



Panchavidha Kashaya Kalpana

JV'n Dr Swathi K.S.

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR

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BOOK ON
PANCHA VIDHA KASHAYA KALPANA

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Introduction

In ayurvedic pharmacopoeia all the preparations are explained after classifying them under two broad headings

- 1) fundamental/basic/primary preparations
- 2) Secondary preparations

fundamental preparations are pancha vidha kashaya kalpas and secondary preparations are vati,avaleha,taila,ghritha etc

Kashaya

1. Kasaya is one among the sad rasa
2. The root term of kasaya is kasa, or kasati means to scrape, to rub to injure or to kill
3. “Kasa himsaam karoti iti kashaya”

that which irritates the throat is kasaya and kasaya kalpana here irritate the disease condition and drove them away from the body

4. Ka means kaya
5. Sa means-santa karmini means destruction
6. Ya means yantrana or niyantrana

That which prevents the body from destruction is kashaya kalpana.

Kantasya karshanaath prayo roganaam vaapi karshanaat |

Kashaya shabda pradanyat sarva yogeshu kalpyate ||

(ka.sam.khi.bheshajopakramaneeyam)

All the medicinal preparations may be named as kashaya since they causes dryness to throat and destroy disease. in medicine not much importance is given to taste .so they cause discomfort to throat.as they also have the capacity to cure disease,the name kashaya suits to these primary preparations best.

According to Acharya Charakha

Panchavidhi kashaya kalpanamiti tadyata swarasa kalka shruta sheeta phanta kashaya it |

(cha .su.4/6)

Swarasa,kalka,srta,sita,phanta are the five kasaya kalpanas explained in charaka samhitha.

According to Acharya Sharangadhara

Adhata swarasa kalka kwatha hima phantakau |

Jneya kashaya pancheite laghava syuruttarottaram ||

(sha.ma.kha1/1)

Swarasa,kalka,kwatha,hima and phanta are the five kasaya kalpanas

According to Astanga Hridaya

Kashaya yoneya pancharasa lavan varjita |

Rasa kalka srita sheeta phantascheti prakalpana ||

Panchadaivam kashayanam purvam purvam balaadika ||

(A.Hr.kalpa6/9)

Rasa,kalka ,srta,sita and phanta.are the panchavidha kashaya kalpanas explained in astanga hridaya

According to Astanga Sangraha

Panchavidastu bhesajanamm kashaya kalpa |

Niryasa kalko niryuha sheeta phantascha |

Te yatha purvam balina|

(A.S.Kalpa8/9)

Niryasa,kalka,niryuha,sheeta and phanta are the panchavidha kashaya kalpana explained in astanga sangraha.

According to Arka Prakasha

Dravya kalpa panchada syath kalka churnam rasam tatha |

Tailam arkam kramajneyam yatottara gunam priye ||

(arkaprakasha 1/46)

Kalka ,churna,rasa,taila and arka are the five ausadha yoga mentioned in arka prakasha

Sadvidha kasaya kalpana-

According to Acharya susrutha

Ksiram rasa kalkamatho kashaya srtascha sheetascha tattaiva churnam |

Kalpa sadete khalu bhesajanaam yattotaram te laghavaha pradista ||

(su.su.44/91)

Ksira,swarasa,kalka,srta,sita and phanta(churna) are six kashaya kalpanas mentioned in susruta samhitha

Saptavidha kasaya kalpana

According to kasyapa samhitha

Churnam sheeta kashayashca swaraso abhisavastata |

Phanta kalka stata kwatho yathavattam nibodham me ||

(Kasyapakhila sthana3/35)

Churna,sita,swarasa,abhisava,phanta,kalka and kwatha are seven kasaya kalpanas

Pancha kashaya yonis of kashaya kalpana-yoni means place of origin.the five types of kashaya preparations have five different types of origin.they are the five out of shad rasas.

Madhura,amla,katu,tikta and kashaya rasa are having plenty of kasha yoni(plant source) and are readily available.these five can be in any form of pancavidha kasaya kalpana.these five kasayas will yield five kasaya kalpana.

Only lavana doesnt have kashayoni and it is not possible to bring it any of the panchavidha kasaya forms.

SWARASA KALPANA

Swarasa is liquid dosage form of medicament

predominately used for internal administration as well as

to prepare different secondary kalpanas like Avaleha, Asava and Sneha. It is most potent and guru among all. It is an Ap mahaboota predominant kalpana. Ardra and mrudu guna dravyas are preferred here. Use of this kalpana is in practice since Vedic period.

Nirukti

खुँखँ ओँखँ खँखँ (शब्दकल्पद्रुम)

Swarasa is the freshly extracted juice of a plant or a specific plant part.

Definition-

Yantranispiditaath dravyaath rasa swarasa uchyate

(Ca.su.4/7)

mechanically expressed juice of a plant is also called the swarasa

आहतात्तक्षणाकृश्टाद्द्रव्यात्क्षुण्णात्समुद्धरेत्

वस्त्रनिशपीडितोयो रसः स्वरस उच्यते

(शा.म. १/२)

Description-

Almost every Acharyas have given description about Swarasa Kalpana in their classics which is described below

Acc to Charaka samhita

Juice extracted from a fresh drug pressed by a machine is known as swarasa. While commenting on this verse Acharya Chakarapani has said that the juice obtained from particular drug is known as Swarasa

Acc to Susrutha Samhita (Dalhana commentary)

Mechanically expressed rasa of dravya is called as swarasa.

Acc to Ashtanga Samgraha

Immediately after collection of drug, it is washed, crushed and by applying pressure the swarasa (niryasa) can be obtained.

Acc to Ashtanga Hridaya

Shortly, after collection of fresh drug it is crushed and by squeezing through cloth, swarasa is obtained.

According to Hemadri, swarasa should be prepared on the same day when it is collected.

Acc to Kashyapa samhitha

The juice which is obtained by compressing Draksha, Ikshu, Amlaki etc fruits is called as swarasa. This swarasa with the combination of other samshmana yoga can be used in many diseases.

Acc to Sharangadhara Samhita

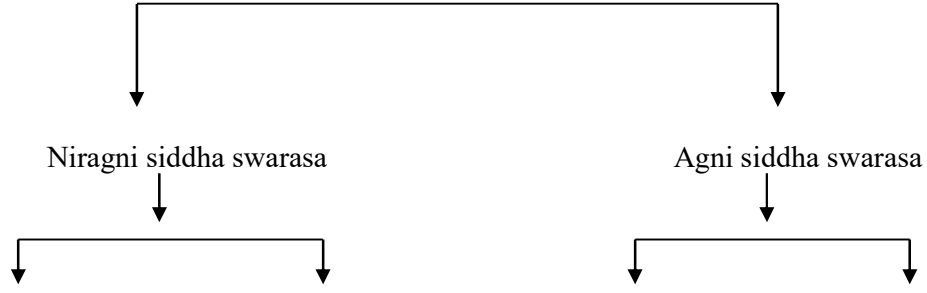
The drug which is not infected by any organism or not affected by any of the environmental factors is taken and immediately the same drug brought should be crushed properly and squeezed through a cloth to get the rasa. This is called as swarasa.

Acc to Arka prakasha

He explained swarasa as third kalpana, according to him it is sheeghrakari i.e which acts quickly.

- So it can be concluded that for the swarasa preparation a green drug is first made into paste from then with the help of cloth, pottali is made and by applying pressure to this pottali swarasa can be obtained.

Swarasa kalpana



1. Fresh juice 2. Soaking method 3. Similar to kwatha 4. Putapaka method

1.Fresh Juice

आहतात्तत्क्षणाकृष्टाद्द्रव्यात्क्षुण्णात्समुद्धरेत्
वस्त्रनिश्पीडितोयो रसः स्वरस उच्यते

(शा.म. १/२)

In case of freshly collected drug this method is followed. The juice is extracted by pounding the drug and straining it through a cloth.

2. Soaking method:

Kudavam churnitam dravyam ksiptam cha dvigune jale |

Ahoratram sthitam tasmaadh bhavedh va rasa uttama ||

(sa.ma.kha.1/3)

In case of dry and soft drugs this method is followed. 1 kudava of powdered drug (coarse) is immersed in 2 parts of water in a vessel. Then it is closed and to be kept undisturbed for one day and night. After sufficient maceration and filtration the liquid is collected.

While explaining Nagabala rasayana Acharya Charaka has mentioned this method, but the quantity of water is same as that of drug.

3. similar to kwatha:

Aadhaya suskam dravyam va swarasanaam sambhave |

Jale astagunite saadhyam padashistam cha grhyate ||

(Sa.ma.kha.1/4)

In case of very hard drugs this method is followed. 1 part of coarse drug is taken and 8 times of water is added boiled and reduced to 1/4th.

4. Putapaka method:

In case of fibrous and slimy drugs this method is followed .The kalka of drug is prepared and paste formmade into bolus form. Then it is wrapped by leaves of Kashmari or Vata and tied with thread and it is covered with mud the thickness should be two angula. After drying it is subjected to fire in such a way that bolus should get heat from all sides, till it becomes red. Then the bolus is taken out and after cooling the outer layers are removed. The kalka obtained is squeezed through a cloth to swarasa.

Type according to the part used

Patra swarasa, Phala swarasa, kanda swarasa, Pushpa swarasa, Pachanga swarasa.

Praksepaka dravya and their quantity

Dravya	Sharangdhara	Yadavji
Honey, Sugar, Ghee, Jaggery	1 Kola	1 Kola
Lavana, Kshara churna	1 Kola	Q. S.
Taila, Jeeraka	1 Kola	-

Dose-

Text	Dose
Astanga. Samgraham	4 Pala
Astanga. Hridayam	4 Pala
Sushruta. Samhita	½ Pala
Sharangadhara samhita	1 pala(agni siddha) ½ pala (niragni siddha)

Saviryatavadhi

Sadyo sevana-fresh use of medicament is indicated

Uses of swarasa-

1) Therapeutically Swarasa - it is used to cure different diseases (as a medicine & anupana) as well as a Rasayana.

In the diseases:

1. Vasa swarasa: Rakta pitta, kasa, jwara
2. Jambuvadi swarasa in Raktatisara
3. Dronapushpi swarasa in vishama jwara

As Anupana

Tribhuvana keertirasa with ardraka swarasa

Chandra prabha vati with Kadali khanda swarasa

Tapajwara matra with tulasi swarasa

As a rasayana:

Use of Mandukaparni swarasa as Medhya rasayana.

Pharmaceutical uses of swarasa

As Bhavana dravya :

E.g. Bhavana of Amalaki churna with Amalaki swarasa for 100 times which is an ingredient in Indroktha Rasayana

As Shodhana media :

E.g. Shodhana of Hingula in Ardraka swarasa

To prepare different secondary kalpanas:

E. g. Vati, Avaleha, Arista, Sneha

Preparation guidelines-

- Drug should be collected in early morning.
- It should be devoid of water after washing.
- Until the kalka is devoid of juice, it should be squeezed.
- Swarupa nasha of the drug should happen

Advantages

- Guruta and viryata is comparatively maximum
- Easy to prepare
- Takes less time to prepare
- Sophisticated instruments are not needed

Disadvantages-

- It is for sadhyo sevana, cannot be preserved
- Difficulty in transportation
- Not always palatable
- Since it is guru it will be difficult to digest
- Drugs which are nauseating to patients, cannot be given in swarasa form

Examples-

1)Ardraka swarasa

Ardraka swarasa ksudra yukta vrsnavatanuth |

Swasa kasa aruchi hanti pratisyaya vyapohati ||

(Sha.Ma.Kha.1/13)

Dosage half pala of the medicine is administered along with one kola of honey

It is found beneficial in case of vrsnavata,swasa,kasa,aruci and pratisyaya

2)Tulasi and dronapuspi swarasa

Peeto marichachurnena tulasi patrajo rasa |

Dronapuspi raso vaapi nihanti visamajwaraan ||

(Sa.ma.kha.1/10)

Dosage-half pala of these medicines is administered along with one kola of marica churna.both are beneficial in visama jwara

3)Vasa putapaka swarasa

Pistanam vrsha patranam putapaakraso hima |

Madhuyukto jayetraktapittha kasa jwara ksyaan ||

(sha.ma.kha.1/34)

Dose-one pala of the medicine is administered along with one kola of honey .it is found beneficial in cases of raktapitta,kasa,swasa,visamajwara and ksaya.

KALKA KALPANA

Introduction-Kalka is semisolid dosage form of medicament which is used as both internally and externally as well as to prepare secondary kalpanas like pramathya, sneha kalpana. It is less guru for digestion in comparison with swarasa . It is an partivamsa pradhana kalpana.

Description:-

Almost every Acharyas have given description about kalka kalpana in their classics which is described below.

Acc To Charaka Samhitha :-

The paste prepared by grinding the drug with the help of stone

Acc To Susrutha Samhitha (DalhanaCommentary):-

The paste prepared by grinding the fresh drug with the help of stone

Acc To Astanga Sangraha :-

That which is prepared by grinding with the help of stone or teeth is called kalka

Acc To Astanga Hrudaya:-

Kalka(paste) is that macerated with any liquid

Acc To Kashyapa Samhitha:-

The paste is that, which after levigating the drugs (with water) is used for drinking , anointment and licking

According to Acharya sharangadhara

द्रव्यमार्द्रशिलापिष्टं शुष्कं वा सजलं भवेत् |
प्रक्षेप आवापकल्कास्ते तन्मानं कर्षसम्मितम् ||

(Sa.ma .kha 5/1)

A green drug or dry drug converted into a paste by rubbing it in a stone with a little quantity of water added is called kalka

So it can be concluded that for preparation of kalka

for fresh drugs:- they are collected and cleaned with water and made into paste with the help of khalva yantra

for dry drugs :- they are powdered and filtered with cloth and mixed with appropriate quantity of water , kept in khalva yantra and made into paste form by rubbing

synonyms-

- Praksepa
- Avapa
- Pinda

General method of preparation

The selected drug is properly washed and wiped with a clean dry cloth.the wiped drug is now taken in a clean khalva yantra.

It is ground well into soft paste form devoid of any fibrous part.this fine fiber free paste is used for therapeutic purposes.

Praksepaka dravya according to sharangadhara

Prakshepaka dravya	Ratio to kalka
Madhu, gritha & taila	Double
Sita , guda	Equal
drava	4 times

DOSAGE- 1 karsha is the general dosage of kalka

Uses of kalka:-

Therapeutically

Pharmaceutically

Therapeutically kalka :- it is used as a medicine to cure different disease and also as rasayana

Internally –rasona kalka-vata roga,vishama jwara

Shunti kalka-parinama shula

As a rasayana-use of shanka pushpa kalka as medhya rasayana

Pharmaceutical uses of kalka

- 1) For the purpose of sneha murcchana kalka is needed
- 2) To prepare different secondary kalpanas like sneha kalpana, pramathya kalpana etc kalka is needed

Advantages-

- kalka is less heavy for digestion in comparison with swarasa
- Easy to prepare
- Takes less time to prepare

Disadvantages-

- It is for sadhyo sevana ,cannot be preserved
- Not always palatable
- Since it is guru it will be difficult to digest
- Drugs which are nauseating to patients cannot be given in kalka form

Examples

Nimba kalka

Lepa nimba dale kalko vrana shodana ropana I

Bhakshana chardi kustani pitta sleshma krimin jayeth II

(Sha.ma.kha.5/5-6)

Dosage-1 karsha

Anupana-guda,sharkara or madhu

Indication-internal administration is beneficial in case of chardi ,kusta,pittaja and slesmaja krimi

External application helps in vrana sodhana and vrana ropana

Rasona kalka

Suddha kalko rasonasya tilatailena misrita I

Vataroganjayeth teevraan visama jwara nashana II

(Sha.ma.kha.5/7)

Dosage-1 karsha

Indication-severe vataja roga, visama jwara

KWATHA KALPANA

The term kwatha is basically derived from the root word ' kwathana' which literally means process of boiling. word kwatha is derived from the root word 'kwath nishpake' . Sritha ,sheetha,kashaya niruha are the synonyms of kwatha

Importance-The kwatha is utilized both internally & externally for therapeutic purposes. Kwatha can be divided into

- Therapeutic purpose:- Internal & External administration
- Other purpose:- Secondary preparations & for bhavana, marana, shodhana etc.
- Externally it is used for Vrana prakshalana, gandusha, kavala, etc. For Internal administration, it is mentioned in many ways depending upon types of kwatha for treatment of various diseases. Different types of kashayas are mentioned in classics for both purposes.
- Moreover, kwatha is essential basic preparation of other kalpanas as like ghrita, taila, avaleha, rasakriya, asava& arishta etc & used as bhavana dravya for vatis and vartis.
- Chronological description-Kwatha kalpana is a form of liquid formulation amongst the panchavidha kashaya kalpanas, the basic five formulas. This kalpana is prepared by adding required amount of water to the drugs and subjecting it to heat. Direct & mild heat is essential in this kalpana. It cannot be said definitely that in vedic Period, a kwatha kalpana was there or not because there is no special reference about the word kwatha for any formulation in vedic literature. In the period of samhitas detailed description about kwatha kalpana is available. During this period kwatha kalpana was one of the prominent preparations and a special part of treatment. Later in sangraha granthas the kwatha kalpana is very clearly mentioned with complete details. Kwatha kalpana has synonyms like kashaya, niruha,srita, etc.

Definition-Paniya shodashagunam kshunne dravyapale kshipeth I

Mrithpaatre kwathayedh graahyam ashtamaamshavasheshitam II

Tajjalam paayayedh dhimaan koushnam mrdvagnina saadhitam II

(Sha.ma.kha.2/1-2)

Kwatha is the liquid preparation obtained by boiling one part of selected dravya in coarse powder form along with 16 parts of water .the mixture is reduced to 1/8th part and filtered.the filtrate is called kwatha.

- Vahno tu kwathitam dravyam srutamaahuschikitsaka

(Cha.su.4/7)

The liquid boiled over agni is srta or the kwatha

- Synonyms-Sruta kwatha kashayascha niryuha sa nigadhyate I

(sa.ma.kha.2/2)

Sruta,sita,kashaya,niryuha,kadha etc are the synonyms of kwatha

Ratio of water on the basis of dravya swabhava

Chaturgunam mrududrave katine astagunam jalam

Tatha cha madhyame dravye dadhyaadasta gunam paya II

Atyantakatine dravye neeram shodashikam matam II

(sha.ma.kha.9/3-4)

Drug	Water
Soft	4 times
Medium	8 times
Hard	8 times
Too Hard	16 times

Ratio of water on the basis of dravya praman-

Karshaditah palam yaavath kshipeth shodashikam jalam II

Tadhurdvam kudavam yavadbhavedastagunam payah I

Prasthadita ksipeneeram khaari yaavath chaturgunam II

(sha.ma.kha.9/4-5)

Quantity of the drug	Water added
1 karsha-1 pala	16
1 pala- 1 kudava	8
1 prastha- 1 khari	4

Precautions-

- Considered only coarse powder of the drugs for kwatha preparation
- Chemically inert vessel should be used for boiling kwatha
- Only on mild to moderate heat is maintained throughout the process of boiling
- The vessel should be kept open throughout the boiling process

(by placing lid over the vessel while boiling kwatha the slesmamsa from the mixture are not let out,as a result of which the end product turns heavy for digestion and may not exert the desired action)

General dose and shelf life-

- According to sharangadhara The kwatha has to be taken after digestion of food in dwipala matra.
- According to Bhavaprakasha;

Uttama matra -1 pala(48ml)

Madhyama matra -3karsha(36ml)

Adhama matra-2karsha(24ml)

- According to Acharya Yadavji-1pala(4tola)
- According to Acharya Vangasena & Acharya Vrinda Madhava-4pala

Prakeshepaka dravyas of kwatha with quantity

Acharya	Prakshepa dravya	Quantity
Sharangadhara	Madhu	1/16 in Vataja roga 1/8 in Pittaja roga 1/4 in Kaphaja roga
Sharangadhara	Sarkara	1/16 in Kaphaja roga 1/8 in Pittaja roga 1/4 in Vataja roga
Sharangadhara	Jiraka, Guggulu, Kshara, Lavana, Shilajatu, Hingu, Trikatu	1 Sana each
Sharangadhara	Kshira, Ghrita, Guda, Taila, Gomutra, Other drava dravya, Kalka, Churna	1 Karsha each
Kashyapa	Guda, Kshira, Sita Hingu, Saindhava	1 Karsha each 1 Masha each
Sushruta	Trikatu, Shilajatu, Kshara, Lavana, Hingu, Jiraka, Taila, Kshira, Ghrita, Guda	1 Tanka each
Charaka	Kshira, Ghrita, Guda, Taila, Gomutra, Other drava dravyas, Kalka, Churna, Guggulu	1 Karsha each

Preparation of kwatha-

The whole procedure can be divided into three stages.

- Purva karma
- Pradhana karma
- Paschat karma

Purva karma

Collection and arrangement of essential equipments for preparation of kwatha

- Heat source- stove
- Clay pot (or Pharmaceutical grade S.S vessel)

- Clean cloth
- Clean vessel for filtration of kwatha
- Pincer to hold the vessel
- Darvi(made of stainless steel/ tin coated metal)

If kwatha dravyas are green and fresh, they are washed with water. If drugs, are dry and clean, they are cut into small pieces to prepare coarse powder

Pradhana karma

The kwatha dravyas are kept in water and mixed well. Then the drugs are transferred to a wide vessel in which kwatha is to be prepared. In case of too hard substances, it should be immersed in appropriate amount of water for whole night for easy extraction of therapeutic or active principles. Then it should be boiled on mild fire. While preparing the kwatha, the vessel should not be closed with the lid. Mridwagni should be given so that the complete potency of the drugs will be obtained in the water and only the desired amount of water should remain.

Paschath karma

Once the kwatha is prepared, it is filtered through cloth to the other vessel and measured.

Test for kwatha preparation

- Kwatha should be boiled properly
- Desired smell, taste and colour should be found in kwatha
- Kwatha should be devoid of any residue or solid suspended particles.
- The residue should be tasteless.

Examples-

Rasnadi kwatha

Rasnaamrutha bala yastigokanterandaja srta I

Eradataila samyukto vriddimantrabhavaam jayeth II

(sa.ma.kha.2/123)

Dose-2 pala administered daily along with 1 karsha of eranda taila to prevent antra vrddhi(hernia)

Rasna saptaka kwatha-

Rasna amrta aragvada devadaaru trikantaka eranda punarnavanaam I

Kwatham pibennaagara churna misram janga uru prishta trika paarshva shuli II

(cakradatta ,amavatacikitsa 8)

Dose-2 pala along with shunti churna

Indication-janga,uru,triaka,parshva shula

Punarnavastaka kwatha-

Punarnava nimba patola shunti tikta amrita darvi abhaya kashaya I

Sarvanga sotha udara kaasa shulaa swasaanvitham paandugadam nihanti II

(B.R.udararoga cikitsa 40/30)

Dosage-2 pala

Indication-udara roga,sarvanga sotha,kasa,swasa,sula and panduroga

HIMA KALPANA

It is a cold preparation with toya sannikarsha. Drugs in coarse powder form are kept soaked in water for a stipulated time period, Facilitate the transfer of water soluble active principles from drug to the liquid media. Drugs with volatile principles, sheetha veerya and mrudu guna are preferred. Usually these preparations are pitta shamaka, hrdaya and sadyo tarpaka.

- Synonyms - sheetha, sheetha kashaya, hima.
- Panchabhoutikata of kalpana –Ap, akasha pradhanya.
- Dravya – shushka, mrudu, sheetha veerya dravya.
- Condition – pittaja, pittavataja, pittakaphaja.

Definition-

क्षुण्णद्रव्यपलंसम्यक्षड्भिर्नीरिपलैःप्लुतां

निशोषितं हिमः सस्यात्तथाशीतकषायकः॥

(शा.मर/२३)

One part drug in coarse powder form is kept soaked overnight in 6 parts of water. Next day macerated and filtered.

Acc to Charaka Samhita

Drugs are soaked in hot water for whole night and the extract thus obtained is called as sheetha.

Acc to Susrutha Samhita (Dalhana commentary)

Drug is allowed to be in water for whole night.

Acc to Ashtanga Hridaya

The drug which is soaked in water and kept overnight and next day it is filtered and used.

Acc to Ashtanga Sangraha

Drugs are soaked in water and kept overnight.

Acc to Kashyapa Samhita

The drug is soaked in antarikshambu is called as hima. It is indicated in pitta rogas, Jwara, Daha, Murcha, Mada.

Dosage-2 pala

Advantages-

- Easy to prepare.
- It is laghu for digestion.
- Suitable kalpana for pitta pradhana vyadhis.
- Can be used as a drink.

Disadvantages-

- Only for sadyosevana.
- Cannot be prepared immediately.
- Difficulty in transportation.
- Only mrudu, laghu guna dravays with volatile principle are preferred.

Preparation guidelines-

- Drug should be in coarse form.
- Soft water should be used.
- Chemically inactive vessel should be used.
- Sufficient maceration should be done.
- Prepared only in night time.

Examples-

Dhanyaka hima-

Pratah sasharkara peyo himo dhanyaka sambhava I

Antardaaha tatah trshnaam jayeth srotovisodhanam II

(sa.ma.kha4/7)

1 part of roughly pounded dhanyaka is taken in a clean stainless steel vessel.

The vessel is added with 6 parts of soft and clean water and kept undisturbed overnight in a safe place with a lid covering the vessel .

Next day the drug mixture in the vessel is macerated well with clean hands and filtered through a clean cloth.this

liquid filtrate is called as dhanyaka hima.

It is administered in the dosage of 2 pala along with sugar or any other suitable adjuvant to cure antar daha and trsna.

This preparation is also a good sroto visodhaka .

Dhanyakadi hima-

Dhatridhanyaka vaasanam drakshaparpatayorhima I

Raktapitta jwaram daaham trsnaam sosham cha nashayeth II

(Sha.ma.kha.4/8)

Ingredients-amalaki,dhanyaka,vasamula,draksha,parpata are taken 1 part each

Water -30parts(6 times)

Dosage -2 pala

Anupana-sugar or any other suitable anupana

Indication-raktapitta,jwara,daha,trsna and sosa

PHANTA KALPANA

Phanta kalpana is a liquid preparation ,it is called as hot infusion. Here 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

definition-

क्षुण्णंद्रव्यपलेसम्यक्जलमुष्णंविनिक्षिपेत्।

मृत्पात्रेकुडवोन्मानंततस्तुसावयेत्पटात्॥

(Sha .ma.kha.3/1)

1 pala of a powdered drug and one kudava of hot water are kept in a mud pot, and filtered through cloth after sometime this liquid known as churna drava or phanta

Acc to Astanga Hridaya:-

Phanta is soaking the drug in any warm liquid, stirring it, filtering through cloth and using it immediately.

Acc to Astanga Sangraha:-

Phanta is that when the drug is kept in hot water for sometimes till properly soaked and then filtered

Acc to Kashyapa Samhitha:-

the drug decocted with rain water till only half water is left or the molasses boiled once till appearance of froth, this decoction is called as phanta (hot infusion) this is praised in less strength of dosas ,for children and minor diseases

Preparation Guidelines-

Drugs should be in coarse form

- Soft water should be used
- Pour hot water into the drug
- Carry out sufficient maceration of the soaked drug
- Use chemically inert vessel for soaking the drugs

Advantages-

Easy to prepare, takes less time to prepare

- It is laghu for digestion
- Suitable kalpana for kapha pradhana vydhis

Disadvantages-

Only for sadhyo sevana

- Difficulty in transportation
- Secondary preparation are not possible

Dosage-2 pala

Anupana- sugar or any other suitable powder of medicinal drug

Examples-

Sudarshana phanta (anubhoota yoga)

Ingredients

sudarshana(*crinum latifolium*)-1 part

Water-4part

Dosage-2pala

Anupana-sugar,honey

Uses-tridoshagna,beneficial in all kinds of jwara

Pancakola phanta(B.R.jwaraadhikara 5/188)

Ingredients

Pippali, pippalimula,chavya,chitraka and shunti-each 1 kola pramana

Water 120ml(4 parts)

Dosage-2 pala

Useful in kaphavataja diseases



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