

A Literary Review on Panchvidhkashay Kalpana

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Abstract: *Kalpana enhances the potency of drug by enumerating or creating special property (Sanskar i.e. vishesh gunantardhana.) In intact the self life of the medicine and makes it the and edible also. It removes the noxious effect of drug by purification (shodhana karma).kalpana are prepared according to the rog and rogi bala and helps in curing diseases by balancing the dose. As per the severity of the disease it helps the balancing of doshas. In the Neolithic times, humans used stone to crush the drugs and extracted the juice or made powder. In ancient era like Samhitas, Nighantus etc. gives the direct references of the drug's preparation, applications and pharmacological actions. The first description of Bhaishajya Kalpana is found in Charaka Samhita. The word Kalpa is used for 'preparations' In Charaka Samhita.*

Keywords: Panchvidh Kashaya, kalpanas, samhitas

INTRODUCTION

The Ayurveda science depends upon *trisutra* (*Hetu, Linga, Ausadha*). In these components *Ausadha* plays an important role . *Ausadha* prevents and cure the disease and promotes good health.

In Ayurveda, for herbal medicine *Panchvidhkashaya Kalpana* (*swaras, kalka, kwatha, hima, phanta*) has been described in various *samhitas*. *Acharya Shushruta* has described *Shadvidh kashaya Kalpana* in place of *Panchvidhkashaya Kalpana* by adding *kshira Kalpana* in that and *Acharya Kashyap* has described *Saptvidh Kashaya Kalpana* by adding *churna* and *abhishava*.¹

Kashaya means distortion of the original form of *dravya* and making it suitable for use.

According to the *Kashyap Samhita* it produces some kind of sensation on throat and it helps in removing the diseases.

कण्ठस्य कषणात् प्रायो रोगाणां वाऽपि कषणात्। कषायशब्दः प्राधान्यात् सर्वयोगेषु कल्प्यते ॥

Kalpana means planning or *yojna*. *Acharya Chakrapani* says *Kalpana* means “*Kalpanam upyogatha prakalpanam sanskaranmiti*”.ⁱⁱ

The ayurvedic formulations include not only natural drugs but also include processed drugs presented in various forms like *Churna*, *Swaras*, *kalka*, *vati*, *aasav arishth* etc. prescribed in order to obtain desired actions of therapeutics and to obtain an easy administration. All these things are been explained in *Bhaishajya Kalpana*.

SWARASA (JUICE)

Swarasa extracted from part of the plant by using any mechanical force. There are three methods to for extract of juice.

Method 1- Fresh juice obtained by crush the green medicinal plant and squeezing then straining it (liquid) through a piece of cloth. The plant should not have any impurities. Example- *Adrak swaras*

Method 2 - *Acharya sharangdhar* has mentioned that in case of dry plant, the desired/required part should be crushed and soaked in twice the amount of water overnight. (Water: drug= 2:1) Next morning, the plant is squashed and strained using a cloth. Example – *Dhanyaka veeja*

Method 3 - There are some plants which are either dry or fresh in nature but still we can't able to extract juice from them. For such plants, *PUTPAK SWARAS VIDHI* is used. Ex: *vasa patra putpaak swaras*.ⁱⁱⁱ

Use – *swaras* can be administered as an *Aushadhi* or in the form of *anupan* also.

one can take herbal juice without any adjuvant or with warm water.

To make the preparation more palatable and to increase its potency, some dravya are added like honey, sugar, jiraka, etc., known as *Prakshepa dravya and there*. Quantity should be – 1 kola (upto 6 Grams).^{iv}

Dose- 1/2 pala (24 gm)-*Anagni siddha*

One pala (48 gm)- *Agni siddha*

Importance of *Swarasa*

All *Swarasa* preparations are used instantly. *Swarasa* can be used as medicine and as *anupana* also along with other yog or it can be used as *bhavana dravyas* in different preparations.

KALKA KALPANA- (Herbal paste)

The fresh herb is pounded with the help of mortar and pestle till it becomes soft mass. ^vIf the herb part is dry like dried bark, then make it in powder form and then soak in water for a some time till it becomes soft. It is then made into a fine paste with the help of mortar.

Kalka Kalpana occupies second position in this group on the basis of its less concentration. It contains cell debris and other indigestible parts which make it less concentrated.

Synonyms-*Prakshep, Avapa, Pinda*.

Prakshepa dravyas of *kalka* and their quantity-Madhu, Ghrita, and taila should be added in double quantity whereas sita, guda in equal quantity and dravya four times to *kalka dravyas*.^{vi}

Dose – one *karsha* (12gm.)^{vii}

Importance of *kalka Kalpana*

Kalka can be used as a medicine internally and externally And as *murchna dravya* for *Sneha paka* (eg. Trivrit *kalka* during preparation of trivrit taila)

Upkalpanas- *Churna, Vati*

KWATH KALPANA-(DECOCTION)

Kwath Kalpana occupies third position in the *Panchvidh Kashaya Kalpana*. It contains less concentration from *swaras* and *kalka*.

Method of preparation:-

in this *Kalpana* powdered drugs boiled with prescribed quantity of water (4,8,16 times) and then reduced to 1/4th or 1/8th part and strained.^{viii} The vessel should be kept open throughout the boiling process and stir intermittently. It is also known as *Kashaya* in *Ayurveda*. Variation in the amount of water depends upon harshness of drug, for example in soft drugs (where leaves and flowers are taken), eight times for medium hardness (includes soft barks of plants, roots of shrubs and plants, soft roots, tubers and medium tubers), while 16 times in case where the plant material to be used for making decoction is too hard (Hard barks of trees, root bark of trees and creeper).

Synonyms-*Shruta, Kashaya, Niryuha*

Supachit *kwath lakshan*-^{ix}

the well-prepared decoction should possess smell, color and taste as per the ingredient/s used.

Haarit Samhita has mentioned total 7 types of *Kwatha* viz. *Pachana, Dipana, Shodhana, Shamana, Tarpana, Kledana and Shoshana*.^x

Prakshepa dravyas-^{xi}

Sita- 1/4th, 1/8th, 1/16th according to *vata, pitta, kapha* doshas respectively.

Madhu – 1/16th, 1/8th, 1/4th according to *kapha, pitta, vata* doshas

Jiraka, Guggulu, Kshara, Lavana, Shilajatu, Hingu and Trikatu – 1 shana (3gm.)

Kshira, Ghrita, Guda, Taila, Mutra, Drava, Kalka, Churna – 1 karsha (12gm.)

Dose-

Acharya Sushruta- 1 *anjali* (4 pala)

Acharya sharangdhara- 2 *pala*

Acharya Yadavji Trikam ji- 1 *pala*

Saveeryata avdhi -1 day

Importance of *kashaya*

Kashaya can be used as medicine, *niruh basti, anupana, shodhan* and *marana dravyas*.

Examples-

In *Vata vyadhi Maharasnadi Kwatha*

Niruha basti -Dashamoola Kwatha

Anupana- Triphala kwath for *kaankayan gutika*

Shodhana dravyas-Triphala Kwatha for *Abhraka Shodhana*

Maran dravyas- Triphala kwath for *loha maran*

Upkalpanas:-*Pramathya, Ushnodak, Kshirpaka, Viilepi, Peya, Bhakta, Manda, Yusha, Yavagu, Laksharas, Mansarasa, Sharkar*

HIMA KALPANA (COLD INFUSION)

It occupies the fourth place in *Panchavidha Kasaya Kalpana*. *Hima Kalpana* is used for fragrant, herbs because these herbs loses their active components by boiling and heating.

“*Dravyaath aapothittathoye pratapthe nishi samstitaan | Kashayo yo abhiniryati sa sheetah samudahrutah*”^{xii}

Method of preparation-

1 part of the drug is soaked in 6 parts of water for 10-12 hours or overnight and then strain it.

Synonyms - *Sheeta kashaya, Sheet*

Dose-

Sharangdhar Samhita -2 pala

Yadavji Trikamaji -1 pala

Importance of cold infusion

Cold potency drugs useful in *pitta* disorders.

Examples -

- *Dhanyaka hima* – indicated in *daha*

- *Sarivadi hima* – indicated in *rakta vikar*, *pitta vikar*.

PHANTA (HOT INFUSION)

It is the last herbal preparation included in *Panchavidha Kasaya Kalpana*. It is also done for the drugs which are fragrant in nature and light in structure, free from dense tissue and not thermostable in nature.

Method of preparation :-

“*kshiptoshna thoye mruditamtath phantom parikeertitam*”^{xiii}

In this preparation, drugs are soaked in hot water and rubbed properly then strained it, the filtrate is known as *Phanta*.

Prakshep dravyas and their quantity are same as *kwath*.^{xiv}

Importance of hot infusion

Phanta is beneficial for *Kapha* and *Vata* disorders.

Dose-

Sharnagdhar Samhita- 2 pala

DISCUSSION

The basic *Kalpana* of other *kalpanas* in Ayurveda is *Panchvidhkashay Kalpana*. For preparatory method *Panchvidhkashay kalpana* differ from other *kalpanas*. *Panchvidhkashay Kalpana* cannot be prescribed in all conditions to all and to be given to assess *atura bala*, *vyadhi* and *agni*. Before prescribing *panchvidhkashay Kalpana* certain factors like *guruta* and *laghuta* should definitely come into mind. *Swaras Kalpana* is the most potent among all the *Panchvidhkashay Kalpana*. *Kalka* is a pure herbal extract, it contains chemical constituents in natural form. There is a least chance of alteration of chemical properties of *Kalka* because very less physical process is involved in its preparation. *kwath* is the potent liquid therapeutic preparation due to its water soluble constituents. *Hima Kalpana* suitable for those drugs which lose their active properties due to heating and boiling process.

CONCLUSION

Kashaya means it irritate the disease and eliminate from the body. The modification through which a substance/raw medicament is changed into a finished product is known as *kalpana*. The substance/raw drug is changed into a wide variety of therapeutic forms. *Swarasa* is the owner of more *Gurutva* (difficult to digest) of them all *Kashaya kalpanas*. *Guru Dravya* requires more time for digestion than *Laghu Dravya*, hence this procedure/modification is taken into account. Also, *Agni* is a factor that is impacted by *Guru* and *Laghu Dravya* and is offered after a thorough examination of the person's *Agni*. As a result, *Panchavidha Kashaya Kalpana* cannot be prescribed in all cases to everyone and must be administered by *Yukti* of *Vaidya* and assessed by *Bala* of *Atura* and *Vyadhi*.

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