

Arjunarishta for Thrombocytopenia

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Abstract: *The concepts of drug dosing and route of administration of drugs play a vital role in the biological efficacy of drugs. The selection of proper dosage forms and frequency of drug administration are essential for acquiring desired biological effects of drugs. In Ayurveda, the term Kalpana resembles various dosage forms, i.e., liquid, semisolid, and solid. Kalka, Vati, Bhasma, Asava/ Arishta, Churna, etc., are various dosage forms utilized in Ayurveda therapies mainly for internal administration of drugs. Arista is an important Ayurvedic formulations, have been used for more than 3000 years for the treatment of various diseases. They are effective, palatable, stable, and most importantly, they have no side effects. Arishtas are self-generated herbal fermentations of traditional Ayurvedic system. They are alcoholic medicaments prepared by allowing the herbal juices or their decoctions to undergo fermentation with added sugars. Arishtas are made with decoctions of herbs in boiling water. The formulation prepared by fermentation of decoction is called arishta. Acharya Sarangadhara described the preparation and properties of different Arista. This paper aims to document the available information about the different Arista with their therapeutic applications. This arishta was prepared to treat the Thrombocytopenia .[9].*

Keywords: Arishtas