

REVIEW ARTICLE ON *KLEDA NIRMAN PRAKRIYA*

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## ABSTRACT

The concept of *Kleda* holds physiological, pathological, and therapeutic importance in the human body, even though its clinical significance may not be explicitly recognized in classical *Ayurvedic* texts. While the term is not thoroughly detailed in *Ayurvedic* literature, references to *Kleda* are found throughout the *Bruhatrayi* (the three major treatises of Ayurveda). According to *Acharya Charaka*, *Kleda* is considered one of the six *Ahara Pariṇamakara Bhava*—key factors involved in the biotransformation of food. This highlights its role in digestion and metabolism. Beyond these functions, *Kleda* plays a vital role in various bodily processes, such as circulation, respiration, excretion, and skin protection, particularly through sweating. Its primary attribute is contributing to the moisture balance in the body, making it synonymous with water (*Udaka*) in a broad sense. However, when *Udaka* specifically performs the function of *Kledana*

(moistening, wetting, or liquifying), it is referred to as *Kleda* also known as *Aahar Rasa*.

**KEYWORDS:** According to *Acharya Charaka*, *Kleda* is considered one of the six *Ahara Pariṇamakara Bhava*—key factors involved in the biotransformation of food.

## INTRODUCTION

The term *Kleda* is derived from the root word *Klid*, which signifies "to wet" or "to moisten." This implies that *Kleda* refers to an entity responsible for imparting wetness. It is regarded as a *Dravya* (substance) with specific attributes and roles. Representing the *Jala Mahābhūta*

Article Received on  
23 November 2024,

Revised on 13 Dec. 2024,  
Published on 15 Jan. 2025

DOI: 10.20959/wjpr20252-35141



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(water element) within the body, *Kleda* is associated with properties such as fluidity (*Drava*), unctuousness (*Snigdha*), and softness (*Mṛudu*), which contribute to the softening and loosening of solid structures. Essentially, *Kleda* can be understood as a modified form of *Udaka* (water) with enhanced functional characteristics.

*Kleda* is *Ahara Rasa* of Our Body - the nutritive essence derived from digested food. During the process of digestion, Food undergoes transformation with the help of various *Ahara Pariṇamakara Bhavas*. This ensures proper mixing and absorption of nutrients, promoting the formation of *Dhatus* (body tissues).

## MATERIALS AND METHODS

### 1. Literature Review

- Classical *Ayurvedic* texts, including *Charaka Samhita* and *Sushruta Samhita*, were systematically reviewed for references to *Kleda*.
- Modern scientific databases, such as PubMed and Scopus, were searched for research on related topics like *Kleda* and *Aahar Rasa* in Ayurveda.
- Inclusion criteria focused on physiological, pathological, and therapeutic discussions of *Kleda*.
- Modern Techniques like ChatGPT AI.

## DISCUSSION AND CONCLUSION

### Practical Process Of *Kleda Nirman Prakriya*

#### What is *Agni*?

*Agni* is a conversion force of the universe. It Converts Kinetic energy of the Universe to potential energy and potential energy to Kinetic energy.

*Agni* is not a body component. Body components are *Dosha*, *Dhatu* and *Mala*, from which the body is made. *Agni*, *Aatma*, *Prana*, *Mana* etc. are tenants of the body. They always try to leave the body, but our *karma* pulls them back to the body. As soon as our karmas are exhausted, the tenants of the body leaves our body and goes away forever.

#### Conversion Level 1

*Agni* is made up of 6 Conversion Factors also known as Essential *Bhavas*.

*Sneha*, *Ushma*, *Vayu*, *Kleda*, *Kala*, *Samayoga*.

On the Universe level this *Agni* is called Energy.

If move an object from place A to B, These 6 *Bhavas* are needed for converting potential energy to Kinetic energy And then Kinetic energy to potential energy.

These 6 *Bhavas* are in reality *Parinamakara Bhavas* of the universe and when they happen to be in our body, they are called *Aahar Parinamakar Bhava*. - *Loka Purush Samya Siddhanta*  
Every Conversion of Universe happens due to these.

Compost *Sneha* + *Surya Ushma* + *Varsha Kleda* + Enviromental *Vayu* + *Ritu Kala* + *Samayoga* → Converting *Panchmahabhuta* of Universe to *Dhanya/Anna*.

### Conversion Level 2

This Happens in our Kitchen.

Direct *Agni/Heat* Providing to the *Dhanya* + *Sandhukshan* via *Vayu* + *Jala (Kleda)* + *Sneha* + Time (*Kala*) + *Samayoga* → *Paka* of *Dhanya*

If Any of These are more or less, it will lead to improper *Paka* of *Dhanya*.

This *Dhanya* will now be called Food/*Aahar*.

### Conversion Level 3

Identification of *Agni* Physiology. *Ayurvedic* Physiology starts from here.

When we start to taste this prepared food/*Aahar*, as soon as it touches our mouth the *Bodhaka Kapha* activates. This *Bodhak Kapha* identifies *Sneha*, *Ushma*, *Vayu*, *Kleda*, *Kala*, *Samayoga* of this food. This Identification process is called *Bhojan Panchikaran*.

This *Panchikaran* will lead to Binary Conversion of Food.

Binary Conversion – द्विविधं हि खलु सत् च असत्

Whole universe works on behalf of this principle. It is present or it is not.

When we eat this food, it may be pizza, fruit, juice, roti for us but for *Bodhaka Kapha*, it is *Sata* and *Asata* means something is present or not.

Now *Bodhaka Kapha* analyses the amount of *Shad Bhavas* of food and searches into *Smriti* for cellular memory of food and decides how much *Panchikaran* of food is needed.

Every Person's *Parinamakar Bhavas* are unique. Amount of *Panchikaran* depends upon that. *Purusham Purusham hi veekshyam*. It depends upon *Tara Tamatva* of the 4 *Agni* of Body – *Samagni*, *Vishamagni*, *Mandagni*, *Teekshnagni*.

If 10 People eats the same food, the *Parinamakar Bhavas* of every person will be different, so digestion time of that same food will differ in all of those people.

This *Smriti* will now send compensatory *Aahar Parinamakar Bhavas* to *Mana*, then *Mana* will give signals to *Koshtha* for releasing particular amount of *Agni*. That is why *Dwadash*

*Ashana Pravicharna* is important. Because all this process will happen between touching the food until it reaches *Annava Srotas*.

That is why Traditional food and food genetics are important because that data is already feed in our *Smriti*.

Now this *Agni* will release *Pachak Rasa*.

#### Conversion Level 4

##### *Jatharagni* Physiology

In This Process, Formation of *Sthool Roopa Kapha*, *Pitta*, *Vata* takes Place.

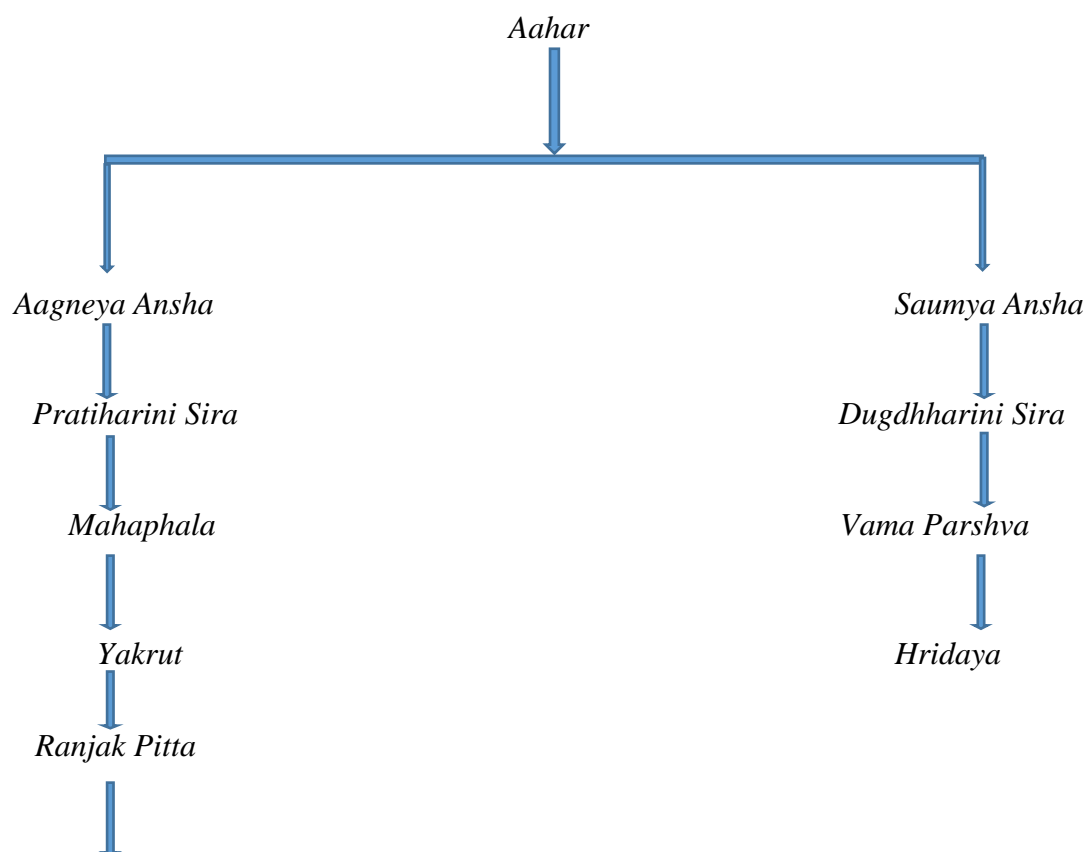
As soon as food reaches *Aamashaya*, it gets mixed with *Pachak Rasa* and this food becomes punk like bolus.

This bolus contains *Phena*, कफो भावात् फेनभूत उदीर्यते

this *Phena* is not *Kledaka Kapha*. This *Phena* is raw *Kapha* (*Dravya Roopa Kapha*) – which gives nutrition to all 5 *bheda* of *Kapha*.

This bolus now goes to *Pittadhara Kala* and gets added with more *Dravatva* and transforms into more *Tanu Bhava* Bolus. Due to this *Dravatva*, formation of raw form of *Pitta* takes place. This raw pitta gives nutrition to all *Pitta bheda*. पित्तमच्छमुदीर्यते

This conversion proceeds ahead and binary conversion takes place →



*Adho Mahashira*



*Hridaya*

This *Saumyansh* is now called *Shweta Rasa* and *Agneyansh* is called *Rakta Rasa*.

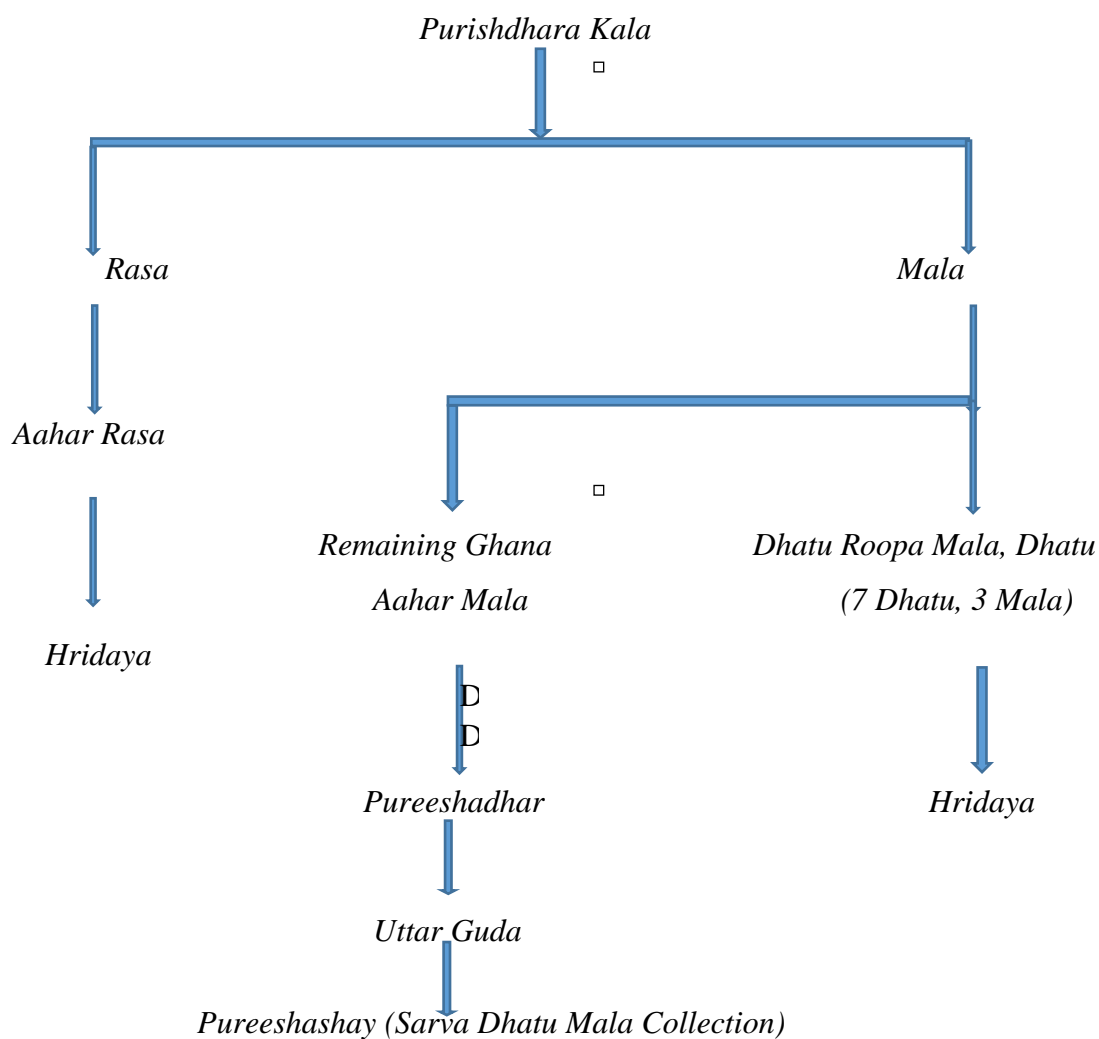
This food without *Agneyansh* and *Saumyansh* is called *Dravansh*(*Udakansh*)

This further goes to *Grahani* and *Dravansh* absorption takes place in *Unduka*

→*Mahaphala* → *Hridaya*

After absorption of *Saumyansh*, *Agneyansh* and *Dravansh* from *Aahar*, this *Aahar* is left with pure solid punk.

This solid punk goes to *Purishdhara Kala* (*Rasa Mala Viveka*)



In all of this process formation of raw form of *Vayu* takes place, which gives nutrition to all *Vayu*. वायुः स्यात् कटुभावन.

Now *Hridaya* contains *Rakta Rasa*, *Shweta Rasa*, *Udakansh*, *Dhatu Roopa Mala*, *Dhatu*, *Aahar Rasa* → this combinedly called *Kleda*.

*Ksheer Dadhi Nyaya* – *Kleda* formation from *Aahar*, now we cant find *aahar* in this *Kleda* just like we cant find *Ksheer* in *Dadhi*.

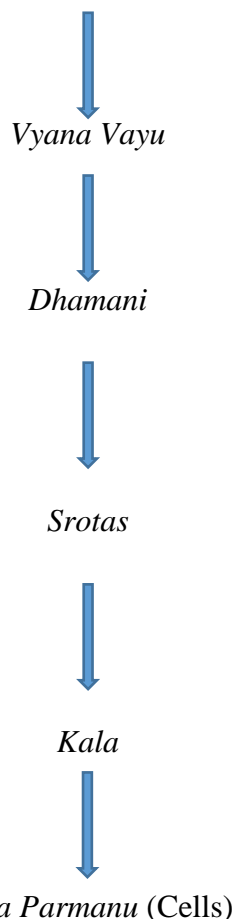
### Conversion Level 5

Starts from *Hridaya*

Cluster of all this components is now called *Kleda* also known as *Aahara Rasa*.

This *Kleda* now circulates to whole body.

*Kleda/Aahara Rasa in Hridayaa*



(शरीर अवयवस्तु देह परमाणु भेदेन अपरिसंख्येय भवन्ति)

### Conversion Level 6

*Dhatvagni Physiology*

This is What happens at cellular level -

मूत्रस्य क्लेद वाहनं– transferring extracellular *Kleda* into intracellular level

If *Mutravaha Srotas* hampers → Vascular Nutrition increases → *Ati Kleda Awastha* similar to accumulation of fluid/enzyme/chemical compound outside the cells; Hyper Condition outside the Cells.

*Kleda* deficiency inside the cells; Hypo condition in the cells.

Once *Kleda* enters, स्वेदस्य क्लेद विधृति

*Swedavaha Srotas* restricts *Kleda* from coming back to extracellular space.

प्रीणनं जीवनं लेपः स्नेहो धारणपूरणे । गर्भोत्पादश्च धातूनां श्रेष्ठ कर्म क्रमात् स्मृतम् ॥

*Karma* of *Dhatu*s depends upon *Dhatvgni*. When function of particular *Dhatu* doesn't takes place appropriately that means that is having *Dhatvagnimandhya*.

अवष्टम्भः पुरीषस्य *Avashathambhan* means managing like Gatekeeper

How much *Kleda* can enter (*Vahan*), how much should *Dharan*, when to stop *Kleda* from entering, all depends on *Purish*. That's why *Purish* is *sthan* of *Agni*.

This is how *Kleda* formation takes place.

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