

An Analytical Review of Chitraka Haritaki Avleha as an Ayurvedic Medicine

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Abstract- *Chitraka Haritaki Avleha* is a time-tested classical Ayurvedic formulation prominently indicated in the management of respiratory, digestive, and metabolic disorders. Comprising potent herbs like *Chitraka (Plumbago zeylanica)* and *Haritaki (Terminalia chebula)*, enriched with a base of jaggery, ghee, and honey, this *Avleha* offers a synergistic combination of *Deepana* (digestive stimulant), *Pachana* (digestive), *Rasayana* (rejuvenator), and *Lekhana* (scraping) properties. It is traditionally used to address conditions like chronic cough, asthma, indigestion, skin disorders, obesity, and hemorrhoids. The therapeutic effects are achieved by regulating the digestive fire, clearing the body channels (*Srotas*), and enhancing systemic immunity. Analytical evaluation involving organoleptic tests, pH analysis, microbial load testing, and HPTLC fingerprinting ensures its quality, safety, and efficacy. This review systematically explores the classical references, pharmacological actions, therapeutic applications, analytical standards, and clinical relevance of *Chitraka Haritaki Avleha* in current Ayurvedic practice.

Keywords- *Nasa Roga, Chitraka Haritaki Avleha, Dushta Pratishyaya*

I. INTRODUCTION

Ayurveda, the ancient science of life, emphasizes the holistic maintenance of health and the systematic treatment of disease through a vast repertoire of formulations. Among these, *Avleha Kalpana* (semi-solid medicated preparations) holds a special place due to its palatability, extended shelf-life, and enhanced therapeutic potency. *Chitraka Haritaki Avleha* stands out as a prominent formulation, extensively mentioned in classical texts in *Bhaishajya Ratnavali in Nasa Roga Chikitsa Prakranam*¹.

Chitraka Haritaki Avleha is primarily known for its efficacy in *Shwasa* (dyspnea, asthma), *Kasa* (cough), *Agnimandya* (digestive weakness), and

various *Kapha*-dominant disorders. Its formulation is a masterful blend of herbs that possess *Deepana* (appetizing), *Pachana* (digestive), *Lekhana* (scraping), and *Rasayana* (rejuvenating) properties. The use of *Chitraka* offers potent digestive and metabolic enhancement, while *Haritaki* serves as a mild laxative and rejuvenator. The inclusion of *Trikatu (Pippali, Maricha, Shunthi)* further boosts digestive fire (*Agni*) and enhances bioavailability of the other ingredients.

In the modern era, where respiratory allergies, metabolic syndromes, and digestive disorders are increasingly prevalent due to lifestyle changes, *Chitraka Haritaki Avleha* offers a holistic therapeutic option rooted in traditional wisdom. Analytical evaluation and standardization processes, including organoleptic analysis, pH measurement, microbial testing, and HPTLC fingerprinting, are critical to ensure consistency and efficacy in clinical practice.

This analytical review aims to comprehensively present the classical references, formulation methodology, pharmacological insights, therapeutic applications, and scientific analytical parameters of *Chitraka Haritaki Avleha*, highlighting its significance in contemporary *Ayurvedic* healthcare.

II. OBJECTIVE

To analyse traditional and modern evidence regarding *Chitraka Haritaki Avleha* in Chronic Rhinosinusitis.

III. MATERIALS AND METHOD

Collection of Raw Materials:

The raw drugs for the study were procured from the Herbal Automation Kankhal, Haridwar, Uttarakhand. The final product that is *Chitraka Haritaki Avleha* was prepared in GMP certified

Nagarjuna Ayurvedic Pharmacy, Dehradun, Uttarakhand. The ingredients were identified by the

PG Department of *Dravyaguna*, Rishikul Campus, Haridwar.

Table 1. Compositions Of *Chitraka Haritaki Avleha*

Drug	Latin Name	Part used	Ratio
<i>Amalaki</i> ²	<i>Euphorbiaceae</i>	Fruit	735gm
<i>Haritaki</i> ³	<i>Combretaceae</i>	Fruit	940gm
<i>Guduchi</i> ⁴	<i>Menispermaceae</i>	Stem	735gm
<i>Chitraka</i> ⁵	<i>Plumbaginaceae</i>	Root	735gm
<i>Bilwa</i> ⁶	<i>Rutaceae</i>	Leaves	735gm
<i>Agnimantha</i> ⁷	<i>Verbeneaceae</i>	Stem Bark	735gm
<i>Shyonaka</i> ⁸	<i>Bignoniaceae</i>	Stem Bark	735gm
<i>Patala</i> ⁹	<i>Bignoniaceae</i>	Stem Bark	735gm
<i>Gambhari</i> ¹⁰	<i>Verbeneaceae</i>	Stem Bark	735gm
<i>Prishanparni</i> ¹¹	<i>Leguminosae</i>	Whole Plant	735gm
<i>Shalparni</i> ¹²	<i>Leguminosae</i>	Whole Plant	735gm
<i>Brihati</i> ¹³	<i>Solanaceae</i>	Whole Plant	735gm
<i>Kantakari</i> ¹⁴	<i>Solanaceae</i>	Whole Plant	735gm
<i>Gokshura</i> ¹⁵	<i>Zygophllaceae</i>	Whole Plant	735gm
<i>Pippali</i> ¹⁶	<i>Piperaceae</i>	Fruit	29.4gm
<i>Maricha</i> ¹⁷	<i>Piperaceae</i>	Fruit	29.4gm
<i>Shunthi</i> ¹⁸	<i>Zingiberaceae</i>	Rhizome	29.4gm
<i>Elaichi</i> ¹⁹	<i>Zingiberaceae</i>	Seeds	29.4gm
<i>Tejpatra</i> ²⁰	<i>Lauraceae</i>	Leaves	29.4gm
<i>Yavakshar</i>	<i>Poaceae</i>	Extract of water soluble portion of ash	7.3gm
<i>Guda</i> ²¹	-	Stem juice extract	29.4gm
<i>Madhu</i>	-	-	117.6gm
<i>Dalchini</i> ²³	<i>Lauraceae</i>	Bark	29.4gm



Fig. 1. *Amalaki*



Fig. 2. *Haritaki*



Fig.3. *Guduchi*



Fig. 4. *Chitraka*



Fig. 5 *Bilwa*



Fig. 6. *Agnimantha*



Fig. 7. *Shoyonaka*



Fig. 8. *Patala*



Fig. 9. *Gambhari*



Fig. 10. *Prishanparni*



Fig. 11. *Shalparni*



Fig. 12. *Brihati*



Fig. 13. *Kantakakri*



Fig. 14. *Gokshura*



Fig. 15. *Pippali*



Fig. 16. *Maricha*



Fig. 17. *Shunthi*



Fig. 18. *Elaichi*



Fig. 19. *Tejpatra*



Fig. 20. *Yavakshar*



Fig. 21. *Honey*



Fig. 22. *Dalchini*

Method of preparation of *Chitraka Haritaki Avleha*

The ingredients *Chitraka*, *Amalaki*, *Guduchi* and *Dashmoola* were washed, dried, powdered separately and passed through sieve no. 44 to obtain a coarse powder. *Haritaki* was powdered separately, while *Shunthi*, *Maricha*, *Pippali*, *Twak*, *Sukshmaila*, *Tejapatra* and *Yava* were powdered finely and passed through sieve no. 85. The coarse powders (*Kwatha dravya*) were soaked overnight in water and on the next day required water was added and the mixture was boiled, reduced to one-fourth over 3–4 days and filtered through a muslin cloth. Pieces of jaggery were boiled and dissolved in the prepared *Kwatha*, filtered through muslin cloth and again heated to a thicker consistency. The *Haritaki churna* was then added to this mixture with continuous stirring, followed by the addition of the fine powdered *Prakshepa dravyas* at about 50°C, mixed thoroughly to form a homogeneous mass. The mixture was allowed to cool at room temperature and then honey was added with proper mixing. Finally, the prepared *Avleha* was packed in tightly closed containers to protect it from light and moisture. The final product obtained was a blackish-brown semisolid paste with a spicy pleasant odour and bitter-astringent taste.



FIG. 21 FINAL PRODUCT

Analytical study

Prepared final product i.e. *Chitraka Haritaki Avleha* was analyzed by employing various analytical parameters.

Organoleptic study

Organoleptic characteristics like colour, appearance of *Chitraka Haritaki Avleha* was observed.

Physiochemical analysis

Table 2: Organoleptic parameters of *Chitraka Haritaki Avleha*

Parameter	Result
Colour	Brown coloured semi soft mass
Moisture	21.17%
Acid value	8.75
pH (1% solution)	4.45
Peroxide value	Not detected
Rancidity	Absent

Table 3: Microbiological analysis of *Chitraka Haritaki Avleha*

Parameter	Result
Total microbial plate count	325cfu/gm
Total yeast & mould count	50cfu/gm
S. aureous	Absent
P. aeruginosa	Absent
Salmonella	Absent
E. coli	Absent

Table 4: Heavy metals analysis of *Chitraka Haritaki Avleha*

Parameter	Result
Arsenic	0.08 ppm
Lead	0.35 ppm
Cadmium	0.02 ppm
Mercury	0.11 ppm

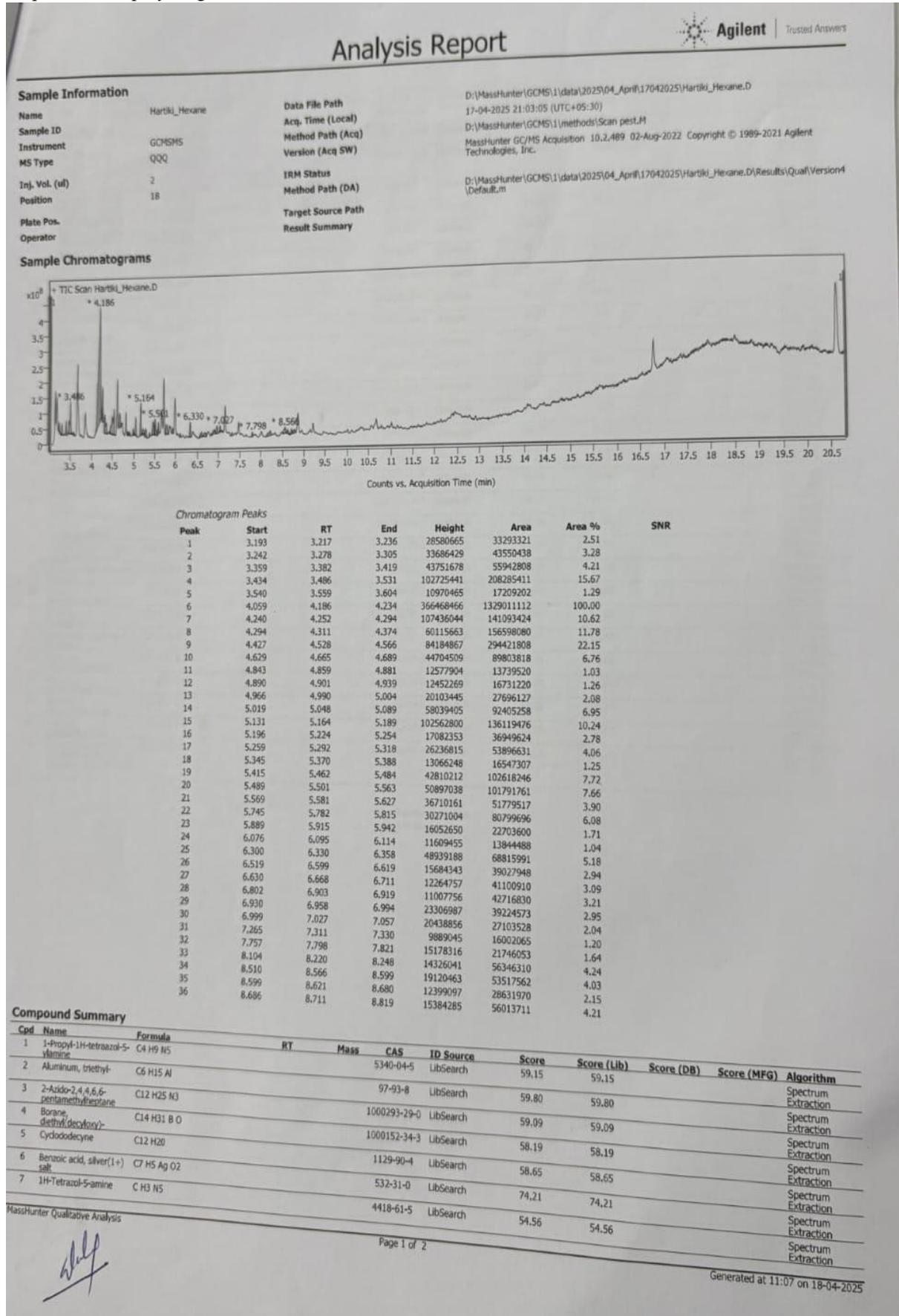
High Performance Thin Layer Chromatography (HPTLC):

High Performance Thin Layer Chromatography (HPTLC) DEFINITION: It is an advanced, highly precise form of thin-layer chromatography (TLC) used for separating, identifying, and quantifying components in a mixture. It offers greater resolution, sensitivity, and reproducibility compared to conventional TLC, by using automated sample application, controlled development chambers, high-quality precoated plates, and densitometric scanning for analysis.

Preparation of Test solution: Mass Scanning of 100 gm of sample by GCMSMS.

Take 0.5 micro litre sample in 10 ml volumetric flask and makeup up to mark by 1:1 Ethyl acetate: Hexane Vortex the sample for 20 minute then take supernatant layer for the mass scanning of Sample.

Preparation of spray reagent:





Enviro Calibration Lab Pvt. Ltd.

S 2&3, Phase-II, RIICO Ind. Area, Bhiwadi, Dist.-Alwar (Raj.)-301019
 Govt. Approved Laboratory | ISO 9001 | ISO 14001 | ISO 45001

Test Report

Sample Name	: Chitraka Haritiki Avleha	Report No	: ECL/FA/2504090001
Submitted By	: Vidhi	Date of Receipt	: 09/04/2025
Period of Analysis	: 09/04/2025-19/04/2025	Report Date	: 19/04/2025
Sample Qty.	: 50GM		

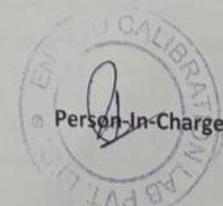
RESULTS OF ANALYSIS

Reference to Protocol	: IHS	
Description	: Brown coloured semi soft mass	
Identification (By TLC)	: Complies	
Moisture	: 21.17%	
Acid value	: 8.75	
pH (1% Solution)	: 4.45	
Peroxide Value	: Not Detected	
Rancidity	: Absent	
Heavy metals		Limits
Arsenic	: 0.08ppm	NMT-3ppm
Lead	: 0.35ppm	NMT-10ppm
Cadmium	: 0.02ppm	NMT-0.3ppm
Mercury	: 0.11ppm	NMT-1ppm
Microbiology Contamination		
Total microbial plate count	: 325cfu/gm	NMT-10 ⁵ cfu/gm
Total yeast & mould count	: 50cfu/gm	NMT-10 ³ cfu/gm
S. aureous	: Absent	
P. aeruginosa	: Absent	
Salmonella	: Absent	
E. coli	: Absent	

****End of Test Report****

Remarks: Party asked for above test only.

Checked By



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IV.DISCUSSION

Chitraka Haritaki Avleha is a classical Ayurvedic formulation mainly used for respiratory disorders like asthma and chronic cough. Its ingredients—especially *Chitraka*, *Haritaki*, and *Trikatu*—work synergistically to enhance digestion, metabolism, and immunity, while clearing toxins (*Ama*) from the body. Analytical evaluation (organoleptic, pH, microbial tests, HPTLC) ensures its standardization and quality. Besides respiratory benefits, it also supports skin health, digestive strength, and metabolic balance. However, careful use is advised in sensitive individuals due to the potency of ingredients like *Chitraka*.

V.CONCLUSION

Chitraka Haritaki Avleha is a powerful, multi-functional Ayurvedic medicine that strengthens digestion, metabolism, and immunity, while effectively managing respiratory and metabolic disorders. Proper standardization and cautious use ensure its safe and effective integration into modern Ayurvedic practice.

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