



## A CRITICAL REVIEW OF PANCHAVIDHI KASHAY KALPANA IN CONTEXT OF AYURVEDIC TEXT

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### ABSTRACT

Ayurveda have many number of effective basic formulations for treating various diseases and disorders but problems of less shelf life and un-palatibility pose as major challenge to patients. To use these formulations in this present era they require effective modifications into new dosage forms with more shelf life and palatability that suit to the patients without compromising the underlying basic principles and by which the effective basic preparations can be available to treat many number of diseases. Kalpanas increases the potency of medicine by adding or generating special property (by Sanskar i.e. vishesh gunantardhana). It makes the medicine durable. It makes the medicine palatable. It removes the toxic effect of medicine by purification (shodhana karma). As per the severity of the disease it helps the adjustment of dosha. Ayurveda explains basically five types of Kashaya Kalpanas<sup>1</sup> which aim at isolation of suitable active principles through different media. They are Svarasa (Fresh Juice), Kalka (Fine Paste), Kwatha (Decoction), Hima (Cold Infusion) and Phanta (Hot Infusion). These have shorter shelf life, palatability problems, acceptance for immediate usage in subjects, different age groups, storage and availability in all places and every time. The benefits of these five fundamental drugs dosage forms are they are easily be prepared, fresh and ready to serve, drugs in raw form also can be used and have a high potency of drugs.

**KEYWORDS:** Panchavidhi kashaya Kalpana, Svarasa (Fresh Juice), Kalka (Fine Paste), Kwatha (Decoction), Hima (Cold Infusion) and Phanta (Hot Infusion).

### INTRODUCTION

Ayurveda is attracting global attention due to its holistic approach in the treatment of disease and with minimal adverse drug reaction. The entire science of Ayurveda has been framed on Trisutra (Hetu, Linga, Aushada). Among them Aushada is very important as it is responsible for alleviation of disease as well as the safeguarding and endorsing wellbeing. The vivid formulations explained in classics are for the purpose of making the blend compatible and efficient without losing its potency. It has been described considering all the aspects like Desa (land/soil), Kala (time), Bala (strength) etc. The importance of various forms of Aushada is to make it attuned and palatable. Preparing different forms of Aushada helps to enhance the potency and the shelf life of the particular preparation. It is held responsible for the alleviation of disease as well as the maintenance and promotion of good health. The drug is like an instrumental aid to a physician.

### Swarasah Kalk shratah him phantcheti tesam yathapoorvak Baladhikyam (Ch.Su.4)<sup>[2]</sup>

Acharya Charak explains basically five types of Kashaya Kalpanas<sup>[1]</sup> which aim at isolation of suitable active principles through different media. They are Svarasa (Fresh Juice), Kalka (Fine Paste), Kwatha (Decoction), Hima (Cold Infusion) and Phanta (Hot Infusion). These have shorter shelf life, palatability problems, acceptance for immediate usage in subjects, different age groups, storage and availability in all places and every time. The benefits of these five fundamental drugs dosage forms are they are easily be prepared, fresh and ready to serve, drugs in raw form also can be used and have a high potency of drugs. for extraction of pharmacologically active ingredients. Administration of these dosage forms chiefly depends on bala (strength) of vyadhi (disease) and Atura (patient)<sup>3</sup>. Acharyas have mentioned pancha.

Kashaya yoni as sources of five basic formulations namely-

1. Madhura Kashaya
2. Amla Kashaya
3. Katu Kashaya
4. Tikta Kashaya
5. Kashaya Kashaya

**Pharmacy/ pharmaceutical science:** The term comprises of two words bhaishajya and kalpana. Any substance can be called as “bhaishajya” if it can mitigate the severity of disease. It is also called as “aushadham” means a substance having the capability to alleviate the

pain. Kalpana means ‘yojana’ (planning) i.e. The ideology of making use of different dravyas. It is the prepared form like swaras (juice), churna (powder), kwath (decoction) etc. Hence 'kalpana' is the process or modification through which a substance is transformed into medicinal form. Any animal or plant or mineral product to be used as medicine can't be taken as it is in its raw form. It has to be converted into that form by which it would be therapeutically fit for use. This complete knowledge of drugs including identification, procurement, processing, preparation and application is studied under a separate branch of learning called “bhaishajya kalpana”

**Table 1: Kashaya Kalpanas by Different Authors.**

Sr.No.	Charaka <sup>[4]</sup>	A S <sup>[5]</sup>	A H <sup>[6]</sup>	Sharangdhara <sup>[7]</sup>	Arka Prakasha <sup>[8]</sup>	Sushruta <sup>[9]</sup>	Kashyapa <sup>[10]</sup>
1	Swarasa	Niryasa	Rasa	Swarasa	Kalka	Ksheera	Churna
2	Kalka	Kalka	Kalka	Kalka	Churna	Swarasa	Sheeta
3	Sruta	Niryuha	Sruta	Kwatha	Rasa	Kalka	Swarasa
4	Sheeta	Sheeta	Sheeta	Hima	Taila	Shruta	Abhisava
5	Phanta	Phanta	Phanta	Phanta	Arka	Sheeta	Phanta
6						Phanta	Kalka
7							Kwatha

#### Merits of panchavidha kashaya kalpana

Pancha vidha kashaya kalpanas are the basic formulations in Ayurvedic pharmaceuticals from which various upakalpanas and secondary preparations are made. Kashaya is that which irritates the throat and Kashaya kalpana<sup>[11]</sup> irritate the disease condition and drove them away from the body.

#### Demerits of panchavidha kashaya kalpana

The selection of Kashaya kalpanas for treatment purposedepends on various factors like roga, rogibala etc. The use of these kashaya kalpanas were very much reduced because of its short shelf life, lack of proper protocol for testing and practise of this medicine become difficult. These factors gave thoughts to ponder over neo-formulations that can be made from pancha vidha kashaya kalpanas and their upakalpanas.

#### Swaras (Expressed juice)

Swaras is the freshly extracted juice of a plant material or mechanically expressed juice of a plant is called the swaras. Jaliyansa and parthivamsa predominet drug are preferred for the prepration of swaras. It is most potent and guru among the five kasaya kalpanas.

#### Synonyms- Rasa, Swaras, Niryas.

Four different methods are employed for swaras extraction.

1. For fresh collected drug
2. In Case of dry drug
3. In case very hard drug
4. In case of fibrous drug

#### According to preparation metods

1. Niragni swaras
2. Sagnisiddha swaras

#### Method

- Spiral Twist
- Cloth Twist
- Yantra like Juice Extractor, Juice Maker
- Hand Twist
- Upal danssadi pista ras

#### Source of Expressed Juice

Leaves, Fruit, Flower, Root, Bark, Rhizome, kasayayonya panchrasa lavanavarjita (A.H.)

#### How to Take Herbal Juice

- ✓ Matra -12-24 grams
- ✓ Aushdh Sevan Vidhi On an empty stomach or 30 minutes before a meal. Aushdh Sevan Kal Twice daily
- ✓ **Anupan:** You can drink herbal juice without any adjuvant. However, you can take warm water after taking herbal juice. To make the preparation more playable and to increase its potency, some dravya like honey, sugar, jiraka, etc., known as Prakshepa dravya are added. Quantity – 1 kola (upto 6 Grams).

#### Kalka

The soft mass of the drug prepared by pounding it in khalva yantra is called as kalka. It can be prepared from both wet and dry drugs. In case of dry drug desired quantity og water is added to fine powder of the drugs and triturated to homogenous kalka form.

**Example** • Nimba klaka • Rasona kalka

#### How to Make Herbal Paste

1. Take fresh herbs or dried herbs.
2. Wash them properly to remove dirt and insects.

3. With the help of stone, make the paste of herbs. If you use dried herbs, then add some water while crushing and grinding the herbs to make a paste.

#### How to Take Herbal Paste

- ✓ Matra 6 – 12 grams
- ✓ Anupan Warm water
- ✓ Aushdh Sevan Vidhi Twice daily
- ✓ Aushdh Sevan Kal On an empty stomach or 30 minutes before a meal

#### Kwatha

The term kwatha is basically derived from the root word kwathana which literally means the process of boiling. Kwatha is the liquid preparation obtained by boiling 1 part of dravya in coarse powder from along with 16 part of water which is reduced to 1/8th part and filtered. Seven types of kwatha have been mentioned according to the therapeutic properties. They are Pachana, Deepan, Shodhana, Shamana, Tarpan, Kledana, and shodhana. It has the most varied application from therapeutics to pharmaceuticals. Characteristic is that the liquid boiled over agni is sruts or the kwatha. Kwatha preparation depending on the nature of the drugs

- Soft drug – 4times of water
- Medium and hard drug -8times of water
- Very hard drug – 16 times of water
- All reduce to ¼

**Upakalpana of kwatha:** pramathya, shadangodaka/shadang paaniya, kshirpaka, mamsa ras, laksha ras, veshwar, ushnodak, paneeya.

#### Precautions

- Only coarse powder is considered here
- Chemically inactive vessel should be used
- Only on mild to moderate heat throughout the process is carried out Vessels is kept open throughout the process
- Praksepa dravyas and their quantity

**Table 2: How to Take Hot Infusion.**

Matra	96 ml
Anupan	No or jaggery etc.
Aushdh Sevan Vidhi	Once or twice daily
Aushdh Sevan Kal	On empty stomach.

#### Example

**Sudarshan phanta** – indicated in jvara

- The quantity of sugar and honey depending on different disease conditions
- Diseases of vata, pitta, kapha- sita 1/4,1/8,1/16
- Madhu vata, pitta, kapha-1/16,1/8,1/4
- Jiraka, guggulu, lavana, silajatu, hingu, trikatu, - Isana(4gm)

#### General uses of kwatha

1. It is important dosage from indicated solely in many of the disease conditions 2. It is a major role in almost all the ophthalmic treatments 3. It plays major preparations of many of the secondary preparations 4. It is used in preparations of many of the secondary preparations 5. It is used bhavnaa dravya in many of the drug purifications 6. As anupana these are indicated in vogue 7. For niruha basti these preparations are administered In Ayurvedic system of medicine, Kwatha or decoction plays an important role and extensively used for all group of diseases both internally and externally with effective results.

#### Hima

One part of drug is put in 6 part of cold water and kept overnight in an earthen pot. Next day the drug is taken and macerated well and filtered through a clean cloth.<sup>[12]</sup>

#### How to Make Cold Infusion

1. Take 48 grams coarse powder of dried herbs or crushed fresh herbs. 2. Soak in 288 ml water overnight. 3. In the morning, scour herbs with both hands. Then mix it in water. 4. Filter the liquid. This is a cold infusion.

#### Phanta

The coarse powder of a drug is put into hot water and it is rubbed and filtered with a cloth.<sup>[13]</sup>

**How to Make Hot Infusion** 1. Take 48 grams coarse powder of dried herbs or crushed fresh herbs in an earthen pot. 2. Then put 192 ml of hot water in it. 3. Scour the mixture and then filter the liquid.

**Panchkola phanta** – indicated in indicated in kapha jvara, pratishaya.

#### Hima and Phanta

**Table 3: Modifications of Hima and Phanta.**

Modification	Utility	Merits
Syrup(Agni sidha)	Pouch pack Palatability. reduce dose	Syrup: Palatability, Children compatibility Pouch pack: easy usage and prevent contamination Demerits: In all the condition syrup cannot be administered (exception diabetes)

**Table 4: Upa Kalpana kasaya kalpana.**

S.N.	Base Kalpana	Upa Kalpana
1.	Swarasa	Toya Swarasa, Putapaka Swarasa, Aasava, Rasakriya, Avaleha
2.	Kalka	Churna, Vatika, Gutika (Pills), Lepa, Pralepa, Upanaha, Pramathya
3.	Kwatha	Rasakriya, Ghanavati, Guggulu Kalpa, Vati Kalpana, Phanita, Avaleha, Gudapaka, Asava-Arista, Sandhana Kalpana, Sneha Kalpana, Sharkara, Shadanga Paniya, Mamsarasa, Yusha, Besavara, Laksha Rasa, Kshirapaka, Peya, Ushnodaka, Vatyamanda, Khandapaka, Ayaskriti, Gandusa, Kavala, Netra Kalpa, Nasa Kalpa
4.	Hima	Panaka, Tandulodaka
5.	Phanta	Sharkara

**CONCLUSION**

Panchavidha kshaya kalpanas are the primary dosage forms in Ayurvedic pharmaceuticals using various abstraction procedures. Numerous secondary dosage forms are developed from these primary preparations by doing many modifications. Various extraction procedures which are explained in the modern pharmaceuticals were utilized by Ayurveda acharyas in the ancient period to improve the palatability, shelf life of the crude drugs. All the dosage forms have their individual importance due to its precise therapeutic value, delectableness, increased shelf life and convenient administration. The significance of various dosage forms in Ayurveda is to make it acceptable to the patient. In order to achieve this potency of a drug can also be enhanced or decreased in accordance with the Roga, Rogibala, Agni, Prakruti and Satmya of the patient. Thus new dosage form out of these Kashaya Kalpana can be formulated without disturbing the principles of Ayurveda based on Samskara and Yukti.

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