

APPROPRIATE DEFINITION OF PANCHAVIDHA KASAYA KALPANA AND ITS USE

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पंचविधकषाय कल्पना

अथातः स्वरसः कल्कः क्वाथश्च हिमफांटकौ ।

ज्ञेया कषायाः पंचैति लघवः स्युर्यथोत्तरम् ॥ ... शा.सं.म.खं. १-१

Regarding this topic we find very rare references in Samhita. It is clear from literary review that our Acharyas of Samhita period were using mainly freshly prepared panchavidha kasaya kalaps to treat the patients. So, there was no question of preservation of the drug or its expiry period.

Defination

Panchavidha means five types. The term Kasaya consists of 3 letters.

*Ka means kaya,

*Sa means destruction and

*Ya means yantrana or niyantrana.

Kalpna means modificatory procedures like griding, pounding, heating, frying, boiling etc carried out to potentise the drug action, to enhance the shelf-life of the drug/drugs, to improve the palatability and to fulfill the patients compliance.

Nature of kasaya kalpanas

Kasaya kalpanas are five in number viz. Swarasa, Kalka, Kwath, Hima and Fanta.

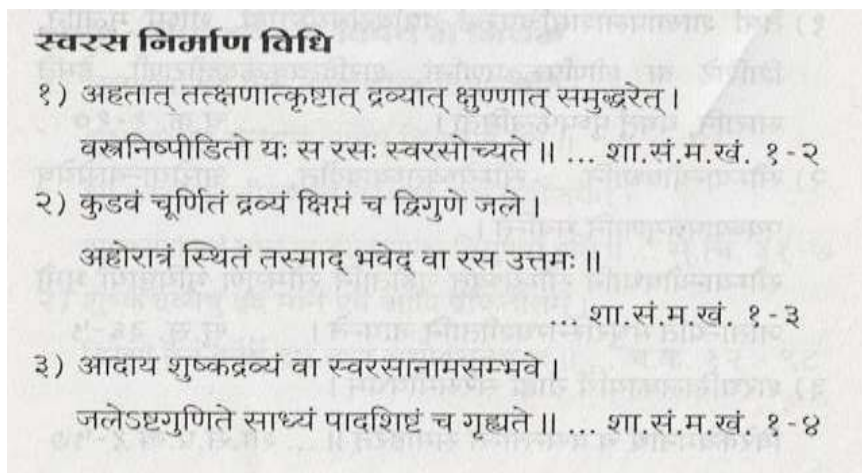
While narrating the types of kasaya kalpanas, Sarangadhar adds that all these five fundamental preparations are light for digestion in their ascending order i.e. swarasa is the

heaviest (guru) and phanta the lightest (laghu) preparation for digestion.

According to Vagbhata, panchavidha kasaya kalpanas are potent in their descending order. Swarasa is the most potent preparation and phanta the least potent one. The reason for this may be the percentage and form of active principles (virya) present in a preparation.

Swarasa Kalpana (Expressed Juice of Drugs)

Swarasa-definition



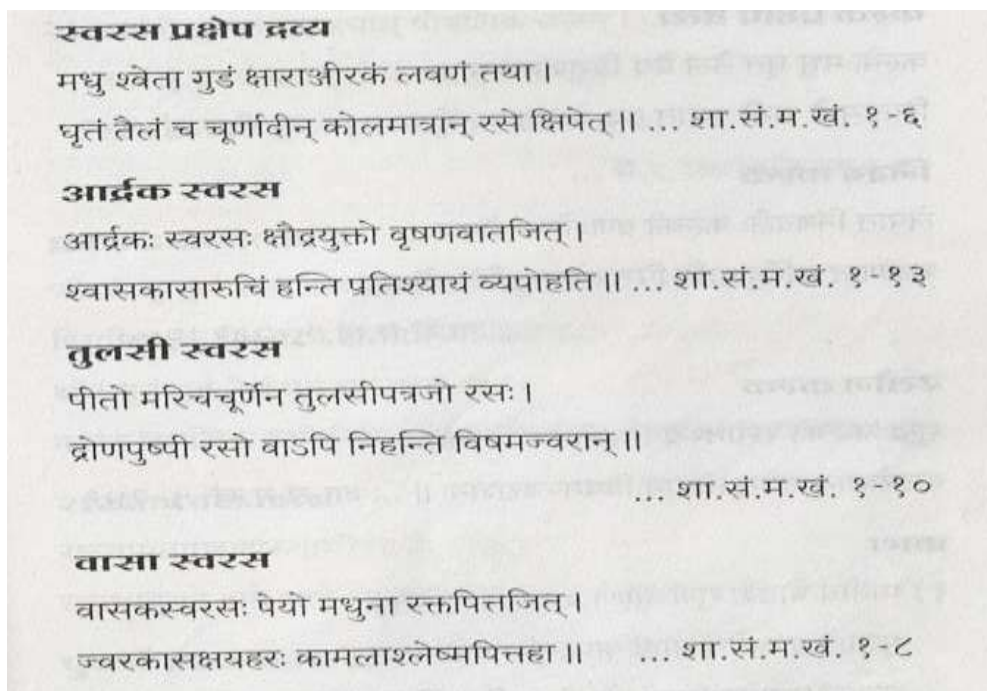
Swarasa is the freshly extracted juice of a plant or a specific plant part. The drug is collected, pounded, and later strained through a clean cloth to obtain swarasa. Four different methods are employed for swarasa extraction.

1. Freshly collected drugs- The juice strained through a clean cloth by freshly collected and properly pounded drug.
2. Dry drugs- One-part coarse powder of the drug is kept soaked overnight in double quantity of water and next morning it is macerated well to filter through a cloth.
3. Very hard drugs- One-part coarse powder of the drug 8 times of water is added, boiled and reduced to one fourth on mild to moderate fire.
4. Fibrous drugs- Kalka of the drug is prepared and it is wrapped with larger non- poisonous leaves (palasa, vata, gambhira, jambu etc) and tied on all sides with cotton thread. Over this ball of kalka and covered leaves, an angula thick mud is smeared. This ball is dried in shade and baked over burning charcoal until red hot. Later it is rolled out of the fire and allowed to cool. Before it is completely cool, the layers are removed one by one and the kalka is strained through a clean cloth to get putapaka swarasa.

Swarasa dosage- 24 ml(half pala) to 48 ml.

Swarasa prakshepaka Dravya and their quantity

To put more palatability/ to improve and hasten the action, honey, sugar candy, kshara, jiraka, lavana, ghrita, taila and other churnas are put in one kola (6 gms) quantity.



Swarasa-shelf life: Swarasa preparations are meant only for instant use.

Swarasa-advantages

- *Guruta and viryata of swarasa are maximum in comparison with other kasaya Kalpana.
- *It is readily used as anupana along with other forms of medication.
- *Used as bhavana Dravya in different preparations.
- *Used in sodhana and marana of rasa dravyas.
- *Used in preparation of many secondary preparations.

Examples- Adraka swarasa, Tulasi and Dronapuspi swarasa, Satavari-Ghritakumari swarasa, Vasa putapaka etc.

Kalka Kalpana(Paste of Drugs)

Definition: Soft mass of the drug prepared by pounding the drug in a clean khalva yantra is called as kalka. It can be prepared from both wet and dry drugs. In case of dry drugs desired quantity of water is added to the fine powder of the drugs and is triturated to homogenous kalka form.

कल्क निर्माण विधि
 द्रव्यमाद्रं शिलापिष्टं शुष्कं वा सजलं भवेत् ।
 प्रक्षेपावाप कल्कास्ते तन्मानं कर्षसंमितम् ॥ ... शा.सं.म.खं. ५-१

Kalka- dosages and shelf life: One karsa (12 g) and for instant use.

Kalka- general uses

- *Kalka is less heavy for digestion in comparison with swarasa.
- *It is used in the preparation of many other secondary preparations.
- *It is also used as anupan (adjuvant) while administering other liquid or solid dosage forms.

कल्क प्रक्षेप द्रव्य
 कल्के मधु घृत तैलं देयं द्विगुणमात्रया ।
 सितागुडौ समौ दद्यात् द्रवः देयात् चतुर्गुणाः ॥ ... शा.सं.म.खं. ५-२

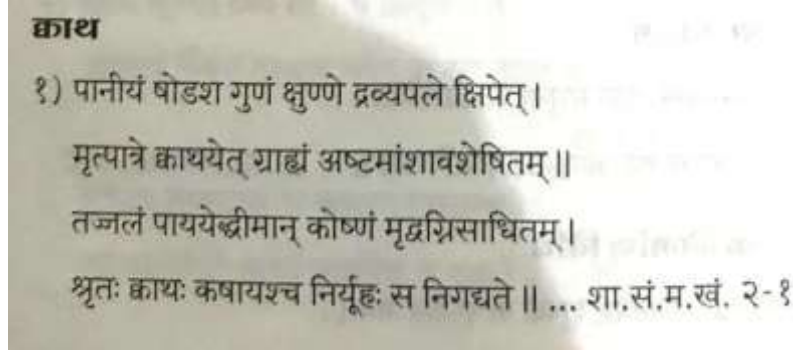
निम्ब कल्क
 लेपात् निम्बदलैः कल्को व्रणशोधनरोपणः ।
 भक्षणात् छर्दिकुष्ठानि पित्तश्लेष्मकृमिं जयेत् ॥
 ... शा.सं.म.खं. ५-२३९, २४०

रसोन कल्क
 शुद्धः कल्को रसोनस्य तिलतैलेन मिश्रितः ।
 वातरोगान् जयेत् तीव्रान् विषमज्वराशनः ॥ ... शा.सं.म.खं. ५-२४१

Example: Nimba kalka, Rsona kalka etc.

Kwatha Kalpana (Decoction)

Kwatha-definition: Kwatha is the liquid preparation obtained by boiling one part of selected Dravya in coarse powder form along with 16 parts of water and is reduced to one eighths part then filtered. The filtrate is called kwatha.

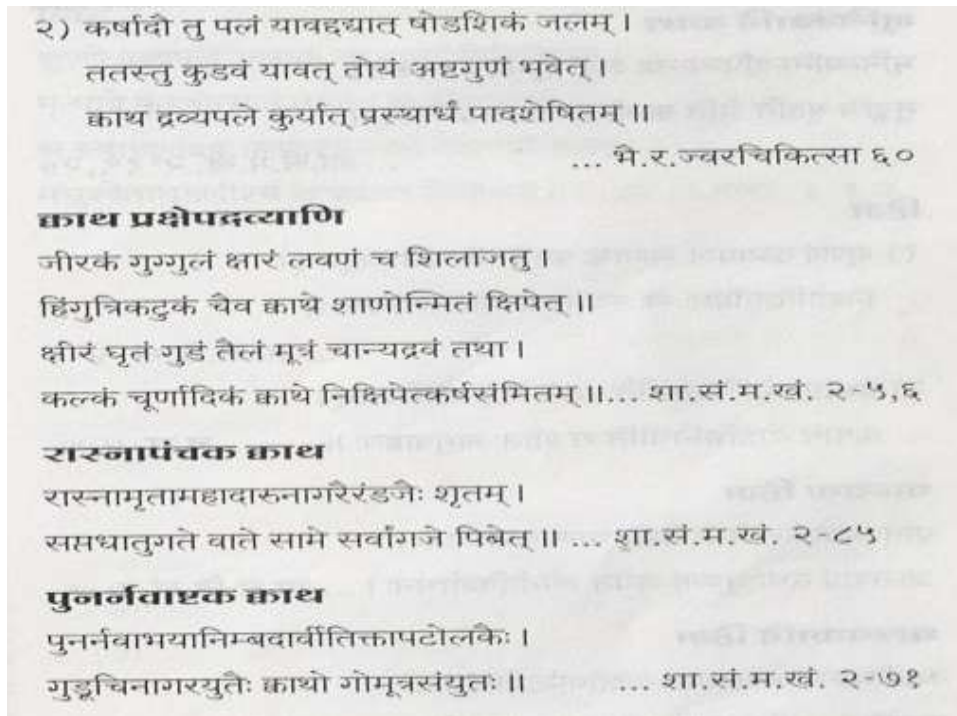


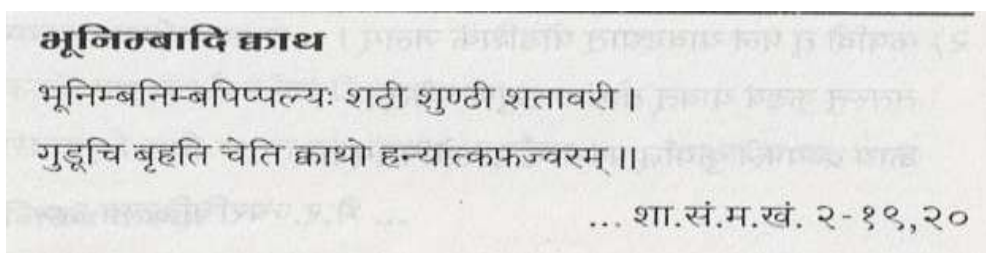
Kwatha- dosages and shelf life: 96 ml (two pala). It is administered after food for better digestion. All types of kwathas are for instant use only.

Kwatha- general uses

- *Kwatha is used in many of the disease conditions.
- *It plays a major role in almost all the ophthalmic treatments.
- *It is used in preparation of many of the secondary preparations.
- *It is a widely used bhavana Dravya in many of the drug purifications.
- *As anupana, kwatha preparations are used in vogue.
- *As niruha basti kwatha preparations are administered.
- *For vrana prakshalana kwatha preparations are considered appropriate.

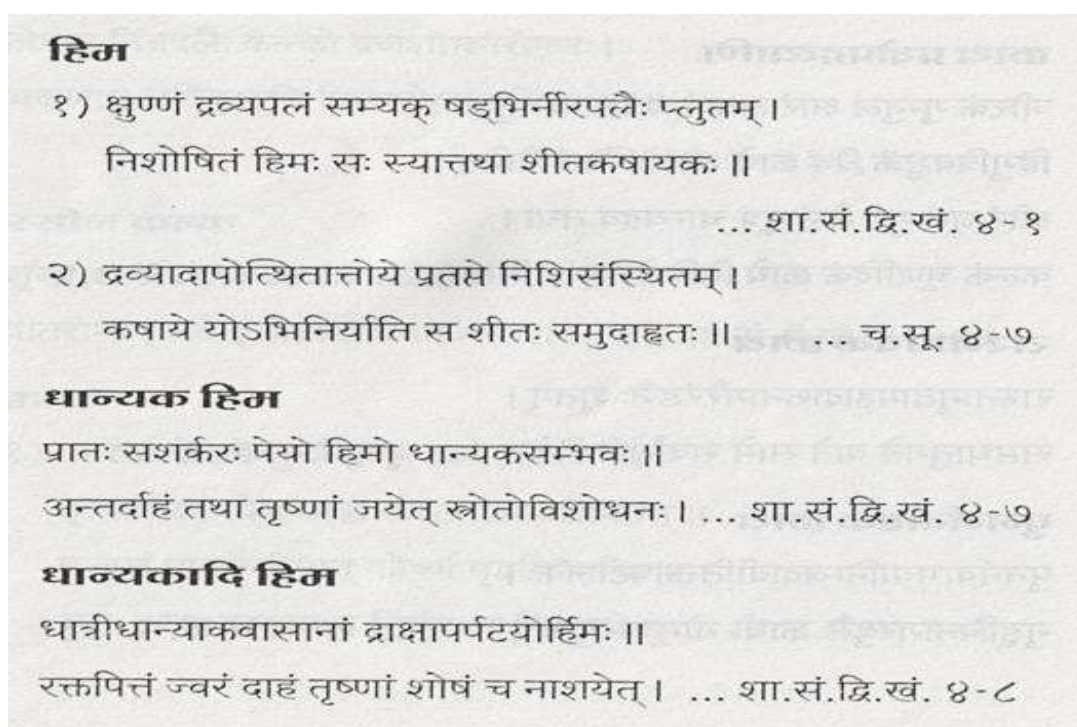
Examples: Rasnadi kwatha, Rasnsasaptaka kwatha etc.





Hima Kalpana (Cold Infusion)

Hima- definition: Hima Kalpana is a liquid preparation where the selected drugs in coarse powder form are soaked in water for a stipulated period to facilitate the transfer of water-soluble active principles from drug to the liquid media.



Hima- dose and adjuvant: Two pala (96 ml). For instant use.

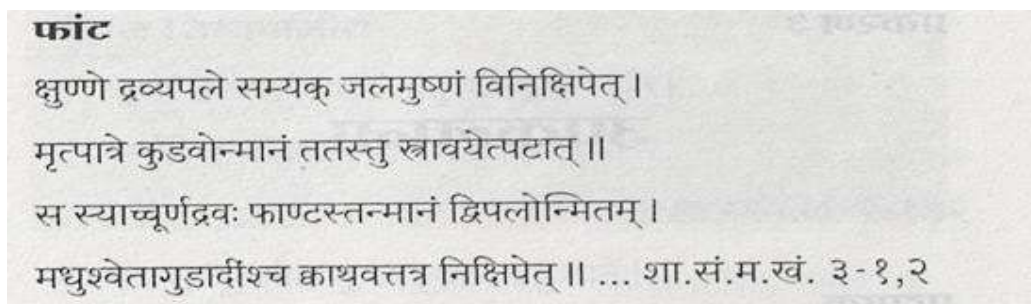
Example: Dhanyaka hima, Dhanyakadi hima, Sarivadi hima.

Phanta- Kalpana (Hot Infusion)

Phanta- definition: Phanta Kalpana is a liquid preparation where the selected drugs in coarse powder form are soaked in hot water for a stipulated period to facilitate the transfer of water-soluble active principles from drug to the liquid media.

Phant-dosages adjuvant: 2 pala (96 ml). For instant use only.

Example: Sudarshanphant, Panchakolaphant etc.



CONCLUSSION

Panchavidha kasaya Kalpana is most important in rasashstra and bhaisajya Kalpana. Raw drugs are plentily available in every house and any one can prepare this panchavidha kasaya kalapana in his/her home at any time and can use it immediately.

UNDERTAKING

Here with we do undertake the article entitled **Appropriate Definition of Panchavidha Kasaya Kalpana and its Use** is an original article and not published anywhere / any magazine at any time.

This is being submitted for kind consideration and publication in your journal.

Thanking You Yours faithfully

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