

Behet Arakku: An Ingenious Way of Inventing Potent Medicines Out Of Intoxicant Spirituous Liquors

**K. I. W. K. Somarathna¹, A. M. P. Attanayake², S. P. Molligoda¹,
H. M. Senadhira³**

Achieving Arogya (Svastha) or a harmonic balance of Tri-Dosha, Agni, Sapta-Dhatu and Tri-Mala, through the protection of health in the healthy and the healing of disorders in the ailing, is central to the codified body of sacred teachings of Ayurveda. To attain Arogya, two corresponding kinds of medicines have also been mentioned, viz. promotive of vigour in the healthy and destructive of disease in the ailing.

In this paper, some attempts are taken to discuss and highlight the ingenuity of formulating a new class of potent medicines known as Behet Arakku to combat the disease in the ailing, out of intoxicant spirituous liquors. Various kinds of Madya or intoxicant spirituous liquors have been used throughout the human history as a drink, intoxicant, poison and drug. Intoxication, addiction and similar to Visha are the disadvantages of Madya.

Whereas many forms of Kvata or decoctions are a class of drugs useful for almost all the diseases with the disadvantages of slow therapeutic action and disagreeable taste.

Combination of Madya and Kvata offers an excellent solution by augmenting their therapeutic actions, while lessening their disadvantages. Besides that, this combination may be likened to the combination of two Amrita, giving birth to a new class of formulations, known as Behet Arakku, that turn out to be very potent medicines, yet palatable, even suitable for the treatment of Maha-Vyadhi. Agra Raja Kashaya and many other Behet Arakku formulations offer remedies medically untreatable diseases like fistula in ano, urinary calculi, obstinate skin diseases, etc.

Based on the above facts, it is safer to conclude that, the formulation of Behet Arakku is certainly an ingenious way of inventing potent medicines out of intoxicant spirituous liquors.

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1. Institute of Indigenous Medicine, University of Colombo, ayubowann@gmail.com
 2. Fortress Resort and Spa. Galle
 3. Former Ayurveda Commissioner, Central Provincial, Kandy