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Pharmaceutico- Analytical Study of Guduchi Arka

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ABSTRACT

Arka Kalpana is one among the *Pancha Dravya Kalpanas* mentioned by *Ravana* in his text *Arkaprakasa*. It is the main referral book available for *Arka* preparations. *Arka* is said to be the most potent among the *Pancha Dravya Kalpanas*. *Arka Kalpana* have benefits like better palatability, higher shelf life and patient compliance. Here, the study focuses on the preparation, physico-chemical and phyto-chemical analysis of *Guduchi Arka*, which is mentioned in the context of *Vatarakta* in *Arka Prakasa*. *Guduchi* is one of the best *dravyas* for *Vatarakta* mentioned in the classics. In the form of *Arka*, it may be a better choice due to the palatability and convenience. Method of preparation of *Guduchi Arka* is taken from *Ayurveda Sara Sangraha*, as it is a practically adoptable method in *Arka Nirmana*.

Key words: *Pancha Dravya Kalpana, Arka Kalpana, Guduchi Arka*

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