

## VATI KALPANA AYURVEDIC FORMULATION – A REVIEW

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**ABSTRACT**

Vatikalpana plays a significant role in Rasa shastra and bhaishajyakalpana, also known as Ayurved Therapy, which plays an important role in the clinical practice of Ayurveda due to several benefits such as simple management, palatability, quick distribution which transportation. Vati normally prepared with a mixture of kashatoushadhidravayachurna, 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 Vatikalpana as a separate chapter in Sharangadharasamhita in detail.

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

Between the Causative Causes, Signs, and Remedies, to save citizens from suffering such as multiple illnesses, Aushadha plays a very effective function in pacifying the imbalanced doshas. The definition of Aushadha and its different formulations is addressed in depth in Rasashastra and Bhaishajyakalpana. While glimpses of Rasa drugs and specific kalpana are present in various sections of specific samhitas, Acharya Sharangadhar of the 13th century AD was the first person to clarify in depth regarding Bhaishajyakalpana in Sharangadharasamhita. 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 madhyamakhandha in which he clarified regarding vatiparyaya 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**

- I. The required quantity of o base drugs, such as guggulu and guda, is well crushed in khalvayantra 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.
- II. Fine medicinal substance powder is used in khalvayantra. It is added with any of the specified liquids, such as jala, godugda, swarasakwatha, 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.

**Sauveeryataavadhi 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 vatikalpana**

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 such as swarasa, kwatha, kalaka, hima and phanta play an important role in pacifying imbalanced doses, there is some limit to their shelf life and the ease of kalpana ingestion by the patient. Keeping all this into account, Acharyas has created new dosage types by holding the panchavidhakashayakalpana as the foundation and without compromising its concepts like vati, which can be easily prepared, packaged easily and transported easily, which also has many extra benefits compared to other kalpanas, such as providing privacy to patients who do not require much medical supervision.

**CONCLUSION**

Many formulations are used today in Ayurvedic medicine, of which Vatikalanpa ranks first because of its simple management, palatability and comfortable transport. Because it can be produced on a wider scale conveniently to suit the demands of the modern period, it is the most commonly known approach for pharmaceutical firms and the medical community.

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