

Review on *Pancha Vidha Kashaya Kalpana*
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ABSTRACT

Kalpanas increases the potency of medicine by adding or generating special property (by *Sanskar* i.e. *vishesh gunantardhana*). It makes the medicine durable. It makes the medicine palatable. It removes the toxic effect of medicine by purification (*shodhana karma*). As per the severity of the disease it helps the adjustment of dosha. It makes the medicine as per need of patient and disease. From the Neolithic times, the early humans used stone slabs to crush drugs and extracted juice or made powder. The literary treatises like *Hrigveda*, *Atharvaveda*, *Samhitas*, *Nighantus*, etc. give a clearer picture of the existing pharmaceutical practices, preparation of drugs and their applications. The first systematic knowledge of *Bhaishajya Kalpana* is found in *Charaka Samhita*. In *Charaka Samhita*, the word *Kalpa* is used for 'preparations'.^{[7][8]}

KEYWORDS : *Kalpanas*, Purification, Ancient Literatures

INTRODUCTION

The entire science of *Ayurveda* has been framed upon *trisutras* (*hetu, linga* and *aushadha*) among them, *aushadha* is very important. It is held responsible for the alleviation of disease as well as the maintenance and promotion of good health. The drug is like an instrumental aid to a physician.

अथातः स्वरसः कल्कः क्वाथश्च हिमफाण्टकौ ।
 ज्ञेयाः कषायाः पञ्चैते॥१॥ [1]

Ayurveda describes five types of major preparation methods for herbal medicine. These methods are collectively called *Panchavidha Kashaya Kalpana* (पंचविध कषाय कल्पना) in *Ayurveda*. You can also consider them five different ways to consume an herbal medicine. These methods have been described by *Charaka Samhita* and several other classical texts of *Ayurveda*.

Five basic forms of preparations (*swaras, kalka, kwatha, hima, phanta*) are used to prepare medicines from botanicals in *Ayurveda*. The word *kashaya* means distortion of the original

shape of *dravya* and making it suitable for use. These are more efficient in potency in descending order, and are used according to digestive power, strength and need of the diseased conditions. Some *Acharyas* had described more than five basic forms as *Shadvidh kashaya kalpana*, has been described by *Acharya Sushruta*, by adding *Kshira kalpana* (medicated milk). *Saptavidh kashaya kalpana* has been described by *Acharya Kashyap*, i.e. by adding *Churna, Abhishava*.^{[7][8]}

Juice	<i>Swarasa</i> (स्वरस)
Paste	<i>Kalka</i> (कल्क)
Decoction	<i>Kwatha</i> (क्वाथ) or <i>Kashayam</i> (कषाय)
Cold Infusion	<i>Hima</i> (हिम)
Hot Infusion	<i>Phanta</i> (फांट)

Pharmacy/ pharmaceutical science :

The term comprises of two words *bhaishajya* and *kalpana*. Any substance can be called as “*bheshaja*” if it can mitigate the severity of disease. It is also called as “*aushadham*” means a substance having the capability to alleviate the pain. *Kalpana* means ‘*yojana*’ (planning) i.e. The ideology of making use of different *dravyas*. It is the prepared form like *swaras* (juice), *churna* (powder), *kwath* (decoction) etc.

Hence '*kalpana*' is the process or modification through which a substance is transformed into medicinal form. Any animal or plant or mineral product to be used as medicine can't be taken as it is in its raw form. It has to be converted into

that form by which it would be therapeutically fit for use. This complete knowledge of drugs including identification, procurement, processing, preparation and application is studied under a separate branch of learning called “*bhaishajya kalpana*”.

Bhaishajya kalpana- need & importance :

Purpose of various *kalpanas* is to increase the potency of medicine by adding or generating special property (by *sanskar* i.e. *Vishesh gunantardhana*). It makes the medicine durable. It makes the medicine palatable. It removes the toxic effect of medicine by purification (*shodhana karma*). As per the severity of the disease it helps the adjustment of *dosha*. It makes the medicine as per need of patient and disease.

Pancha vidha kashaya kalpana development :

From the neolithic times, the early humans used stone slabs to crush drugs and extracted juice or made powder. The literary treatises like *hrigveda*, *atharvaveda*, *samhitas*, *nighantus*, etc. Give a clearer picture of the existing pharmaceutical practices, preparation of drugs and their applications. The first systematic knowledge of *bhaishajya kalpana* is found in *charaka samhita*. In *charaka samhita*, the word *kalpa* is used for ‘preparations’.

SWARASA (HERBAL JUICE)

अहतात् तत्क्षणाकृष्टाद् द्रव्यातत्क्षुण्णात्समुद्धरेत् ।
वस्त्रनिष्पीडितो यः स रसः स्वरस उच्यते ॥२॥

शारंगधर संहिता १/२ [२]

The liquid extract of fresh, green and clean herbs collected by squeezing, pressure or using any instrument is called juice (*Swarasa*) in *Ayurveda*. This is a fresh juice.

How to Make Herbal Juice:

1. Take fresh herbs.
2. Wash them properly to remove dirt and insects.
3. With the help of stone, make the paste of herbs.
4. Squeeze herbs to get herbal juice.
5. Filter the herbal juice through a clean cotton cloth.

Alternatively, you can also use any instrument to extract the juice of herbs. On a large scale, people may require such instruments. Fresh juice of herbs is more effective than all other preparation methods.

How to Take Herbal Juice

<i>Matra</i>	12-24 grams
<i>Aushdh Sevan Vidhi</i>	On an empty stomach or 30 minutes before a meal.
<i>Aushdh Sevan Kal</i>	Twice daily

Anupan:

You can drink herbal juice without any adjuvant. However, you can take warm water after taking herbal juice.

To make the preparation more playable and to increase its potency, some *dravya* like honey, sugar, *jiraka*, etc., known as *Prakshepa dravya* are added. Quantity – 1 *kola* (upto 6 Grams).

Examples of swaras

- *Tulsi Swaras* – cough and cold
- *Guduchi Swaras* - good for heart, cough, breathlessness etc.
- *Ardraka Swaras* – cough and cold
- *Nimba Swaras* – skin diseases, Diabetes

IMPORTANCE OF SWARAS :

As it is the most potent preparation, it can be given in disease of acute nature, but to a patient who has a strong digestive power. Most of the *swaras* are used as adjuvant. *Ardraka swaras*, *jambira swaras*, *tulsi swaras* etc. *Swaras* can be used for processing (*bhavana dravya*) i.e. While preparing mercurial / mineral preparations. It is useful in case of *shodhana* and *marana* of *rasadravyas* (mineral preparations) eg: *bhringaraja ras* for *kasisa shodhana*, *vanga marana* with *kumari swaras* etc. *Swaras* is also used in the preparation of secondary preparations like *asavas*, *sneha*.

Kalka (herbal paste)

द्रव्यमार्द्रं शिलापिष्टं शुष्कं वा सजलं भवेत् ।
प्रक्षेपावापकल्कास्ते तन्मानं कर्षसम्मितम् ॥१॥ [३]
शारंगधर संहिता ५/१

The paste made by crushing and grinding fresh herbs is known as herbal paste or *Kalka*. It also includes paste made by dried herbs along with water. It is also called *Prakshepa* (प्रक्षेप) *Aavapa* (आवाप). However, if herbal paste is made by mixing ghee, oil or any sour substance, then it is known as *Prakshepa* (प्रक्षेप).

How to Make Herbal Paste:

1. Take fresh herbs or dried herbs.
2. Wash them properly to remove dirt and insects.

- With the help of stone, make the paste of herbs. If you use dried herbs, then add some water while crushing and grinding the herbs to make a paste.

How to Take Herbal Paste

<i>Matra</i>	6 – 12 grams
<i>Anupan</i>	Warm water
<i>Aushdh Sevan Vidhi</i>	Twice daily
<i>Aushdh Sevan Kal</i>	On an empty stomach or 30 minutes before a meal.

To increase its potency, some *dravya* like honey, sugar, *jiraka*, etc. Can be added.

Quantity:

- Madhu*, *ghrita*, *taila* – double the quantity of *kalka*.
- Sugar, *guda* – in equal quantity of *kalka*
- Drava* – four times the quantity of *kalka*

Upkalpana of kalka - churna kalpana (powder) : fine sieved powder of well shade dried herb.

Examples:

- Nimba kalka* – used in *vrana ropana* (wound healing) if applied locally and used in *pitta vikar*, *kustha* etc. When taken orally.
- Rasona kalka* – used in *vata roga*, *vishama jvara* etc.

Caution

- In formulation, ingredients are separately powdered sieved & mixed as per formula.

- Salt, sugar, camphor, *hing* mixed in last

Kwatha (decoction)

पानीयं षोडशगुणं क्षुण्णे द्रव्यपले क्षिपेत् ।

मृत्पात्रे क्वाथयेद् ग्राह्यमष्टमांशावशेषितम् ॥१॥

तज्जलं पाययेद्धीमान् कोष्णं मृद्वग्निसाधितम् ।

श्रुतः क्वाथः कषायश्च निर्यूहः स निगद्यते ॥२॥

[४] शारंगधर संहिता २/१-२

The liquid prepared by simmering 1 part of herbs in 16 parts of water and reducing it to 1/8th part of the water is known as a decoction. It is also called *Kwatha* and *Kashayam* in *Ayurveda*.

How to Make Decoction:

- Take dried and coarse powder of herbs in 16 parts of water.
- Simmer the mixture until it reduces to 1/8th part of the liquid.
- Filter the decoction and use it when it is still warm.

Quantity of water:-

Based on quantity of Herbs for preparation of *Kwath* Herbs less than 4 *tola* in weight – 16 times water is required Herbs weighing in between 5 to 16 *tola* – 8 times water is required Herbs above 16 *tola* in weight – 4 times water is required. (01 *Tola* =12 Gm)

How to Take Decoction:

<i>Matra</i>	96 ml
<i>Anupan</i>	No
<i>Aushdh Sevan Vidhi</i>	Twice daily
<i>Aushdh Sevan Kal</i>	On empty stomach; or after proper digestion of last meal

To increase its potency, some *dravya* like honey, sugar, *jiraka* etc. can be added.

Quantity–

Churna – 1 *shana* (3 gram approx.)

Madhu – 1/16th, 1/8th, 1/4 th part for *vata*, *pitta* and *kapha roga* resp.

Sugar – 1/4 th, 1/8 th, 1/16 th part for *vata*, *pitta* and *kapha roga* resp.

Drava – 1 *karsha* (1 *tola*) i.e. 1/4 th of *kwath*

EXAMPLES –

- *Punarnavashtak kwath*– indicated in *shotha*, *shula*, *shwasa roga* etc.
- *Maharasnadi kwath*– indicated in *vata vyadhi*.

Upakalpana of kwatha : *pramathya*, *shadangodaka/shadang paaniya*, *kshirpaka*, *mamsa ras*, *laksha ras*, *veshwar*, *ushnodak*, *paneeya*.

Hima (cold infusion)

क्षुण्णां द्रव्यपलं सम्यक् षड्भिर्नीरपलैः प्लुतम् ।
निशोषितं हिमः स स्यात् तथा शीतकषायकः
॥१॥

तन्मानं फाण्टवज्जयं सर्वत्रैवैष निश्चयः । [५]

शारंगधर संहिता ४/१

Water obtained by soaking 1 part of herbs in 6 parts of water overnight, then scoured and filtered in the morning is known as a cold infusion or *Hima* (हिम) in *Ayurveda*.

How to Make Cold Infusion

1. Take 48 grams coarse powder of dried herbs or crushed fresh herbs.
2. Soak in 288 ml water overnight.

3. In the morning, scour herbs with both hands. Then mix it in water.

4. Filter the liquid. This is a cold infusion.

Herbs (preferably crushed or coarse powder)	48 grams
Water	288 grams

According to *Bhaishajya Ratnavali*, 48 grams of herbs should be soaked in 288 grams of water.

How to Take Cold Infusion:

<i>Matra</i>	144 ml
<i>Anupan</i>	No
<i>Aushdh Sevan Vidhi</i>	Once or twice daily
<i>Aushdh Sevan Kal</i>	On empty stomach.

Examples

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

PHANTA (HOT INFUSION):

क्षुण्णो द्रव्यपले सम्यग्जलमुष्णं विनिक्षिपेत् ।
मृत्पात्रे कुडवोन्मानं ततस्तु स्त्रावयेत् पटात्
॥१॥

स स्याच्चूर्णद्रवः फाण्टस्तन्मानं द्विपलोन्मितम् ।
मधुश्रेतागुडादींश्च क्वाथवत् तत्र निक्षिपेत् ॥२॥
[६]

शारंगधर संहिता ३/१-२

Water obtained after adding hot water in herbs is called hot infusion.

How to Make Hot Infusion

1. Take 48 grams coarse powder of dried herbs or crushed fresh herbs in an earthen pot.
2. Then put 192 ml of hot water in it.
3. Scour the mixture and then filter the liquid.

How to Take Hot Infusion

<i>Matra</i>	96 ml
<i>Anupan</i>	No or jaggery etc.
<i>Aushdh Sevan Vidhi</i>	Once or twice daily
<i>Aushdh Sevan Kal</i>	On empty stomach.

Examples –

Sudarshan phanta – indicated in jvara

Panchkola phanta – indicated in

indicated in kapha jvara, pratishaya.

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