v. Basic concept of bhaisajya kalpanā

Table Of Contents

Add a header to begin generating the table of contents

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 Śārngadhara Samhitā, Caraka, and Aṣṭānga Hṛdaya

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

"द्रव्यं आर्द्र शिलापिष्टं शुष्कं वा सजलं भवेत्। प्रक्षेप आवाप कल्कास्ते तन्मानं कर्ष 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:
 - o "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**

- o Lists **6** types: Kṣīra, Rasa, Kalka, Śritha, Śīta, and Phāṇṭa.
- Some consider $C\bar{u}r$, \bar{n} as a $p\bar{a}da$ -bheda of one of these forms, hence possible variations.
- o Suśruta also remarks yathoharam laghu, pointing to relative lightness or intensity.

Kāśyapa

o Mentions **7** types: Swarasa, Kalka, Śritha, Śīta, Phāṇḍa, 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: Nișpeeditam (expressed juice by pressing) & Śīta kaṣāya (cold infusion) made without direct fire.

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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, Bhaişajya Ratnāvalī references).
- Śīta Kasāya: 1 pala dravya in 6 parts water, kept overnight, final yield ~2 pala.
- Phānta: 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).

Vaţikā (Pills)

- Synonyms: Guțikā, Chakrikā, Vațaka, Piṇḍa, Modaka, Varti.
- Praksepa: Sītā 4 times, Guḍa 2 times, Guggulu & Madhu in equal measure, Drava 2 times.
- Standard matra is 1 karşa.
- Guggulu Kalpana especially used in vātavyādhi (as described in Suśruta). Various forms:
 - o 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, Sarngadhara, Ashtānga Hrdaya, cooking done carefully to ensure correct mrdu, madhya, or khara pāka depending on the therapy.

Comparative Table of Pāka (Ghṛta/ Taila Pāka)

Pākam	Caraka	Vāgbhaṭa	Sārṅgadhara	Suśruta
Mṛdu	Nasya	Nasya	Nasya	Pānam, Abhyavahāraṇa (some references)
Madhya	Pānam, Vasti	Pānam, Vasti	Sarva-karma	Nasya, Abhyanga
Khara	Abhyanga	Abhyanga	Abhyanga	Vasti, Karnapūraņa

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