



## Review Article

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### A CRITICAL REVIEW ON BHAISHAJYA KALPANA WITH SPECIAL REFERENCE TO PANCHAVIDHA KASHAYA KALPANAS: AYURVEDA PHARMACEUTICS

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#### ABSTRACT

Bhaishajya Kalpana is a specialized branch of Ayurveda scientifically explained by all the acharyas in their respective classical Samhitas. All the classical textbooks of Ayurveda give utmost importance to this particular branch. Acharya Sharangadhara gives wider explanation regarding the pharmaceutical preparations and procedures. The branch clearly explains the selection of drugs, the methods involved, the season to be considered, useful part to be collected, processing of the raw material, shodhana if any required, preparation of the medicine, steps involved, assessing the final product, siddha lakshanas obtained, the medicine to be discarded etc in detail along with the indications, Anupana to be used along with the medicine.

**Keywords:** Sharangadhara, Bhaishajya Kalpana, Shodhana, Anupana.

#### INTRODUCTION

Chikitsa Chatushpada explains the importance of drug for any successful treatment. Medicine is the greatest tool of a physician. Bhaishajya kalpana developed as a separate subbranch for the same reason. Though every plant available on the earth has some medicinal property, along with the minerals or without minerals wide range of medicines can be prepared, but the utility depends on the Yukti of the physician. As the verse goes like naanausadhibhutam jagatikinchiddravayamupalabhyatetamtam yu ktimaratham cha tam tambhipretya.<sup>1</sup> Further with proper knowledge and discretion a physician can convert a poison into nectar for saving the life of his patient and vice versa. Bhaishajya Kalpana explains the preparation as simple as Swarasato complex preparations like Asavas, Arishtas or Ghritas.<sup>1,2</sup>

The basic five preparations of Bhaishajya Kalpana form the base for any other complex preparations such as taila, arishta etc preparations. They are being Swarasa, Kalka, Kwatha, Hima and Phanta.<sup>4</sup> Where Swarasa is the juice extracted from those drugs which are fresh, having Prithvi and Jala mahabhuta predominance. They are considered as most potent and guru when compared to any other Kashaya Kalpa. Kalka is prepared by pounding the fresh drug to make into bolus form using Khalva Yantra. Kwatha is the decoction prepared by boiling the coarse powder of the drug in prescribed quantity of water and reducing it into a specific quantity. Hima Kalpana is where the drugs in coarse powder form are kept soaked in water for specific time or overnight and then filtered in the morning. This will have Sheeta veerya and usually used to pitta related disorders. Phanta is prepared by adding specific amount of hot water into specific quantity of the coarsely powdered drug and kept for specific time, mashed and then filtered.<sup>3</sup>

Here Kwatha, Hima and Phanta have been explained in the particular way of preparation along with mixing up with specific quantity of water. Agni or Anagni Samskaras have been explained for dissolving the water-soluble components in them.

But ghritas, tailas are explained to be prepared for dissolving both water and fat-soluble components. Asava and arishtas are aimed at extracting the alcohol extract of the drugs.<sup>5,6</sup>

#### Naming of formulations

Naming of any medicine is done based on certain points. Naming is done using the chief ingredient of the formulation or most active ingredients of the formula, or its indication, based on the action, Rogaghната, Doshaghната etc.

The dosage of each formulation has been mentioned specifically with respect to the age, Rogabala, Rogibala, Agnibala etc factors<sup>7</sup>

Alpamatrammahavegambahudoshaharamsukham  
Laghupaakamsukhaaswadampreenanamvyadhinashanam  
Adhikaari cha vyapattanaatiglaanikaram cha yat  
Gandha Varna rasopetamvidhyanmatavadaushadham

In which it explains, a prepared drug should be such that it should produce the desired medicinal effect by a smaller quantity itself, disease specific, capable of taking care of multiple doshas, easily administrable, palatable, easily digestible, produce maximum benefits. It should not produce any side or untoward effect, give a good feeling after consumption, must have good colour, good taste, good odor. It should be effective in its prescribed dosage with maximum effect. These are all the characteristic features of a good medicine.

Further specific expiry time and shelf life has been explained within which a drug needs to be used to have the benefits. All Panchavidha Kashaya Kalpas have to be used for medicinal purposes within 24 hours of preparation.

Churnas – 2 months  
Vati, guti, vataka – 1 year  
Avaleha – 1 year  
Ghrita, taila – 4 months

Laghupakita aushadhis – 1 year

Asava, arishtas, Rasaushadhis, Bhasmas gain the potency as they age<sup>9</sup>

### Drugs containing dissimilar potency

Ayurveda drugs are complex in their own way owing to their multiple ingredients.

So, among those ingredients many might even have antagonist property and potency. Even then they do not contradict the effects of other ingredients and the principle drug. If all the ingredients have similar property as that of the main drug, then the medicine becomes even more potentiated.

### Effect of Samskara

By the virtue of Samskara, the potency of the medicine intensifies, unwanted materials are removed. Small quantity of the drug becomes effective and gets potentiated. Hence Samskara of individual drugs have been explained to be adopted at various levels. Shodhana of visha dravyas are mandatory wherever they have to be used.<sup>7</sup>

### DISCUSSION

The basic idea behind the preparation of Panchavidha Kashaya Kalpas may be is the fact that the active ingredients have to be extracted from the plant. The basic preparations like Kwatha, Hima or Phanta aim at extracting the simple water-soluble components. Further for extracting the fat-soluble components tailas or ghrita preparations have been told. The method of extraction procedure depends on the target disease also. Various formulations are made keeping rasa, guna, virya, vipaka, prabhava of individual drug used, Anukta and visheshokta grahana, aushadha sevana kala, mana Paribasha which plays a vital role, aushadha Matra and anupana<sup>8,9</sup>. The rationality behind having only five accepted Panchavidha Kashaya Kalpana can be explained as follows. Charaka explains that Madhura, amla, katu, tikta and kashaya Rasas are having plenty of kashaya yoni and are easily available. Lavana kashaya doesn't have kashaya yoni and it is not possible to extract any Swarasa out of lavana and lavana yukta dravyas. The concept of Panchavidha Kashaya Kalpana is thus justified and scientifically accepted<sup>10</sup>.

Further the other ingredients other than the Pradhana dravya in the preparation of tailas, ghratas, Asava or arishtas chiefly have either potentiating the main drug or intensify the cumulative effect. Based on the concepts of samyoga and Vibhaga, physician can use the similar dravya as bhavanartha and potentiating the medicine, similarly for reducing the potency or for reducing the ugrata of the chief ingredient one can use the concept of Vibhaga and a drug which has opposite quality can be used and achieve the desired effect. For the preparations like churna, vati, gutika etc there are ingredients which are of only herbal origin, some may have herbomineral formulation.

### CONCLUSION

Classics of Bhaishajya Kalpana explain the importance of aushadha for successful treatment, while explaining number of

preparations which are having varied applicability, useful in all age group people for all kinds of Doshika involvement. Further Ayurveda gives a wider scope for a physician to make his own formulations after keeping the primary concepts in mind.

Panchavidha Kashaya Kalpana, different Samskaras, Bhavana, Samyoga – vishesha, therapeutic effect modification, palatability etc. have to be well understood and adopted properly. Here Yukti of the Vaidya plays a major role, though the preparations of medicines seem to be easy it is only during the process of preparations one realizes the mistakes done. Also, it is up to the experience of the Vaidya to make use of the medicines prepared and to obtain maximum results. Thus, it can be said that in Charaka Samhita all the important aspects of Bhaishajya Kalpana are explained along with wider indications along with specific Anupanas.

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