

## AN EXAMINATION OF THE VATI KALPANA AYURVEDIC FORMULA

Dr. Prabal Dixit\*<sup>1</sup> and Dr. Poonam Pal<sup>2</sup><sup>1</sup>Assistant Prof., Dept. of Rasa Sastra, S.B.S.J.S Ayurvedic Medical College and Hospital.<sup>2</sup>Assistant Prof., Dept. of Kriya Sharir, S.B.S.J.S Ayurvedic Medical College and Hospital.**\*Corresponding Author: Dr. Prabal Dixit**

Assistant Prof., Dept. of Rasa Sastra, S.B.S.J.S Ayurvedic Medical College and Hospital.

Article Received on 21/10/2021

Article Revised on 11/11/2021

Article Accepted on 01/12/2021

**ABSTRACT**

Vati kalpana, also known as Ayurved Therapy, plays a vital role in Rasa shastra and bhaishajya kalpana, which plays an important role in the clinical practise of Ayurveda due to various benefits such as simple management, palatability, and speedy distribution and transportation. Vati normally prepared with a mixture of kashtoushadhi dravya churna, Bhasma, Shudha rasa and uparasa, Sadharana rasa, Guda, Sharkara, Guggulu, Jala, Swarasa, Mutra, etc., a mix of drugs can also be sagni and niragni. It was first mentioned by Acharya Sharangadhar who identified Vati kalpana as a separate chapter in Sharangadhara samhita in detail.

**KEYWORDS:** Sagni, niragni, vati.**INTRIDUCTION**

Aushadha plays a very efficient role in pacifying the imbalanced doshas by combining the Causative Causes, Signs, and Remedies to spare residents from suffering such as numerous ailments. Rasashastra and Bhaishajya kalpana go into great detail about the definition of Aushadha and its various formulations. While there are hints of Rasa medicines and particular kalpana in various portions of individual samhitas, Acharya Sharangadhar of the 13th century AD was the first to explain Bhaishajya kalpana in detail in the Sharan-gadhara samhita. He described numerous kalpanas, such as swarasa, kalka, kwatha, hima and phanta, which have specific manifestations and may be used in specific circumstances of illness. Vati is such a formulation that he held a chapter in madhyama khanda in which he clarified regarding vati paryaya and the general system of preparation of vati,<sup>[1]</sup> and numerous vatis.

**Resources and Methodologies**

Classical text books, collected text books and articles have been requested for review.

**Synonyms for the Vati**

Vataka, Gutika, Vati, Modaka, Vatika, Pindi, Guda, Varti are the synonyms described in Acharya Sharangadhara.<sup>[2]</sup>

Difference that occur in the form or size of the preparations alluded to above, but the fundamental preparation process remains the same. Vatika, vatika, guttika are almost identical in form and scale. Such sizes can vary from 500 mg to 1 gm, as is currently the case.

Modaka is also a circular formed drug, but its size is greater and its size may vary from 3 gms to 12 gms.

Pindi and guda are equivalent to the size of 'pea nuts' and 'single bolus of rice' Varti are yava-shaped preparations, thicker in the centre, with tapering ends. They are built for ready insertion into all of the body orifices rather than the oral cavity, e.g. rectum, urethra, vagina, etc.

**Specific planning process<sup>[3]</sup>**

The vast general form of preparation of vati may be split into two.

1. With Agni's support
2. Without the help of an agni

**1- With Agni's support**

The required quantity of specific medicines, such as guda, sharkara, guggulu, is extracted in a clean, large, stainless steel vessel of the correct size. It is added with the correct quantity of water, put over a mild fire and heated with regular stirring, when paka of the acceptable quality is obtained, the fine powder of the medicinal drugs is slowly applied to the vessel and well stirred to roll the pills of the necessary size and form. Prepared tablets are then dried in shade and placed in airtight tubes.

**2- Without the help of an agni**

- 1) The required quantity of o base drugs, such as guggulu and guda, is well crushed in khalva yantra by inserting little by little the fine powder of medicinal drugs. Once the product mass exceeds the appropriate density, the pills of the correct size and

shape are rolled. Afterwards, they are dried in shade and packed in airtight containers.

- 2) Fine medicinal substance powder is used in khalva yantra. It is added with any of the specified liquids, such as jala, godugda, swarasa kwatha, etc., in the appropriate quantity. The mixture is crushed until the product mass has achieved the necessary consistency by rolling the tablets. Later, the pills of the appropriate size are wrapped, dried and placed in airtight containers.

#### Ratio of active medicines for the preparation of vati<sup>[4]</sup>

The composition of these basic ingredients to the fine powder of pharmaceutical goods is as follows.

- Sita – 4 times
- Guda – 2 times
- Guggulu and madhu – equal
- Jala or any other liquid preparation – 4 times

#### Mana of Vati<sup>[5]</sup>

- Karsha is the general dose of the vati.

#### Anupana for vati

- Vati is administered along with water, honey, milk or any other suitable liquid preparation.

#### Sauveeryata avadhi of vati<sup>[6]</sup>

- The shelf life of pills made from herbal drugs is two years, and the shelf life of pills made from mineral drugs is infinite, given that pills are kept in airtight containers and do not lack color and shape.

#### Analytical criteria for a vati analysis<sup>[7]</sup>

1. Description
  - Colour
  - Odour
2. Weight variation
3. Disintegration time
  - Not more than 15 minutes
  - Not more than 60 minutes- guggulu tablets
4. Identification – TLC/HPTLC/GLC
5. Assay
6. Test for heavy/ toxic metals – Lead, Cadmium, Mercury, Arsenic.
7. Microbial contamination
  - Total bacterial count
  - Total fungal count
8. Test for specific pathogen
  - E. coli, Salmonella spp., s. aureus, Pseudomonas aeruginosa.
9. Pesticide accumulation- Organochlorine pesticides, Organophosphorus pesticides
10. Test for Aflatoxins (B1, B2, G1, G2)

#### Benefits of the vati kalpana

1. Vati planning will quickly be swallowed.
2. The unpleasant flavor and offensive scent of medicines should be blocked.

3. Volatile values of the medicines used will be preserved for a long period.
4. Shelf life is extended relative to certain other treatment types, such as 1 year for herbal and infinite duration for mineral product tablets.
5. Fixation of dosage is quick and easier
6. Vati preparation may be found appealing in various shades.
7. Easy to pack and dispense
8. This dosage method is ideally adapted to large-scale development.

#### DISCUSSION

While simple kalpanas like swarasa, kwatha, kalaka, hima, and phanta are effective at balancing unbalanced doses, their shelf life and ease of ingestion by the patient are both limited. Taking all of this into account, Acharyas have developed new dosage types based on the pancha vidha kashaya kalpana, without compromising concepts such as vati, which can be easily prepared, packaged, and transported, and which also has a number of additional benefits over other kalpanas, such as providing privacy to patients who do not require extensive medical supervision.

#### CONCLUSION

Many formulations are utilised in Ayurvedic treatment today, but Vati kalpana is the most popular because of its ease of use, palatability, and ease of transport. It is the most often used strategy for pharmaceutical companies and the medical community since it can be produced on a larger scale more easily to meet the demands of the current era.

#### REFERENCES

1. Acharya Sharangadhara, Sharangadhara samhita with commentary of Adamalla's Dipika and Gudartha dipika, edited by Pandit Shastri Parusharam, 6th edition, Varanasi, chaukambha orientalia, Madhyama khanda, 7th Chapter, Verse, 2005; 1-3: 196.
2. Acharya Sharangadhara, Sharangadhara samhita with commentary of Adamalla's Dipika and Gudartha dipika, edited by Pandit Shastri Parusharam, 6th edition, Varanasi, chaukambha orientalia, Madhyama khanda, 7th Chapter, Verse, 2005; 1: 196.
3. Acharya Sharangadhara, Sharangadhara samhita with commentary of Adamalla's Dipika and Gudartha dipika, edited by Pandit Shastri Parusharam, 6th edition, Varanasi, chaukambha orientalia, Madhyama khanda, 7th Chapter, Verse, 2005; 2-3: 196.
4. Acharya Sharangadhara, Sharangadhara samhita with commentary of Adamalla's Dipika and Gudartha dipika, edited by Pandit Shastri Parusharam, 6th edition, Varanasi, chaukambha orientalia, Madhyama khanda, 7th Chapter, Verse, 2005; 4: 197.

5. Dr.Angadi Ravindra a text book of bhaishajya kalpanavijnana, Varanasi, Chaukamba subharati prakashan, 2011; 196-197.
6. Anonymous, Ayurvedic formulary of india, second revised edition, ministry of health and family welfare, government of India, Dept of ISM & H, Delhi, The controller of publications civil lines, 2003; 12<sup>th</sup>: 179.
7. Anonymous, Protocol for testing of Ayurvedic, Siddha & Unani Medicines, ministry of health and family welfare, Govt of India, Dept of Ayush, Pharmacopoeel laboratory for Indian medicines, Gaziabad, 14<sup>th</sup>: 29.