

**Quality Assessment and Standardization of
"Seetharama Watee" and "Maha Wanthikiava Watee"**

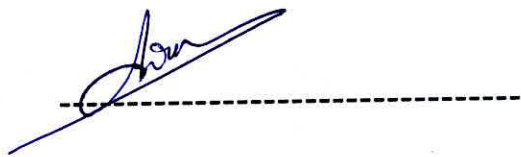
by

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**Thesis Submitted to University of Sri
Jayewardenepura for the award of the Degree of
Doctor of Philosophy in Food Science and Technology
on 2012**

The work described in this thesis was carried out by me under the Supervision of Prof. K.K.D.S. Ranaweera Prof. M.H.A. Tissera and Prof. P.A.J. Yapa and a report on this has not been submitted in whole in part to any university or other institution for another Degree/Diploma.

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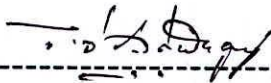
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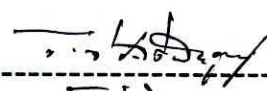
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AFFECTIONATELY DEDICATED

TO

My Late Mother and Father

Table of Contents

	Page No.
Table of Contents	i
List of Tables	xii
List of Figures and Plates	xxi
Abbreviations	xxxviii
Acknowledgments	xxxix
Abstract	xl
Chapter 1	
Introduction	
1.1 Background	1
1.2 Objectives	8
Chapter 2	
Literature Review	
2.1. Herbal Medicine	9
2.1.1. Herbs	9
2.1.2. Herbal Material	9
2.1.3. Herbal Preparations	9
2.1.4. Finished Herbal Products	10
2.1.5. Traditional Use of Herbal Medicines	10
2.1.6. Limitation of Herbal Medicines	11

2.2. Watika Prakaranaya or Treatment of pills	12
2.2.1. Watee and Gutika	12
2.3. Seetharama Watee	13
2.3.1. <i>Cuminum cyminum</i> (fruit)	13
2.3.2. <i>Nigella sativa</i> (seed)	14
2.3.3. <i>Foeniculum vulgare</i> (fruit)	15
2.3.4. <i>Trachyspermum ammi</i> (fruit)	15
2.3.5. <i>Anethum graviolens</i> (fruit)	16
2.3.6. <i>Zingiber officinale</i> (rhizome)	16
2.3.7. <i>Piper nigrum</i> (fruit) Piperaceae	18
2.3.8. <i>Piper longum</i> (fruit) Piperaceae	19
2.3.9. <i>Myristica fragrans</i> (fruit and aril)	20
2.3.10. <i>Syzygium aromaticum</i> (flower bud)	22
2.3.11. <i>Aconitum palmatum</i> (rhizome)	23
2.3.12. <i>Saussurea costus</i> (root)	23
2.3.13. <i>Glycyrrhiza glabra</i> (stem & root)	24
2.3.14. <i>Allium sativum</i> (bulb)	25
2.3.15. <i>Coriandrum sativum</i> (fruit)	26
2.3.16. <i>Holarrhena antidysenterica</i> (stem bark)	27
2.3.17. <i>Pterocarpus santalinus</i> (heart wood) Fabaceae	27
2.3.18. <i>Aconitum heterophyllum</i> (root) Ranunculaceae	28
2.3.19. <i>Picrorhiza kurroo</i> (rhizome) Scophulariaceae	29
2.3.20. <i>Ferula assa-foetida</i> (Oleo-gum resin) Apiaceae	30
2.3.21. <i>Ocimum tenuiflorum</i> (leaf) Lamiaceae	31

2.3.22. <i>Vitex nigundo</i> , (leaf) Verbenaceae	34
2.3.23. <i>Toddalia asiatica</i> (leaf) Rutaceae	35
2.3.24. <i>Leucas zeylanica</i> , (leaf) Lamiaceae	35
2.3.25. <i>Cleome gynandra</i> (leaf) Capparidaceae	35
2.3.26. <i>Azadirachta indica</i> (leaf) Meliaceae	36
2.3.27. <i>Acorus calamus</i> , (rhizome) Araceae	37
2.3.28. Orpiment- <i>Harithala</i> , (Yellow arsenic) As_2S_3	38
2.3.29. Zinc ore- <i>Rasaka</i> (Calamine) $ZnCO_3$	39
2.3.30. Blue vitriol - <i>Thutta</i> ($CuSO_4 \cdot 5H_2O$)	39
2.3.31. Rock salt- <i>Saindhava Lavana</i> (NaCl)	40
2.3.32. Cinnabar- <i>Hingula</i> , (Hgs)	40
2.3.33. Alum sulphate - Sphatika $K_2SO_4Al_2(SO_4)_3 \cdot 24H_2O$	41
2.3.34. Realgar -Manashila (Arsenic disulphide) As_4S_4 / As_2S_2	41
2.3.35. Borax- Pushkara/Tankana $Na_2B_4O_7 \cdot 10H_2O$	42
2.3.36. Gypsum- Godanthi $CaSO_4 \cdot 2H_2O$	42
2.3.37. <i>Citrus aurantium</i> (fruit) Rutaceae	43
2.3.38. Fresh Ginger	43
2.3.39. Neem Oil	43
2.3.40. Cow's Ghee	43
2.4. Maha Varthikava Watee	44
2.4.1. <i>Cuminum cyminum</i> , (fruit)	44
2.4.2. <i>Nigella sativa</i> , (Seed)	44
2.4.3. <i>Allium sativum</i> , (bulb)	44
2.4.4. <i>Trachysperm ammi</i> ,(fruit)	44

2.4.5. <i>Trigonella foenum-graecum</i> , (fruit)	44
2.4.6. <i>Zingiber officinale</i> , (rhizome)	45
2.4.7. <i>Ferula assa-foetida</i> , (exudate)	45
2.4.8. <i>Piper longum</i> , (fruit)	45
2.4.9. <i>Piper nigrum</i> , (fruit)	45
2.4.10. <i>Solanum virginianum</i> , (root)	45
2.4.11. <i>Terminalia chebula</i> , (fruit pericarp)	47
2.4.12. <i>Terminalia bellarica</i> , (fruit pericarp)	47
2.4.13. <i>Phyllanthus emblica</i> , (fruit)	48
2.4.14. <i>Syzigium aromaticum</i> , (flower bud)	49
2.4.15. <i>Myristia fragrans</i> , (fruit & aril)	49
2.4.16. <i>Fumaria parviflora</i> , (whole plant)	49
2.4.17. <i>Caesalpinia bonduc</i> , (seed)	50
2.4.18. <i>Carum cavi</i> , (fruit)	51
2.4.19. <i>Cinnamomum verum</i> (bark)	52
2.4.20. <i>Acorus callurus</i> , (rhizome)	53
2.4.21. <i>Seasamus indicum</i> , (seed)	53
2.4.22. <i>Brassica juncea</i> (seed)	54
2.4.23. <i>Embelica ribes</i> (seed),	54
2.4.24. <i>Santalum album</i> , (heart wood)	55
2.4.25. <i>Acacia chundra</i> , (dried water extract)	56
2.4.26. <i>Mesua ferrea</i> , (stamens)	57
2.4.27. <i>Piper betel</i> , (leaf)	57
2.4.28. <i>Vitex nigundo</i> (leaf)	58

2.4.29. Bee's honey	59
2.5. Standards	59
2.5.1. Standardization Aspects	60
2.6. Quality Assessment	60
2.6.1. Standardization of Crude Drugs	61
2.6.2. Standardization of Pharmaceutical Process	65
2.6.3. Standardization of Finished Products	67
2.7. Standardization Using the Quality Assessment Methods	68
2.7.1. Evaluation of the Quality Assessment	72
2.8. Physico-Chemical Parameters of the Finished Products	73
2.8.1. Variation in Weight	74
2.8.2. pH (10% w/v aqueous solution)	74
2.8.3 Specific Gravity	74
2.8.4. Weight loss on Drying	75
2.8.5. Total Ash Content	75
2.8.6. Acid Insoluble Ash	76
2.8.7. Crude Fiber Content	76
2.8.8. Disintegration Test	77
2.8.9. Hardness Test	77
2.8.10. Friability Test	78
2.9. Phytochemical Screening	78
2.9.1. Extractable Values	79
2.9.2. TLC Fingerprints	79
2.9.3. UV- Vis Spectrophotometrical Measurements	81

2.9.4. High Performance Liquid Chromatography (HPLC) Profiles	81
2.10. Microbiological Screening	82
2.10.1. Indole Methyl Red Vogues Proskauer and Citrate Utilization test (IMViC)	82
2.10.2. Mycological contaminants	84
2.10.3. Pour plate method	84
2.11. Residual Analysis	85
2.11.1. Heavy metal determination	85
2.11.2. Aflatoxin determination	85

Chapter 3

Materials and Methods:

3.1. Selection of Samples	92
3.2. Method of Sample Preparation	93
3.2.1. Sectharama Watee	93
3.2.2. Maha Varthikava Watee	97
3.3. Quality Assessment Methods for Standardization	99
3.3.1. Determination of Variation of Weight	99
3.3.2. Determination of pH value	100
3.3.3. Determination of Specific Gravity	100
3.3.4. Determination of Weight loss on Drying	101
3.3.5. Determination of Total Ash Content	101
3.3.6. Determination of Acid Insoluble Ash Content	102
3.3.7. Determination of Crude Fiber Content	102

3.3.8. Determination of Disintegration Time	103
3.3.9. Determination of Hardness	103
3.3.10. Determination of Friability	104
3.3.11. Sequential Extractions	104
3.3.11.1. Preparation of hexane extracts	104
3.3.11.2. Preparation of dichloro methane extracts	105
3.3.11.3. Preparation of ethyl acetate extracts	105
3.3.11.4. Preparation of methanol extracts	105
3.3.12. Thin Layer Chromatography (TLC)	105
3.3.13. UV Spectrophotometry	108
3.3.14. High Performance Liquid Chromatography (HPLC)	109
3.3.15. Heavy Metal Detection	110
3.3.15.1. Preparation of samples	110
3.3.15.1.1. Dry-ashing technique	110
3.3.15.1.2. Wet-ashing technique	111
3.3.15.2. Preparation of the set of standard solutions	111
3.3.16. Microbiological Analysis	113
3.3.16.1. IMViC test	113
3.3.16.1.1. Indole test	113
3.3.16.1.2. Methyl Red test	113
3.3.16.1.3. Vogues Proskauer test	114
3.3.16.1.4. Citrate test	114
3.3.16.2. Preparation method of dilution series of samples	114
3.3.16.3. Preparation method of agar plates	115

3.3.16.4. Calculation of colony forming units	116
3.3.16.5. Calculation of growth on solid media	116
3.3.16.6. Identification of fungi in Seetharama Watee and Maha Varthikava Watee	117
3.3.17. Detection of Aflatoxin	117
3.3.17.1. TLC Method	117
3.3.17.1.1. Sample preparation	117
3.3.17.1.2. Clean up procedure	117
3.3.17.1.3. TLC fingerprints	118
3.3.17.1.4. Solvent system for two-dimensional TLC	118
3.3.17.1.5. Aflatoxin confirmatory method	119
3.3.17.2. HPLC Method	119
3.3.17.2.1. Sample derivatisation	119
3.3.17.2.2. Sample application	119
3.3.18. Data Analysis	120

Chapter 4

Results and Discussion:

4.1. Variation in Weight	121
4.2. pH value	124
4.3. Specific Gravity	127
4.4. Loss on Drying	129
4.5. Total Ash	131
4.6. Acid Insoluble Ash	133

4.7. Crude Fiber Content	135
4.8. Disintegration Time	137
4.9. Friability	139
4.10. Hardness	140
4.11. Sequential Extractions	143
4.11.1. Hexane extractions	143
4.11.2. Dichloro methane extractions	145
4.11.3. Ethyl acetate extractions	147
4.11.4. Methanol extractions	149
4.12. Thin Layer Chromatography (TLC)	151
4.13. UV Spectrophotometric studies	211
4.14. High Performance Liquid Chromatography (HPLC)	214
4.14.1.1. HPLC analysis of the sample 1S ₀	214
4.14.1.2. HPLC analysis of the sample 2S ₀	215
4.14.1.3. HPLC analysis of the sample 3S ₀	217
4.14.1.4. HPLC analysis of the sample S ₁	218
4.14.1.5. HPLC analysis of the sample S ₂	219
4.14.1.6. HPLC analysis of the sample S ₃	220
4.14.1.7. HPLC analysis of the sample S ₄	222
4.14.1.8. HPLC analysis of the sample S ₅	223
4.14.2.1. HPLC analysis of the sample 1V ₀	227
4.14.2.2. HPLC analysis of the sample 2V ₀	229
4.14.2.3. HPLC analysis of the sample 3V ₀	231
4.14.2.4. HPLC analysis of the sample V ₁	233

4.14.2.5. HPLC analysis of the sample V ₂	235
4.14.2.6. HPLC analysis of the sample V ₃	236
4.14.2.7. HPLC analysis of the sample V ₄	239
4.14.2.8. HPLC analysis of the sample V ₅	241
4.15. Heavy metals using Atomic Absorption Spectroscopy (AAS Method)	247
4.15.1. Mercury (Hg)	247
4.15.2. Arsenic (As)	250
4.15.3. Cadmium (Cd)	252
4.15.4. Lead (Pb)	254
4.16. Microbiological Assessments	256
4.16.1. IMViC test	256
4.16.2. Colony Forming Units (CFU)	264
4.16.3. Calculations of the growth and colour changes in the selected media	267
4.17. Aflatoxins	276
4.17.1. TLC method based on fluorescence	276
4.17.2. TLC analysis with 25% H ₂ SO ₄	278
4.17.3. Two-dimensional TLC method	280
4.17.4. Two-dimensional TLC after spraying with 25% H ₂ SO ₄	282
4.17.5. HPLC method	286

Chapter 5

Conclusion:

5.1. Proposed specifications for Seetharama Watee	289
5.2. Proposed specifications for Maha Varthikava Watee	293

Chapter 6

References:	298
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Chapter 7

Appendices:

Appendix I

List of Publications and Communications from the thesis	329
---	-----

Appendix II

Purification methods of mineral raw materials	331
---	-----

Appendix III

III A .Chemical compositions of reagents and stains used	332
--	-----

III B. Media used	332
-------------------	-----

III C. Spray reagents	334
-----------------------	-----

III D. Solutions	335
------------------	-----

Appendix I V

Colony diameter in various media	336
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Appendix V

TLC profiles /patterns and UV absorption spectra	338
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List of Tables

Table 3.1. Herbal ingredient of Seetharama Watee	93
Table 3.2. Mineral ingredients of Seetharama Watee	96
Table 3.3. Herbal ingredients of Maha Varthikava Watee	97
Table 3.4. Measurements made for hollow cathode lamp	112
Table 4.1.1. Weight variation of authentically prepared (10 pills) and commercial samples of Seetharama Watee	122
Table 4.1.2. Weight variation of authentically prepared (10 pills) and commercial samples of Maha Varthikava Watee	123
Table 4.2.1. pH values of authentically prepared and commercial samples of Seetharama Watee	125
Table 4.2.2. pH values of authentically prepared and commercial samples of Maha Varthikava Watee	126
Table 4.3.1. Specific gravity of authentically prepared and commercial samples of Seetharama Watee	127
Table 4.3.2. Specific gravity of authentically prepared and commercial samples of Maha Varthikava Watee	128
Table 4.4.1. Loss on drying of authentically prepared and commercial samples of Seetharama Watee	129
Table 4.4.2. Loss on drying of authentically prepared and commercial samples of Maha Varthikava Watee	130

Table 4.5.1. Total ash content of authentically prepared and commercial samples of Seetharama Watee	131
Table 4.5.2. Total ash content of authentically prepared and commercial samples of Maha Varthikava Watee	132
Table 4.6.1. Acid insoluble ash content of authentically prepared and commercial samples of Seetharama Watee	133
Table 4.6.2. Acid insoluble ash content of authentically prepared and commercial samples of Maha Varthikava Watee	134
Table 4.7.1. Crude fiber content of the authentically prepared and commercial samples of Seetharama Watee	135
Table 4.7.2. Crude fiber content of authentically prepared and commercial samples of Maha Varthikava Watee	136
Table 4.8.1. Disintegration time of authentically prepared and commercial samples of Seetharama Watee	137
Table 4.8.2. Disintegration time of authentically prepared and commercial samples of Maha Varthikava Watee	138
Table 4.9.1. Friability of authentically prepared and commercial samples of Seetharama Watee	139
Table 4.9.2. Friability of authentically prepared and commercial samples of Maha Varthikava Watee	140
Table 4.10.1. Hardness of authentically prepared and commercial samples of Seetharama Watee	141
Table 4.10.2. Hardness of authentically prepared and commercial samples of Maha Varthikava Watee	142

Table 4.11.1.1. Hexane extracts values of authentically prepared and commercial samples of Seetharama Watee	143
Table 4.11.1.2. Hexane extracts values of authentically prepared and commercial samples of Maha Varthikava Watee	144
Table 4.11.2.1. Dichloro methane extracts values of authentically prepared and commercial samples of Seetharama Watee	145
Table 4.11.2.2. Dichloro methane extracts values of authentically prepared and commercial samples of Maha Varthikava Watee	146
Table 4.11.3.1. Ethyl acetate extracts values of authentically prepared and commercial samples of Seetharama Watee	147
Table 4.11.3.2. Ethyl acetate extracts values of authentically prepared and commercial samples of Maha Varthikava Watee	148
Table 4.11.4.1. Methanol extracts values of authentically prepared and commercial samples of Seetharama Watee	149
Table 4.11.4.2. Methanol extracts values of authentically prepared and commercial samples of Maha Varthikava Watee	150
Table 4.13.1. λ_{\max} values of the authentically prepared and commercial samples of Seetharama Watee	211
Table 4.13.2. λ_{\max} values of the authentically prepared sample and commercial samples of Maha Varthikava Watee	212
Table 4.13.3. λ_{\max} values of Garlic, Asafoetida, Red sandal wood, Ginger, Cinnamon sedge, Holy basil, Indian privet, Neem, Sour orange, Betel, Bee honey, Ghee and Margosa oil	213

Table 4.14.1. HPLC analysis of sample 1S ₀	
(254 nm acetonitrile: water 20:30 v/v)	215
Table 4.14.2. HPLC analysis of sample 2S ₀	
(254 nm acetonitrile: water 20:30 v/v)	216
Table 4.14.3. HPLC analysis of sample 3S ₀	
(254 nm acetonitrile: water 20:30 v/v)	218
Table 4.14.4. HPLC analysis of sample S ₁	
(254 nm acetonitrile: water 20:30 v/v)	219
Table 4.14.5. HPLC analysis of sample S ₂	
(254 nm acetonitrile: water 20:30)	220
Table 4.14.6. HPLC analysis of sample S ₃	
(254 nm acetonitrile: water 20:30)	221
Table 4.14.7. HPLC analysis of sample S ₄	
(254 nm acetonitrile: water 20:30)	223
Table 4.14.8. HPLC analysis of sample S ₅	
(254 nm acetonitrile: water 20:30)	224
Table 4.14.9. Concentration of chemical compounds in Seetharama Watee in HPLC analysis	225
Table 4.14.10. HPLC analysis of sample 1V ₀	
(254 nm acetonitrile: water 20:30)	228
Table 4.14.11. HPLC analysis of sample 2V ₀	
(254 nm acetonitrile: water 20:30)	230
Table 4.14.12. HPLC analysis of sample 3V ₀	
(254 nm acetonitrile: water 20:30)	232

Table 4.14.13. HPLC analysis of sample V ₁	
(254 nm acetonitrile: water 20:30)	234
Table.4.14.14. HPLC analysis of sample V ₂	
(254 nm acetonitrile: water 20:30)	236
Table 4.14.15. HPLC analysis of sample V ₃	
(254 nm acetonitrile: water 20:30)	238
Table 4.14.16. HPLC analysis of sample V ₄	
(254 nm acetonitrile: water 20:30)	240
Table 4.14.17. HPLC analysis of sample V ₅	
(254 nm acetonitrile: water 20:30)	242
Table 4.14.18. Concentration of chemical compounds in	
Maha Varthikava Watee in HPLC analysis	243
Table 4.15.1.1. Mercury content of the authentically prepared	
and the commercial samples of Seetharama Watee	247
Table 4.15.1.2. Mercury content of the authentically prepared	
and the commercial samples of Maha Varthikava Watee	248
Table 4.15.2.1. Arsenic content of the authentically prepared	
and the commercial samples of Seetharama Watee	250
Table 4.15.2.2. Arsenic content of the authentically prepared	
and the commercial samples of Maha Varthikava Watee	251
Table 4.15.3.1. Cadmium content of the authentically prepared	
and the commercial samples of Seetharama Watee	252
Table 4.15.3.2. Cadmium content of the authentically prepared	
and the commercial samples of Maha Varthikava Watee	253

Table 4.15.4.1. Lead content of the authentically prepared and the commercial samples of Seetharama Watee	254
Table 4.15.4.2. Lead content of the authentically prepared and the commercial samples of Maha Varthikava Watee	255
Table 4.16.1. Indole test results of the authentically prepared samples, commercial samples of Seetharama Watee and the control media	256
Table 4.16.2. Indole test results of the authentically prepared samples, commercial samples of Maha Varthikava Watee and the control media	257
Table 4.16.3. Methyl Red test results of the authentically prepared samples, commercial samples of Seetharama Watee and the control media	258
Table 4.16.4. Methyl Red test results of the authentically prepared samples, commercial samples of Maha Varthikava Watee and the control media	259
Table 4.16.5. Voges- Proskauer test results of the authentically prepared samples, commercial samples of Seetharama Watee and the control media	260
Table 4.16.6. Voges- Proskauer test results of the authentically prepared samples, commercial samples of Maha Varthikava Watee and the control media	261
Table 4.16.7. Citrate utilization test results of authentically prepared samples commercial samples of Seetharama Watee and the control media	262

Table 4.16.8. Citrate utilization test results of the authentically prepared samples, commercial samples of Maha Varthikava Watee and the control media	263
Table 4.16.9. Colony forming units of the authentically prepared and the commercial samples of Seetharama Watee in Sabouraud glucose agar medium	264
Table 4.16.10. Colony forming units of the authentically prepared and the commercial samples of Maha Varthikava Watee in Sabouraud glucose agar medium	265
Table 4.16.11. Fungi isolated from Seetharama Watee and Maha Varthikava Watee	266
Table 4.16.12. Colony diameter of the selected fungi found in Seetharama Watee in Czapeck dox agar medium	268
Table 4.16.13. Colony colours of Seetharama Watee samples in Czapeck dox agar medium	269
Table 4.16.14. Colony diameter of fungi in Maha Varthikava Watee in Czapeck dox agar medium	270
Table 4.16.15. Colony colours of Maha Varthikava Watee samples in Czapeck dox agar medium	271
Table 4.16.16. Colony diameters of selected fungi found in Seetharama Watee in malt extract agar medium	272
Table 4.16.17. Colony colours of Seetharama Watee samples in malt extract agar medium	273

Table 4.16.18.Colony diameters of the selected fungi found in	
Maha Varthikava Watee in malt extract agar medium	274
Table 4.16.19. Colony colours of Maha Varthikava Watee samples in	
malt extract agar medium	275
Table 4.17.1. TLC results of the authentically prepared and the	
commercial samples of Seetharama Watee for aflatoxins,	
sprayed with 25 % H ₂ SO ₄	277
Table 4.17.2. TLC analysis of the authentically prepared and the commercial	
samples of Maha Varthikava Watee for aflatoxins,	
sprayed with 25% H ₂ SO ₄	279
Table 4.17.3. Two-dimensional TLC results of the authentically	
prepared and the commercial samples of Seetharama Watee	
for the detection of aflatoxin	280
Table 4.17.4. Two- dimensional TLC results of the authentically	
prepared and the commercial samples of Seetharama Watee	
sprayed with 25% H ₂ SO ₄ for the detection of aflatoxin	282
Table 4.17.5. Two-dimensional TLC analysis of the	
authentically prepared and the commercial samples	
of Maha Varthikava Watee for the detection of aflatoxin	284
Table 4.17.6. Two- dimensional TLC analysis of the authentically prepared	
and the commercial samples of Maha Varthikava Watee sprayed	
with 25% H ₂ SO ₄ for the detection of aflatoxin	285

Table 4.17.7. HPLC analysis results of the authentically prepared and the commercial samples of Seetharama Watee for the detection of Aflatoxin	287
Table 4.17.8. HPLC analysis of the authentically prepared and the commercial samples of Maha Varthikava Watee for the detection of Aflatoxin	288
Table 5.1.1. Test parameters for quality (Seetharama Watee)	289
Table 5.1.2. Test parameters for purity (Seetharama Watee)	291
Table 5.1.3. Test parameters for identity (Seetharama Watee)	291
Table 5.2.1. Test parameters for quality (Maha Varthikava Watee)	293
Table 5.2.2. Test parameters for purity (Maha Varthikava Watee)	294
Table 5.2.3. Test parameters for identity (Maha Varthikava Watee)	295
Table 7.iii.i. Colony diameters of selected fungi found in Seetharama Watee and Maha Varthikava Watee in Czapeck Dox agar medium	336
Table 7.iii.ii. Colony diameters of selected fungi found in Seetharama Watee and Maha Varthikava Watee in Malt extract agar medium	337

List of Figures and plates

Figure 3.1. TLC spotting diagram of Seetharama	107
Figure 3.2. TLC spotting diagram of Varthikava	107
Figure 3.3. Method of sample spotting in 2 dimensional TLC	118
Figure 4.12.1.1. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and red sandal wood samples under UV 254 nm (toluene: ethyl acetate 9:1 v/v)	152
Figure 4.12.1.2. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and red sandalwood samples in iodine vapour (toluene: ethyl acetate 9:1 v/v)	153
Figure 4.12.1.3. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and red sandalwood samples with vanillin sulfuric acid reagent (toluene: ethyl acetate 9:1 v/v)	154
Figure 4.12.1.4. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and red sandal wood sample with anisaldehyde sulfuric acid reagent (n hexane: acetone 3:1 v/v)	155
Figure 4.12.1.5. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and holy basil under UV 254 nm (toluene: ethyl acetate 9:1 v/v)	156

Figure 4.12.1.6. TLC fingerprints of Seetharama Watee and holy basil (Tulasi) samples detected under UV 254 nm	157
Figure 4.12.1.7. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and holy basil samples in iodine vapour (toluene: ethyl acetate 9:1 v/v)	158
Figure 4.12.1.8. TLC fingerprints of Seetharama Watee and holy basil (Tulasi) samples detected in iodine vapour	159
Figure 4.12.1.9. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and holy basil sample with vanillin sulfuric reagent (toluene: ethyl acetate 9:1 v/v)	160
Figure 4.12.1.10. TLC fingerprints of Seetharama Watee and holy basil (tulasi) samples after spraying vanillin sulphate	161
Figure 4.12.1.11. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and holy basil sample with anisaldehyde sulfuric reagent (n hexane: acetone 3:1 v/v)	162
Figure 4.12.1.12. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and Indian privet sample under UV 254 nm (toluene: ethyl acetate 9:1 v/v)	163

Figure 4.12.1.13. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and Indian privet samples in iodine vapour (toluene: ethyl acetate 9:1 v/v) 164

Figure 4.12.1.14. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and Indian privet sample with vanillin sulfuric acid reagent (toluene: ethyl acetate 9:1 v/v) 165

Figure 4.12.1.15. Comparison of R_f values of the authentically prepared samples with the commercial samples of Seetharama Watee and Indian pivot sample with anisaldehyde sulfuric acid reagent (n- hexane: acetone 3:1 v/v) 166

Figure 4.12.1.16. Comparison of R_f values of the authentically prepared sample, with the commercial samples of Seetharama Watee and ginger sample under UV 254 nm (toluene: ethyl acetate 9:1 v/v) 167

Figure 4.12.1.17. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and ginger sample in iodine vapour (toluene: ethyl acetate 9:1 v/v) 168

Figure 4.12.1.18. Comparison of R_f values of the authentically prepared samples, With the commercial samples of Seetharama Watee and ginger sample under vanillin sulfuric acid reagent (toluene: ethyl acetate 9:1 v/v) 169

- Figure 4.12.1.19. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and ginger sample with anisaldehyde sulfuric acid reagent (n-hexane :acetone 3:1) 170
- Figure 4.12.1.20. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and cinnamon sedge sample under UV 254 nm (toluene: ethyl acetate 9:1 v/v) 171
- Figure 4.12.1.21. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and cinnamon sedge sample in iodine vapour (toluene: ethyl acetate 9:1 v/v) 172
- Figure 4.12.1.22. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and cinnamon sedge sample with vanillin sulfuric acid reagent (toluene: ethyl acetate 9:1 v/v) 173
- Figure 4.12.1.23. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and cinnamon sedge sample under UV 254 nm.(benzene: acetone, 5:7v/v) 174
- Figure 4.13.1.24. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and cinnamon sedge sample in iodine vapour (benzene: acetone, 5:7v/v) 175
- Figure 4.13.1.25. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and cinnamon sedge sample with anisaldehyde sulfuric acid reagent (n- hexane: acetone, 3:1 v/v) 176

Figure 4.12.1.26. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and garlic sample under 254 UV nm
(n-butanol: propanol: acetic acid: water, 6:2:2:2 v/v) 177

Figure 4.12.1.27. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and garlic sample in iodine vapour
(n-butanol : propanol : acetic acid : water, 6:2:2:2 v/v) 178

Figure 4.12.1.28. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and garlic sample in ninhydrin reagent
(n-butanol : propanol : acetic acid : water, 6:2:2:2 v/v) 179

Figure 4.12.1.29. Comparison of R_f values of the authentically prepared samples, With the commercial samples of Seetharama Watee and garlic sample in anisaldehyde sulfuric acid reagent
(n-hexane : acetone, 3:1 v/v) 180

Figure 4.12.1.30. Comparison of R_f values of the authentically prepared samples with the commercial samples of Seetharama Watee and neem sample under UV 254 nm.
(n-hexane : ethyl acetate, 5:5 v/v) 181

Figure 4.12.1.31. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and neem, sample in vanillin sulfuric acid reagent
(n-hexane : ethyl acetate, 5:5 v/v) 182

- Figure 4.12.1.32. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and neem sample in anisaldehyde sulfuric acid reagent (n hexane : acetone, 3:1,v/v) 183
- Figure 4.12.1.33. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Seetharama Watee and asafetida sample with anisaldehyde sulfuric acid reagent (n hexane : acetone, 3:1,v/v) 184
- Figure 4.12.1.34. Comparison of R_f values of the authentically prepared samples with the commercial samples of Seetharama Watee and asafoetida sample with anisaldehyde sulfuric acid reagent (Toluene : ethyl acetate : formic acid, 70:30: 3 v/v) 185
- Figure 4.12.1.35. TLC profile/pattern of Seetharama Watee extracted by n-hexane, toluene: ethyl acetate (9:1v/v) solvent system, detected under UV(254nm), (366nm) and with anisaldehyde sulfuric acid reagent 186
- Figure 4.12.1.36. TLC profile/pattern of Seetharama Watee extracted by dichloromethane, toluene: ethyl acetate 9:1(v/v) solvent system, detected under UV(254 nm),(366 nm) and with anisaldehyde sulfuric acid reagent 187
- Figure 4.12.1.37. TLC profile/pattern of Seetharama Watee extracted by ethyl acetate, toluene: ethyl acetate 9:1 (v/v) solvent system, detected under UV (254 nm), (366 nm) and with anisaldehyde sulfuric acid reagent 187

Figure 4.12.1.38. TLC profile/pattern of Seetharama Watee extracted by
methanol, toluene: ethyl acetate 9:1 (v/v) solvent system,
detected under UV (254 nm), (366 nm) and with
anisaldehyde sulfuric acid reagent 188

Figure 4.12.2.1. Comparison of R_f values of the authentically prepared
samples, commercial samples of Maha Varthikava Watee,
and betel samples under UV 254 nm
(toluene ; ethyl acetate, 9 : 1 v/v) 191

Figure 4.12.2.2. Comparison of R_f values of the authentically prepared
sample, with the commercial samples of Maha Varthikava Watee,
and betel sample in iodine vapour
(toluene ; ethyl acetate, 9 : 1 v/v) 192

Figure 4.12.2.3. Comparison of R_f values of the authentically prepared
samples, with the commercial samples of Maha Varthikava Watee
and betel sample with vanillin sulfuric acid reagent
(toluene ; ethyl acetate, 9 : 1 v/v) 193

Figure 4.12.2.4. Comparison of R_f values of the authentically prepared
samples, with the commercial samples of Maha Varthikava Watee
and betel sample with anisaldehyde sulfuric acid reagent
(n-hexane : acetone, 3 : 1 v/v) 194

Figure 4.12.2.5. Comparison of R_f values of the authentically prepared
samples, with the commercial samples of Maha Varthikava Watee
and Indian privet sample under UV 254 nm
(toluene: ethyl acetate, 9 :1 v/v) 196

- Figure 4.12.2.6. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Maha Varthikava Watee and indian privet sample in iodine vapour (toluene: ethyl acetate, 9:1 v/v) 197
- Figure 4.12.2.7. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Maha Varthikava Watee and indian privet sample with vanillin sulfuric acid reagent (toluene: ethyl acetate, 9 :1 v/v) 198
- Figure 4.12.2.8. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Maha Varthikava Watee and indian privet sample with anisaldehyde sulfuric acid reagent (n hexane: acetone, 3:1 v/v) 199
- Figure 4.12.2.9. Comparison of R_f values of the authentically prepared sample, with the commercial samples of Maha Varthikava Watee, and sour orange sample in iodine vapour (toluene: ethyl acetate 9:1 v/v) 201
- Figure 4.12.2.10. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Maha Varthikava Watee and sour orange sample with vanillin sulfuric acid reagent (toluene: ethyl acetate 9:1 v/v) 202
- Figure 4.12.2.11. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Maha Varthikava Watee, and fresh ginger and dry ginger with anisaldehyde sulfuric acid reagent (n hexane: acetone, 3 : 1 v/v) 203

- Figure 4.12.2.12. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Maha Varthikava Watee and asafoetida samples with anisaldehyde sulfuric acid reagent (n-hexane : acetone, 3 : 1 v/v) 205
- Figure 4.13.2.13. Comparison of R_f values of the authentically prepared samples, with the commercial samples of Maha Varthikava Watee and iron wood flower stigma samples with anisaldehyde sulfuric acid reagent (n hexane : acetone, 3 : 1 v/v) 206
- Figure 4.12.2.14. TLC profile/pattern of Maha Varthikava Watee extracted of n-hexane, toluene: ethyl acetate 9:1(v/v) solvent system detected under UV 254nm, 366nm and sprayed with anisaldehyde sulfuric acid reagent 207
- Figure 4.12.2.15. TLC profile/pattern of of Maha Varthikava Watee, extracted of dichloromethane, toluene: ethyl acetate 9:1 (v/v) solvent system detected under UV light 254 nm and 366 nm and sprayed with anisaldehyde sulfuric acid reagent 208
- Figure 4.12.2.16. TLC profile/pattern of Maha Varthikava Watee extracted of ethyl acetate, toluene: ethyl acetate 9:1 (v/v) solvent system, detected under UV light 254 nm and 366 nm and sprayed with anisaldehyde sulfuric acid reagent 208
- Figure 4.12.2.17. TLC profile/pattern of Maha Varthikava Watee extracted of methanol, toluene: ethyl acetate 9:1 (v/v) solvent system, detect under UV light 254 nm and 366 nm and sprayed with anisaldehyde sulfuric acid reagent 209

Figure 4.14. 1. HPL chromatogram of the Sample 1S ₀	
(acetonitrile: water 20: 30 v/v)	214
Figure 4.14.2. HPL chromatogram of the Sample 2S ₀	
(acetonitrile: water 20: 30 v/v)	216
Figure 4.14. 3. HPL chromatogram of the Sample 3S ₀	
(acetonitrile: water 20: 30 v/v)	217
Figure 4.14.4. HPL chromatogram of the Sample S ₁	
(acetonitrile: water 20: 30 v/v)	218
Figure 4.14.5. HPL chromatogram of the Sample S ₂	
(acetonitrile: water 20: 30 v/v)	219
Figure 4.14.6. HPL chromatogram of the Sample S ₃	
(acetonitrile: water 20: 30 v/v)	221
Figure 4.14.7. HPL chromatogram of the Sample S ₄	
(acetonitrile: water 20: 30 v/v)	222
Figure 4.14.8. HPL chromatogram of the Sample S ₅	
(acetonitrile: water 20: 30 v/v)	224
Figure 4.14.9. Chemical Compounds Concentration of Prepared Samples	
of Seetharama - HPL Chromatogram	226
Figure 4.14.10. Chemical Compounds Concentration of Commercial Samples	
of Seetharama - HPL Chromatogram	227
Figure 4.14.11. HPL chromatogram of the Sample 1V ₀	
(acetonitrile: water 20: 30 v/v)	228
Figure 4.14.12. HPL chromatogram of the Sample 2V ₀	
(acetonitrile: water 20: 30 v/v)	229

Figure 4.14.13. HPL chromatogram of the Sample 3V ₀	
(acetonitrile: water 20: 30 v/v)	231
Figure 4.14.14. HPL chromatogram the Sample of V ₁	
(acetonitrile: water 20: 30 v/v)	233
Figure 4.14.15. HPL chromatogram of the Sample V ₂	
(acetonitrile: water 20: 30 v/v)	235
Figure 4.14.16. HPL chromatogram of the Sample V ₃	
(acetonitrile: water 20: 30 v/v)	237
Figure 4.14.17. HPL chromatogram of the Sample V ₄	
(acetonitrile: water 20: 30 v/v)	239
Figure 4.14.18. HPL chromatogram of the Sample V ₅	
(acetonitrile: water 20: 30 v/v)	241
Figure 4.14.19. Chemical Compound Concentrations of Prepared Samples of Maha Varthikava - HPL Chromatogram	245
Figure 4.14.20. Chemical Compound Concentrations of Commercial Samples Of Maha Varthikava - HPL Chromatogram	246
Figure 4.16.1 <i>Aspergillus</i> (1S ₀)	266
Figure 4.16.2. <i>Penicillium</i> (1V ₀)	266
Figure 4.16.3. <i>Curvularia</i> (V ₁)	266
Figure 4.16.4. <i>Aspergillus</i> (V ₅)	267
Figure 4.16.5. <i>Aspergillus</i> (2V ₀)	267
Figure 4.17.6. <i>Mucor</i> (S ₅)	267
Figure 4.17.7. <i>Penicillium</i> (V ₄)	267

Figure 4.16.8. Comparison of Colony diameter of the fungi in Seetharama Watee in Czapeck dox agar medium	268
Figure 4.16.9. Comparison of Colony diameter of the fungi in Maha Varthikava Watee in Czapeck dox agar medium	270
Figure 4.16.10. Comparison of Colony diameter of the fungi in Seetharama Watee in malt extract agar medium	272
Figure 4.16.11. Comparison of Colony diameter of the fungi in Maha Varthikava Watee in malt extract agar medium	274
Figure 4.17.1. TLC for the detection of aflatoxin in Seetharama Watee samples and standard aflatoxin samples chloroform: acetone (9: 1 v/v) solvent system and detected under long wave UV light 364 nm	276
Figure 4.17.2. TLC for the detection of aflatoxin in Maha Varthikava Watee samples and standard aflatoxin samples chloroform: acetone (9: 1 v/v) solvent system and detected under long wave UV light 364 nm	277
Figure 4.17.3. TLC for the detection of aflatoxin in Seetharama Watee samples and standard aflatoxin samples, chloroform: acetone (9:1 v/v) solvent system and sprayed with 25% H ₂ SO ₄ and examined under UV light 364 nm	278
Figure 4.17.4. TLC for the detection of aflatoxin in Maha Varthikava Watee samples and standard aflatoxin samples, chloroform: acetone (9: 1 v/v) solvent system and sprayed with 25% H ₂ SO ₄ and detected under UV light 364 nm	279

Figure 4.17.5. Two- dimensional TLC fingerprint of the Seetharama Watee samples chloroform : acetone (9: 1 v/v) & toluene : ethyl acetate : 90 % formic acid (5 : 4 : 1 v/v) solvent systems (1S ₀ ,S ₂ and S ₅)	281
Figure 4.17.6. Two-dimensional TLC fingerprint of the Seetharama Watee samples chloroform : acetone (9: 1 v/v) & toluene : ethyl acetate : 90 % formic acid (5 : 4 : 1 v/v) solvent systems (1S ₀ ,S ₂ and S ₅) after spraying with 25% H ₂ SO ₄	283
Figure 4.17.7. Two-dimensional TLC fingerprint of the Maha Varthikava Watee samples chloroform: acetone (9: 1 v/v) & toluene: ethyl acetate: 90 % formic acid (5: 4: 1 v/v) solvent systems (V ₄ and V ₅)	285
Figure 4.17.8. Two-dimensional TLC fingerprint of the Maha Varthikava Watee samples chloroform : acetone (9: 1 v/v) & toluene : ethyl acetate : 90 % formic acid (5 : 4 : 1 v/v) solvent systems (V ₄ and V ₅) after spraying with 25% H ₂ SO ₄	286
Figure 7.v.i Seetharama 254nm	338
Figure 7.v.ii iodine vapor	338
Figure 7.v.iii vanillin sulphate	338
Figure 7.v.iv TLC profiles/patterns of Seetharama and holy basil detected under visual light 254 nm UV light	338
Figure 7.v.v TLC profiles/ patterns of Seetharama and holy basil in iodine vapour and with vanillin sulphate spray	339

Figure 7.v.vi TLC profiles/ patterns of Seetharama and Red Sandalwood detected under 254 nm and 366 nm UV lights	339
Figure 7.v.vii TLC profiles/ patterns of Seetharama and Red Sandalwood in iodine vapour and with vanillin sulphate spray	340
Figure 7.v.viii TLC profiles/ patterns of Seetharama and Sour Orange detected under 254nm UV light, iodine vapour and vanillin sulphate spray	340
Figure 7.v.ix TLC profiles/ patterns of Seetharama Indian privet, ginger and Cinnomon sedge detected under visual light and 254 nm UV light	341
Figure 7.v.x TLC profiles/ patterns of Seetharama, Indian privet, Ginger and Cinnomon sedge in iodine vapour and with vanillin sulphate spray	341
Figure 7.v.xi TLC profiles/ patterns of Maha Varthikava and betel detected under visual light and 254nm UV light	342
Figure 7.v.xii TLC profiles/ patterns of Maha Varthikava and Betel in iodine vapour and with vanillin sulfuric acid spray	342
Figure 7.v.xiii TLC profiles/ patterns of Maha Varthikava and Indian privet 254nm UV, iodine vapour and with vanillin sulphate spray	343
Figure 7.v.xiv TLC profiles/ patterns of Seetharama, Garlic, Red Sandalwood, Asafoetida and Cinnamon sedge samples detected under visual light	343

Figure 7.v.xv TLC profiles/ patterns of Seetharama, Holy basil, Neem, Indian privet, Ginger, and Sour Orange samples detected under visual light	344
Figure 7.v.xvi TLC profiles/ patterns of Maha Vartikava, Betel, Indian privet,fresh Ginger, Iron wood and dry Ginger samples detected under visual light	344
Figure 7.v.xvii TLC profiles/ patterns of Maha Vartikava, Asafoetida, dry Ginger,Indian privet, Iron wood and fresh and Ginger samples detected under visual light	345
Figure 7.v.xviii TLC profiles/ patterns of Seetharama, Garlic, Red Sandalwood, Asafoetida and Cinnamon sedge samples detected under 254 nm UV light	345
Figure 7.v.xix TLC profiles/ patterns of Seetharama, Holy basil, Neem, Indian privet, Ginger, and Sour Orange samples detected under 254 nm UV light	346
Figure 7.v.xx TLC profiles/ patterns of Maha Vartikava, Betel, Indian privet,fresh Ginger,Bees's honey and dry Ginger samples detected under 254 nm UV light	346
Figure 7.v.xxi TLC profiles/ patterns of Maha Vartikava, Asafoetida,dry Ginger,Indian privet, Iron wood and fresh Ginger samples detected under 254 nm UV light	347
Figure 7.v.xxii TLC profiles/ patterns of Seetharama, Garlic, Red Sandalwood, Asafoetida and Cinnamon sedge samples detected under 366 nm UV light.	347

Figure 7.v.xxiii TLC profiles/ patterns of Seetharama, Holy basil, Neem, Indian privet, Ginger and Sour Orange samples detected under 366 nm UV light	348
Figure 7.v.xxiv. TLC profiles/ patterns of Maha Vartikava, Betel, Indian privet, fresh Ginger, Bee's honey and dry Ginger samples detected under 366 nm UV light	348
Figure 7.v.xxv. TLC profiles/ patterns of Maha Vartikava, Asafoetida, dry Ginger, Indian privet, Iron wood and fresh Ginger samples detected under 366 nm UV light	349
Figure 7.v.xxvi TLC profiles/ patterns of Seetharama, Garlic, Red Sandalwood, Asafoetida and Cinnamon sedge samples after spraying anisaldehyde in sulfuric acid	349
Figure 7.v.xxvii TLC profiles/ patterns of Seetharama, Holy basil, Neem, Indian privet, Ginger, and Sour Orange samples after spraying anisaldehyde in sulfuric acid	350
Figure 7.v.xxviii TLC profiles/ patterns of Maha Vartikava, Betel, Indian privet, fresh Ginger, Bees's honey and dry Ginger samples after spraying anisaldehyde in sulfuric acid	350
Figure 7.v.xxix TLC profiles/ patterns of Maha Vartikava, Asafoetida, dry Ginger, Indian privet, Iron wood and fresh Ginger samples after spraying anisaldehyde in sulfuric acid	351
Figure 7.v.xxx UV Spectrophotometer (UV mini 1240)	351
Figure 7.v.xxxi UV absorption spectrum of 1S ₀	352
Figure 7.v.xxxii UV absorption spectrum of 2S ₀	352

Figure 7. v. xxxiii UV absorption spectrum of $3S_0$	352
Figure 7.v.xxxiv UV absorption spectrum of S_1	353
Figure 7.v. xxxv UV absorption spectrum of S_2	353
Figure 7.v.xxxvi UV absorption spectrum of S_3	353
Figure 7.v.xxxvii UV absorption spectrum of S_4	354
Figure 7.v.xxxviii UV absorption spectrum of S_5	354
Figure 7.v.xxxix UV absorption spectrum of $1V_0$	355
Figure 7.v.xl UV absorption spectrum of $2V_0$	355
Figure 7.v.xli UV absorption spectrum of $3V_0$	355
Figure 7.v.xlii UV absorption spectrum of V_1	356
Figure 7.v.xliii UV absorption spectrum of V_2	356
Figure 7.v.xliv UV absorption spectrum of V_3	356
Figure 7.v.xlv UV absorption spectrum of V_4	357
Figure 7.v.xlvi UV absorption spectrum of V_5	357

Abbreviations

SW-Seetharama Watee

VW-Maha Varthikava Watee

1S₀ authentically prepared Seetharama sample 1

2S₀ authentically prepared Seetharama sample 2

3S₀ authentically prepared Seetharama sample 3

S₁ Commercial Seetharama sample 1

S₂ Commercial Seetharama sample 2

S₃ Commercial Seetharama sample 3

S₄ Commercial Seetharama sample 4

S₅ Commercial Seetharama sample 5

1V₀ authentically prepared Maha Varthikava sample 1

2V₀ authentically prepared Maha Varthikava sample 2

3V₀ authentically prepared Maha Varthikava sample 3

V₁ Commercial Maha Varthikava sample 1

V₂ Commercial Maha Varthikava sample 2

V₃ Commercial Maha Varthikava sample 3

V₄ Commercial Maha Varthikava sample 4

V₅ Commercial Maha Varthikava sample 5

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Standardization and Quality Assessment of Seetharama Watee and Maha Varthikava Watee

Tissa Hewavithana

ABSTRACT

In present context, standardization of herbal drugs is a crucial issue in herbal drug industry as there are unauthentic counterparts found in the market. **Seetharama Watee (SW)** and **Maha Varthikava Watee (MV)** are two effective herbo mineral and poly herbal drugs, recorded in Sri Lankan ancient text **Watika Prakaranaya** published in 1879. **SW** contains 28 herbs and 9 minerals and mainly effective on febrile illnesses while the **MV** contains 29 herbs, and very effective in curing digestive tract disorders. As commercially available products may have not been prepared according to the authentic formulas, their efficacy would not be the same as that of the authentic formulas. This work aimed at generating physico-chemical, spectrophotometric and chromatographic fingerprints for the standardization of these two drugs to confirm their authenticity. Following the authentic formulas, the pills of two drugs **SW** and **MV** have been prepared. In the preparation of **SW**, the powdered herbs and minerals were mixed thoroughly and ground for 7 days using 5 herbal juice extracts and 2 oils. In the preparation of **MV**, all herbals were purified and finely powdered and mixed thoroughly and ground using 3 juice extracts and bee's honey. These pills were made to the size of a green gram grain and dried under shade. Three batches of the two formulations were prepared to account for seasonal changes and were compared with five commercial samples. The quality test for purity and test for the identity were considered as tools for the standardization. One way ANOVA followed by the Dunnett t- test was used in the analysis of data at 0.05 significant level. The SPSS statistical package was used for this data analysis. When considering the variation of the weight of prepared pills, the mean

weight of **SW** and **MV** 10 pills were 1.3 ± 0.04 g and 1.2 ± 0.06 g respectively. pH of the 10% aqueous solutions of two preparations were 5.4 ± 0.15 and 4.6 ± 0.07 respectively, the mean specific gravity of the mean values were 1.2 ± 0.01 and 1.2 ± 0.03 , the mean values of weight loss on drying were 9.3 ± 0.97 g and 12.3 ± 0.48 g respectively. In ash content, the mean values were 10.1 ± 0.59 g and 6.8 ± 0.17 g respectively. The mean values of acid insoluble ash of the two formulations were 0.49 ± 0.03 g and 0.09 ± 0.07 g. When considering the crude fiber the mean values were 7.9 ± 1.01 g and 8.4 ± 1.8 g. Mean values of the disintegration time, friability and hardness of **SW** were 21.7 ± 3.61 min, $0.77 \pm 0.1\%$, and 1.3 ± 0.08 kg/cm² while for **MV** they were 30.5 ± 2.8 min, $1.1 \pm 0.08\%$ and 0.78 ± 0.12 kg/cm². Mean weight of the drug extract (residues) of hexane, dichloromethane, ethyl acetate and methanol of **SW** were $26.5 \pm 1.4\%$ w/w, $2.4 \pm 0.03\%$ w/w, $1.5 \pm 0.18\%$ w/w, $8.4 \pm 1.5\%$ w/w and $6.1 \pm 0.84\%$ w/w, $1.7 \pm 0.2\%$ w/w, $2.2 \pm 0.52\%$ w/w, $15.3 \pm 4.4\%$ w/w for **MV** respectively. When comparing the authentically prepared samples with the commercial counterparts using the above mentioned parameters, some samples were significantly different whereas others were not at the level of 0.05. In the IMVIC test, the microbial content of both preparations were less than the WHO recommended level. The TLC fingerprints of some raw materials were interconnected with these formulations. Aflatoxins were not present in any of the two preparations. Hg and As were present in standard levels and Pb and Cd levels were under the levels WHO recommendation limits in **SW**. In **MV**, all heavy metal contents were under the WHO recommendations. The λ_{\max} of uv/vis spectrum of **SW** was 287 nm; 287 nm and 345 nm for **MV**. Five peaks in the **SW** and seven peaks in the **MV** were identified in the HPLC fingerprints of the authentic samples. Hence, **SW** and **MV** can be standardized using the above mentioned measurements.