



AN CRITICAL APPRAISAL OF PANCHAVIDHI KASHAYA KALPANA IN THE CONTEXT OF AYURVEDA

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ABSTRACT

Ayurveda focus mainly on Trisutra (Hetu, Linga and Aushada) and Aushada is one of the most essential factors in bringing Dhatu to Samyata or normalcy. Aushada can be administered in many forms as per the state of the Atura and Vyadhi. 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. It makes the medicine as per need of patient and disease. Bhashajya Kalpana, a specialized branch of ayurveda which deals with the procurement processing and right application of a drug to cure any disease. Dravya (Medicine) forms the second main pillar of Treatment Protocol according to Ayurved. Before knowing the history or the periodical development of bhaishajya kalpana one should be familiar with the literal meaning of both the term bhaishajya and kalpana. The word bhasaja or bhaisajya literally means ausadha. Kalpana is the process or the method employed for the preparation of pharmaceutical products. Kalpana is the yojana or the plan out for the preparation of medicines.

KEYWORDS: Panchavidha kashaya kalpana, Dravya, Bhaisaj Kalpana.

INTRODUCTION

The entire science of Ayurveda has been framed upon trisutras (hetu, linga and aushadha) among them, aushadha is very important. 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. Ayurveda describes five types of major preparation methods for herbal medicine. These methods are collectively called Panchavidha Kashaya Kalpana in Ayurveda. You can also consider them five different ways to consume an herbal medicine. These methods have been described by Charaka Samhita and several other classical texts of Ayurveda. In Charaka Samhita, Samskaras are adopted for a drug to enhance its qualities for better therapeutic activity. 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. Kashaya mean's the one which irritates the throat and Kashaya here irritate the disease condition and drove them away from body and according to Acharya Chakrapani Kalpana means "Kalpanam upyogarthā prakalpanam sanskaranmiti" 1 is the

procedure/modification through which a substance/raw drug is transformed into a range of medicinal forms. Ayurvedic pharmaceuticals gives an important role in processing of drugs. Kalpana is a method / process of preparation of medicines by using either single drug or a combination of several drugs. Any drug to be used as medicine cannot 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. The Panchavidha Kashaya Kalpana though these possess medicinal value still cannot be used in all cases/diseases because they have different potency in different forms. "Athatah swarasah kalkah kwatha cha hima phantakou| gyeyaha kashayaaha panhaiteh lagavaha syuhu yathottaram". 2 i.e. the magnitude of the preceding formulation is intense than the succeeding one. This difference in its property is because of the diverse method of preparation.

1. 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 methods 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.)

Prakshepa dravya - put more palatability to improve and hasten action.

Advantages of swaras

- Guruta and viryata is comparatively maximum
- It is readily used as anupana along with other forms of medication
- Used as bhavana dravya in different preparations
- Used in shodhan and maran of rasa dravyas.
- Used in preparation of many secondary preparations. independent internal medicines i.e. Tulasi Swaras in various diseases like cough, coryza, influenza etc.
- Used as vehicle in pharmaceutical processings for trituration processes in preparation of medicines as well as purification of different drugs. e.g.- Nimba Swaras in ABV, Nimbu Swaras in Hingula purification etc.
- Used for preparation of Rasakriya and Avaleha.
- Used for preparation of Asava/Arista.
- Used as independent internal medicines i.e. Tulasi
- Swaras in various diseases like cough, coryza, influenza etc.
- Used as vehicle for therapeutic purposes in different diseases.
- Used as vehicle in pharmaceutical processings for trituration processes in preparation of medicines as well as purification of different drugs. e.g.- Nimba Swaras in ABV, Nimbu Swaras in Hingula purification etc. Used for preparation of Rasakriya and Avaleha.
- Used for preparation of Asava/Arista

Example

- Tulasi swaras
- Ardraka swaras

Durva swaras

- Vasa swaras
- Syonaka putapak

Sunthi putapak

Dosage Niragnisiddha -1/2pala

Sagnisiddha swaras -1pala

SELF LIFE- 24hours.

Kalka (herbal paste)

The paste made by crushing and grinding fresh herbs is known as herbal paste or Kalka. It also includes paste made by dried herbs along with water. It is also called Prakshepa Aavapa. However, if herbal paste is made by mixing ghee, oil or any sour substance, then it is known as Prakshepa.

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

Table-1.

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.

To increase its potency, some dravya like honey, sugar, jiraka, etc. Can be added.

Quantity

- Madhu, ghrita, taila – double the
- quantity of kalka. Sugar, guda – in equal quantity of
- kalka Drava – four times the quantity of
- kalka Upkalpana of kalka - churna kalpana (powder) : fine sieved powder of well shade dried herb.

Examples: Nimba kalka – used in vrana• ropana (wound healing) if applied locally and used in pitta vikar, kustha etc. When taken orally. Rasona kalka – used in vata roga,• vishama jvara etc.

3. KWATHA

The trem kwatha is basically derived from the root word kwathana wich literally means the process of boiling. Kwatha is the liquid preparation obtained by boiling 1 part of dravya in coarse powder form 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. Charak 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

Kwatha preparations depending on the quantity of the drug

- ♣ 1Karsa to 1 pala -16times
- ♣ 1Pala to 1kudava-8times

- ♣ 1Kudava to prastha and khari -4times

In the above reference we find that the ratio of water taken for smaller quantity of drug is more and for larger quantity of drugs is less.

Precautions

- ♣ Only coarse powder is considered here
- ♣ Chemically inactive vessel should be used
- ♣ Only on mild to moderate heat through the process is carried out Vessels is kept open
- ♣ Through the process Praksepa dravyas and their quantity
- ♣ The quantity of suger 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 a major preparation 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.
8. Used as base drug in Asava- Arista preparations Used as base drug in Sneha Kalpana (Oil and Ghee preparation)
9. Used as vehicle during intake of medicines accordingly.
10. Used as adjuvants during pharmaceutical preparations of different types of medicines. □ e.g.- Lavangadi Vati (Apamarga-Chitraka Moola Kwatha)

Dose – Two pala (96ml).

Self life- 24hour.

For vrana praksalana these are consideration appropriate

1. Rasnadi kwatha
2. Ranasaptaka kwatha
3. Punarnavastaka kwatha
4. Hima Kalpana

Water obtained by soaking 1 part of herbs in 6 parts of water overnight, then scoured and filtered in the morning is known as a cold infusion or Hima in Ayurveda.

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.

Examples Dhanyaka hima indicated in- Daha

Sarivadi hima – indicated in rakta vikar, pitta vikar.

Quantity- 2 Pal

5. Phanta kalpana

In phanta preparation also the water soluble extractives are brought into the liquid media and the liquid is used as medication. In hima the drug is kept soaked overnight but it is kept until the hot water cools down. The liquid preparations prepared by adding 4part of boiling water to 1part of coarsely powdered drug. Later when the water is still warm the mixture has to be macerated well and filtered. The filtered is called phatna.

Synonyms- Churnadrava.

Precautions: Drug should be in a coarse powder form Boiling water has to be poured in to drug Only soft water has to be used. Sufficient maceration has to be carried out.

Dose – Two pala (96ml)

CONCLUSION

Panchavidha Kashaya Kalpana are broadly used as the primary arrangements as initial dosage form. They are also the base for many different dosage forms. The importance of various dosage forms in Ayurveda is to make it acceptable to the patient. In order to attain this the 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.