

## v. Basic concept of bhaiṣajya kalpanā

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Bhaiṣajya Kalpanā refers to the **pharmaceutical** branch of Āyurveda that deals with (1) the collection and preparation of raw drugs (mainly herbal, but also mineral/metal-based in Rasaśāstra) and (2) the formulation of various dosage forms (kalpanās). These preparations ensure that each medicine is safe, effective, and properly suited for a given ailment.

## Kasāya Kalpanā - Five Main Forms

### References in Śārṅgadhara Saṃhitā, Caraka, and Aṣṭāṅga Hṛdaya

Many classical texts describe **five** fundamental *kasāya kalpanās*, i.e., forms of extracting the active principles from dravyas:

“द्रव्यं आर्द्रं शिलापिष्टं शुष्कं वा सजलं भवेत् ।  
प्रक्षेप आवाप कल्कास्ते तन्मानं कर्षं सम्मितम् ॥ (शा.सं.)”

This verse indicates the usage of **wet or dry dravya** made into forms like *kalka*, *praksepa*, *āvāpa*, etc. Additionally, as stated:

- **Swarasa (juice), Kalka (paste), Śritha (decoction), Śīta (cold infusion), and Phāṇṭa (hot infusion)** are enumerated, each progressively milder or stronger in potency as per the text:
  - “Swarasa, Kalka, Sritha, Seetha & Phanta — yathā pūrvam balavaha”
    - Means Swarasa is the strongest extract, Phanta is the mildest among them, in descending order of potency.

### Number of Kasāya Kalpanā in Different Sources

1. **Arka Prakāśa**
  - Mentions 5 forms: *Kalka*, *Cūrṇa*, *Rasa*, *Taila*, and *Arka* (distilled essence). It notes *yathottara balavaha*, meaning each subsequent form might differ in potency.
2. **Suśruta**
  - Lists 6 types: *Kṣīra*, *Rasa*, *Kalka*, *Śritha*, *Śīta*, and *Phāṇṭa*.
  - Some consider *Cūrṇa* as a *pāda-bheda* of one of these forms, hence possible variations.
  - Suśruta also remarks *yathoharam laghu*, pointing to relative lightness or intensity.
3. **Kāśyapa**
  - Mentions 7 types: *Swarasa*, *Kalka*, *Śritha*, *Śīta*, *Phāṇṭa*, *Kṣīra*, and *Madya* (*Abhiśava*).

Hence, different texts vary on enumerating these forms, but the underlying principle remains using water or other mediums with different intensities of heat or extraction to yield the medicinal essence.

### Kasāya Yoni

- **Kasāya Yoni** refers to the fundamental source for these extracts, typically the panca-rasa except lavana (as some references hint).
- *Swarasa* synonyms: *Vinaya*, *Kitta*, *Vista*, *Ambu*, *Neera* in certain contexts.

### Two Types: Agni-Siddha & Anagni-Siddha

- **Agni-siddham**: *Śritha* (decoction) & *Putapāka* methods requiring heat application.
- **Anagni-siddham**: *Niṣpeeditam* (expressed juice by pressing) & *Śīta kaṣāya* (cold infusion) made without direct fire.



## Examples

1. **4 pala** of medicine with double water, or 1 part medicine in 8 parts water reduced to 1/4, etc., are typical decoction guidelines.
2. *Kalka* synonyms: *Praksepa*, *Āvāpa* with a standard measure of 1 karṣa (~12 g) and specific volumes of water (3 pala in Aṣṭāṅga Saṃgraha).

## Additional Kalpanās

### Kwātha (Śritha, Kasāya, Nirooha)

- **Samānya Kasāya Vidhi:** 1 pala (~48 g) drug in 16 parts water, reduced to 1/8 (Sarasamgraha, Bhaiṣajya Ratnāvalī references).
- **Śīta Kasāya:** 1 pala dravya in 6 parts water, kept overnight, final yield ~2 pala.
- **Phāṇṭa:** 1 pala drug + 4 pala hot water, steeped, final yield ~2 pala.

### Avaleha (Leha)

- *Avaleha* or *Leha* is a **thick confection** produced by cooking decoctions with jaggery or sugar.
- *Sītā (sugar)* is 4 times, *Guḍa* (jaggery) 2 times, *Drava* (liquid medium) 4 times.
- Classified as *agni-siddha* (cooked on fire) or *anagni-siddha* (like Manibhadra avaleha sometimes not requiring direct heat).

### Vaṭikā (Pills)

- Synonyms: *Guṭikā*, *Chakrikā*, *Vaṭaka*, *Piṇḍa*, *Modaka*, *Varti*.
- *Praksepa*: *Sītā* 4 times, *Guḍa* 2 times, *Guggulu* & *Madhu* in equal measure, *Drava* 2 times.
- Standard *matra* is 1 karṣa.
- *Guggulu Kalpana* especially used in *vātavyādhi* (as described in *Suśruta*). Various forms:
  - 5 types:
    - *Mahīśākṣa* (for elephant?), *Mahānīla*, *Kumuda*, *Padma*, *Hiraṇya*—some textual references revolve around usage for man or animals.

### Sneha Pāka (Ghṛta / Taila Preparations)

- Ratio: **Kalka : Sneha : Drava = 1 : 4 : 16** is a common baseline.
- In *Charaka*, *Sarṅgadhara*, *Aṣṭāṅga Hṛdaya*, cooking done carefully to ensure correct *mṛdu*, *madhya*, or *khara* pāka depending on the therapy.

### Comparative Table of Pāka (Ghṛta/ Taila Pāka)

Pākam	Caraka	Vāgbhaṭa	Śārṅgadhara	Suśruta
<b>Mṛdu</b>	Nasya	Nasya	Nasya	Pānam, Abhyavahāraṇa (some references)
<b>Madhya</b>	Pānam, Vasti	Pānam, Vasti	Sarva-karma	Nasya, Abhyanga
<b>Khara</b>	Abhyanga	Abhyanga	Abhyanga	Vasti, Karnapūraṇa