

## A Brief Insight into AFI (Ayurvedic Formulary of India)

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### ABSTRACT

From Ancient era, thousands of Ayurvedic preparations have been used for maintaining and improving the health by curing diseases. These are all scattered in different texts from different eras and with difference of opinion regarding ingredients and method of preparation. To set standards for Purity, Quality, Safety, Efficiency and Method of preparation of many traditional herbs and formulations, the Central Council of Ayurvedic Research recommended the constitution of an Ayurvedic Pharmacopoeia Committee consisting of experts on Ayurveda and other sciences, for standardisation in the manufacturing of Ayurvedic medicines. This Ayurvedic Formulary of India (AFI) was published in 3 parts. Part 1 and Part 2 consists of the formulations as Diseasewise and Type of formulation (kalpanawise) for easy accessability. It also includes Paribhasa (Definitions) i.e., Samanya paribhasa, Kalpana paribhasa, Puta paribhasa, Yantra paribhasa, Sodhana (Purifactory) procedures. In Part 3 formulations are mentioned. The aim of this article is to give an overall understanding (the Birdeye view) of AFI.

**KEYWORDS:** Ayurveda, Formulation, Standardisation, Ancient Ayurvedic texts, AFI

### INTRODUCTION

The Ayurvedic system of medicine, mainly confined to India had a much wider recognition and prevalence in the past as early as beginning of Human civilization and Vedic period and is gaining more importance all over the world. There are many classical formulations and methods of preparation of Ayurvedic formulations which are scattered in different texts of Ayurveda prescribed by Acharyas of different eras. There is need for compiling and standardisation of all the formulations for the proper utilisation for vaidhyas and pharmaceutical industries.

AFI was the first attempt of Ayurvedic Pharmacopoeia Committee to compile the information scattered about Ayurvedic formulations to develop Pharmacopoeial standards and to meet the requirements of Drugs and Cosmetics Act, 1940.

Drugs are mentioned as Single formulations and Compound formulations. Formulation is defined as use of one or more than one drug in the medicinal preparation.

A. Single drugs of Plant, Animal and Mineral origin have been listed.

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B. Compound formulations are divided into Kastaushadhis (Predominantly Plant drugs) and Rasaushadhis (Metals and Minerals). Kastaushadhi formulations such as Asavarista, Avaleha, Ghrita, Churna, Taila etc., and Rasausadhis such as Bhasma, Pisti, Lauha, Mandura, Kupipakva rasayana etc., are explained.

AFI contains 3 parts published. Both parts 1 and 2 contains several formulations described as per classics and mentioned the formulations as Diseasewise and Type of formulation for easy accessability along with Samanya paribhasa, Kalpana paribhasa, Puta paribhasa, Yantra paribhasa, Sodhana procedures. Part 3 contains formulations.

### Aim of the study:

The study is aimed to bring out the standards that are dealt in AFI (Ayurvedic Formulary of India), for maintaining the standardisation in the preparation of medicines by Vaidyas and Pharmacies.

### Materials and Methods:

It is a literary study of Ayurvedic formulary of India, its main content of all 3 parts of AFI and its subparts.

### **Ayurvedic Pharmacopoeia Committee (APC):**

Having regard to all of these considerations, the Central Council of Ayurvedic Research recommended the constitution of an APC consisting of experts on Ayurveda and other sciences.

### **Progress of the Committee work:**

The First Meet of APC was held at Madras on 10th January, 1963, by Dr. Sushila Nayar, the then Union Minister for Health, who urged the Committee to lay its first instance on official Ayurvedic Formulary, which will help in laying down the basis for the preparation of Ayurvedic Pharmacopoeia later.

The committee decided to elicit the opinion of expert Vaidya and Ayurvedic pharmacies and approved the questionnaire framed for the purpose. The Chairman also set up expert sub-committees.

### **There are 4 sub-committees**

1. Clinical, Drugs and Medicinal preparations sub-committee
  - A. Disease wise
  - B. Type of Formulation wise
2. Drugs, Pharmacy, Pharmacognosy and Pharmacology sub-committee
3. Drugs standardization (Physical, Chemical, Biological) sub-committee
4. Co-ordination sub-committee
  - A. Weights and measures sub-committee
  - B. Sub-committee to determine the identity of single drugs.

Committee decided that the compilation of formulary should be undertaken as an immediate short term measure since this could be done with the existing knowledge and information available. Committee hopes that adherence to the formula and methods of preparation adopted to this formulary will be first step to secure uniformity and standardisation in the manufacture of Ayurvedic medicines.

Subsequently Ayurvedic Formulary of India Part 1 was included in First schedule of Drugs and Cosmetics Act, 1940 to give it a legal status.

In the view of commercialisation in the preparation and marketing of Ayurvedic medicines and to ensure the interest of Ayurvedic profession, the government considered the Drugs and Cosmetics Act, 1940 which controls the standards of Allopathic drugs also to control Ayurveda, Siddha & Unani by amending the act in 1964.

- A. The manufacturing should be carried under prescribed hygienic conditions, under the

supervision of a person having prescribed qualification.

- B. The raw materials used in the preparation of drugs should be genuine and properly identified
- C. The formula or true list of all ingredients contained in the drug should be displayed on the label of every container. Setting up of Drug standardisation, Research, Testing and control laboratories for Ayurvedic medicines. Several committees appointed by government of India to access and evaluate the status and practice of Ayurvedic medicine has also stressed the importance of preparing an Ayurvedic Pharmacopoeia.

### **1<sup>st</sup> edition:**

The first edition of Ayurvedic Formulary of India (AFI) was published in the year 1978, wherein the scattered information on various formulations in classical Ayurvedic books was compiled to maintain Pharmacopoeial standards and also to meet the requirements of Drugs and Cosmetics Act, 1940. After the formation of Committee it nearly took 15 years to get the first book published.

During these years there is significant increase in the information on Ayurvedic drugs, Identification, Method of preparation and Standardization of products. At the same time new problems like non availability of some drug constituents especially the roots and barks of various plant species, the problems faced by the Pharmaceutical industry for the preparation of Formulations according to classical texts also has emerged.

### **2<sup>nd</sup> edition:**

The second edition is an improved document of 1<sup>st</sup>, wherein the original slokas of formulations have been given along with their English translations

The second edition has following specific features

- A. List of single drugs on the basis of names appeared in the formulations, their official names and English equivalents for easy identification
- B. List of Ayurvedic terms of Therapeutic indication and their appropriate English equivalents has also been mentioned in this edition
- C. The Therapeutic indications, Original slokas of reference where the formulations are taken
- D. In case of non availability of roots and barks, alternative parts of plants have been indicated.

With the above said additions the second revised edition of AFI has become more informative, user friendly and of international standard for global users. The present edition of Part 1, is second revised edition in 2003.

**General structure of AFI formulations**

- Title
- Ingredients
- Method of preparation

- Dose
- Anupana
- Therapeutic uses
- Storage

AFI PART	Year	Number of Formulations
1	1978 - 1 <sup>st</sup> edition 2003 - 2 <sup>nd</sup> edition	444
2	2000	191
3	2011	350

Type of Formulation	Part 1	Part 2	Part 3
Asava and Arista	37	3	17
Arka	4	2	14
Avaleha	32	7	20
Kwatha churna	9	25	30
Guggulu	12	2	7
Ghrita	44	4	-
Churna	40	19	69
Taila	62	18	26
Dravaka	1	-	-
Lavana & Kshara	13	-	2
Lepa	12	5	23
Vati & Gutika	35	14	26
Varti, Netrabindu, Anjana	8	2	2
Satwa	1	-	-
Kupipakwa Rasayana	10	-	-
Parpati	5	2	1
Pisti	4	2	1
Bhasma	20	5	-
Mandura	2	3	4
Rasayoga	55	69	96
Lauha	12	9	11
Dhupa	-	-	1
	<b>444</b>	<b>191</b>	<b>350</b>

	PART 1		PART 2		PART 3
	A	B	A	B	
<b>Paribhasa</b> Samanya Kalpana Putra Yantra	-	42 7 4 6	-	32 7 4 7	-
<b>Therapeutic formulation</b>	Detailed formulations mentioned	Index for formulations mentioned disease wise and type of formulation wise.	Detailed formulations mentioned	Index for formulations mentioned disease wise and type of formulation wise.	Detailed formulations mentioned

**Introduction to Electronic version of the AFI:**

We are living in the age of revolution, where the users are expecting the print material to be available in Digitalized Electronic Format. As the digitalised version can be available even for the future generations, keeping in view of enormous demand for

these books and considering the global requirements the Ayurvedic Pharmacopoeia Committee felt the necessity to prepare the digitalized version of these books.

**AFI e software**

Indian Institute of History of Medicine (IIHM) designed and developed the e-book software of AFI part 1 and part 2.

**The unique features of the software are:**

- A. Access the information from two parts of the book (Part 1 and Part 2)
- B. Covers total of 635 formulae (444- Part 1, 191 – Part 2) in one CD
- C. Availability of complete original reference of the formula in the form of sloka in Devanagari script along with indications
- D. Names of Formulae, ingredients, indications in diacritical font to avoid ambiguity
- E. Detailed list of Single drug Formulary searchable by Animal, Mineral and Plant origin.
- F. Arrangement of Appendices in an easy accesable manner by different categories Paribhasa (Definition), Shodana (Purification) methods.
- G. Extensive dynamic search option – by random search and advanced search by category.

**Discussion and Conclusion:**

In India, the development of Indian Pharmacopoeia started in 1963 on the recommendation of Col.R.N. Chopra Committee and After the struggle of 15years, in 1978 the Part 1 of Ayurvedic Formulary of India 1<sup>st</sup> edition was published. AFI was the first attempt of Ayurvedic Pharmacopoeia Committee to compile the information scattered about Ayurvedic formulations to develop Pharmacopoeial standards and to meet the requirements of Drugs and Cosmetics Act, 1940. This Ayurvedic Formulary of India(AFI) was published in 3 parts. Part 1 and Part 2 giving the formulations as disease wise and Type of formulation (kalpanawise) for easy accessibility, also mentioned Samanya paribhasa, Kalpana paribhasa, Puta paribhasa, Yantra paribhasa, Sodhana procedures. In Part 3 they mentioned the formulations. For easy access Formulations are mentioned as Diseasewise and Type of formulationwise.

Indian Institute of History of Medicine (IIHM) designed and developed the e-book software of AFI, so that we can get the information in one click. Formulation with its ingredients is mentioned as taken from the original classical Ayurvedic books. Standardisation of any herbal formulation is required to access the Purity, Quality, Safety and Efficacy of drugs based on the analysis of active principles of the drugs. Few Ayurvedic Formulations even included some poisonous herbominerals as ingredients wherein shodana procedures are mentioned.

As how the Drugs and Cosmetic Act,1940 applicable to Ayurvedic drug industry is mandatory, this AFI (Ayurvedic Formulary of India) is also very essential in setting up standards to the Government Acts. The AFI is an integral part of all the libraries of Ayurvedic colleges and also all the manufacturing units. The detailed study is included even in in the postgraduate syllabus of Dravyaguna and Rasashastra. This article creates a Birdeye view of AFI.

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