

## A LITERARY REVIEW ON PANCHVIDHKASHAY KALPANA

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**ABSTRACT**

*Kalpna* enhances the potency of drug by enumerating or creating special property (*Sanskar i.e. vishesh gunantardhana*). It removes the noxious effect of drug by purification (*shodhana karma*). *Kalpna* are prepared according to the *Roga* and *Rogi bala* and helps in curing diseases by balancing the doshas. In the Neolithic times, humans used stone to crush the drugs and extracted the juice or made powder. In ancient era like *Samhitas*, *Nighantus* etc. gives the direct references of the drug's preparation, applications and pharmacological actions. The first description of *Bhaishajya Kalpana* is found in *Charaka Samhita*. The word *Kalpa* is used for 'preparations' In *Charaka Samhita*. In present article we try to emphasize characteristics and preparatory

method of panchvidhkashaya *Kalpna* as well as clinical importance during the treatment of the patients.

**KEYWORDS:** *Panchvidh Kashaya, kalpanas, samhitas.*

**INTRODUCTION**

The *Ayurveda* science depends upon *trisuutra* (*Hetu, Linga, Ausadha*). In these components *Ausadha* plays an important role. *Ausadha* prevents and cures the disease and promotes good health. In *Ayurveda*, for herbal medicine *Panchvidhkashaya Kalpana* (*swarasa, kalka, kwatha, hima, phanta*) has been described in various *samhitas*. *Acharya Shushruta* has described *Shadvidh kashaya Kalpana* in place of *Panchvidhkashaya Kalpana* by adding

*kshira Kalpana* in that and *Acharya Kashyap* has described *Saptvidh Kashaya Kalpana* by adding *churna* and *abhishava*.<sup>[1]</sup> In present article we try to emphasis characteristics and preparatory method of *panchvidhkashaya Kalpana* as well as clinical importance during the treatment of the patients.

**Table no. 1 According to various acharyas kalpanas.**

<i>Acharya charaka</i> <sup>[5]</sup>	<i>Acharya shushrut</i> <sup>[6]</sup>	<i>Acharya Kashyap</i> <sup>[7]</sup>
<i>Swarasa</i>	<i>Swarasa</i>	<i>Swarasa</i>
<i>Kalka</i>	<i>Kalka</i>	<i>Kalka</i>
<i>Kashaya</i>	<i>Kashaya</i>	<i>Kashaya</i>
<i>Hima</i>	<i>Hima</i>	<i>Hima</i>
<i>Phanta</i>	<i>Phanta</i>	<i>Phanta</i>
	<i>Kshira</i>	<i>Churna</i>
		<i>Abhishava</i>

According to the *Kashyap Samhita* it produces some kind of sensation on throat and it helps in removing the diseases.

*Kalpana* means planning or *yojna*. *Acharya Chakrapani* says *Kalpana* means “*Kalpanam upyogarth prakalpanam sanskaranmiti*”.<sup>[2]</sup>

The ayurvedic formulations include not only natural drugs but also include processed drugs presented in various forms like *Churna*, *Swarasa*, *kalk*, *vati*, *aasav aristha* etc. prescribed in order to obtain desired actions of therapeutics and to obtain an easy administration. All these formulations are explained in *Bhaishajya Kalpana*.

## AIMS AND OBJECTIVES

1. To study the clinical importance of *Panchvidhkashaya Kalpanas*.
2. To study the preparatory method of *Kashaya kalpanas*.

## MATERIALS AND METHODS

The major works of *Ayurveda*, *Charaka Samhita*, *Susruta Samhita*, *Bhaishjya Ratnavali*, *Sharangdhar Samhita* and *Harit Samhita* are thoroughly scanned and all the observations are noted and documented in a systematic way.

## OBSERVATIONS

Going through the literature all observations in *samhitas* are as follows...

**SWARASAA (JUICE)**

*Swarasaa* extracted from part of the plant by using any mechanical force. There are three methods to for extract of juice.

Method 1- Fresh juice obtained by crush the green medicinal plant and squeezing then straining it (liquid) through a piece of cloth. The plant should not have any impurities.

Example- *Adrak swarasa*

Method 2 - *Acharya sharangdhar* has mentioned that in case of dry plant, the desired/required part should be crushed and soaked in twice the amount of water overnight. (Water: drug= 2:1) Next morning, the plant is squashed and strained using a cloth. Example – *Dhanyaka beeja*.

Method 3 There are some plants which are either dry or fresh in nature but still we can't able to extract juice from them by heating by cow dung cake it softens them and thn *swarasa* can be extracted easily. For such plants, PUTPAK SWARASA VIDHI is used. Ex: *vasa patra putpaak swarasa*.<sup>[3]</sup>

Use – *swarasa* can be administered as an Aushadhi or in the form of anupan also.

One can take herbal juice without any adjuvant or with warm water.

To make the preparation more palatable and to increase its potency, some *dravya* are added like honey, sugar, jiraka, etc., known as *Prakshepa dravya* and *there*. Quantity should be – 1 kola (upto 6 Grams).<sup>[4]</sup>

Dose- 1/2 pala (24 gm)-*Anagni siddha*

One pala (48 gm)- *Agni siddha*

**Importance of *Swarasa***

All *Swarasa* preparations are used instantly. *Swarasa* can be used as medicine and as *anupana* also along with other yog or it can be used as *bhavana dravyas* in different preparations.

**KALKA KALPANA- (Herbal paste)**

The fresh herb is pounded with the help of mortar and pestle till it becomes soft mass.<sup>[5]</sup> If the herb part is dry like dried bark, then make it in powder form and then soak in water for some time till it becomes soft. It is then made into a fine paste with the help of mortar.

*Kalka Kalpana* occupies second position in this group on the basis of its less concentration. It contains cell debris and other indigestible parts which make it less concentrated.

Synonyms-*Prakshepa, Avapa, Pinda*.

*Prakshepa dravyas* of *kalka* and their quantity-Madhu, Ghrita, and taila should be added in double quantity whereas sita, guda in equal quantity and dravya four times to *kalka dravyas*.<sup>[6]</sup>

Dose – one *karsha* (12gm.)<sup>[7]</sup>

### Importance of *kalka Kalpana*

*Kalka* can be used as a medicine internally and externally and as *murchna dravya* for *Sneha paka* (eg. Trivrit *kalka* during preparation of trivrit taila)

Upkalpanas- *Churna, Vati*

### KWATH KALPANA-(DECOCTION)

*Kwath Kalpana* occupies third position in the *Panchvidh Kashaya Kalpana*. It contains less concentration from *swarasa* and *kalka*.

### Method of preparation

In this *Kalpana* powdered drugs boiled with prescribed quantity of water (4,8,16 times) and then reduced to 1/4<sup>th</sup> or 1/8<sup>th</sup> part and strained.<sup>[8]</sup> The vessel should be kept open throughout the boiling process and stir intermittently. It is also known as *Kashaya* in *Ayurveda*. Variation in the amount of water depends upon harshness of drug, for example in soft drugs (where leaves and flowers are taken), eight times for medium hardness (includes soft barks of plants, roots of shrubs and plants, soft roots, tubers and medium tubers), while 16 times in case where the plant material to be used for making decoction is too hard (Hard barks of trees, root bark of trees and creeper).

Synonyms-*Shruta, Kashaya, Niryuha*

Supachit kwath lakshan<sup>[9]</sup>

The well-prepared decoction should possess smell, color and taste as per the ingredient/s used.

*Haarit Samhita* has mentioned total 7 types of *Kwatha* viz. *Pachana, Dipana, Shodhana, Shamana, Tarpana, Kledana* and *Shoshana*.<sup>[10]</sup>

*Prakshepa dravyas*-<sup>[11]</sup>

Sita- 1/4<sup>th</sup>, 1/8<sup>th</sup>, 1/16<sup>th</sup> according to *vata, pitta, kapha* doshas respectively.

Madhu – 1/16<sup>th</sup>, 1/8<sup>th</sup>, 1/4<sup>th</sup> according to *kapha, pitta, vata* doshas

Jiraka, Guggulu, Kshara, Lavana, Shilajatu, Hingu and Trikatu – 1 shana (3gm.)

Kshira, Ghrita, Guda, Taila, Mutra, Drava, Kalka, Churna – 1 karsha (12gm.)

### Dose

*Acharya Sushruta*- 1 *anjali* (4 pala)

*Acharya sharangdhara*- 2 pala

*Acharya Yadavji Trikam ji*- 1 pala

*Saveeryata avdhi* -1 day

### Importance of *kashaya*

*Kashaya* can be used as medicine, *niruh basti, anupana, shodhan* and *marana dravyas*.

### Examples

In *Vata vyadhi Maharasnadi Kwatha*

*Niruha basti -Dashamoola Kwatha*

*Anupana- Triphala kwath* for *kaankayan gutika*

*Shodhana dravyas-Triphala Kwatha* for *Abhraka Shodhana*

*Maran dravyas- Triphala kwath* for *loha maran*

**Upkalpanas:-***Pramathya, Ushnodak, Kshirpaka, Viilepi, Peya, Bhakta, Manda, Yusha, Yavagu, Laksharas, Mansarasa, Sharkar*

### HIMA KALPANA (COLD INFUSION)

It occupies the fourth place in *Panchavidha Kasaya Kalpana*. *Hima Kalpana* is used for fragrant, herbs because these herbs losses their active components by boiling and heating.

### Method of preparation

1 part of the drug is soaked in 6 parts of water for 10-12 hours or overnight and then strain it.

Synonyms - *Sheeta kashaya, Sheeta*

### Dose

*Sharangdhar Samhita* -2 pala

*Yadavji Trikamaji* -1 pala

**Importance of cold infusion**

Cold potency drugs useful in pitta disorders.

**Examples**

- *Dhanyaka hima* – indicated in *daha*
- *Sarivadi hima* – indicated in *rakta vikar*, *pitta vikar*.

**PHANTA (HOT INFUSION)**

It is the last herbal preparation included in *Panchavidha Kasaya Kalpana*. It is also done for the drugs which are fragrant in nature and light in structure, free from dense tissue and not thermostable in nature.

**Method of preparation**

In this preparation, drugs are soaked in hot water and rubbed properly then strained it, the filtrate is known as *Phanta*.

*Prakshep dravyas* and their quantity are same as *kwath*.<sup>[12]</sup>

**Importance of hot infusion**

*Phanta* is beneficial for *Kapha* and *Vata* disorders.

**Dose**

*Sharnagdhar Samhita*- 2 pala

**DISCUSSION**

The basic *Kalpana* in o Ayurveda is *Panchvidhkashay Kalpana*. Other *Kalpana* such as vati syrup are the modified *Kalpana* of *Panchvidhkashay Kalpana*. *Panchvidhkashay Kalpana* cannot be given to everyone in the same conditions because one's *prakrati*, *dosha*, *bala*, *agani* differ from person to person. The potency *Panchvidhkashay Kalpana* is in according order *Swarasa*, *Kalka*, *Kwatha*, *Hima*, *Fant*. Therefore the *guruta* and *laghuta* factor should be consider before prescribing to the patient. *Swarasa Kalpana* is the most potent among all the *Panchvidhkashay Kalpana*. *Swarasa* is a pure herbal extract. The chemical constituents are in the natural form. *Kalka* is a semisolid preparation, because very less physical process is involved in its preparation. *kwath* is the potent liquid therapeutic preparation due to its water-soluble constituents. *Hima Kalpana* suitable for those drugs which lose their active principle

in volatile form. These Kashaya kalpanas which have been mentioned in ayurveda are based on suitable active principles through modulation of temperature and concentration.

## CONCLUSION

In panchvidhkashay Kalpana the substance/raw drug is changed into a wide variety of therapeutic forms *Swarasa* is the most *Gurutva* (difficult to digest) of all in these *kalpana*. *Guru Dravya* requires more time for digestion than *Laghu Dravya*, hence the procedure and modification of *Dravya* should be taken into this account. Also, *Agni* is a factor that is impacted by *Guru* and *Laghu Dravya* and is offered after a thorough examination of the person's *Agni*. As a result, *Panchavidha Kashaya Kalpana* cannot be prescribed in all cases to everyone and must be administered by *Yukti* of *Vaidya* and assessed by *Bala* of *Atura* and *Vyadhi*.

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