



Importance of *Panchavidha Kashaya Kalpana* in *Ayurveda*: A Review Study

Dr. Amit Kumar Manohar¹, Dr. B.L. Saini², Dr. Avadhesh Kumar Bhatt³

¹MD Scholar, Department of *Rasashastra* and *Bhaishajya Kalpana*, M.M.M. Govt. *Ayurved* College Udaipur (Rajasthan)

²Associate Professor, Department of *Rasashastra* and *Bhaishajya Kalpana*, M.M.M. Govt. *Ayurved* College Udaipur (Rajasthan)

³Professor & H.O.D., Department of *Rasashastra* and *Bhaishajya Kalpana*, M.M.M. Govt. *Ayurved* College Udaipur (Rajasthan)

ABSTRACT

Ayurveda has received worldwide attention due to its effective approach to treating diseases and minimal use of medications. There are many effective preparations that can cure many diseases, but their short shelf life and bad taste make them difficult for patients to use. *Kalpana* improve the effectiveness of medicines by adding special chemicals through processes such as refining (*shodhana karma*) to improve the durability and taste of the medicine. Need to use it to upgrade current system. Create new formulations with long lifespan and patient acceptance without compromising the core content. This makes it possible to better treat many diseases. It can also be adjusted according to the patient's needs by balancing the *Dosha* according to the severity of the disease. However, current preparations need to be updated with new formulations having longer shelf life, better taste and based on *Ayurvedic* principles. This article examines the meaning of *Panchavidha Kashaya Kalpana* and how it has evolved today. Specializing in *Ayurveda*, *Bhashajya Kalpana* focuses on the procurement, operation and use of effective medicines for treatment. *Dravya* (medicine) is an important part of *Ayurvedic* medicine. To understand the historical development of *Bhaishajya Kalpana*. The first systematic knowledge of *Bhaishajya Kalpana* is found in *Charaka Samhita*. In *Charaka Samhita*, the word *Kalpa* is used for 'preparations' *bhaishajya Kalpana* is wider branch of *ayurveda*. *Kalpanas* increases the potency of medicine by adding or generating special property.

KEYWORDS: *Panchvidh kashaya kalpana, Swarasa, Kalka, Kwatha, Hima, Phant*

INTRODUCTION

Everyone can get drugs into their body through food or medication. However, all medications should be designed to be easy to administer. Various techniques called *Kalpana* have been derived. *Kalpana* mentions the processes and procedures involved in the design process. *Kalpana* therefore means modification of a process or mode of production of medicine using one or more medicines. The most important and widely used preparation is *Panchavidha Kashaya Kalpanas*, which forms the initial form and basis of many medicines. I would appreciate any changes that could be made to this model. This article is an attempt to analyze the importance of *PanchVidha Kashaya Kalpana*. *Ayurveda* describes the main process of preparing herbs in five types: This process is called *Panchavidha Kashaya Kalpana* in *Ayurveda*. We can also think of five ways to drink herbs. This technique is described in *Charaka Samhita* and several classic books of *Ayurveda*.

Panchavidha Kashaya kalpana is the beginning/initiation/preparation of *bhaishajya kalpana* as recognized and found in *Ayurveda*.

Aims & Objectives

To evaluate the importance of *Panchvidha Kashaya Kalpana* in drug preparation. Make it easy to administer in patients by preparing different type of formulations. With *Kalpana* the drug potency is increased and more palatable.

Concept of Panchavidha Kashaya Kalpana

Kalpana is a process/modification that transforms a medicine into different types of medicines. Medicines intended for medical use cannot be used in raw form and must be processed into a form suitable for medical use. *Panchavidya Kashaya Kalpana* are: *Swarasa* (juice), *Kalka* (paste), *Shruta* (decoction), *Sheet/hima* (cold decoction) and *Fanta* (hot decoction) Although they have medicinal value, they still cannot be used for all cases/diseases as their effects vary depending on the form.

अथातः स्वरसः कल्कः क्वाथश्च हिम फाण्टकौ | ज्ञेयाः कषायाः पञ्चैते लघवः स्युर्यथोत्तरम् || (शा. म. 1/1)

SWARASA (*Expressed juice*)

The juice which is obtained immediately after taking the medicine which does not get destroyed in any form, after crushing it with a mortar and pestle, keeping it in a cloth and then pressing it, is called *Swarasa*. *Swarasa* extracted from part of the plant by using any mechanical force. *Jaliyansa* and *parthivamsa* predominant drug are preferred for the preparation of *swarasa*. It is most potent and guru among the five *kashaya kalpanas*.

Synonyms- *Rasa, Swarasa, Niryas*

There are three methods to for extract of juice

Method 1- Fresh juice is obtained by crushing the green herb, squeezing it and then filtering it (the liquid) through a piece of cloth. There should be no impurities in the plant. Example- *Adrak swarasa*

Method 2 – *Acharya sharangdhar* said that for dry plants, the necessary/desired parts should be crushed and soaked in double volume of water overnight. (Water: drug = 2:1) The next morning, crushes the plant and filters it through a cloth. Example – *Dhanyaka beeja*.

Method 3 There are some plants which are dry or fresh but we still cannot extract the juice from them by heating them with cow dung cake, this makes them soft and hence the juice can be easily extracted. For such plants, *putpak swarasa vidhi* is used. Ex: *vasa patra putpaak swarasa*.

There are two preparation methods

1. *Niragnisiddha Swarasa*

2. *Sagnisiddha swarasa*

Source of Expressed Juice

- Leaves, Fruit, Flower, Root, Bark, Rhizome

Prakshepa dravya - it is used to make the preparation more palatable and to increase its potency. According to *sharangdhar madhu,shita,ghrita,gud,lavana,kshar,churna,tail,jeerak* all are in 1kol (6gm) *praman* used in *swarasa* as *prakshepa dravya*.

PUTPAK SWARASA:- The medicine for which *putpak swarasa* is to be obtaining is first prepared in the form of *kalka*. Then after puts this *kalka* on a leaf made from any one of *Kashmiri, Vat* and *Jambu* etc. and then ties it with a thread. Now a coating of wheat flour equal to the thickness of the thumb is applied on it and then a layer of mud of two finger thickness is applied on top of this coating and it is dried. Now put it in the fire and let it burn until the clay layer on top becomes ember colour (red). After that, after taking it out from the fire, removing the coating, placing the medicine *Kalka* in a cloth and applying the medicine, one gets *Putpak Swarasa*.

Dosage

Putpak swarasa dose is 1 pala (48 gm) according to *sarangdhar*.

Prakshepa Dravya:- *madhu- 1karsha(12 gm), kalka, churna,Dravya-1 kol(6gm)*

Example:- *vasaputpak swarasa*

Uses of *swarasa Kalpana*

- It is used in preparing *rasayana* e.g. *madukparni swarasa*.
- It can be administered as an medicine.
- It is readily used as *anupana* along with other forms of medication
- It has *Guruta* and *viriyata* is comparatively maximum
- 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 Swarasa* in various diseases like cough, coryza, influenza etc.
- Used as vehicle in pharmaceutical processings for trituration processes in preparation of medicines as well as purification of different drugs. e.g.- *Nimba Swarasa* in ABV, *Nimbu Swarasa* in *Hingula* purification etc.
- Used for preparation of *Rasakriya* and *Avaleha*.
- Used for preparation of *Asava/Arista*
- *Swarasa* of Single herb used as internal medication such as *ikshu, dadima,draksha* etc.

- *Swarasa* of some herbs are used for external application such as *Gandusha*, *Avagaha*, *Parisheka* etc.
- *Swarasa* used as an *anupana* of the drugs or formulations.
- It is used as *bhavana dravya* in different preparations.

Example

- *Tulsi swarasa*
- *Adrak swarasa*
- *Kumari swarasa*
- *Vasa putpak swarasa*
- *Syonak putpak swarasa*

SHELF LIFE- 24 Hours

Dosage

Niragnisiddha- ½ *Pala*(24 gm)

Sagnisiddha- 1 *Pala*(48 gm)

Merit of *swarasa*

- It can be prepared easily.
- It can be used easily in patients.
- The possibility of error in determining its quantity is very less.

KALKA (Fine Paste)

A soft paste made by pounding the medicine or paste to obtain juice is called *Kalka*. While defining *Kalka*, *Acharya Vagbhata* mentions about the equipment required to prepare it. He says, *Kalka* is a paste prepared by grinding the drugs with the help of stone or teeth. According to *Sharangadhara*, *Kalka* is soft paste, of a wet or dry drug prepared by grinding wet drug without adding water and dry one with little quantity of water.

Synonyms- *Prakshepa*, *Avapa*, *kalka*, *Pinda*.

DOSAGE AND SHELF LIFE OF KALKA

The dose of *Kalka* (paste) for internal use is **1 Karsha** (12 gms). Its *Saviryata Avadhi* is said to be *Sadyosevan* means it consumed immediately after the preparation. For external use of *Kalka*, sufficient quantity was used depending upon the area to be applied.

PRAKSHHEPA DRAVYA (ADJUVANT)

<i>Prakshepa Dravya</i>	Ratio to <i>Kalka</i>
Honey, ghee and oil	Double
Sugar, and jaggery	Equal
Any natural liquid and liquid preparation	Four times

These *Prakshepa Dravyas* make the drug palatable, quick acting and add their own properties too.

IMPORTANTS OF KALKA KALPANA

1. It is used as a drug for e.g. *Rason Kalka* for *Vatavikara*.
2. *Kalka* is used in many other secondary preparations like *Guti*, *Avleha*, *Sandhan Kalpana*, *Sneha Kalpana* etc.
3. *Kalka* is also used as an adjuvant when administering other substances or liquids.
4. *Kalka* used for the *Shodhana* and *Marana* of *Ras-dravyas*, e.g. *Rason Kalka* for *Parad Shodhana*.
5. It is mostly used for external application, for example *Nimb Kalka* for *Vrana Chikitsa* and *Kushtha Chikitsa*.

Example:

- *Nimb kalka*
- *Rason kalka*

KWATHA (Decoction)

Kwatha is medicinal preparation in which coarsely powdered medicinal drug is boiled in sixteen times of water until residual portion of liquid is reduced to one eighth of entire matter and is filtered. The filtered liquid is termed as *Kwatha*. Seven types of *kwatha* have been mentioned according to the therapeutic properties. They are *Pachana, Deepan, Shodhana, Shamana, Tarpan, Kledana, & shodhana*. It has the most varied application from therapeutics to pharmaceuticals. *Charak* is said that the liquid boiled over *agni* is *shruta* or the *kwatha*. *Kwatha* preparation depending on the nature of the drugs.

Synonyms – Kashaya, Shruta, Niruha

- Soft drug – 4 times of water
- Medium and hard drug – 8 times of water
- Very hard drug – 16 times of water
- ✓ All reduce to $\frac{1}{4}$

Kwatha preparations depending on the quantity of the drug

Quantity of <i>Kwathaya Dravya</i>	Quantity of water
1 <i>Masha</i> - 1 <i>Pala</i>	16 times of water
Above 1 <i>Pala</i> upto 1 <i>Kudav</i>	8 times of water
Above 1 <i>Kudav</i> upto 1 <i>Prastha</i>	4 times of water
Above 1 <i>Prastha</i> upto 1 <i>Khary</i>	4 times of water

Prakshepa

Prakshepa Dravya added to *Kwatha* increases palatability and therapeutic efficacy.

Prakshepa Dravyas of Kwatha and their quantity

- *Sita* should be added in *Kwatha* either in $\frac{1}{4}^{\text{th}}$, $\frac{1}{8}^{\text{th}}$ or in $\frac{1}{16}^{\text{th}}$ part depending upon *Vata, Pitta* and *Kapha* type of disease.
- If *Madhu* is to be added then its quantity should be $\frac{1}{4}^{\text{th}}$ for *Kaphaja*, $\frac{1}{8}^{\text{th}}$ for *Pittaj* and $\frac{1}{16}^{\text{th}}$ for *Vataj* disorders.
- *Jiraka, Guggulu, Kshara, Lavana, Shilajatu, Hingu* and *Trikatu* should be added in one *Shana* (3gm) quantity.
- *Kshir, Ghrita, Guda, Taila, Mutra, Kalka, Churna, Kalka* etc. should be added in one *Karsha* (12gm) quantity.

Precautions to be taken in Kwatha Kalpana –

- Only *yavakuta churna* drugs should be considered to prepare *Kwatha*.
- Chemically inert vessel should be used to boil *Kwatha*.
- During preparation of *Kwatha* heat should be maintained from mild to moderate during boiling.
- The vessel should not to be covered during boiling it should be kept open.
- *Praksepa dravyas* and their quantity.
- The quantity of sugar and honey depending on different disease conditions.

Example:

- *Punarnavashtaka kwatha*
- *Rasnasaptaka Kwatha*
- *Kulatha kwatha*

Shelf life : 1 Prahar i.e., 3 hrs.

The shelf life of decoction is very small, and it is advised that to be used immediately after preparation.

Dose – 2 pala(96ml)

Importance and uses of kwatha

- It is used as *bhavana dravya* in preparation of many formulations.
- Used as base drug in *Sneha Kalpana* (Oil and Ghee preparation).
- Used as adjuvants during pharmaceutical preparations of different types of medicines. e.g.- *Lavangadi Vati (Apamarga-Chitraka Moola Kwatha)*
- *Kwatha* is used as *anupana* after medicines.
- It is used as base drug in *Asava- Arista* preparations.
- It is used externally for *Vrana Prakshaalana, Avagaahana* in Skin diseases.
- It is used as adjuvant during purification and calcinations of minerals, metals, *visha-upavisha* etc.
- *Kwatha* is generally uses in *gandusha* and *kavala* in much *rogas*.
- It is used in preparation of *netra kalpas*.
- *Kwatha* is used as *shodhana dravyas* in different types of mercurical processings.
- In skin diseases *kwatha* is used externally as *Vrana Prakshalana , Avagahana* etc.
- According *Aacharya Charaka*, *kwatha* is used in formation of *Sneha kalpana, Seka, Vranshodhana, Aashchyotana, Gandusha, Niruhvasti, Paana* etc.
- *Ghana* (extract) is also prepared from *kwatha*.
- For *niruha basti* these preparations are 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.

HIMA KALPANA (Cold Infusion)

Hima Kalpana is a simple preparation in which the medicine in the form of coarse powder is soaked in water for a defined time to facilitate its formation and it is easy to change the water-soluble active ingredients of the medicine into liquid by soaking it. *Hima Kalpana* basically use for *madhuramla rasa* drug that have volatile principles.

Hima is the cold infusion of fragrant or cold potency herbs which are proposed to be used for *Pitta* disorders.

These preparations will usually have *sheettavirya* and *mrduguna*.

These preparations are *pitta shamak, hridaya*, and *sadya santarpaka*.

Synonyms – *Hima Kashaya, sheet Kashaya*

Dosage- according to *Sharangdhara Samhita* is 2 pala (96 ml) and *Yadavji Trikamaji* is 1 pala (48 ml).

Example

- *Dhanyak hima*
- *Sariwadi hima*

Precautions

- The medicine should be used in coarse powder form and only fresh water should be used. Adequate maceration is necessary for the medication to penetrate.
- This preparation is for immediate use only.

Uses of hima

- Used both as internal and external.
- Used externally as *Aschyotana* in *Netra Kalpa*.
- Used as *Bhavana dravya* during pharmaceutical preparation.

- Basically it is used in *pitta* disorders.

PHANT KALPANA (Hot Infusion)

It is the last medicinal preparation included in *Panchavidha Kashaya Kalpana*. In *phant* 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 *phant*. This preparation is used for the drugs which are fragrant in nature and light in structure, free from dense tissue.

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 – 2 *pala* (96 ml)

Uses

- It is used as mainly in *kapha vatta* disorders.

UPAKALPANAS OF PANCHVIDH KASHAYA KALPANA

S.N.	Base <i>kalpana</i>	<i>Upa kalpanas</i>
1.	<i>Swarasa</i>	<i>Putapaka Swarasa, Toya Swarasa, Aasava, Rasakriya, Avaleha</i>
2.	<i>Kalka</i>	<i>Lepa, Pralepa, Upanaha, Churna, Vatika, Gutika (Pills), Pramathya</i>
3.	<i>Kwatha</i>	<i>Ghanavati, Guggulu Kalpa, Vati Kalpana, Phanita Mamsarasa, Yusha, Besavara, Laksha Rasa, Kshirapaka, Peya, Ushnodaka, Vatyamanda, Khandapaka, Ayaskriti, Gandusa, Kavala, Netra Kalpa, Nasa Kalpa, Rasakriya, , Avaleha, Gudapaka, Asava-Arista, Sandhana Kalpana, Sneha Kalpana, Sharkara, Shadanga Paniya,</i>
4.	<i>Hima</i>	<i>Tandulodaka, Panaka</i>
5.	<i>Phant</i>	<i>Sharkara</i>

DISCUSSION

Panchavidha Kashaya Kalpana is the main *Kalpana* of *Ayurveda* and all other *Kalpanas* are derivatives of this *Kalpana*. Due to the difference in plan, *Panchavidha Kashaya Kalpana* is different from each other. *Swarasa* is procured by *Vastranishpidana* of *Dravya* with this *Acharya Sharangadhara* and also mentioned many *Swarasa* arrangements. *Swarasa* is more *Gurutva* (heavy for digestion) than *Kalka*, followed by *Kwatha*, *Hima* and *Phanta*. This means that the size of the first form of medicine is greater than that of the next form. *Kalka* is a product that contains all plants, but also contains cellular waste and indigestible parts, so it has a lower concentration than *swarasa*. It is made by extracting water-soluble and heat-stable ingredients from hard and woody medicinal plants, and the amount of water is determined by the hardness of the medicine used. *Supachita kwatha* is best means “*Gandha varna rasanvitam*” should possess smell, colour and taste as per the ingredient/s used. Basic concept for *Hima kalpana* is that drugs having *sheeta virya* and volatile principles lose their active ingredients by heating so for them this *kalpana* is mentioned. *Phanta* is the last and *laghutam* among *Panchavidha Kashaya Kalpana* and method of green tea preparation resembles with *Phanta*. *Prakshepa dravya* are vehicles which increases the palatability of *Kashaya Kalpana*. The selection of them has to be done basing on the disease or the temperament of the individual.

CONCLUSION

In our *Ayurvedic* practice, the points mentioned above are often ignored and all preparations are used blindly because they exist. However, in the current situation, it is necessary to create new standards and clearly modify existing ones to achieve wider acceptance. The fast pace of life requires the preparation of material for each task. *Bhaishajya Kalpana* branch plays an important role in helping doctors use this medicine in various forms and treat diseases. Many formulations have been developed to meet the needs for stability, ease of distribution and palatability. However, the basis of all these structures is based only on the five basic *Kalpanas*.

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