action, enhanced efficacy in the treatment of several diseases and due to its long shelf life. These are liquid forms wherein therapeutic attributes are collectively extracted from raw natural ingredients through self-generated alcohol.

This review, as part I of the paper on standardization, provides elaborate information compiled from several Ayurvedic classical and few modern texts and critically analyze the principles applied in processes for preparations of *asava-arishta* preparations. This review highlights several salient features, particularly relevant to the fermentation process of this unique dosage form. It will help consider newer approaches, standards and technological methods for better acceptability and therapeutic applications.

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