

**AVALEHA KALPANA: A REVIEW ON CLASSICAL SEMI-SOLID FORMULATION IN AYURVED****Dr. Pradnya Duhijod<sup>1\*</sup> and Dr. Sheetal Agrawal<sup>2</sup>**

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**ABSTRACT**

Avaleha Kalpana is one of the most extensively used secondary pharmaceutical preparations in Ayurveda. This form of dosage is particularly cherished for its ease of use, longer shelf life, better palatability, and greater therapeutic acceptability in all ages. Formulated by traditional methods with the combination of decoctions, sweeteners, powdered drugs, fats, and additives, Avaleha possesses nutritional as well as medicinal value. This review discusses in detail the principle basis, ingredients, preparation process, Paka Lakshanas, storage, dose, and its current relevance. Comparison insight with confectionery items and a discussion of what future pharmacy achievements will be are also covered.

**KEYWORDS:** Avaleha Kalpana, Rasakriya, Ayurvedic Dosage

Forms, Semi-solid Formulation, Paka Lakshana.

**1. INTRODUCTION**

Avaleha Kalpana, also known as Leha, Lehya, or Rasakriya, is a semisolid Ayurvedic preparation prepared largely with the help of decoctions (Kwatha), sweeteners (such as jaggery, sugar, or candy sugar), herbal powders (Prakshepa Churna), fat-based media (ghee or oil), and other adjuncts such as honey. In contrast to tablets or capsules, Avaleha provides an effective drug delivery vehicle in pediatric as well as geriatric patients because of its organoleptic acceptability and simplicity of ingestion.

Avaleha is a secondary Kalpana derived from Kwatha Kalpana. Sharangdhara Samhita, Ashtanga Hridaya, and Charaka Samhita have discussed Avaleha elaborately in the management of various diseases like Kasa, Pandu, and Arsha.

## 2. ETYMOLOGY AND SYNONYMS

Avaleha is named based on the Sanskrit root "Lih-Aswadane," which means to lick or taste. Depending on its consistency, Avaleha is also referred to as Leha, Lehya, Rasakriya, and Ghana.

## 3. INGREDIENTS OF AVALEHA

The preparation contains five major components

1. **Drava Dravya (Liquid Medium):** Swarasa, Kwatha, Hima, or other plant decoctions.
2. **Madhura Dravya (Sweetening Base):** Jaggery (Guda), sugar (Sharkara), or sugar candy (Khandasarkara).
3. **Prakshepa Dravya (Medicinal Powders):** Plant fine powders with high volatile content.
4. **Sneha Dravya (Lipid Medium):** Ghrita (Ghee), Taila (Oil) – to maintain consistency and shelf life.
5. **Additives:** Honey, salts, alkalis, milk products, and bhasmas as the case may be.

## 4. COMMON EQUIPMENT'S

1. Wide mouthed stainless steel vessel.
2. Strong spatula.
3. Jute cloth.
4. Gas burner.
5. Glass jars.

## 5. METHODOLOGY OF PREPARATION

Preparation of the herbal formulation is done in three different stages

### • Pre-Processing

1. Raw herbal material is decocted or juiced: - Herbs are cleaned, sorted, and weighed as per recipe.
  - Material is crushed or chopped coarse to provide more surface area.
  - Herbs are boiled in water or pressed out to release juice, depending on formulation needs.
  - Liquid resulting is filtered to eliminate solid particles.

**2. Purification of sweetening agents by filtration**

- Dissolve sugar or jaggery in water and boil.
- Boiling solution is filtered through a clean cloth to eliminate impurities.
- Filtered syrup is concentrated into the desired consistency.

**Main Processing****1. Even heating is provided using a gentle flame up to the appearance of Paka Lakshanas**

- The decoction or the juice is mixed with the cleaned sweetening substance.
- It is mildly heated while constantly stirring, so that it does not get burnt.
- It is further heated until certain Paka Lakshanas (indications of proper cooking) are seen, like:
  - Soft ball consistency when a drop is dropped in ice-cold water.
  - Thread-like consistency upon being drawn between fingers.

**2. Ghrita or oil is introduced towards the end of achieving final consistency**

- The right kind and amount of fat is weighed and heated.
- It is added slowly to the mixture, blending well.

**3. Add Prakshepa Churna (fine herbal powder) off-flame with constant stirring**

- Turn off the flame and let the mixture cool a bit.
- Fine herbal powders pre-prepared are added slowly while stirring vigorously.
- This helps in uniform distribution and avoids lumping.

**• Post-Processing****1. Add honey once the mixture has cooled**

- The preparation is left to cool to around 40°C.
- Good-quality honey is quantified and slowly added to the preparation.
- This helps maintain the useful characteristics of honey, which are consistent with being ruined through high heat.

**2. Kept in wide-mouthed, airtight glass or plastic containers**

- Dry, clean jars are used for storage.
- Final preparation is filled in the jars while warm.
- Jars are tightly covered to avoid moisture entry and contamination.
- Prepared container with preparation name, manufacturing date, and expiry date.
- Kept in cool, dry place out of direct sunlight.

## 6. PAKA LAKSHANA (CONSISTENCY TESTS)

### Asanna Paka

- LakshanaTantumtva – Forms into thread
- Darvipralepa – Adheres to ladle
- Apsu Majjana – Sinks in water

### Siddha Lakshana

- Anguli Mudra – Leaves fingerprint when pressed
- Gandha, Varna, Rasa Udbhava – Has prominent aroma, color, and taste
- Sthiratva – Stable form
- Sukhamardava – Easy to roll

## 7. DOSE, ANUPANA, AND USAGE TIMING

- **Dose (Matra):** 1 Karsha (12 gm) to 2 Pala (96 gm) according to Rogabala and Rogibala.
- **Anupana (Adjuvants):** Milk, warm water, Vasa Kwatha, Yusha, etc.
- **Time of Administration**
  - Evening for Urdhwajatrugata diseases
  - Before food for Adhobhaga conditions.

## 8. SHELF LIFE AND STORAGE

Avaleha, as mentioned in Sharngadhara Samhita, will be having a shelf life of 1 year if it is kept well in non-reactive, air-tight containers.

## 9. QUALITY CONTROL AND NON-CONFORMANCES

Cause	Possible Non-Conformance
Low sugar ratio	Reduced shelf life
Improper Churna	Reduced palatability
Uncontrolled heating	Charring or fermentation

## 10. COMPARISON WITH CONFECTIONERIES

Avaleha and contemporary confections have commonality in ingredients and action. Both contain sugar and water as starting materials. Avaleha introduces therapeutic significance by using herbs, oils, and mineral preparations.

## 11. FUTURE SCOPE AND DISCUSSION

Growing demand for plant-based and natural products makes Avaleha Kalpana promising in nutraceutical and functional food industries. Greatest efforts need to be focused on Standardized packaging and dosage.

- Clinical efficacy for international use.
- Convergence with new drug delivery systems (e.g., mucoadhesive gels).
- Patenting of classical Avaleha formulations.

## 12. CONCLUSION

Avaleha Kalpana is a widely established, tried and tested Ayurvedic dosage form with versatile advantages. Its ease of preparation, simplicity, and flexibility for formulation improvement make it a good candidate for modern herbal drug development. Pharmacological verification and scientific upgrading can further enhance its utility in contemporary healthcare systems.

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