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Standard operation procedure (SOP) for preparation of *Joshanda* and dose determination

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Abstract

Joshanda/Matbookh is a traditional Unani liquid dosage form prepared by the *Tabakh* (Decoction) process, which involves extracting the active ingredients from crude drugs' roots, leaves, seeds, stems, etc. that are both heat-stable and water-soluble. The raw materials are cleaned, cut in small pieces, and macerated in a 1:3 water (menstruum) solution overnight. Then, they are boiled at a ratio of 1:4 until the volume is reduced to one-third. After that, the decoction is filtered to produce a fresh, uniform liquid. The standard formulation outlined comprises seven medicinal ingredients: *Suranjan* (*Colchicum luteum*), *Shahatra* (*Fumaria officinalis*), *Charaita* (*Swertia chirata*), *Unnab* (*Ziziphus jujuba*), *Badiyan* (*Foeniculum vulgare*) (both fruit and root), and *Ustukhuddus* (*Lavandula stoechas*). *Joshanda* acts more quickly than other dose forms like *Hab*, *Qurs*, *Safoof*, *Jawarish*, and *Sharbat*, it is treasured in Unani treatment. Determination of dose for *Joshanda*, total number of single crud drugs dose weight multiply of average 4 ratio of water and divided by 3, as per formula.

Keywords: *Joshanda*, Material and method, dose determination

Introduction

Joshanda, also known as *Matbookh*, is a traditional Unani liquid dosage form prepared by boiling dried crude herbal drugs like roots, leaves, seeds, stems, and rhizomes in water or *Araq* (distillate). (Azmi, 2016) [16] The mixture is then filtered, and the liquid that results is called *Joshanda*, which is regarded as homogenous, pure, and freshly made syrup (Anonymous, 2011) [5] The preparation process is based on the traditional *Tabakh* (Decoction) process, an age-old method for removing heat-stable and water-soluble constituents from medicinal plants (Azmi, 2016; Jain, 2016) [16, 9]. According to etymonline.com, the Latin word decoction comes from the words *de*, which means "down," and *coquere*, which means "to boil." (Etymonline.com) it describes the process of extracting active chemical contents, such as volatile oils, organic compounds, and other medicinal chemicals, by boiling herbs or plant material, such as stems, roots, bark, and rhizomes, in water. Herbal teas, infusions/*khesanda/zulaal*, tinctures/*usaara*, coffees, and other treatments have historically been prepared by decoction (Biology-online.org). Before preparing *Joshanda*, all raw medicines are cleansed, chopped into small pieces, and then macerated, that is soaked in a suitable solvent called menstruum. This facilitates the release of active chemicals and softens the drug's substance. *Marc* is the term for the residue that is left over after extraction that hasn't been dissolved (Jain, 2016) [9]. The Unani pharmacopoeia of India states that for optimal efficacy, the medicine-to-water ratio should be kept at 1:3 or 1:5, after maceration should be done overnight (Anonymous, 2011) [5]. The soaked drug-water mixture is prepared by heating it in the morning until the amount of water is only one-third of its original capacity. To prevent damage to heat-sensitive components, the boiling should be carried out over a low to moderate flame. *Joshanda*, a clear liquid that is prepared for therapeutic use, is the result of filtering the decoction through a sieve. *Joshanda* is a well-known and advantageous preparation in Unani medicine because of this traditional method, which guarantees the greatest recovery of active ingredients in a safe and effective form.

Materials and methods of *Joshanda*

Ingredients of *Joshanda*

Dried crud drugs used in preparation of *Joshanda*, this formulation is used in Central

Research Institute of Unani Medicine Lucknow, as a *Munzij* and *Mus'hil* (Concoctive and Purgative). Its formulation mentioned in *Bayaz-e kabeer* Volume-I,

Table 1: *Joshanda* formulation

S.No	Ingredient	Scientific Name	Dosage	References
1	<i>Suranjan</i>	<i>Colchicum luteum</i>	5 gm	Bayaz-e-kabeer Vol I
2	<i>Shahtra</i>	<i>Fumaria officinalis</i>	7 gm	UPI, Part IVol VI
3	<i>Chirayata</i>	<i>Swertia chirata</i>	7 gm	UPI, Part I, Vol VI
4	<i>Unnab</i>	<i>Zizihus jujuba</i>	5 pieces	Bayaz-e-kabeer Vol I
5	<i>Badiyan</i>	<i>Foeniculum vulgare</i>	7 gm	UPI, Part I, Vol I
6	<i>Bhekh-e-Badiyan</i>	<i>Foeniculum vulgare</i>	7 gm	UPI, Part I, Vol I
7	<i>Ustukhuddus</i>	<i>Levandula stoece</i>	5 gm	UPI, Part I, Vol III

These drugs used in dried form for *Joshanda*

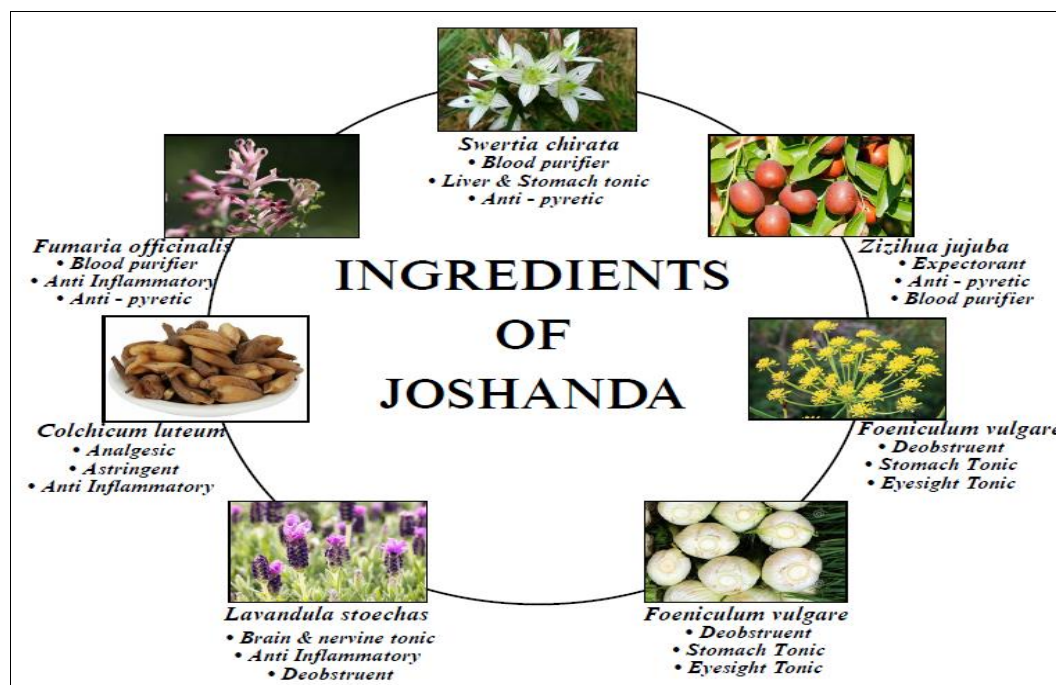


Fig 1:

Methods preparation of *Joshanda*

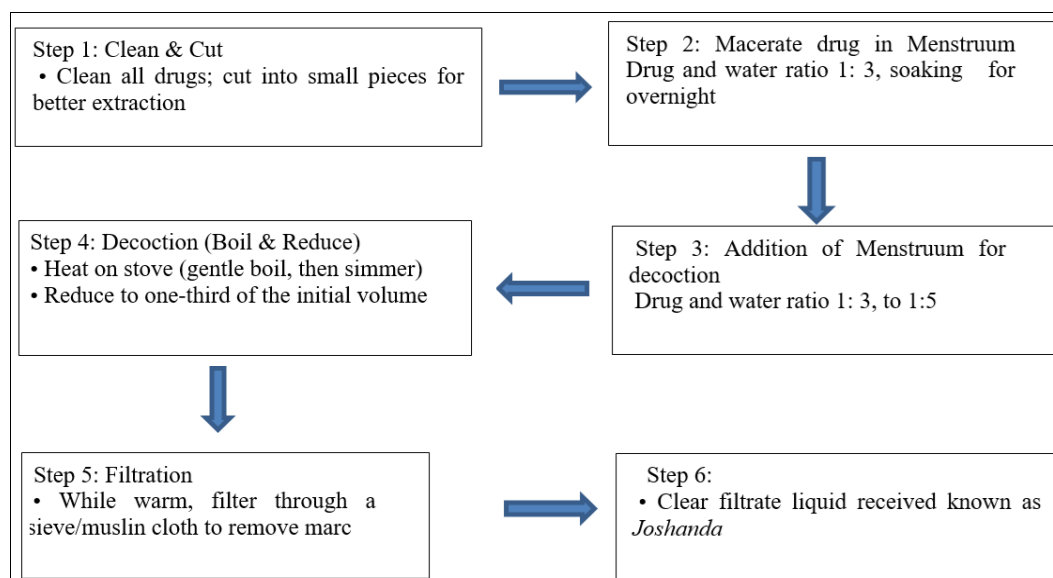


Fig 2:

Maceration (Soaking) Process

The Unani pharmacopoeia of India states that after the crude drugs have been cleansed and cut into small pieces, it is

soaked in water (menstruum) with a drug-to-water ratio of 1:3 for the period of overnight. (Anonymous, 2011) [5].

Table 2: Water (Menstruum) and Drugs Ratio (1:3) for maceration

S. No	Ingredient	Scientific Name	Dosage	Quantity of Water for (Maceration) soaking
1	Suranjan	<i>Colchicum luteum</i>	5 gm	15 ml
2	Shahtra	<i>Fumaria officinalis</i>	7 gm	21 ml
3	Chirayata	<i>Swertia chirata</i>	7 gm	21 ml
4	Unnab	<i>Ziziphus jujuba</i>	5 piece	15 ml
5	Badiyan	<i>Foeniculum vulgare</i>	7 gm	21 ml
6	Bhekh-e-Badiyan	<i>Foeniculum vulgare</i>	7 gm	21 ml
7	Ustukhuddus	<i>Levandula stoece</i>	5 gm	15 ml
			Total= 43 gm	Total=129 ml

Method of preparation: Joshanda (Decoction)

The Unani pharmacopoeia of India states that the combination is stored in a flask following the soaking of the drugs with water in a ratio of 1:3 or 1:5 (on average, 1:4). It

is boiled on a heating stove in the morning until the amount of water is reduced to one-third of its original volume. The final preparation is then obtained by filtering the decoction through a sieve or muslin cloth. (Anonymous, 2011) [5].

Table 3: Water (Menstruum) and Drugs Ratio (1:4) for Decoction

S. No	Ingredient	Scientific Name	Dosage	Quantity of water for Decoction
1	Suranjan	<i>Colchicum luteum</i>	5 gm	20 ml
2	Shahtra	<i>Fumaria officinalis</i>	7 gm	28 ml
3	Chirayata	<i>Swertia chirata</i>	7 gm	28 ml
4	Unnab	<i>Ziziphus jujuba</i>	5 piece	20 ml
5	Badiyan	<i>Foeniculum vulgare</i>	7 gm	28 ml
6	Bhekh-e-Badiyan	<i>Foeniculum vulgare</i>	7 gm	28 ml
7	Ustukhuddus	<i>Cuscuta reflexa roxb</i>	5 gm	20 ml
			Total = 43 gm	Total =172 ml

Determination of Dose for Joshanda

The total weight of crude drug doses is multiplied by four parts water after *Joshanda* is prepared, and the amount is then reduced to one-third of the original volume to

determine the final liquid dose.

Formula

$$\text{Dose of Joshanda} = \frac{(\text{Total weight of crude drugs (1+2+3+4...)} \times 4 (\text{ratio of water}))}{3}$$

In the decoction process, drug-to-water ratio is 1:4

$$\text{Dose of Joshanda} = \frac{\text{Total crude drugs weight } 43 \times 4}{3} = 57.33 \text{ ml}$$

Result on the basis of different drug & water ratio

- After maceration, the drugs and water ratio 1:3, the dose of *Joshanda* 43 ml (approx. 45ml)
- After maceration, the drugs and water ratio 1:4, dose of *Joshanda* 57 ml (approx. 60ml)
- After maceration, the drugs and water ratio 1:5, dose of *Joshanda* 72 ml (approx. 75ml)

The above formula of *Joshanda* average dose is 57 ml (approx. 60ml). When making multi-dose *Joshanda*, the weight of one dose of crude medicine is multiplied by the number of doses needed to get the total weight of the drug. In order to soak (macerate), the entire weight of the medications is first combined with three times the amount of water. Once the maceration process is finished, four times as much water is added and the mixture is heated until it is just one-third of its original volume. In order to obtain the *Joshanda* (decoction), the liquid is finally filtered.

Precautions for Joshanda (Anonymous, 2011, Azami, 2016, Bayaz-e-kabeer, ynn) [5, 16].

- **Drug cutting and cleaning:** To guarantee consistent extraction, all raw pharmaceuticals should be finely chopped and cleaned before processing.
- **Use of appropriate containers:** To avoid any chemical interactions with the medications, *Joshanda* should be cooked in non-reactive or tinned containers.
- **Maceration (Soaking):** Drugs should be soaked in water for the entire night. During maceration, 1:3 drug-to-water ratios are advised.
- **Decoction ratio:** The normal standard for the ratio of medications to water during the decoction (*Tabakh*) procedure is 1:4; however, it should be kept between 1:3 and 1:5.
- **Controlled flame:** The preparation needs to be cooked at a low heat because too much heat can damage or volatilize the drugs' active ingredients.

- **Use fresh:** *Joshanda* should always be made from scratch. It doesn't require long-term storage or preservation because it is perishable.

Conclusion

Using the traditional *Tabakh* (Decoction) method, *Joshanda* (*Matbookh*) is one of the most important and potent liquid dosage forms in Unani medicine. *Joshanda's* liquid form enables faster absorption and bioavailability than other dosage forms, such as *Hab*, *Qurs*, *Safoof*, *Jawarish*, *Majun*, *Khamira*, *Lauq*, and *Sharbat*. Crude drugs are cleaned, chopped, macerated, and decocted in precise ratios as part of the preparation process. The drug-to-water ratio is kept at 1:3 during maceration (soaking) and 1:4 throughout the decoction phase. Throughout the procedure, the average drug-to-water ratio is roughly 1:7, which guarantees the best possible extraction of the active ingredients that are both heat-stable and water-soluble. Following extraction, the filtrate is referred to as *Joshanda*, while the undisclosed residue is known as marc. A safe, efficient, and synergistic treatment is offered by the standardized formulation that includes *Suranjan*, *Shahatra*, *Chirayata*, *Unnab*, *Badiyan*, *Bhekh-e-Badiyan*, and *Ustukhuddus*. Depending on the drug-to-water ratio, its typical single dose is approximately 60 mL. *Joshanda* maintains its therapeutic efficacy without the need for preservatives by taking the right precautions, such as using tinned or non-reactive vessels, keeping heating under control, and making fresh batches. *Joshanda*, subsequently, is a special pharmaceutically proficient mixture in Unani medicine that reflects both conventional wisdom and scientific justification. It is a highly relevant and dependable formulation in modern Unani therapies since it is prepared and consumed fresh, which guarantees optimum potency, stability, and safety. Determination of dose of *Joshanda*, total number of single crud drugs dose weight multiply of average 4 ratio of water and divided by 3, as per formula. This formula is use in Central research institute of Unani medicine Lucknow, as a *Munzij* and *Mushil* (Concoctive and Purgative).

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Author's Contributions

Dr. Raghubanshi, Dr. Bushra Sabir participated in article writing and other authors participated in article reading and proofing.

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