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Assessment of Physiologic Basis of Dosing Pattern of Different Ayurvedic Kalpa

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ABSTRACT

The nutrition, development and sustenance of the body depends on diet (*aahara*) which is *panchabhautik* in nature. In the human body, these five basic elements are visualized in the terms of *doshas*, *dhatu*s and *malas*. The drugs and dietary substances are digested, metabolized and absorbed according to *rasa*, *guna*, *virya* and *vipaka*. The history of Indian pharmaceutics is as old as history of *Ayurveda*. The crux of the 'treatment with drug(s) in *Ayurveda*' is derived from the herb. The herb and its part is used after appropriate processing. Drugs act according to their *panchabhautik* composition. Their action and efficacy is determined by the mechanism, by which the same drug acts differently in different disease conditions. *Samskara* plays an important role in enhancing, adding, reducing and changing the original properties of drugs. These must be processed and converted into some suitable pharmaceutical form(s), which on internal or external use are absorbed and assimilated; and produce desired effects without causing any untoward adverse reaction. Therapeutic activity of the drug depends on the dose, form, timing and route of administration of the drug. It is necessary to fix the *matra* as per the disease, as well as the strength of a patient.

Keywords : *vipaka*, *aushadhi matra*, *anupana*, *aushadhi kalpana*.

INTRODUCTION:

All the *dravyas* used for either medicinal purpose or as diet are considered to be *panchabhautik*. The body is also *Panchabhautika*. The *dosha*, *dhatu* and *mala* of this body are also *panchabhautik*. If the natural balance of these *dosha*, *dhatu* and *malas* are disturbed, then the remedies also have to be *panchabhautik*. A *dravya* has to be used considering its combination, dose, and the season in which it is being used. Drugs play an important role along with other healthy principles in removing the sufferings of mankind. But drugs in their original form could not be used internally either for maintenance of health or for prevention and cure of diseases. These have to be processed and converted into some suitable pharmaceutical forms, which on internal use may absorb and assimilate and produce their desired effects without causing any toxic manifestations.

Materials and Methods

References from classical texts have been analysed and studied. Main Ayurvedic texts studied in this study are *Charak Samhita*, *Sushruta Samhita*, *Ashtang Sangraha*, *Ashtang Hridaya* and the available commentaries on it.

Observation and Results

The end product of a *Dravya* which is the outcome of digestion/metabolism is known as *Vipaka*. It is believed that *Vipaka* is the bio-transformative phase of *rasa*. Any types of diet or drugs, when ingested orally, undergo constant and total change from the original state in form and appearance. After coming in contact with *agni* the change takes place very rapidly. The stage of *awastapaka* begins when the action of *rasa* ends. After digestion, the separation of digested and residual undigested products begins. The digested portion is considered as *awastapak*. It takes place in 3 stages. The first stage begins in the stomach. Here, diet containing the six specific *rasas* gets converted to *madhur awastapak*. This gives rise to the formation of *kapha*. The second stage of digestion takes place in *pachyamanashaya*, *pitta* is formed due to prominence of *amla rasa*. The third stage of digestion takes place in *pakwashaya*. Due to prominence of *katu rasa*, *vayu* is formed.

The end product of digestion is called *nistapaka*. *Vipaka* is responsible for the assimilation of diet or drugs into *dhatu*s. After *vipaka*, the transformation of food is more towards body constituents. To make the external food suitable to body constituents, it is essential to transform it. It first becomes *awastapak* and then *nistapak* which takes it to various *dhatu*s and channels.

So *Vipaka* is assessed finally after the complete metabolism of the drug and through the final effect of the drug. That means the end phase of bio-transformation resulting in ultimate therapeutic effect is the source to assess *Vipaka*. It can be determined by means of final therapeutic effect. For example, the effect of food or drug can be finalized by its effect on *dosha-dhatu-malas* in the form of increase or decrease in their activity.

Aushadhi kalpas

The Ayurvedic drugs are obtained from natural source only i.e. from plants, animals or from minerals. These formulations are divided into two groups; - *kastaushadhi* and *Rasaushadhi*.

Kastaushadhi formulations are *Asava arista*, *Avaleha*, *Ghruta*, *Churna*, *Taila* etc. *Rasaushadhis* are *Bhasma*, *Pisti*, *Lauha*, *Mandura* etc. In pharmaceuticals, *samskar* plays an important role in inducing and altering of original properties of drugs or sometimes inducing additional properties in the drugs. *Toya sannikarsha*, *Agni Sannikarsha*, *Bhavana*, *Mardana* and *Shodhana*

The *aushadhi kalpas* are prepared by these processing techniques applied to the crude drugs. This processing results into transformation of good pharmacological actions to that of substance. According to *Kashyapa*, explains importance of *samskara* that even medicine is not prepared properly it turns to poison. If poison is prepared according to rules and regulations [*samskaras*] it can be used as in the form of medicine.

The main preparations are primary, secondary, herbal, dietary, liquid and metallic preparations. The primary preparations are *swarasa*, *kalka*, *kwatha*, *hima* and *phanta*. These are heavier in proceeding manner i.e. *Hima* is heavier than *phanta*, *kwatha* than *hima*. That means *swarasa* is heaviest. So these *kalpas* are given depending on *roga* and *rogi bala*.

1-*Swarasa* is highly concentrated and contained almost all the active constituents of the drugs

2- *Kalka* is lighter than *swarasa*. In this preparation in addition to active constituents, unwanted material of drug is also present. This makes the drug less concentrated and thus lighter than juice.

3- *Kwatha*, thermo stable water soluble contents could be extracted and thus making the preparation less concentration

4-*Hima*, the drug is kept in cold water, hence the extraction of water soluble content is still less. Here as without heat contact complete extraction is not possible and it become light

5-*Phanta*, the drug is allowed to remain in contact with hot water for very short period hence a very mild active principles are extracted and least concentrated than the other preparations.

Secondary preparations

These preparations are *Rasa kriya*, *Avaleha*, *Sneha kalpana*, *Asava arista*, *Vasti kalpana*, *Nasya kalpana*, *dhuma* and *Netra kalpas*. As per preparing these preparations either *kalka*, *kwatha* etc. has to be prepared first and they need further processing.

Matra

Ayurveda the science of life has not only emphasized *ahara* but also entire quality of it. For this entire quality *matra*, *desha* and *kala* have their own importance. *Matra* is the only factor which could be under influence of an individual. *Matravatahara* clearly indicating the importance of timely having the food in maintaining the *swastha*. Dosage of drug plays a vital role in the management of the disease. The dose should be decided on the basis of *agni*, *roga* and *rogi bala*.

Anupana is a substance, which is taken along with or after the intake of *aushadha dravyas*. It helps not only for the palatability but mainly for carrying the *aushadha dravyas* to the target place. By which it increases drug bioavailability and facilitates easy absorption. By the *yukti* of *vaidya*, a specific *anupana* with specific *dravyas* gives specific effect in diseases. Hence the concept of *anupana* is having a major role.

Discussion and Conclusion

1) *Aushadhi matra* and *ahara matra* are entirely different, *Ahara matra* is depend on *guru* and *laghu guna*, but *aushadhi matra* is depend on its *rasa*, *guna*, *virya*, *vipaka* and *prabhava*. i.e. *ahara* is *rasa pradhana*, *aushadhi* is *virya pradhana*.

2) *Aushadhi matra* is mainly depending on *agni*, *roga* and *rogi bala*.

3) Dosage of drug plays a vital role in the maintenance of health.

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