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# REVIEW ARTICLE ON IMPORTANCE OF PANCHVIDHA KASHAYA KALPANA

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#### **ABSTRACT**

Ayurveda offers various effective basic formulations to treat different diseases, but challenges like short shelf life and unappealing taste make it difficult for patients. *Kalpanas* enhance the potency of medicines by adding special properties through processes like purification (*Shodhana Karma*), making them durable and palatable. They also help adjust the *Doshas* balance based on the severity of the disease, customizing treatment to the patient's needs. However, in the modern era, these formulations need to be modified into new dosage forms that have longer shelf life, better taste, and still adhere to Ayurvedic principles. This paper reviews the significance of *Panchavidha Kashaya Kalpana* and their adaptations for the present era. *Bhashajya Kalpana*, a specialized branch of Ayurveda, focuses on procuring, processing, and applying drugs effectively for healing. *Dravya* (medicine) is a vital component of Ayurvedic treatment. To understand the historical development of *Bhaishajya Kalpana*, it's important to grasp the meanings of "*Bhaishajya*" (medicine) and "*Kalpana*" (preparation). The term "*Bhaishajya*" literally translates to "*Ausadha*" or remedy. *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, Treatment Bhashajya 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.

AjÉÉiÉÈ xuÉUxÉÈ MüsMüÈ YuÉÉjɶÉ ÌWûqÉTüÉhOûMüÉæ | ¥ÉårÉÉÈ MüwÉÉrÉÉÈ mÉgcÉæiÉå .......||1||<sup>[1]</sup>

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 Charak *Samhita* and several other classical texts of Ayurveda. Five basic forms of preparations (*Swaras, Kalka, Kwatha, Hima* and *Phanta*) are used to prepare medicines from botanicals in Ayurveda. The word *Kashaya* means distortion of the original shape of *Dravya* and making it suitable for use. These are more efficient in potency in descending order, and are used according to digestive power, strength and need of the diseased conditions. Some *Acharyas* had

described more than five basic forms as *Shadvidh Kashaya Kalpana*, has been described by *Acharya* Sushruta, by adding *Kshira Kalpana* (medicated milk). *Saptavidh Kashaya Kalpana* has been described by *Acharya Kashyap*, i.e., by adding *Churna*, *Abhishava*. [2.3]

### Bhaishajya Kalpana- Need and Importance

Purpose of various *Kalpanas* is to 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.

# Aims and objectives

To compile, study and evaluate the concept of *Panchavidha Kashaya Kalpana* from the available classical literature, commentaries, research works, articles on internet and available information in allied basic science.

# MATERIAL AND METHODS

This article is based on a review of various Ayurveda classical literatures. Materials related to *Panchavidha* 

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*Kashaya Kalpana*, were collected as well as references were compiled, analysed and discussed for a thorough and in-depth understanding of the concept.

#### Discussion

### A. Swarasa (Herbal Juice)

AziÉÉiÉç iÉi¤ÉhÉÉM×ü¹ÉSè SìurÉÉiÉi¤ÉÑhhÉÉixÉqÉÑ®UåiÉç| uÉx§ÉÌIÉwmÉÏÌQûiÉÉå rÉÈ xÉ UxÉÈ xuÉUxÉ EcrÉiÉå ||2|| zÉÉUÇakÉU xÉÇÌWûiÉÉ 1/2 [4]

Swaras is the freshly extracted juice of a plant material or mechanically expressed juice of a plant is called the Swaras. Jaliyamsha and Parthivamsha predominant drug are preferred for the preparation of Swaras. It is most potent and Guru among the five Kashaya 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 Rasa

### **Source of Expressed Juice**

- Leaves, Fruit, Flower, Root, Bark, Rhizome
- Kasayayonya Panchrasa Lavanavarjita.

*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 Drayvas*.
- 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 processing 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

**Dosage:** Niragnisiddha -1/2pala Sagnisiddha Svaras -1pala

Self-life: 24hours.

### B. KALKA KALPANA

SìurÉqÉÉSìïÇ ÍzÉsÉÉÌmɹÇ zÉÑwMÇü uÉÉ xÉeÉsÉÇ pÉuÉåiÉç | mÉë¤ÉåmÉÉuÉÉmÉMüsMüÉxiÉå iÉlqÉÉIÉÇ MüwÉïxÉÎqqÉiÉqÉç ||1|| [5] zÉÉUÇakÉU xÉÇÌWûiÉÉ 5/1

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 of water is added to fine powder of the drugs and triturated to homogenous Kalka form.

## **Example**

- Nimba Klaka
- Rasona Kalka

**Dosage-** 1 *Karsha* with warm water or honey.

### C. KWATHA KALPANA

mÉÉIÉÏrÉÇ wÉÉåQûzÉaÉÑhÉÇ ¤ÉÑhhÉå SìurÉmÉsÉå ͤÉmÉåiÉç | qÉ×imÉɧÉå YuÉÉjÉrÉåSè aÉëɽqɹqÉÉÇzÉÉuÉzÉåÌwÉiÉqÉç ||1||

iɋsÉÇ mÉÉrÉrÉåkSÏqÉÉIÉç MüÉåwhÉÇ qÉx²ÎalÉxÉÉÍkÉiÉqÉç | 'ÉxiÉÈ YuÉÉjÉÈ MüwÉÉrɶÉ ÌIÉrÉÖïWûÈ xÉ ÌIÉaɱiÉå ||2|| [6] zÉÉUÇakÉU xÉÇÌWûiÉÉ 2/1-2

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 pharmaceutics. Charak is that the liquid boiled over agni is 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.

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• 1 Karsa to 1 Pala -16 times

- 1 Pala to 1 Kudava- 8 times
- 1 Kudava to Prastha and Khari 4 times

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 course 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.
- Prakshep Dravyas and their quantity
- 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, -1 *Sana*(4gm)

### General uses of Kwatha

- It is important dosage from indicated soley in many of the disease conditions
- It is a major role in almost all the ophthalmic treatments
- It plays a major preparation of many of the secondary preparations
- it is used Bhavna Dravya in many of the drug purifications
- As Anupana these are indicated in vogue
- *Niruha* basti these preparations administrated 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.
- Used as base drug in Sneha Kalpana (Oil and Ghee preparation)
- Used as vehicle during intake of medicines accordingly.
- Used externally Vrana for Prakshaalana, Avagaahana in Skin diseases.
- Used as in Basti Kalpana and Shirodhaara.
- Used for preparation of *Netra Kalpas*.
- Used as Shodhana Dravya in different mercurial processing.
- Used in Mukha Kalpana as Gandusa and Kavala.

**Dose** – Two *Pala* (96ml).

**Self life-** 24hour.

Vrana Praksalana consideration For these appropriate

- 1. Rasnadi Kwatha
- 2. Rasanasaptaka kwatha
- 3. Punarnavastaka Kwatha

# D. HIMA KALPANA

¤ÉÑhhÉÇ SìurÉmÉsÉÇ xÉqrÉMçü wEQèûlpÉlÉÏïUmÉsÉæÈ msÉÑiÉqÉc | ÌIÉzÉÉåÌwÉiÉÇ ÌWûgÉÈ xÉ xrÉÉiÉç iÉjÉÉ zÉliÉMűwÉÉrÉMűÈ ||1|| iÉlqÉÉlÉÇ TüÉhOûuÉe¥ÉrÉÇ xÉuÉï§ÉæuÉæwÉ ÌIɶÉrÉÈ |<sup>[7]</sup> zÉÉUÇakÉU xÉÇÌWûiÉÉ 4/1

Hima Kalpana is a simple preparation where the drug in coarse powder from are kept soaked in water for a stipulated time period to facilitate form are kept soaked in water for a stipulated time period to facilitate the transfer of water-soluble active principles from drug to the liquid media. These preparations will usually have Sitavirya and Mrudu-Guna. Madhuramala Rasa drug volatile principles are preferred here. These preparations are Pitta Samyak, Hrudya and Sadhya, Santarpaka.

**Dose:** 1 *Pala* (48 ml).

# **Example**

- 1. Dhyaanaka Hima
- 2. Daha
- 3. Antardaha
- 4. Triphala Hima
- 5. Vivandha

#### **USES/UTILITY**

- Used both as internal and external.
- Used externally as Aschotana in Netra Kalpa.
- Used as Bhabana Dravya during pharmaceutical preparation.

Synonyms: Shita Kashaya.

#### **Precautions**

1. Drug should be in coarse powder from Only soft water has to be used Sufficient maceration has to be used for keeping the drug soaked.

2. This preparation is for instant use only.

**Dose:** Two *Pala* (96ml) Self life -24 hours

#### Example

- 1. Dhayanaka Hima
- 2. Dhanyakadi Hima
- 3. Sarivadi Hima

# E. PHANTA KALPANA

¤ENhhÉå SìurÉmÉsÉå xÉqrÉaeÉsÉqÉÑwhÉC ľuÉlIÉͤÉmÉåiÉc | gÉximÉɧÉå MÑüQûuÉÉålqÉÉIÉÇ iÉiÉxiÉÑ x§ÉÉuÉrÉåiÉç mÉOûÉiÉç ||1||

xÉ xrÉÉŠÔhÉïSìuÉÈ TüÉhOûxiÉlqÉÉIÉÇ l²mÉsÉÉåÎlqÉiÉqÉç | मध्श्वेतग्डादिच्छ YuÉÉjÉuÉiÉç iɧÉ ÌIÉͤÉmÉåiÉç||2||<sup>[8]</sup> zÉÉÜÇakÉU xÉÇÌWûiÉÉ 3/1-2

In *Phanta* preparation also the water-soluble extractives are brought into the liquid media and the liquid is used as medicament. 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)

Self life-24ml.

#### CONCLUSION

In our Ayurved Practice, the above points are generally untouched and blindly any *Kalpana* according to the easy availability is used. In current scenario, there is a need to develop new formulations along with the specific modifications in the older formulation to gain wider acceptance. According to existing fast-moving life there is a demand of ready to use products in every field. *Bhaishajya Kalpana* branch contributed to aid the physician to utilise this *Bheshaja* in various forms and styles to fight the disease. Sometime to complete the needs of all time availability, easy dispensing, palatability etc a number of *Kalpana*s were developed. But the base of all these were embedded in five basic *Kalpana* only.

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