

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)

आशीर्षक इति प्रथमः सूत्रम्

सिद्धिर्वासाः प्रथमः सूत्रम्
 उच्यते इति सूत्रम्
 एतद्विधिः ॥२॥

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 methods

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 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 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 Swaras -1pala

Self-life: 24hours.

B. KALKA KALPANA

सिद्धिर्वासाः प्रथमः सूत्रम्
 उच्यते इति सूत्रम्
 एतद्विधिः ॥१॥

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

सिद्धिर्वासाः प्रथमः सूत्रम्
 उच्यते इति सूत्रम्
 एतद्विधिः ॥१॥

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. 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.
- 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 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.
- *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 solely 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
- 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.
- Used as base drug in *Sneha Kalpana* (Oil and Ghee preparation)
- Used as vehicle during intake of medicines accordingly.
- Used externally for *Vrana 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.

For *Vrana Prakshalana* these are consideration appropriate

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

D. HIMA KALPANA

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iÉlqÉÉiÉÇ TüÉhOúuÉeÉrÉÇ xÉuÉiÉæuÉæwÉ
ìlÉÉrÉÉ |^[7] zÉÉUÇakÉU xÉÇìWûiÉÉ 4/1

Hima Kalpana is a simple preparation where the drug in coarse powder form 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

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MÑüQûuÉÉâlqÉÉiÉÇ iÉiÉxiÉÑ xŞÉÉuÉrÉâiÉÇ
mÉOûÉiÉÇ ||1||
xÉ xrÉÉŞÖhÉiSiueÉ TüÉhOúxiÉlqÉÉiÉÇ
lÈmÉsÉÉâlqÉiÉqÉÇ | मधुश्वेतगुडादिच्छ YuÉÉjÉuÉiÉÇ
iÉŞÉ ìlÉiÉÉmÉâiÉÇ||2||^[8] zÉÉUÇakÉU 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 *Kalpanas* were developed. But the base of all these were embedded in five basic *Kalpana* only.

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