

PHARMACEUTICAL PREPARATION OF *RASAYANA CHURNA*: A CLASSICAL AYURVEDIC APPROACH

Chandrabhan Sharma*

India.

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*Corresponding Author: Chandrabhan Sharma

India.

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ABSTRACT

Rasayana Churna is a classical Ayurvedic herbal formulation described in *Ashtanga Hridaya*. The present work was undertaken to document the pharmaceutical preparation of *Rasayana Churna* following the classical principles of *Churna Kalpana* and standard pharmaceutical procedures. The formulation comprises *Gokshura*, *Amalaki*, and *Guduchi* in equal proportions. The raw drugs were collected from authentic sources and authenticated by appropriate personnel. Each ingredient was subjected to preliminary processing, including shade drying, powdering, and sieving. The individual powders were subsequently mixed uniformly to obtain the final formulation. The prepared *Rasayana Churna* was intended for internal administration in a dose of 3 g twice daily. The study documents the sequential pharmaceutical procedures involved in the preparation of the formulation and highlights the importance of proper pulverization, sieving, uniform mixing, and appropriate storage for maintaining the quality of *Churna*. The present pharmaceutical documentation provides a systematic basis for the preparation of *Rasayana Churna* according to classical Ayurvedic principles.

KEYWORDS: *Rasayana Churna*, *Churna Kalpana*, *Gokshura*, *Amalaki*, *Guduchi*, Pharmaceutical Preparation, Ayurveda.

1. INTRODUCTION

Ayurvedic pharmaceuticals encompasses various dosage forms designed for the appropriate administration of medicinal substances. Among these, *Churna Kalpana* represents one of the simple and widely applicable pharmaceutical dosage forms in which dried medicinal drugs are converted into a fine powder. According to classical Ayurvedic descriptions, finely powdered and sieved dry medicinal substances are termed *Churna*. *Churna* is also described through the synonymous terms *Raja* and *Kshoda*.

The pharmaceutical characteristics of *Churna* depend considerably upon proper drying, pulverization, sieving, and homogeneous mixing of the individual ingredients. Classical references describe the use of powdered drugs for different therapeutic purposes, while contemporary pharmaceutical practices facilitate the production of a more uniform and convenient dosage form.

Rasayana Churna is a classical formulation mentioned in *Ashtanga Hridaya*, Uttara Tantra. The formulation

consists of *Gokshura*, *Amalaki*, and *Guduchi* taken in equal proportions. The present pharmaceutical study was therefore undertaken to document its preparation using the general principles of *Churna Kalpana*.

2. AIM

To prepare *Rasayana Churna* according to classical Ayurvedic principles of *Churna Kalpana* and to document the pharmaceutical procedure involved in its preparation.

3. OBJECTIVES

1. To collect and authenticate the ingredients used in the preparation of *Rasayana Churna*.
2. To prepare *Rasayana Churna* according to the classical method of *Churna Kalpana*.
3. To document the sequential pharmaceutical procedures involved in drying, pulverization, sieving, and mixing of the ingredients.
4. To establish a standardized procedure for the preparation and storage of the formulation.

4. MATERIALS AND METHODS

4.1 Collection of Raw Materials

The study materials were collected from authentic sources. The ingredients required for preparation were procured from the herbal garden of PGIA, Jodhpur, and other available authentic sources. Authentication of the raw drugs was carried out by appropriate personnel of PGIA, DSRRAU, Jodhpur.

4.2 Ingredients

The formulation comprised three herbal ingredients:

S. No.	Ingredient	Proportion
1.	<i>Gokshura</i>	Equal part
2.	<i>Amalaki</i>	Equal part
3.	<i>Guduchi</i>	Equal part

The classical formulation described in the source contains *Gokshura*, *Amalaki*, and *Guduchi* in equal parts.

4.3 Pharmaceutical Preparation

The preparation of *Rasayana Churna* was carried out following the general principles of *Churna Kalpana*. The collected ingredients were initially subjected to appropriate cleaning and drying. Each ingredient was shade-dried separately to remove excess moisture while maintaining the pharmaceutical suitability of the raw material.

The dried drugs were then powdered separately. The individual powdered materials were passed through a 120-mesh sieve to obtain a suitably fine and relatively uniform powder. The sieved powders were subsequently mixed in equal proportions to ensure homogeneous distribution of all the ingredients. The prepared formulation was finally passed through the sieve to obtain a uniform *Rasayana Churna*.

4.4 Instruments Used

The pharmaceutical preparation of *Churna* traditionally involves the use of *Khalva Yantra* and *Ulukhala Yantra* for pounding and pulverization. In contemporary pharmaceutical practice, pulverizers, micro-pulverizers, disintegrators, and different types of mills may be employed for powder preparation.

5. Pharmaceutical Procedure

The pharmaceutical procedure was carried out in the following sequential steps:

Collection → Authentication → Cleaning → Shade Drying → Individual Pulverization → Sieving → Equal-Proportion Mixing → Final Sieving → Packing

Each ingredient was processed individually before mixing. This procedure helped in achieving a uniform powder and facilitated homogeneous distribution of the three ingredients in the final formulation.

The use of separate pulverization and sieving ensured that the individual ingredients attained a relatively uniform particle size before their final combination. The

final product was therefore obtained as a homogeneous powdered formulation.

6. Dose and Mode of Administration

The dose of *Rasayana Churna* described in the study was **3 g twice daily (BD)**, corresponding to a total daily dose of 6 g. For a treatment duration of 30 days, the quantity required for one patient was calculated as 180 g. Accordingly, for 100 patients, the total quantity required for a 30-day treatment period was calculated as 18 kg.

Churna is generally administered after mixing with the prescribed *Anupana*. Depending upon the therapeutic requirement, substances such as honey, ghee, or milk may be used as *Anupana*.

7. Preservation and Storage

Proper storage is essential for maintaining the quality and stability of powdered formulations. *Churna* should be stored in airtight containers with tightly fitting lids to protect the formulation from atmospheric moisture. Moisture-resistant packaging materials such as suitable polythene or foil packaging may also be used.

The source material notes that classical and regulatory descriptions differ regarding the shelf life of *Churna*. According to Acharya Sharangadhara, the potency of *Churna* is described as being retained for approximately two months, whereas regulatory and formulary references have specified longer periods under defined storage conditions.

8. DISCUSSION

Churna Kalpana is one of the comparatively simple pharmaceutical dosage forms of Ayurveda; however, the quality of the final product depends upon proper processing of each individual ingredient. The pharmaceutical preparation of *Rasayana Churna* involves a series of important steps, beginning with authentication of raw materials and extending through drying, pulverization, sieving, mixing, and appropriate storage.

The use of shade drying before pulverization is an important preparatory step in the present formulation. Separate processing of the ingredients allows each drug to be converted into a suitable powder before incorporation into the final formulation. Subsequent sieving helps to achieve greater uniformity of the powdered material, while mixing the ingredients in equal proportions facilitates homogeneous distribution within the final product.

Particle size is an important pharmaceutical characteristic of powdered dosage forms. The source describes the use of a 120-mesh sieve during the preparation of *Rasayana Churna*. Such sieving contributes to obtaining a relatively uniform powder and improves the consistency of the final formulation.

From a pharmaceutical perspective, powdered dosage forms also offer advantages such as comparatively easy dose fixation, rapid dispersion in the body, and economical preparation. At the same time, powders may be unsuitable for highly hygroscopic, deliquescent, volatile, or otherwise unstable substances because exposure to atmospheric conditions can adversely affect their quality.

Thus, proper selection and authentication of raw materials, controlled drying, adequate pulverization, appropriate sieving, homogeneous mixing, and moisture-protective storage are important components of a systematic *Rasayana Churna* preparation procedure.

9. CONCLUSION

The present pharmaceutical study documents the preparation of *Rasayana Churna* according to the principles of *Churna Kalpana*. The formulation consists of *Gokshura*, *Amalaki*, and *Guduchi* in equal proportions. Individual ingredients were shade-dried, powdered separately, sieved through a 120-mesh sieve, and subsequently mixed uniformly to obtain the final formulation.

The study demonstrates that systematic pharmaceutical processing is essential for obtaining a homogeneous and pharmaceutically suitable *Churna*. Proper storage in airtight containers is also necessary to protect the formulation from moisture and preserve its quality. The documented procedure may serve as a practical pharmaceutical standard for the preparation of *Rasayana Churna*.

10. REFERENCES

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