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IJAPC
Vol 13 Iss 2

2020

G.G.P





Need of Different *Kalpana* in the Same Disease - A Review

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ABSTRACT

Ayurvedic system of medicine is endowed with innumerable number of formulations for the purpose of treating diseases. But the choice of suitable drug and dosage form is left to the physician. Hence physician should understand the significance behind the mentioning of different *kalpana* in the context of a disease with same or different combinations of drugs. This can be achieved by knowing the concept of *samskara* and its influence on the property of drug and also other factors which affect *chikitsa*. This paper deals with the various aspects to be thought of while choosing a single *kalpana* among many in the same disease with suitable examples.

KEYWORDS

Kalpana, Samskara, Roga, Rogi



Greentree Group Publishers

Received 31/07/2020 Accepted 03/09/2020 Published 10/09/2020



INTRODUCTION

The aim of the *ayurveda* is to do *svasthya rakshana* and *vikara prashamana*. *Chikitsa* is the tool to achieve these two. For *chikitsa*, administration of a suitable drug is very essential, so also the dosage form plays a prominent role. Selection of drug is suggested by the classical texts, but the dosage form like *Swarasa*, *hima*, *kalka*¹ has to be decided by *Vaidya* using his *Yukti*. This part of *Vaidya Yukti* comes under the purview of *bhaishajya kalpana*, where in the drug is processed in a specific method to make it therapeutically suitable and effective. Further this work throws light on parameters to be assessed to decide the dosage form.

MATERIALS AND METHODS

Comprehensive literature study was done with Ayurvedic classical books to understand the usage of dosage forms in disorders and relevant examples enlisted.

Concept of *Kashaya Kalpana* and the influence of *samskara* on different dosage forms:

The various food recipes prepared using same ingredients but with different method are expected to have similar qualities. *Ashtanga hridaya* opine in contrary to the above. The *apupa* (cake of flour) prepared using same the flour but with different

methods of cooking like *kukula* (steamer utensil), *kharpara* (earthen pan/tawa), *bhrashtra kandu* (earthen pan/tawa with holes) and *Angara* (cooking on coal) will have more *laghu guna* in their succeeding order². The above opinion is justified by the commentators and concludes that the *laghutva* of food depends on the method of application of heat². Thus importance of *agni samskara* is highlighted in the above context.

Similarly, the different *kashya kalpana* and their *upakapana* are described depending on the *samskara* adopted and hence, accordingly the quality of the dosage form varies. Following are the five types of *kashaya kalpana* mentioned and are *laghu* in their succeeded order³.

1. *Svarasa*
2. *Kalka*
3. *Kvatha*
4. *Hima*
5. *Phanta*

Need of different *kashaya kalpana*:

Cakrapani gives three criteria to decide the utility of different dosage forms³; viz.-

1) **Based on Roga and Rogi bala:**

- If a severe disease manifests in a strong individual, then *svarasa* would be the ideal dosage form. *Svarasa* by nature itself is *guru*; secondly, the high concentration of drug in the *kalpana* contributes to the *gurutva*. Thus it is



expected to have high potency against the disease.

- If the pathological condition is of mild severity and the diseased is comparatively weaker, then *phanta* would be better than *guru* dosage forms like *svarasa*. If *svarasadi* preparations are given in patients and disease with less strength, the excess of *bheshaja* itself leads to further loss of strength of diseased and other complications.

2) **Palatability:**

The liking towards various dosage forms is different in every individual. So depending

on the individual liking suitable dosage form has to be planned.

3) **Drug used for treatment:**

The drug exerts its maximum efficacy when administered in certain specific forms.

Eg. *Manduka parni* in *svarasa* form; *yashtimadhu* in *ksheerapaka* form for medhya action.

Apart from the above three, some other factors⁴ influence the selection dosage form which is enlisted with the examples in table

1.

Table 1 Factors affecting selection of dosage form in a single disease

Factor	Examples of condition	Different kalpana specified
Dosha	<i>Vata Rakta</i> ⁵	<i>Vata, Pitta</i> <i>Grita kalpana- Guduchi grita</i>
		<i>Kapha</i> <i>Asava, Guggulu kalpana- Kaishora guggulu</i>
Dooshya	<i>Kushta</i> ⁶	<i>Tvak</i> <i>Lepa</i>
		<i>Rakta</i> <i>Kashaya</i>
		<i>Mamsa</i> <i>Arishta and Mantha kalpana</i>
		<i>Meda</i> <i>Guggulu kalpana</i>
Desha	Any disease	dosage form has to be selected in accordance to <i>desha satmya</i> ⁷
Bala	Roga	More severe <i>Svarasadi guru kalpana</i>
		Least severe <i>phantadi laghu kalpana</i>
	Rogi	<i>Kalka</i> <i>Of Pippali rasayana</i> ⁸
		<i>Kvatha</i>
		<i>Hima</i>
Kala	Greeshma rutu	<i>Hima</i> <i>Of Triphala</i>
	Sharath rutu	<i>Kvatha</i>
Agni	Mild <i>agnimandhya</i>	<i>Choorna</i> <i>Of Panchakola</i>
	Severe <i>Agnimandya</i>	<i>Phanta</i>
Prakriti	<i>Vata</i>	<i>Vati or Asava</i> <i>Of Chitraka</i>
	<i>Pitta</i>	<i>Grita</i>
Vaya	<i>In bala</i> ⁹	Avoid <i>Teekshna</i> and unpalatable <i>kalpana</i> like <i>asava, sneha</i> <i>Mridu, palatable kalpana</i> like <i>sharkara, avaleha</i> preferred
Satva	<i>Pravara satva</i>	Any <i>kalpana</i> according disease
	<i>Avara satva</i>	Only palatable dosage forms
Satmya	According to <i>satmya</i> different dosage form selection must be done ⁷	
Ahara	<i>Mamsa nitya sevana</i>	<i>Mamsa kalpana</i>
	<i>Sneha nitya</i>	<i>Pravicharana sneha</i>
Drug used ¹⁰	<i>Manduka parni</i>	<i>Svarasa</i>



	<i>Shanka pushpin</i>	<i>Kalka</i>
Samprapti of the disease	<i>Avarana in shotha, vatarakta</i>	<i>Asava kalpana</i>
Vyadhi avastha	<i>Jvara</i>	<i>Nava jvara¹¹</i>
		<i>Jeerna jvara¹²</i>
Route of drug administration	<i>Alasaka</i>	<i>Gudavarti</i>
	<i>Vidradhi- amapachana¹³</i>	<i>lepa</i>
	<i>Nasya</i>	<i>Svarasa, taila, choorna</i>
As supportive treatment	<i>As anupana to other dosage forms in a single disease</i>	<i>Manjishtadi kashaya or varunadi kashaya as anupana for Kaishora guggulu¹⁴</i>

DISCUSSION AND

CONCLUSION

Samskara, the process which brings about changes in *guna* of *aushadha dravya*, is the basis for the formulation of different dosage forms. With different *samskara* done for the same drug, its quality as well as therapeutic efficacy changes, as with example of *haritaki- charvita* (cheiwing) does *agni deepana*, *kalka* form does *mala shadhana*, *svedita* does *sangrahana* and fried *haritaki* is *tridosha shamaka¹⁵*.

Hence depending on all the above mentioned factors the dosage form should be decided in accordance to the disease, diseased and the drug.



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