



**Review Article**

**THERAPEUTIC CATEGORIZATION AND PHYSICOCHEMICAL PROFILING OF PROPRIETARY AYURVEDIC HERBAL SYRUPS MARKETED IN INDIA**

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**ABSTRACT**

Proprietary Ayurvedic syrups are widely used because of palatability and ease of administration, but systematic classification based on therapeutic indication and formulation composition is limited. Objective was to (i) profile key physicochemical parameters of marketed Ayurvedic syrups and (ii) categorize representative products according to therapeutic focus and dominant botanical ingredients. One hundred and seventeen syrup formulations were analyzed for pH, specific gravity, total solids, total sugars, and alcohol content using standard quality control approaches. In parallel, 30 representative syrups were reviewed using label declarations, company monographs, and classical Ayurvedic references (e.g., Charaka Samhita, Bhavaprakasha) to map frequently used botanicals by therapeutic indication. Across the 117 samples, mean values were - pH 4.73, specific gravity 1.235, total solids 45.44%, total sugars 23.48%, and alcohol 2.67%. Products are clustered into gynaecological, hepatic, respiratory, digestive/metabolic, and general health categories. Recurrent botanicals included *Ashoka*, *Shatavari*, *Guduchi*, *Amla*, and *Yashtimadhu*, with notable overlap across categories. Alcohol content ranged from below detection limits to 16%, highlighting potential labelling and patient-suitability considerations. Integrating physicochemical profiling with botanical and therapeutic categorization provides a practical framework for formulation design, product benchmarking, and future standardization of Ayurvedic syrups.

**INTRODUCTION**

Ayurveda, India's traditional system of medicine, uses polyherbal formulations for a wide range of health conditions. Proprietary Ayurvedic syrups (*Sharbat/Sharkara-sikta/Manappagu*) are increasingly preferred because they are palatable, convenient, and adaptable for both acute and chronic conditions. Despite their extensive use, systematic classification of marketed syrups based on therapeutic indication and formulation composition is limited. This study addresses this gap by combining (i) physicochemical profiling of marketed syrup formulations and (ii) an ingredient-based

categorization of representative products to identify dominant botanicals and recurring formulation patterns across major therapeutic domains.

**MATERIALS AND METHODS**

**Study design and data sources:** A structured review of 30 representative Ayurvedic syrup products was performed using publicly available label declarations, proprietary monographs, and classical Ayurvedic texts (e.g., Charaka Samhita, Bhavaprakasha). Products were grouped according to the primary therapeutic indication stated by the manufacturer. They were (Table 1) mostly - *Shaarkar*, *Sharbat*, or *Manappagu* (Syrups) which are liquid oral preparations made with a concentrated aqueous solution of sucrose or other sugars. These sweet, viscous liquids contain medicinal ingredients, often with added flavoring and coloring agents. Due to the high sucrose concentration, syrups typically inhibit microbial growth, but once diluted, they become susceptible to the growth of yeasts, molds, and other microbes. A few could be - *Sharkara Sikta* (granules) or *Siruthugalgal* which are granular

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formulations made by mixing finely powdered drugs with sugar syrup to form a dough-like consistency, then passing through a sieve and drying. These granules may also contain coloring, flavoring, or sweetening agents and a very few could be- *Vartti/Varthi* (suppositories) which are made by triturating finely powdered drugs with specified liquids or melted waxy materials to form a soft paste, which is then molded into the required shape and size. Typically, *Varthi* are solidified into a long, oval (*Yavakriti*) shape for local applications, such as for the anus (*Guda*), vagina (*Yoni*), penis (*Shisna*), or eyes (*Netra*). *Vartti/Varthi* are wrapped in cotton and stored in airtight glass containers, with a typical shelf life of one year.

**Physicochemical analysis:** A total of 117 syrup formulations (Table 2) were evaluated in-house for standard analytical parameters relevant to syrup quality, including description/organoleptic features, loss on drying, TLC/HPTLC (where applicable), total ash and acid-insoluble ash, pH, total solids, specific gravity (25°C), total sugars and reducing sugars, alcohol content, and contaminant testing (heavy metals, pesticide residues, microbial contamination) as per standard pharmacopeial and quality assurance practices. The present manuscript reports pH, specific gravity, total solids, total sugars, and alcohol content as summary parameters for comparative assessment.

**Data handling:** Descriptive statistics (mean, range) were used to summarize analytical parameters. Herb frequencies were assessed qualitatively from labels to identify dominant botanicals within each therapeutic category.

## RESULTS AND DISCUSSION

Physicochemical profiling indicated that most formulations (Table 2) were moderately acidic to near-neutral, consistent with extract and preservative containing syrups. Across all samples, pH ranged from 2.87 to 6.87 (mean 4.73). Specific gravity values were generally consistent with syrupy preparations, with most between ~1.01 and 1.40 (mean 1.235), though a few formulations showed unusually high values (>1.5), suggesting very high viscosity or measurement anomalies. Total solids varied widely (<1% to >90%), reflecting differences in concentration and excipient composition. Total sugars also showed high variability, relevant to patient suitability (e.g., diabetes) and preservative function. Alcohol content ranged from 0% (BDL/NIL) to 16%, and where present may function as a solvent/preservative and warrants appropriate labelling for sensitive populations.

### Therapeutic categorization and botanical patterns

Representative products (Table 1) clustered into major categories- gynaecological, hepatic, respiratory, digestive/metabolic support, and general health/immunity tonics. Recurrent botanicals across categories included *Ashoka*, *Shatavari*, *Guduchi*, *Amla*, and *Yashtimadhu*, with key-category anchors such as *Ashoka-Shatavari-Lodhra* (gynecological), *Bhumyamalaki-Kalmegh-Kutki* (hepatic), and *Vasaka-Yashtimadhu-Tulsi* (respiratory). Overlap of *Rasayana/adaptogenic* herbs (e.g., *Shatavari*, *Amla*) across multiple categories highlights opportunities to study dose-response and herb synergy across formulations.

**Table 1: Summary of representative Syrup formulations and Key ingredients**

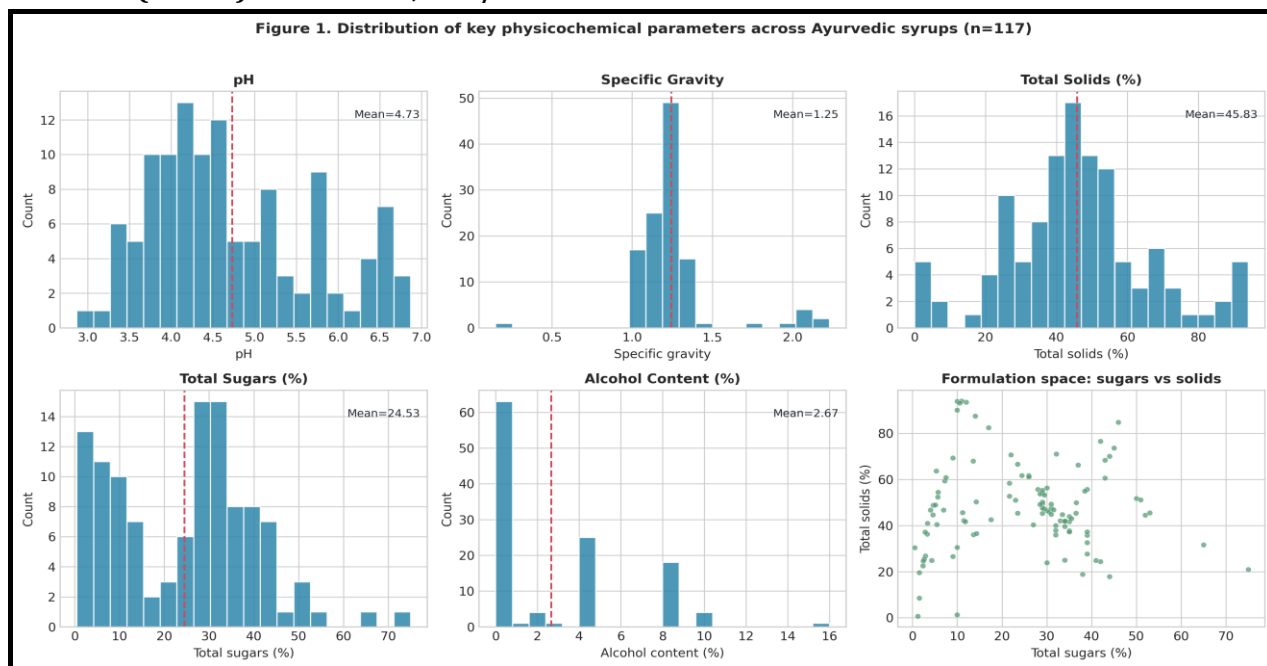
S.No	Syrup Name	Key Ingredients	Notes
1	Gyno Care-D	<i>Pippalimool, Haritaki, Santhi, Jeera</i> , sugar	Equal parts, Sugar ½ part
2	GynoCare-L	<i>Gokshura, Sariba, Trivanga Bhasma, Kukkutanda Bhasma, Tvak Bhasma</i>	2, 1, 1/4, 1/2, 1/2 parts
3	Gyno Care-M	<i>Ashoka, Lodhra, Udumbara, Shatavari, Jeeraka, Kalonji, siugar</i>	1, 1, 1, 1, 1/2, 1/2, rest parts
4	Vitamix-Syrup	<i>Amla, Haritaki, Vibhitaki, Pippali, Loh Bhasma</i> , sugar	Amla highest proportion, 4, 2, 1, 2, 1/2, rest parts
5	Biojax-E	<i>Vasa, Maricha, Vibhitaki, Haritaki, Dalchini, Ajwain, Pudina Satva, Kapoor, Nilgiri Tel</i> , sugar	Rich in spices and essential oils, 1, 1/2, 1, 1, 2, 1, rest parts
6	Biojax-Dry	<i>Yastimadhu, Haridra, Tagara, Sounf, Pippali, Nilgiri Tel</i> , sugar	1, 2, 1, 1/2, 1, 1/8, rest parts
7	Pure-Plus	<i>Anantmool Sariva, Manjishta, Aragwadha, Amalaki, Guduchi, Pippali</i>	4, 2, 1, 1, 1, 1 parts
8	B-Liv	<i>Sharphunka, Katuki, Rohitaka, Bhuiamlaki, Bhringaraj, Konkola</i> , sugar	1, 1/2, 1, 1/2, 2, 1 parts
9	Gyno Guard	<i>Ashoka, Lodhra, Shatavari, Nagakesarah, Aswagandha</i> ,	10,10,8,5,8,4,5,5,4, rest

S.No	Syrup Name	Key Ingredients	Notes
		<i>Jatamanshi, Bala, Draksha, Patangah, Daru Haridra, Punarnava, Triphala, Syrup Base q.s.</i>	Quantities in %
10	Setorin	<i>Ashwagandha, Jatamansi, Ramapurusha, Satavari, Sariva, Dashamool, Varahi Kanda, Ashtavarg, marati mogga</i>	All 100–200 mg each
11	Gynset	<i>Shatavari 250mg, Jeera, Ashoka 400mg, Amla, Guduchi, Yavakshari, Chandana, Utpala, Aswagandha, Lodhra 400mg, Krisna Jeera</i>	10ml doses listed others 50-100mg
12	Madiphala Rasayanam	<i>Madiphala Rasa, Ardraka Rasa, Dhanyaka, Jeera, Saindhava</i>	5ml doses contains less than 1ml or 500mg
13	Gynical	<i>Saraca Asoka, Symplocos Racemosus, Asparagus Racemosus, Tinospora Cordifolia, Babbussa aurundacca, Terminalia Arjuna, Berberis aristata, Glycyrrhiza glabra</i>	Equal amounts of 1.1g each
14	Rithu Prabha	<i>Ashoka, Shatavari, Lodhra, Shalmali, Guduchi, Kumari, Ashwagandha, Manjishtha, sugar q.s.</i>	All 50-25mg each
15	Meghavi	<i>Brahmi, Shankhapushpi, Vacha, Ashwagandha, Tagara, sugar</i>	200-100-50mg each, rest sugar
16	Cyto-P	<i>Kalamegha, Katuki, Sharapunkha, Bhumyamalaki, Chitraka, Guduchi, Pippali, Sugar q.s</i>	50mg each and rest sugar
17	Mulzyme	<i>Nagarmotha, Ajwain, Ark extracts, Karpoor, Nimboosatva</i>	Each 10ml Contains: 400mg, 400mg and rest all less than 1ml each
18	Jeevak Forte	<i>Shatavari, Ashoka, Lodhra, Gokshura, Bala, Ashwagandha, Gokshura, Musli, Punarnava, Bala, Brahmi, Shivalingi, Vach, Yasti Madhu, Gambhari, Manjishtha, Shankhpuspi and Madhya 8% v/v, colour-caramel, flavour-mixed fruit, preservative-sodium benzoate.</i>	Very detailed- 300 to 10mg
19	Karisma	<i>Punarnava, Ashoka, Lodhra, Shatavari, Jeera, Dhaniya, Pippali</i>	500mg to 250mg and many minor herbs all 10-20mg
20	SwiLiv-62	<i>Sarphoka, Mako, Kutki, Kasni, Mai, Pipal, Arjun Chhal, Bhringraj.</i>	375 - 37.5mg
21	Promac	<i>Amla, Jatamansi, Ashwagandha, Chandan, Shatavari, Mulethi</i>	100 - 25mg
22	Novolic	<i>Lasun (garlic), tartrazine colour q.s. flavoured syrup base</i>	20% Lasun
23	Ashoka Syrup	<i>Ashoka, Amla, Mallika, Mayaphala, Mallika, Bijaka, Japa, Katuka, Arjuna, Nagakesara, Nala, Stavari, Dhaya, Patha, Jhabuk, Surputrag, sodium benzoate 0.05g</i>	Multi-ingredients 100 - 10mg
24	Sagartone	<i>Vitis Vinifera, Terminalia Arjuna, Soya Lecithin, major and Asparagus Sarementosus, Asparagus Racemosus, Hemidesmus Indicus, Withania, Tinospora Cordifolia, Boernavia Diffusa 50 mg, Mesua Ferra, Pluchea Lanceolata, Lauha Bhasma</i>	300 to 20mg
25	Cough End	<i>Yashtimadhu, Bibhitaka, Vasa, Kantakari, Tulsi, Sunth, Puskeramula, Banaphsha, others</i>	For cough relief, 109-65mg

S.No	Syrup Name	Key Ingredients	Notes
26	Babyvit	Arjun Bark, Drakhya, Soyabean, Ashwagandha, Abhrak Bhasma, Flavoured Syrup Base q.s. others	Baby health tonic, 100-1.5mg
27	Clearliv	Ricinus Communis, Phyllanthus Niruri, Bhringaraja, Bunarnavamool, Goksshura-mool, Sorapunkhamool, Kalmegh, Haritaki, Haridra others	Liver care, 100 - 15mg
28	Liv-52	Himsra, Kasani, Kakamachi, Arjuna, kasakarda, Biranjasipha, Jhavuka, others	Famous liver tonic 100 - 10mg
29	Dekofcyn	Tulsi, Talispatra, Arusha, Kantakari, Amla, Pippali, Ashwagandha, Yestimadh, Gurach, Chhoti Eilachi, Kapur, Adrak	Cough syrup, 200 - 1.0mg
30	Kofarest-H	Adulsa, Tulsi, Kantakari, Pippali, Jyesthamadh, Shirish, Haridra, Dalchini, Honey - 400mg	Honey-based syrup, 150 - 5mg
31	UT-Tone	Ashoka, Guduchi, Shatavari, Ashwagandha, Aloe Vera, Kumaryasav 82%w/v, Bhringaraja, Ghrit Kumri, elixir base q.s, self-generated alcohol not more than 11%w/v.	Contains self-generated alcohol, 08%w/v
32	Ojus	Vitis Vinifera, Asparagus Racemosus, Amla, Withania Somnifera, Cuminum, Root of piper Longum, Caryophyllus aromaticus others	Energy and immunity, 200 - 3mg
33	Virakof	Vasa, Mulethi, Haldi, Pippali, Nirgundi, sugar syrup q.s.	450 - 50mg
34	Tefrolive Forte	Phyllanthus Niruri, Tephrosia Purpurea, Eclipta Alba, Piper Longum, Terminala Chebula, Ocimum Sanctum others	90 - 5mg
35	Zecuf	Tulsi, Yastimadhu, Haridra, Vasa, Pushkarmool, Vibhitaka, Ghrita Kumari, peppermint, flavoured syrup base	Cough syrup, 100- 6mg
36	Mentone	Saraca Indica, Ashwagandha, Emblica Officinalis, Terminilia, Belerica, Hibiscus, Ficus, Tinospora, Cuminum, Zingiber, flavoured syrup base q.s.	Nervous system support, 400 10mg
37	Exitone	Boerhaavia Diffusa, Glycyrrhiza Glabra, Pedalium mures, Cartaeva Narvalabuchham, Bolichas Bifiarus, Saxifraga Ligulaic wall, Butea Forndosa Koem, Sulanum Nigrum, Cocumis utilis musrabs, Citrus Medica Varacida, Potasii Carbanas, Swaith parpati.	400 - 5mg
38	Rakta Shodhak	Anantmool, Giloy, Tripha, Neem, Chhal, Chirayata, Chopchini, Majith, Lalchandan, Haridra, Amaltas, Darruharidra, Babchi, Gulab phool, Kutki, Karonj, Vijayasat	200mg - 50mg
39	Omiska	Tulsi, Vasaka, Sunthi, Kantkari, Pipul, Yastimadhu, Kakadasingi, Haldi, colour-caramel, flavoured syrup base q.s.	500mg - 100mg
40	Amylcure	Punernava, Bhringraj, Bhuiamla, Kasni, Akkash bel, Daru haridra Sanai, Kalmegh, Rohitaka, Amla, Kutaki, Mokol, Yaskshar, sugar base q.s.	300mg - 50mg

**Quality and formulation implications:** The wide span in solids, sugars, and alcohol emphasizes the need for category specific reference ranges to support consistency and consumer safety. Coupling label-based botanical mapping with routine analytical parameters provides a scalable approach for product benchmarking and future standardization efforts in Ayurvedic syrup development (Figure 1).

**Figure 1. Distribution of key physicochemical parameters across Ayurvedic syrup formulations (n=117). For alcohol, BDL/NIL values were treated as 0% for visualization**



Supplementary material

**Tables 2: Syrups - Analytical Test Parameters in Ayurvedic Syrup Formulations (n=117)**

S.No.	Formulation Name	pH	Specific Gravity	Total Solids %	Total Sugars %	Alcohol Content %
1	Gyno Care-D Syrup	4.49	1.294	70.14	44	8
2	GynoCare-L Syrup	4.36	1.109	27.71	39	8
3	Gyno Care-M Syrup	4.66	1.227	55.65	39	4
4	Vitamix-Syrup	4.2	1.386	84.82	46	10
5	Biojax-E Syrup	5.85	1.320	76.57	42	BDL
6	Biojax-Dry Syrup	5.81	1.300	68.40	43	4
7	Pure -Plus Syrup	4.72	1.327	73.7	45	4
8	B-Liv Syrup	5.68	1.240	60.66	43	4
9	Gyno Guard Syrup	4.25	1.225	45.20	29	4
10	Setorin Syrup	5.75	1.219	44.51	52	BDL
11	Gynset Syrup	5.56	1.225	45.56	53	BDL
12	<i>Madiphala Rasayanam</i>	3.85	1.362	20.87	75	BDL
13	Gynical Syrup	5.68	1.033	90.18	10	4
14	Rithu Prabha Syrup	4.4	1.153	61.71	26	BDL
15	Meghavi Syrup	5.04	1.133	66.22	37	8
16	Cyto - P Syrup	5.31	1.181	54.99	38.5	8
17	Mulzyme	5.06	1.198	54.09	29	8
18	Jeevak Forte	4.47	1.139	61.06	26	10

S.No.	Formulation Name	pH	Specific Gravity	Total Solids %	Total Sugars %	Alcohol Content %
19	Karisma Syrup	4.16	1.252	41.69	35	BDL
20	SwiLiv - 62 Syrup	3.88	1.228	46.48	30	BDL
21	Promac Syrup	5.1	1.202	93.98	10	4
22	NovolicSryup	3.84	1.248	39.97	32	8
23	Ashoka Syrup	3.9	1.225	45.98	30.5	8
24	Sagartone Syrup	5.82	1.019	93.62	12	4
25	Cough end Syrup	4.03	1.260	43.94	35	4
26	Babyvit	4.59	1.022	94.06	11	BDL
27	Clearliv Syrup	5.77	1.262	37.80	35	8
28	Liv - 52	5.34	1.240	45.40	36.5	8
29	Dekofcyn Cough Syrup	6.49	1.209	51.08	23	BDL
30	Kofarest -H Syrup	6.57	1.234	37.24	35	BDL
31	UT-Tone Syrup	6.59	1.098	70.68	22	10
32	Ojus Syrup	6.59	1.126	66.68	23.5	2
33	Virakof Syrup	6.58	1.365	17.87	44	4
34	Tefrolive Forte Syrup	6.38	1.168	55.71	28	BDL
35	Zecuf Syrup	6.08	1.290	31.63	65	BDL
36	Mentone	6.68	1.240	35.87	32	BDL
37	Exitone	6.44	1.190	53.77	28.5	BDL
38	Rakta Shodhak	6.03	1.280	32.57	39	BDL
39	Omiska	6.39	1.260	35.85	39	BDL
40	Amylcure	6.62	1.221	44.94	31	BDL
41	Rejuv-Plus Syrup	4.75	1.150	36.28	3.25	-
42	Gastro Guard Syrup	4.56	1.160	37.10	2.84	-
43	Hiron Syrup	5.22	1.301	46.68	4	-
44	Hienzyme Syrup	5.07	1.170	42.19	11.48	-
45	Melia	3.77	1.390	82.50	16.96	-
46	Vayco'sMadiphala	3.42	1.320	59.43	7.2	-
47	Liv - Mix Syrup	4.6	1.400	69.35	9	-
48	Vayco's Vam Water	5.14	1.010	0.02	NIL	-
49	Repic Tonic	4.15	1.360	67.99	13.52	-
50	Cofalia Syrup	3.98	1.260	46.74	6.9	-
51	Medicorex	5.16	2.070	44.60	4.54	-

S.No.	Formulation Name	pH	Specific Gravity	Total Solids %	Total Sugars %	Alcohol Content %
52	Liv-G.Syrup	4.91	2.170	54.54	5.74	-
53	Rich-Brain	4.97	1.940	52.37	5.65	-
54	Deepthi Kalpa	3.49	2.230	63.64	5.31	-
55	Amrutha Kasturi Plus	3.77	2.041	26.84	2.85	-
56	Almorin	3.54	1.091	30.42	0.48	-
57	Dizyme	3.96	1.040	8.45	1.52	-
58	Livotone Syrup	3.8	2.040	25.51	2.59	-
59	Vitastat Syrup	4.58	1.120	24.56	2.38	-
60	D-Cough Syrup	3.69	1.780	22.56	2.37	-
61	Mensofit syrup	4.49	2.061	40.96	3.38	-
62	Pyrex Syrup	5.17	0.989	0.67	1.18	2.37
63	Vegamind Syrup	4.3	1.180	41.70	11.78	BDL
64	Dia-Beat	5.07	BDL	BDL	1	BDL
65	Medhojeevani/Brahmi Plus	4.22	1.150	36.10	13.6	BDL
66	Oshadhi Cough Syrup	3.78	1.176	40.37	27	BDL
67	Femenon Syrup	4.41	1.075	19.61	1.56	Nil
68	Nervito Syrup	4.36	1.350	71.13	32.09	4
69	Zerocid syrup	3.58	1.287	49.93	36.6	NIL
70	Naari Syrup	3.99	1.310	52.74	21.65	NIL
71	Livostan Syrup	3.78	1.250	58.44	21.68	NIL
72	Liv-Cure	4.63	1.105	26.60	9.04	NIL
73	Gynocare	4.46	1.124	30.46	10	NIL
74	Brochofree Syrup	5.25	1.230	61.67	24.42	NIL
75	Vikof Syrup	4.46	1.150	36.52	14.28	NIL
76	Aloe Vera Juice	3.87	1.017	5.26		2
77	Safed Musli Health Drink	4.38	1.100	29.50		NIL
78	Herbo Kaugh Syrup	6.4	1.160	42.52	17.51	NIL
79	Vidalgarista	4.54	1.078	24.86	4.3	8
80	Vita Cord -H (Tonic)	3.41	1.190	48.83	4.6	8
81	Vita Cord -R (Tonic)	3.56	1.190	48.93	5.1	8
82	Vita Cord-A (Tonic)	3.42	0.150	45.57	11.2	8
83	Kamalin/Livrom/V.Liv Syrup	4.52	1.160	40.51	5.46	NIL

S.No.	Formulation Name	pH	Specific Gravity	Total Solids %	Total Sugars %	Alcohol Content %
84	Saram/Ramex/Ramtone Syrup	3.78	1.200	50.33	14.23	NIL
85	Aloe Vera Juice Diabetic	4.74	1.007	2.44		4
86	Aloe Vera Juice Super 999	3.38	1.001	0.86		4
87	Wishvas Noni	4.14	1.082	25.03	34	4
89	Natura Noni Syrup	4.48	1.044	87.50	14	BDL
90	Janodin Syrup	3.9	1.210	47.55	31	4
91	PCA - Liv -STIM Syrup	2.87	1.340	24.36	42	4
92	PCA - Rakta Dosha Hara	3.22	1.340	24.83	41	4
93	Grovel Kokum Squash	3.28	1.280	60.89	7.45	2
94	Aasha Syrup	5.97	1.197	47.20	29.5	BDL
95	Leuco Syrup	5.83	1.190	49.46	29	8
96	M - Pause Syrup	6.87	1.199	47.55	29	8
97	Veervir Syrup	5.06	1.194	50.15	29	4
98	Rhinus Syrup	5.5	1.183	49.17	28.5	8
99	Amruth Aloe Vera Juice	3.36	1.246	41.99	34	BDL
100	Aloe Vera Juice	4.22	1.007	1.310	10	BDL
101	Pyrocheck Syrup	3.52	1.062	18.83	38	1
102	Bestapi T Syrup	4.11	1.258	37.93	32	4
103	Ajsip Syrup	3.93	1.202	49.31	31	10
104	J.D Syrup	4.83	1.262	39.60	34	4
105	Dev Digesto Syrup	3.83	1.263	37.23	39	16
106	Ajcordial Syrup	4.03	1.172	56.36	30	4
107	Janam Ghutti	4.56	1.290	43.07	35.5	BDL
108	Ashoka Syrup	4.28	1.227	46.88	31.5	4
109	Alkalizon Syrup	4.21	1.230	44.80	33.5	BDL
110	Mulzyme	4.15	1.194	53.24	29.5	8
111	Livaah Syrup	5.37	1.190	51.77	50	BDL
112	Digenol	4.22	1.026	93.24	10.5	8
113	Bal Syrup	6.51	1.210	51.19	51	BDL
114	WishvasDiacare Syrup	4.09	1.060	23.86	30	BDL
115	RV Tone Syrup	6.87	1.172	55.40	29	4
116	Jufex Syrup	4.19	1.227	42.07	33	4
117	Haleezy Syrup	5.86	1.222	42.00	34	4

S.No.	Formulation Name	pH	Specific Gravity	Total Solids %	Total Sugars %	Alcohol Content %
	Mean	4.73	1.235	45.44	23.48	2.67

(Note: BDL = Below Detection Limit; Nil = No Alcohol Detected.)

## CONCLUSION

Categorizing Ayurvedic syrups by therapeutic application and dominant botanicals, alongside physicochemical profiling, provides a practical framework to understand formulation logic and to benchmark product quality. Recurring use of herbs such as *Shatavari*, *Ashoka*, *Guduchi*, *Amla*, and *Yashtimadhu* across categories suggests shared *Rasayana* and symptomatic roles, while category-specific anchors support rational design of targeted syrups. Future work should link these analytical ranges with clinical outcomes, establish category-wise reference specifications, and explore synergistic herb combinations to support standardization and optimized formulation development.

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