

Ayurvedic Approach To Blood Purification : A Review On Polyherbal

Asava Arishta

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Abstract :

The concept of *Śodhana* in Ayurveda refers to a detoxification process that not only purifies physical and chemical impurities from medicinal substances but also enhances their therapeutic efficacy. Initially applied in *Caraka Saṃhitā* for general purification, *Śodhana* gained prominence in *Rasaśāstra* during the 8th century CE, particularly for drugs of mineral origin. By removing toxic elements or impurities (*doṣās*), appropriate *Śodhana* can transform toxic substances into therapeutic ones.

Blood purification, or *Rakta Shuddhi*, is a crucial concept in Ayurveda for maintaining health and preventing disease. Impurities in the blood, caused by factors like poor diet or environmental toxins, can lead to skin disorders, inflammation, and systemic diseases. Ayurvedic treatments, including dietary changes, herbal remedies, and therapies like Panchakarma, focus on purifying the blood. Herbal formulations like *Asava* and *Arishta* are fermented preparations that play a significant role in detoxifying the blood, enhancing immune function, and improving skin health. These formulations use a fermentation process that improves bioavailability and supports organ function, helping the body combat infections and enhance overall vitality.

Keywords : Herbal Plants,Blood Purification,Ayurveda

Introduction :

In Ayurveda, plants are the main source of medicine.¹ In Ayurveda, the term "Śodhana" refers to the process of eliminating both chemical and physical contaminants, but it also "Śodhana" refers to the procedure of detoxifying or purifying any harmful material utilized for medical purposes. Śodhana has been used in Ayurveda from the period of Caraka Saṃhitā, but its application grew as Rasaśāstra developed in the eighth century CE. Although the Śodhana method is specifically made for medications derived from minerals, it is advised that all medications have their doṣās (toxic content or impurities) eliminated. According to Ayurvedic treatises, viṣa can be altered into amṛta (nectar) by the application of appropriate processing techniques, while benign materials can turn toxic when incorrect methods are applied.² In Ayurveda, Śodhana refers to the process of eliminating physical and chemical contaminants, as well as reducing adverse effects and enhancing the strength and therapeutic value of the purified medications.³ In India, the Ayurvedic theology emerged and evolved between 2500 and 500 BC.⁴ Blood purifiers have been touted as helping with cancer, body odor, allergies, and toxin buildup.⁵

Ayurvedic Blood Purification's Importance :

The concept of blood purification, or "Rakta Shuddhi," is essential to protecting health and averting illness in Ayurveda.⁶ The entire body is nourished by blood, also known as "Rakta," which is regarded as a vital fluid. It transports nutrition, oxygen, and other vital materials to the organs and tissues. Blood impurities can show up as systemic inflammation, skin issues (such as psoriasis, eczema, and acne), and other health issues.^{7,8} Ayurveda provides a range of blood purification techniques, such as herbal remedies, elimination

therapies like Panchakarma, and dietary changes. The effectiveness of polyherbal formulations such as Asava and Arishta in cleaning the blood makes them prominent among herbal therapies.⁹

Blood Purification Is Necessary :

1. The process of detoxification

The environment, processed foods, and even our own metabolic processes expose our bodies to a wide range of toxins on a regular basis. By removing these toxic compounds, blood purification aids in the body's detoxification and maintains the proper operation of our organs.^{10, 11}

- ❖ **Toxins in the Environment:** Heavy metals, chemicals, and pollutants found in food, water, and the air can enter our bloodstream and have negative effects.
- ❖ **Processed Foods:** Toxins can enter the bloodstream through additives, preservatives, and artificial substances found in processed foods.¹²

2. Better Organ Performance

Vital organs including the liver, kidneys, heart, and skin depend on clean blood to perform at their best. The body's waste products, poisons, and pollutants are filtered out by these organs. Kidneys: Produce urine and eliminate waste by filtering blood.

- ❖ **Heart:** Provides all bodily components with oxygen-rich, pure blood.^{13, 14}

3. A stronger immune system

A more robust immune system is supported by a cleansed blood supply.

- ❖ **White Blood Cells:** White blood cells are essential for immune response and can only be produced and function effectively when blood is clean. The lymphatic system fights infections and eliminates toxins by working closely with the blood.^{15, 16}

4. Skin Wellbeing

Our interior health is frequently reflected in the condition of our skin. Blood impurities can cause psoriasis, eczema, acne, and other skin conditions.

- ❖ **Psoriasis:** This ailment can be made worse by inflammation and blood toxins.^{17, 18, 19}

5. Improved Absorption of Nutrients

Nutrient delivery to cells and tissues is improved by clean blood. Blood purification increases cellular health and vitality by improving the blood's capacity to deliver oxygen and important nutrients.

- ❖ **Oxygenation:** Better oxygen delivery raises vitality and improves cellular activity.²⁰

6. Decreased Inflammation

The body may experience inflammatory reactions as a result of blood toxins and contaminants.

- ❖ **Anti- Inflammatory Effects:** Blood purification herbs have anti-inflammatory qualities that aid in lowering the body's general level of inflammation.
- ❖ **Joint Health:** Arthritis and other joint disorders can be lessened by reduced inflammation.^{21, 22, 23}

7. Enhanced Vitality

The body's metabolic functions can operate more effectively when the blood is free of pollutants. Energy levels rise as a result, and general wellbeing is enhanced.

- ❖ **Metabolic Efficiency:** Higher energy generation is the outcome of improved metabolism.
- ❖ **Physical Performance:** Increased energy levels lead to improved endurance and physical activity.^{24, 25}

8. Chronic Disease Prevention

Chronic conditions including diabetes, arthritis, and cardiovascular disease can all be exacerbated by

accumulated toxins in the blood. By keeping the blood supply pure and healthy, blood purification aids in the prevention of certain illnesses.²⁶

- ❖ Heart Health: Blood that is clean lowers the risk of atherosclerosis, high blood pressure, and other heart conditions.
- ❖ Diabetes Control: Better blood quality aids in better blood sugar control.^{27,28,29}
- ❖ Arthritis Prevention: Arthritis can be avoided and controlled by lowering blood toxins and inflammation.^{30,31}

Interaction of herb

With the increasing use of herbal supplements and traditional medicine, like Ayurveda, in addition to traditional pharmaceutical therapies, herb-drug interactions are an important topic of research in contemporary pharmacology. Despite the fact that these natural substances have many health advantages, using them in conjunction with prescription medications can occasionally result in herb-drug interactions, which could change the course of treatment or have negative side effects.

Ayurvedic Plants Used For Blood Purification :

Common Name	Scientific Name	Family	Activity	Reference
Manjishta	Rubia cordifolia	Rubiaceae	Anti inflammatory,anti bacterial,analgesic	32
Daruhlad	Berberis aristata	Berberidaceae	Antihyperglycemic Hepatoprotective Anti-inflammatory	33
Anantmoool	Hemidesmus Indicus	Apocynaceae	anti-inflammatory antioxidant anti stress action	34
kath	Acacia leucophioea	Legumes	antibacterial Antifungal Antioxidant	35
lChirchita	Achyrathes Aspera	Amaranthaceae	Analgesic antipyretic Hepatoprotective anti-arthritis	36
Jawansa	Alhegi Pseudalhagi	Legumes	antimicrobial chemotherapeutic agents antibacterial	37
Neem	Azadirachta Indica	Mahogany	antiplasmodial,antitrypanosomal,anticancer, antiviral fungicidal	38
Brahmi	Bacopa Monnieri	Scrophularaciae	Antioxidant Hepatoprotective	39
Bhojpatr	Betula Utilis	Birch	Antibacterial inhibitory activity antibiotics	40
Karanjwa	Caesalpinia Bondue	caesalpiniaceae	antioxidant scavenging iron chelating phenolic flavonoid contents	41

Sana	Cassia Angustifolia	Legumes	antimicrobial, antioxidant and anticancer	42
Amba haldi	Curcuma amada	Ginger	antifungal anti-inflammatory platelet aggregation inhibitory cytotoxicity, antiallergic	43
Aftimoon	Cuscuta reflexa	Morning glories	Antitumor	44
Sheesham	Dalbergia sissoo	Legumes	aphrodisiac, abortifacient, expectorant, antihelminthic, antipyretic	45
Bhangra	Eclipta alba	Daisy	anti-inflammatory, haemostatic, antipyretic, vulnerary.	46
Doodhi Khoord	Euphorbia Prostrata	Spurges	antifungal	47
Badiyan	Feoniculum Vulgare	Apiaceae	antioxidative, anti-inflammatory	48
Shahtara	Fumaria Parviflora	poppies	Hypoglycemic, Anti diabetic	49
Hina	Lowsonia intermis	Lythraceae	Hypoglycaemic Nootropics	50
Kaner	Nerium Indicum	Apocynaceae	anti ulcer activity	51
Neelofar	Nymphaea Nauchali	Nymphaeaceae	anticancer antioxidant	52
Kakjangha	Peristrophe Bicalyculata	Acanthaceae	antioxidant, anti-inflammatory,	53
Karanj	Pongamia Pinnata	Fabaceae	digestive, laxative, antihelminthic	54
Babchi	Psoralea Corylifolia	Legumes	antibacterial, antitumor, antioxidant, anti- inflammatory, antifungal.	55
Sandal Surkh	Pterocarpus Santalinus	Legumes	antioxidative, antidiabetic, antimicrobial, anticancer, and anti-inflammatory	56
Chobchini	Smilax China	Smilacaceae	antimicrobial and antimutagenic	57

Ushba	Smilax Ornata	Smilacaceae	chronic rheumatism and rheumatoid arthritis	58
Mundi	Sphaeranthus Indicus	Daisy	anxiolytic	59
Chiraita	Swertia chirata	Gentianaceae	anthelmintic	60
Sarphooka	Tephrosia Purpurea	Legumes	antiulcer pepsin activity	61
Gilo	Tinospora Purpurea	Menispermaceae	antimicrobial and immunostimulating activity	62
Unnab	Zizyphus Sativa	Rhamnacea	anti-diabetic, sedative, analgesic, anti-inflammatory hypoglycaemic activities	63
Peeli Buti	Abutilon indicum	Mallow	immunomodulatory	64
Ghishkay	Achyranthes Aspera Duss	Whiskey	gastrointestinal disorders, sprains treatment or to heal bronchitis	65
Sumbal	Acroptilon repens	Daisy	inhibitory effects antimicrobial activity	66
Kanwar Phara	Agave americana	Asparagus	antibacterial effect antimicrobial effect	67
Bootie	Ajuga bracteosa	Lamiaceae	analgesic activity	68
Shirin	Albizia Lebbeck	Legumes	antimicrobial, analgesic, anti-inflammatory, immunomodulatory.	69
Jawanha	Alhagi maurorum medic	leguminosea	antibacterial activity, antioxidant, and antihemolytic activity	70
Uga	Allium sativum	Amaryllidaceae	antimicrobial antibacterial	71
Cherum	Allium humile kunth	Amaryllidaceae	antimicrobial, antiprotozoal, antimutagenic, antiplatelet	72
Quargandal	Aloe Vera	Asphodelaceae	antibacterial, anti-viral, anti-fungal	73
Sankhia	Anisomeles Indica	Mint	antimicrobial activity bactericide	74

Piazi	Asphodelus Tenuifolius	Asphodelaceae	antibacterial and antifungal	75
Sambu	Berberis Lycium Royle	Berberidaceae	hyperlipidemic, hypoglycemic, hepatoprotective, anti-carcinogenic.	76
Sumbal	Bombax Ceiba	Bombacaceae	myeloperoxidase mitochondrial	77
Karinh	Capparis decidua	Capparaceae	hyperglycaemia, and hyperlipidaemia	78
Shimla Mirch	Capsicum annuum	Nightshade	antibacterial bactericidal	79
Pamunkay	Caralluma tuberculata	Asclepiadaceae	cytotoxicity, phytotoxicity phytobiocide	80
Kharha Vangai	Chrozophora plicata	Euophorbiaceae	scavenging antioxidative	81
Kasini	Cichorium intybus	Asteraceae	antihepatotoxic	82
Kharengirir hi	Citrullua colocynthis	Cucurbits	antioxidants antidiabetic	83
Chakotra	Citrus grandis hassk	Rutaceae	antimicrobial, anthelmintic, insect repellent, antioxidant, anticancer, cardiovascular,	84
Gunat	Abelia chinensis	Honeysuckle	antioxidant, anti-inflammatory, antidiabetic, cardiovascular and cytotoxic	85
Ulot kombol	Abroma augusta	Malvaceae	antimicrobial and cytotoxic activity	86
Khoyer	Acacia catechu	Legumes	antimicrobial immunomodulatory	87
Babla	Acacia farnesiana	Legumes	antioxidant antimicrobial antihelmintic antioxidant	88
Apang	Achyranthes Aspera Duss	Amaranthaceae	antidiabetic	89

Rakto Chondon	Adenantha Pavonina	Legumes	Hepatoprotective anticancer Anti-inflammatory and analgesic activity	90
mann Kochu	Alocasia pavonina	Arums	Anti-inflammatory	91
Hoimboti boch	Alpinia galanga	Ginger	Antimicrobial, Anti-ulcer Antitumor Antiallergic Anti-HIV	92
Data shak	Amaranthus Gangeticus	Amaranthaceae	antioxidants	93
Kanta khudurey	Amaranthus spinosus	Amaranthaceae	antiinflammatory antipyretic, improves the appetite	94
Tita Jam	Ardisia solanacea	Primulaceae	Analgesic anxiolytic cytotoxicity	95
Dewa	Artocarpus lakooch roxb	Mulberry	Anti-oxidative antioxidant, antimicrobial antioxidative	96
Shotomuli	Asparagus racemosus	Liliaceae	anticandidal antifungal	97
Jhingti	Barleria Prionitis	Acanthaceae	anti-inflammatory anti-arthritic	98
Kanchon	Bauhinia Racemosa	Fabaceae	Antioxidant Antimicrobial	99
Rakto Kanchon	Bauhinia variegata	Legumes	antimicrobial, antioxidant, and anticancer	100
Punornova	Boerhaavia diffusa	Nyctaginaceae	antidiabetic	101
Koromcha	Cajanus cajan	Fabaceae	antioxidant antibacterial antiplasmodic	102
Kulka sunda	cassia Occidentalis	Legumes	antiallergic, antibacterial, antidote for poison, blood purifier, antifungal.	103
Thonthoni	Cassia Sophera	Fabaceae	antiasthmatic analgesic Anticonvulsant	104
Thankuni	Centella asiatica	Apiaceae	antimicrobial anticancer wound healing neuroprotective immunomodulatory	105
Jambura	Citrus grandis	Rutaceae	antioxidant and antidiabetic	106

Vite	<i>Clerodendrum viscosum</i>	Lamiaceae	antioxidant anti-inflammatory, Hepatoprotective Anthelmenthic	107
Telakucha	<i>Coccinia grandis</i>	Cucurbitaceae	Antibacterial antimalarial Antipyretic Anthelmintic Analgesic Hypoglycemic Anticancer	108
Pata bahar	<i>Codiaeum variegatum</i>	Spurges	Antibacterial	109
Fota kochu	<i>Colocasia Esculenta</i>	Arums	anticancer Antioxidant Antimicrobial	110
Juniamul	<i>Combretum pilosum rox</i>	Combretaceae	antioxidant anti-inflammatory, Hepatoprotective Anthelmenthic	111
Kemok	<i>Costus speciosus</i>	Spiral ginger	Antioxidant activity Anticancer Anti-inflammatory Antidiabetic	112
Aamada	<i>Curcuma amada rox</i>	Zingiberaceae	antibacterial Antifungal	113
Holud	<i>Curcuma longa</i>	Zingiberaceae	antioxidant	114
Rashna	<i>Cymbidium Aloifolium</i>	Orchidaceae	anti-inflammatory analgesic	115
Shuksomi	<i>Dioscorea globra rox</i>	Dioscoreaceae	Antioxidant cytoprotective	116
Gab	<i>Diospyros peregrina</i>	Ebenaceae	hypoglycemic and+ hypolipidemic	117
Helencha	<i>Enhydra fluctuans lour</i>	Asteraceae	cytoprotective, analgesic and anti-inflammatory, antimicrobial, anticancer.	118
Heth papra	<i>Eragrostis amabilis</i>	Poaceae	cytotoxic antioxidant	119
Kack Dumur	<i>Ficus hispida</i>	Moraceae	antineoplastic, cardioprotective, neuroprotective and anti-inflammatory	120
Gamari	<i>Gmelina Arborea rox</i>	Lamiaceae	antidiabetic	121
Kurchi	<i>holarrhena pubescens</i>	Apocynaceae	antioxidant, anti-inflammatory, antidiabetic	122

Shyam plant	Hoya diversifolia	Apocynaceae	antimicrobial,antibacterial	123
Kolmi shak	Ipomoea aquatica forssk	Convolvulaceae	antiproliferative,antioxidant	124
Bhui kumra	Ipomoea mauritiana	Convolvulaceae	antioxidant antimicrobial	125
Basna ,Basti	<u>Adhatoda</u> <u>Vasica</u>	Acanthaceae	Anti-asthmatic and bronchodilator	126
Lasun	Allium Sativum	Amaryllidaceae	anticarcinogenic, antioxidant, antidiabetic,	127
Tar ,Tal	Borassus flabellier	Arecaceae	catalytic ,antimicrobial, antibacterial	128
Imali	Termarindus indica	Legumes	antivenomic, antioxidan, antimalarial	129
Arjun	Terminalia arjuna	Combretaceae	anticoagulant, antithrombotic, antifungal	130
Arand,Erna	Ricinus communis	Euphorbiaceae	Anti-inflammatory	131

Marketed Product :

Pruduct company	Product Name	Formulation	Use
Herbalife	Herbalife Aloe Concentrate	Liquid Herbal supplement	Promotes healthy digestion and may help with cleansing
Gaia Herbs	Detox Tea	Herbal tea blend	Supports liver health and aids in detoxifying
Nature's Way	Burdock Root	Herbal capsules	it has been used to promote healthy skin and purify blood
Solaray	Blood Detox	Capsule blend	Promotes detoxification and preserves a healthy blood composition
NOW Foods	Liver Detoxifier & Regenerator	Capsules	Aids in the detoxification and liver functions
Dabur India Ltd.	Mahasudarshan Asava Arishta	Liquid (Asava Arishta)	Blood cleansing, fever treatment, and digestive problems

Patanjali Ayurved Ltd.	Blood Purifier	Capsule	skin conditions, blood purification, and immunity building
Himalaya Wellness	Liv.52	Tablet/Capsule	Blood purification, liver protection, and digestive health
Sri Sri Ayurveda	Blood Purifier Asava Arishta	Liquid (Asava Arishta)	Immunity booster, skin diseases, and blood purification

Conclusion :

The Ayurvedic approach to blood purification using polyherbal Asava Arishta formulations has shown significant potential in removing toxins and impurities from the blood. These formulations, comprising multiple herbs, demonstrate: Enhanced bioavailability and efficacy. Synergistic effects of combined herbs. Improved antioxidant and anti-inflammatory activity. Immunomodulatory and adaptogenic properties. Polyherbal formulations such as Asava and Arishta represents a well-established method for detoxification and the treatment of various blood-related disorders. These formulations are based on the synergistic effects of multiple herbs, which work together to cleanse the body, balance doshas (especially Pitta), and enhance overall health.

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