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## A Critical Review of *Lavangadi Vati*

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### ABSTRACT:

Ayurvedic ancestors formulated and used many ayurvedic medicinal products for the treatment of ailing people. The preparation process, dosages, compositions, *anupanas* and indications of all these medicinal products have been mentioned in their respective texts. Ayurvedic practitioners had been preparing and using these medicinal products for a long time, and they had been experiencing their therapeutic effects for a long time. There are many Ayurvedic medicines available in different texts such as *saharrahra*, *bhaishajya ratnavali* (*vaidya yivanam*), *bhaishajya kalpana*, *ayurveda samgraha*, *astanga hridayam*, *rasashastra*, *sarangadhar samhita*, *yogaratnakar*, etc. and sometimes there is some controversy about the composition or indication of these medicinal products. Therefore, it is necessary to conduct a vivid literary review to ensure the perfect preparation and utilization of these medicinal products for therapeutic perfection. In this study, we have conducted some cross verifications to collect information about the composition and properties of *Lavangadi vati*.

**Keywords:** *Lavangadi vati*, ayurveda.

### INTRODUCTION:

Herbal medicines are made of plants or plant parts that are used to cure wounds, infections, and diseases. They can also be used to prevent and treat illnesses and afflictions or to encourage healing and wellness.

Since ancient times, herbal remedies have been utilized as cures for a variety of illnesses. The world's health has benefited greatly from medicinal plants. Despite the significant advancements in modern medicine over the past few decades, plants continue to play a significant role. Pills and tablet-form medications are referred to as *vati* and *gutika*. These consist of one or more medications derived from plants or animals. *Lavangadi vati* has historically been used to cure fever, coughing and asthma.

This compound contains very few but well-known herbs such as *Lavanga*, *Marich*, *Bibhitaki*, *Khadira*, *Babula*. Most of the ingredients have properties like *Laghu*, *Ruksha*, *Ushna*, and some of the ingredients have *Madhura Vipaka* and some have *Katu Vipaka* which indicate a beneficial effect to balance the body's components of *Souma* (Cold), *Agneya* (hot) and *Vata* (*Kapha*) which can help balance the body's balance. *Lavangadi vati* is an easily available herbal compound that has been used by ayurvedic practitioners from ancient times to date to treat issues such as *Swasa*, *Kasa*, *Hikka*.

### AIM OF STUDY:

The objective of the study is to establish such a treatment modality which can be helpful to treat *Kaphaja Kasa* and restoring the functional capacity of *Pranavaha Srotas*.

### MATERIALS & METHODS :

*Lavangadi vati* contains *Lavanga*, *Maricha*, *Vibhitaka*, *Khadira* and *Babbula* in specific quantity as per [Table 1]. In this study, we have looked at the Ayurvedic Treaties of various eras such as *Chakradatta* (Medieval Ayurvedic Pharmacy Text), *Yogratmakar* (Nighantus Ayurvedic Therapeutic Text, 1600AD), *Bhavprakash* Ayurveda (Bhaisajya Ayurveda Text, 1900AD), J.L.N. Shastri (Modern Ayurveda Therapeutic Text), Journals etc.

## COMPOSITION OF LAVANGADI VATI

Reference of, *Lavangadi vati* only has been believed in Bhaisajya Ratnabali (Vaidya jivanam), which contain the ingredients *Lavanga* (*Syzygium aromaticum* Linn.), *Marich* (*Piper nigrum* Linn.), *Bibhitaki* (*Terminalia bellarica* Roxb.), *Khadira* (*Acacia catechu* Willd.), *Babbul* (*Acacia nilotica* (L) Willd.).

Sl No	Sanskrit Name	Botanical Name	Part Used	Ratio
1	<i>Lavanga</i>	<i>Syzygium aromaticum</i> (Linn.) Merr Myrtaceae	Dried floral bud	40gms
2	<i>Maricha</i>	<i>Piper nigrum</i> Linn Piperaceae	Fruit	40gms
3	<i>Vibhitaka</i>	<i>Terminalia bellarica</i> Roxb. Combretaceae	Pericarp	40gms
4	<i>Khadira</i>	<i>Acacia catechu</i> (Linn. f.) Willd. Leguminosae	Heart wood	120gms
5	<i>Babbula</i>	<i>Acacia arabica</i> Willd. Leguminosae	Stem bark	240gms

## METHOD OF PREPARATION OF LAVANGADI VATI:

Mix all the ingredients in a fine powder and mix them together well. Tritate with bhavna dravya and prepared 250 mg pills in a single layer. Dry the pills in shades and store in a glass bottle.

Indication: It cures *Kasa* within *asta ghatika* (8 hours)

DOSE1: 2 - 4 pills daily for chewing.

## MEDICINAL PROPERTIES

This is a balanced churna and can be used regardless of any dosha. The medicinal benefits of *Lavangadi vati* are credited to the following medicinal traits:

Antitussive

Mucolytic

Bronchodilator

Antitussive

Anti-inflammatory

Antimicrobial

Anti-allergic

## DISCUSSION:

To make preparation easier, *Lavangadi vati* has been ground into a powder using a pestle and mortar. As there was no waste from the smooth powder obtained and the physicochemical properties were examined.

Honey was attempted with it as a sweetening agent, but fermentation resulted. When Stevia, a natural sweetener, was utilised, it resulted in increased bulking and degradation.

The suspension was made in aqueous media and contained herbal medications, thus preservatives including methyl paraben, propylparaben, and sodium benzoate were added in the required amounts during the trials.

There was no need for flavoring agents because the perfume of lavanga was there.

In *all kasa or svasa shorts*, *udana Vayu* and *prana Vayu* block the aggravated *kapha*, so according to the concept of Ayurveda, the remedy of *tikshna* and *ushna Guna* can be washed out of the airways of the aggravated *kapha*. often occurs in *Lavangadi vati* *Lavanga* and *Maricha* both ingredients are *srota sodhaka* in nature and can act as an expectorant in chronic cough. Properties like *dipaka*, *pachaka*, *srota sodhaka*, *ushna* and *tikshna* are very effective in all shorts with *Kapha - vata kara properties*. *Grahan*, *atisara*, *prabahika*, *ajirna*, *agnimanda* like *annavaha* and *purishavaha srota* or digestive diseases can also be successful with *Lavangadi vati* besides its excellent *svasa, kasa, galabikaraini, rohaini, prana kasa, galabikarasi*.

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## BENEFITS OF LAVANGADI VATI:

### Treats persistent cough

*Lavangadi vati* is very valuable in treating persistent coughs by reducing throat irritation and soothing the respiratory tract. It can be used for both types of cough - productive and non-productive cough. The use of *Yastimadhu* and *Sitopaladi churna* along with *Lavangadi vati* is useful in treating unproductive cough. *Talisadi churna* with *Lavangadi vati* helps relieve productive cough.

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## CONCLUSION:

To sum up, it can be said that taking 250 mg to 500 mg twice a day in lukewarm water can help with cough, respiratory diseases, throat infection, digestive problems, flatulence and diarrhoea and dysentery etc. The sufficient references and cross verification of textual claims can give good assurance regarding its use in these problems.

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