



“बेटी बचाओ, बेटी पढ़ाओ”

## Review on Concept of Kashaya Kalpana In Ayurveda

Tulika Sharma

Faculty of Ayurvedic Science

Jayoti Vidyapeeth Women's University, Jaipur, Rajasthan, India

### Abstract

Ayurveda is a Vedic science which explains about the different dosage forms. Everyone is unique and has different needs so; aushad forms vary from person to person and from disease to disease. Drugs are used either as single medicine or as combination in various rogas. The prakriti of the patients, condition of the disease ATHRAV VEDA mentioned panchvidha kashaya kalpanas with different names because it is newly formed at that time ,after nomenclature in Ayurveda these five basic kalpanas are mentioned i.e.swarasa(expressed juice),Kalka(paste),kwatha(decoction),hima(cold infusion),phanta(hot infusion. It is a basis of preparative tools of secondary preparation dosage form i.e. avaleha, snehapaka and sandhana kalpanas. Acharya Charka has clearly mentioned that these kalpanas are to be used by

**Keywords:** Vedic Science, Kashaya, Kalpana, Rog, Kwath.

### Introduction

Ayurveda is-the science of life has two main object i.e., to maintain the Health of healthy person and to cure disease of diseased .The whole system of Ayurveda has been depends upon TRISUTRA. Aushad is very important in that. Kashaya (single drug) to extract water soluble active principle. It is like an instrumental tool to chikitsak.

Ka-body, kaya

Sha-destory, (shonta karmani)

Ya-to control,(yantrana or niyantana)

So kashaya means is a substance or a preparation which sustain the body by removing or correcting the vitiating doshas.

Kalpanas - ability of the drug to obtain the desired result by penetration to the target cells. Through the inherited potency/inculcated physic-chemical property.

Kalpanas are broadly classified into-1.oushadha kalpana.2.Ahara kalpana

Oushadha kalpanas is mainly divided into five-

1. Swarsa- total dissolved material starch and water
2. Kalka-Micro particles of total drug
- 3 .Kwatha-fraction isolation of water soluble particle
4. Hima-heat sensitive
5. phanta-controlled tempture

But different Acharya mentioned different reference-

s.no.	C.s.su.4/6	A.s.k.8/9	A.h.k.6/9	S.s.m.1/1	A.p.1/46	Su.s.44/91	Ka.s.khi.3/34
1	Swarsa	Niryas	Rasa	Swarsa	Kalka	Kshree	Churna
2	Kalka	Kalka	Kalka	Kalka	Churna	Swarsa	Sita
3	Shrit	Niyuha	Shrit	Kwatha	Rasa	Kalka	Swarsa
4	Sita	Sita	Sita	Hima	Taila	Shrit	Abhishav
5	Phanta	Phanta	Phanta	phanta	arka	Sita	Phanta
6						Churna	Kalka
7							Kwath

## Materials and Method

### Parameters for drug design-

- Availability of the raw drug.
- Known properties of the compound/ingredients.
- Specific therapeutic area.
- Potency related t competitive products.
- Molecule's weakness to synthesize the compound (though samskara).

### Nature of expected drug action

- Quick action
- Prolonged action
- Sustained effect (controlled)
- Stable effect

### Relation with Pancha Mahabhuta

Dravyas	Kashaya kalpanas
Parthiva dravyas	Kalka, Kashaya
Jaleeya dravyas	Swarsa
Agneya dravyas	Sritas
Vayavya dravyas	Hima
Akasheya dravyas	Phanta

1.SWARSA –Firstly in ATHRAV VEDA soma rasa is described as Swarsa kalpanas[2] .It is also mention in rig Veda's navam mandala[3] .It consider as king of aushdi in Atharv veda.In modern Juice is expressed out of a drug by mechanical

pressure is Swarsa[4]. The juice extracted from a fresh green drug by pounding it and squeezing through cloth [5]. Swarsa (pure juice) being guru (hard to digest), its dose should be half pala per time and one pala if it is extracted after boiling.

2. Kalka – According to ARTHAV VEDA krambh is indicated as discolouration of poisonous effect on skin [6]. Krambh word is used on behalf of kalk kalpanas. Acc, to modern Kalka is a lump of drug ground with some liquid [7]. A green drug or a stone with a little quantity of water added [8].

3. Kwatha-It is also known as ksirapaka according to AHARV VEDA. It is prepared by boiling a drug on Agni [9]. Ancient physician advice its administration after the digestion of food in doses two pala per time, slightly warmed [10]. These types of decoction are explained in our classics viz [11].

Types of kwatha	Quantity of added water	Reduced water	Example
Mrdu	4 times	¼ part	Pancha mula,Guduchi,Trna,
Madhyama	8 times	¼ part	Lagu pancamula,Brhat pancha mula
Kathina	16 times	¼ part	Daruharidra,Devadaru,Raktacandana

NOTE-According to kasayapa samhita kashaya are 7 in number via

1. Pacana
2. Dipana
3. Sodhana
4. Samana
5. Tarpana
6. Kledana
7. Sosana

Among these pacana & sodhaniya kashaya are prepared by reducing water to 1/4th other 4 kashaya are prepared by reducing to 1/8<sup>th</sup> [12].

#### Harita's concept of kashaya kalpana-

S.no.	Reduction of water	Desired action	Body unit involved
1.	1/1	Tarpana (nutritive)	Rasa
2.	1/2	Pacana (digestive)	Ama
3.	1/4	Kledana (moisturizing)	Kapha
4.	1/8	Shamana (pacification)	Saptdhatu
5.	1/10	Deepan (carminative)	Agni
6.	1/12	Chedana	Mamsa,Meda
7.	1/16	Shoshana	Saptdhatu

4. Hima-Hima kalpana also mentioned in ATHRV VEDA [13]. To prepare hima one pala of powdered drug is put into eight palas of cold water and kept one night in a pot. It is filtered through cloth next morning and used in some dosage as that of phanta. This is known as hima or shita Kashaya (cold extract) [14].

Hima kalpana is a simple preparation where the drug in coarse powder form kept soaked in water for a stipulated time periods to facilitate the transfer of water soluble active principles form drug to the liquid media.

The basic concept of hima kalpana is observable in Maceration & Percolation of modern pharmacy.

(A) Maceration-It is a process of steeping (soaking) a substance in alcohol or some solvent for a specific period without the application of heat. Then the drug is macerated (rubbed) well and filtered.

(B) Percolation-It is a process of extraction of soluble matters by filtration of a liquid menstrum [solvent] through a porous column of powdered material in a special apparatus called "percolator" [15]

NOTE-To prepare hima water is used as the extracting media while in the modern pharmacy different chemical are employed during maceration and percolation process. There by in hima only the water soluble plant principles could be extracted. Where as in macerating and percolation different plant principles soluble in respective solvent are extracted [16].

5. Phanta-Sofeting and extraction the drug in hot water is known as Phanta charka has not specified the quantity of water to be added to prepare a phanta.

Phanta preparation the water soluble extractives are brought into the liquid media and the liquid is used as medicament.

On the contrary Sarangadhara clarifies and opines that to prepare phanta 4 parts of hot water should be added to coarse powder of 1 part of the drug. After some time the powder must be macerated well filtered and used with proper anupana[17].

It is lighest for digestion amongst all the basic preparation. This is mainly advocated for the drugs which are volatile in nature.

S.no	Dosage form	Qualities	Nature	Action
1.	SWARAS	Cold, Heavy	Quick penetration in permeable, Membrane, stimulation of free contents of hollow organs, Mechanical action	Less deepan, Less digestive, Gradul penetration(Acut e condition)
2.	KALKA	Moderately cold & heavy	Moderate digestive & carminative	Gradual but sustained penetration(chro

				nic disease and deep sited doshas)
3.	KWATH	Warm,subtie,sever(penetration)	Carminative & Digestive	Quick & deep penetration, moderate stability, retention in the body(recent disease)
4.	HIMA	Cool, Mild	Coolant, mild nature, less irritant	Less stable, mild action(chronic illness)
5.	PHANTA	Mild, slight warm	Digestive,corminative	Mild action with lesser stability(chronic disease)

### Discussion and conclusion

Most of the pancha vidha kashaya kalpana is continued from Vedic kala. In modern Bhaisajya kalpana only pancha vidha kashaya kalpana is basic kalpana and all other kalpanas are derived of these kalpana. There are more efficient in potency in descending order and are used according to digestive power, strength and need of the diseased condition. They are not all useful everywhere indiscriminately so, those preparations were consider on made which are prepare in less time and with limited source. Also, there preparations have a shelf life of 24hour, so these were prepared and consumed quickly. As there comes an advance in the culture or technology, it becomes easy to store medicine and ways of preserving medicines for long duration were found. Selection of kashaya kalpana for treating purpose depending on various factors like rogas, rogibala.

### References

- [1]. Charka samhita page no.69, sutrasthan, edition-2005 author-Dr.Gorakhnath chaturvedi
- [2]. Atharv Veda 6/15/3
- [3]. Rig Veda navam mandala
- [4]. Charak samhita page no.24, volume-1, edition-2014
- [5]. K.R.Srikanthmuthy sarangdhara-samhita, edition-2012, chapter-1, page no.51,shlok no-2
- [6]. Atharv Veda 4/7/2
- [7]. Charak samhita, edition-2014, volume-1, chapter-5, shlok no.-1

- [8]. Sarandhara samhita, chapter-5, page no-81, sloka no-1  
[9]. Charak samhita, edition-2014, volume-1, chapter-5  
[10]. Sarandhara samhita, edition-2012, chapter-2, page no-56, sloka-3  
[11]. Bhaisajya kalpana, Dr.shobhah hiremath, editon-2016, page no-102, sloka-7  
[12]. Bhaisajya kalpana, Dr.shobhah hiremath, editon-2016, page no-102, sloka-7  
[13]. Atharv Veda 4/7/1  
[14]. Sarandhara samhita, chapter-4, page no-79, sloka-1  
[15]. Bhaisajya kalpana, Dr.shobhah hiremath, page no-117  
[16]. Bhaisajya kalpana, Dr.shobhah hiremath, page no-118  
[17]. Bhaisajya kalpana, Dr.shobhah hiremath, page no-126