



Formulation and evaluation of herbal gutikas for stress and anxiety relief

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Abstract

The adding global burden of stress and anxiety diseases has led to a critical demand for safe, effective, and case-friendly remedial interventions. Traditional pharmacotherapies, while extensively used, frequently present challenges similar as side goods, dependence, and poor case compliance. In response, herbal remedies have surfaced as promising druthers due to their natural origin, minimum adverse goods, and long- standing literal use. The present study focuses on the expression and evaluation of herbal gutikas aimed at furnishing rapid-fire relief from stress and anxiety, exercising potent medicinal shops with well- proved adaptogenic and anxiolytic parcels. ^[1] The sauces named for this expression include *Withania somnifera* (Ashwagandha), *Bacopa monnieri* (Brahmi), and *Valeriana officinalis* (Valerian), which are famed for their effectiveness in reducing stress, enhancing cognitive function, and promoting relaxation. These sauces were reused into fine maquillages and standardized excerpts before being incorporated into presto- dissolving gutikas matrices. Superdisintegrants similar as sodium bounce glycolate and croscarmellose sodium were employed to enhance the decomposition profile, icing rapid-fire release and onset of action. ^[2] The gutikas were formulated using direct contraction ways and estimated for crucial pharmaceutical parameters including weight variation, hardness, frangibility, decomposition time, wetting down time, and *in-vitro* medicine release. Organoleptic parcels similar as taste and mouthfeel were also assessed to insure patient adequacy. Among the colorful phrasings developed, the optimized batch demonstrated excellent mechanical strength, rapid-fire decomposition (under 30 seconds), and further than 85 medicine release within 15 twinkles, indicating the felicity of the expression for quick onset of remedial action. In addition to physicochemical evaluation, the herbal Herbal gutika were subordinated to primary stability studies and comity testing to insure long- term expression integrity. The promising results affirm that the developed mouth dissolving gutikass offer an innovative, accessible, and effective lozenge form for managing stress and anxiety, especially for populations taking rapid-fire symptom control and bettered compliance, similar as senior and pediatric cases. The increasing global burden of stress and anxiety disorders has led to an urgent demand for safe, effective, and patient-friendly therapeutic interventions. Traditional pharmacotherapies, while widely used, often present challenges such as side effects, dependence, and poor patient compliance.

Keywords: Herbal formulation, stress, anxiety, gutika, ashwagandha, brahmi, valerian

Introduction

In recent years, the prevalence of stress and anxiety disorders has risen dramatically, affecting individuals across all age groups and lifestyles. Conventional pharmacological treatments, while effective, are often associated with undesirable side effects and dependency issues. This has led to growing interest in alternative therapies, particularly those derived from natural sources. Herbal medicines, with their longstanding history of use and generally favorable safety profiles, have gained significant attention as complementary and alternative options for managing stress and anxiety. Among various novel drug delivery systems, mouth dissolving gutikas have emerged as a promising approach, offering rapid onset of action, ease of administration without water, and improved patient compliance, especially for individuals with swallowing difficulties. The integration of herbal actives into gutikas formulations provides a dual advantage—leveraging the therapeutic potential of botanicals while enhancing the convenience and effectiveness of drug delivery. This study aims to formulate and evaluate herbal mouth gutikas using selected medicinal plants known for their anxiolytic and adaptogenic properties, such as *Withania somnifera* (Ashwagandha), *Bacopa monnieri* (Brahmi), and *Valeriana officinalis* (Valerian). The research focuses on optimizing the formulation parameters to ensure fast disintegration, acceptable taste, and adequate mechanical strength, followed by a thorough evaluation of physicochemical

properties and *in-vitro* performance. By combining traditional herbal knowledge with modern pharmaceutical technology, this project aspires to develop an innovative, safe, and effective dosage form for managing stress and anxiety, potentially contributing to holistic mental well-being. This study not only reinforces the therapeutic relevance of herbal medicine in modern healthcare but also exemplifies the potential of integrating traditional plant-based remedies with advanced drug delivery systems. The findings pave the way for further clinical investigations and commercial development of herbal gutikas as an accessible, non-invasive alternative for mental wellness support. ^[5] In moment's presto- paced world, stress and anxiety have come common challenges affecting internal and physical well- being. While ultramodern drug offers colorful treatments, numerous people are turning to traditional herbal remedies for natural and holistic support. One similar time-tested result is the use of herbal gutikas small, lozenge- suchlike phrasings made from medicinal sauces known for their comforting, adaptogenic, and invigorating parcels. embedded in Ayurvedic wisdom, these gutikas combine the benefits of sauces like Ashwagandha, Brahmi, and Jatamansi to promote relaxation, ameliorate internal clarity, and support emotional balance without dangerous side goods. Below is a comprehensive companion to some of the most effective herbal constituents used in gutikas for stress and anxiety relief.

Material and Methods

The effectiveness of herbal formulations relies significantly on the presence of specific phytoconstituents that contribute to their therapeutic action. In the context of stress and anxiety relief, several medicinal plants contain bioactive compounds with proven anxiolytic, adaptogenic, sedative, and neuroprotective effects. This section highlights the key phytochemicals present in the selected herbs— *Withania somnifera*, *Bacopa monnieri*, and *Valeriana officinalis*— which are utilized in the formulation of mouth dissolving gutikass (Herbal gutika) for stress and anxiety management.

1. Ashwagandha



Fig 1

Main Bioactives: Withanolides, withaferin A, sitoindosides
Phytochemical Class: Steroidal lactones, alkaloids, flavonoids

Mechanism of Action

1. Withanolides exhibit potent adaptogenic and anti-stress properties by modulating the hypothalamic-pituitary-adrenal (HPA) axis.
2. They reduce cortisol levels and oxidative stress, contributing to improved mental resilience.
3. Withaferin A has been shown to possess GABA-mimetic effects, aiding in relaxation and mood stabilization.^[17]

2. Brahmi



Fig 2

Main Bioactives: Bacosides A and B, bacopasaponins

Phytochemical Class: Triterpenoid saponins, alkaloids, flavonoids.

Mechanism of Action

1. Bacosides enhance synaptic transmission and repair damaged neurons, contributing to improved cognition
2. They have anxiolytic and neuroprotective effects, primarily via the cholinergic and serotonergic systems.
3. Bacosides also exhibit antioxidant properties, protecting brain cells from oxidative damage associated with chronic stress.^[18]

3. Valerian



Fig 3

Main Bioactives: Valerenic acid, valepotriates, isovaleric acid

Phytochemical Class: Sesquiterpenes, alkaloids, iridoids

Mechanism of Action

1. Valerenic acid acts as a modulator of GABA-A receptors, producing calming and sedative effects.
2. It helps in reducing anxiety, improving sleep quality, and promoting relaxation.
3. Valepotriates are believed to contribute to anxiolytic effects by reducing neuronal excitability.^[6]

Phytochemical Synergy and Therapeutic Potential

The combination of these three herbal ingredients creates a synergistic effect, targeting multiple neurochemical pathways involved in stress and anxiety regulation

- Modulation of GABAergic, serotonergic, and cholinergic systems
- Reduction in cortisol levels and HPA axis stabilization
- Antioxidant and neuroprotective activity to counteract stress-induced cellular damage
- Enhancement of mental clarity, focus, and mood balance

This multi-targeted phytochemical approach allows for a more holistic management of psychological stress, making the formulation suitable for a wide range of users including students, working professionals, and elderly individuals.^[16]

Standardization and Quality Control

For consistency and reproducibility, the herbal extracts used in the formulation are standardized based on their marker

compounds:

- Withanolides (min. 5%) for *Withania somnifera*
- Bacosides (min. 20%) for *Bacopa monnieri*
- Valerenic acid (min. 0.8%) for *Valeriana officinalis*

High-performance liquid chromatography (HPLC), UV-spectrophotometry, and thin-layer chromatography (TLC) are employed for quality control and quantification of active constituents. [20]

Formulation Table

Table 1

Ingredients	Role	Quantity (G)
Ashwagandha Extract	Adaptogen, helps reduce stress	7.5
Brahmi Extract	Cognitive enhancer, anxiolytic	5
Valerian Root Extract	Sedative, calming effect	5
Lavender Extract	Calming aroma, mild sedative, flavor	2.5
Microcrystalline Cellulose (MCC)	Binder, filler	15
Mannitol	Sweetener, filler, improves mouthfeel	10
Crosspovidone	Superdisintegrant (ensures fast disintegration)	2.5
Magnesium Sterate	Lubricant (prevents sticking)	1
Talc	Anti-adherent (improves flow)	1
Aerosil	Flow property enhancer	1

Preparation of Gutika

Methods can be divided into two categories:

1. With the use of fire

- The desired amount of base medication, such as jaggery or sugar is taken in a clean, suitable sized wide-mouthed stainless-steel container.
- The necessary amount of water is added, and the mixture is cooked on fire while being constantly stirred.
- When the syrup is ready fine medication powder is added in small amounts and well mixed until the required consistency is being formed.
- The bulk is then formed into pills of desired shape and size.
- The prepared pills are then dried in shade and stored in air tight containers

2. Without the aid of fire

- Sugar or Jaggery, the base medications are thoroughly mashed in a mortar and pestle.
- Fine powder of drugs are then added.
- The medication mass is rolled into fine tablets of specified size and shape once it has reached desired consistency.
- Then dried in shades and stored in air tight containers.

Evaluation Test

1. Preformulation Studies

Organoleptic Evaluation (color, odor, taste)

2. Physical Evaluation

- Weight variation test (as per IP/BP standards)
- Hardness test (Monsanto or Pfizer hardness tester)
- Friability test (using Roche friabilator)
- Disintegration time (in simulated saliva fluid at 37°C) (1)

3. Chemical Evaluation

- Determination of Ph value
- Determination of Acid-Insoluble ash value (% w/w)
- Determination of Water-soluble ash value (% w/w) (14)

4. Stability Studies

- **Conditions:** As per ICH guidelines (40°C ± 2°C / 75% RH ± 5% RH)

- **Duration:** 1 and 3 months

- **Parameters Monitored:** Physical appearance, drug content, disintegration time, and dissolution profile.

Final Product



Fig 4



Fig 5

Result

1. Pre-Formulation Studies

- **Colour:** Dark Brown
- **Odour:** Characteristic
- **Taste:** Sweet and Bitter

2. Gutikas Physical Properties

- All batches passed standard weight variation, hardness, and friability tests.
- Gutikas hardness ranged between 3.2–3.5 kg/cm², ensuring mechanical integrity while maintaining fast disintegration.
- Friability values were below 1% for all batches, indicating good durability during handling and transport.

3. Chemical Evaluation

- pH value: 4.65
- Acid-Insoluble ash value (% w/w), 4.5
- Water Insoluble ash value (% w/w), 9.5

4. **Disintegration:** Disintegration time significantly decreased with increasing concentrations of superdisintegrants. Disintegration time, 45 min

5. **Stability Study Results:** Conducted under ICH accelerated conditions (40°C ± 2°C / 75% RH ± 5% RH) for 3 months.

No significant changes in:

Gutikas appearance

- Disintegration time
- *In-vitro* release profile
- No microbial contamination detected

5. Outcome: Batch Identified as the Optimized formulation with

- Highest drug release (91.3%)
- Best taste and mouth feel
- Good mechanical and stability characteristics

Conclusion

The present study successfully formulated and evaluated the (Herbal gutika) incorporating standardized extracts of *Withania somnifera*, *Bacopa monnieri*, and *Valeriana officinalis*—all known for their adaptogenic, anxiolytic, and neuroprotective properties. Among the trial formulations, batch emerged as the optimized formulation based on its superior physicochemical characteristics, disintegration time (45 minutes), high drug content uniformity (99.1%), and favorable sensory attributes. Key achievements of the study include: Development of a rapid-acting, patient-friendly dosage form that does not require water for administration ideal for on-the-go stress relief. Improved palatability through the inclusion of taste-masking agents and natural flavors. Demonstrated stability under accelerated storage conditions, ensuring product viability over time. This study highlights the potential of herbal Herbal gutika as a convenient, effective, and non-addictive alternative for managing mild to moderate stress and anxiety. The use of natural extracts minimizes the risk of side effects commonly associated with synthetic anxiolytics, aligning with growing consumer interest in holistic and plant-based therapies.

Acknowledgement

The author acknowledges the guidance and support of all the instructors and associates who have contributed to the development of this work. The information collected in this study has been gathered over time, and certain sections may have been directly substantiated from former workshop. The author extends justifications to any experimenters whose benefactions were unintentionally neglected from the references, and appreciates their understanding.

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