

## Comparative standardization of a polyherbal Ayurvedic formulation *Talishadi Churna*

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India is a land mark for traditional system of medicine from the past few centuries. Most of the traditional systems of medicine are effective but only one major drawback is lack of standardization. So, there is a need to develop a standardization technique to mingle this system of medicine in the main stream of health sciences. Central Council for Research in Ayurveda and Siddha (CCRAS) has given preliminary guidelines for standardizing these conventional formulations. The present paper reports on standardization of *Talishadi churna*, an Ayurvedic formulation. Three marketed samples and in-house preparation were subjected to organoleptic study, physical characteristics, physicochemical screening and High Performance Thin Layer Chromatography (HPTLC) chromatogram. It was observed that all commercial samples and standard are similar in their organoleptic and qualitative chemical analysis but physical characteristic, fluorescence analysis and High Performance Thin Layer Chromatography (HPTLC) chromatogram of various formulations are not matching with each other, and it may be due to the raw material collection time, geographical variation, etc. Which can be further investigated for its pharmacological activity. This study provides ready reference for the selection of an appropriate formulation in the clinical practice and hence effective rational therapy, the overall theme of health sciences.

**Keywords:** *Talishadi churna*, Ayurvedic formulation, Standardization, Chromatography

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Herbal formulations have been used by the majority of Indians since ancient times. In recent years, there has been an increased inclination towards the herbal formulations due to the trend towards the natural sources and a healthy life style. Moreover, the complexity, side effects and costly treatment associated with the allopathic drugs have caused both the healthcare practitioners and the majority of world populations to turn towards alternative therapies, more likely towards the herbal medicines<sup>1</sup>. Herbal drug technology is used for converting botanical materials into medicines, where standardization and quality control with proper integration of modern scientific techniques and traditional knowledge is important<sup>2</sup>. Botanicals constitute of major part of these traditional medicines. With the emerging world wide interest, in adopting traditional practices, in the healthcare systems by exploiting their potential, the evaluation of the botanicals in these systems of medicine in India is utmost essential. The development of these traditional systems of medicines with the

perspectives of safety, efficacy and quality will help not only to preserve this traditional heritage but also to rationalize the use of natural products in the healthcare<sup>3,4</sup>. Standardization is a system to ensure that every packet of medicine that is being sold has the correct amount and will induce its therapeutic effect<sup>5</sup>. In this aspect standardization of herbal formulations is essential in order to assess the quality of drugs.

*Talishadi churna* is a classical preparation from the text *Astanga Hridaya - Rajayakshma Chikitsa*, which consists of fine powders of *Talishpatra* (*Taxus baccata* Linn., Family: Taxaceae), *Trikatu* (*Piper nigrum* Linn., Family: Piperaceae) (*Piper longum* Linn., Family: Piperaceae) and (*Zingiber officinalis* Rosc., Family: Zingiberaceae) in the ratio 1:1:1, *Banshlochan* (*Bambusa arundinacea* Wild., Family: Poaceae), *Ela* (*Elettaria cardamomum* Maton., Family: Zingiberaceae), *Dalchini* (*Cinnamomum zeylanicum* Blum., Family: Lauraceae) and sugar. It is best remedy in acute, chronic and allergic bronchitis. It is very useful in acute exacerbation of asthma. In chronic asthma it reduces the frequency and severity of asthmatic attacks.

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