

A Review of Rasona Ksheerapaka and its Potential Activity in Hyperlipidaemia

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Abstract: *Ayurvedic pharmaceutics deals with various methods of preparation of medicines. Basic preparations are five i.e. Swarasa, Kalka, Kwath, Hima and Phanta. With these basic methods other preparation were derived. In our classics a lot of references are available regarding Ksheerapaka preparation but many of the references vary in their opinion about the ratio of Drug, Milk and Water, Due to this ambiguity it is difficult to assess the better method of preparation of Ksheerapaka which will be therapeutically more effective. Keeping this in mind, study was done on Rasona Ksheerapaka prepared with different ratios of milk and water keeping the ratio of drug as constant and its effect on Hyperlipidaemia.*

Keywords: *Rasona Ksheerapaka, Anti-hyperlipidaemic activity, Ayurveda*