

## A REVIEW – ON DIFFERENT YOGAS OF ARKA

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## ABSTRACT

A wide range of Herbal medication have been used from ancient to present era, these exhibit a remarkable therapeutic effect *Arka* (*Calotropis*) even it is common waste land weed it is also an important drug of Ayurveda it was named as *Arka* from the ancient time period in vedic literature and it was used in the sacrificial rites; it is a drug widely used in various *Kalpanas* (formulations) of Ayurveda Pharmaceuticals. Two common species of *arka* are *Calotropis gigantea* and *Calotropis procera*, both the species are used as substitutes for one another and are said to have similar effects. It is a drug widely available in the vicinity and found throughout India. It is utilised in Ayurveda Pharmaceuticals in basic preparations as well as secondary preparations. Each and every part of the plant has its own action in different ways as flowers are Anti asthmatic; ksheera (latex) is Purgative and so on. The Panchanga of the drug is used in different dosage forms and is employed for both internal and external use. It is used as one of the ingredient in many Rasaushadhies as well. This paper is to highlight the importance of *Arka* as a medicinal drug and as a ingredient in many different formulations.

**Keywords-** *Arka, Kalpana, Ayurveda* Pharmaceuticals

## INTRODUCTION

Herbal medicines have been used from time immemorial. The ethno botanical pharmacology is as old as man himself. Herbal medicines exhibit a remarkable therapeutic diversity. *Arka* though an *Upavisha*, is used in various *Kalpanas* of Ayurvedic Pharmaceuticals. There are two varieties of

*Arka* as *Sweta arka* (*Calotropis gigantea*) and *Rakta Arka* (*Calotropis procera*). These two are used as substitutes for one another. Different *Kalpanas* with its ingredients and indications are listed in the tables below.

**Table 1: properties of calotropis (*Arka*)<sup>1</sup>**

PROPERTIES	ARKA PROPERTIES
<i>Rasa</i>	<i>Katu, Tikta</i>
<i>Guna</i>	<i>Laghu, Ruksha, Teekshna</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Karma</i>	<i>Vata hara, Rechana, Dipana</i>

**MATERIAL & METHODS: Table -2: SWARASA**

Sl.no	Formulation	Ingredients	Indications	Dose
1.	<i>Arka patra swarasa yoga</i> <sup>3</sup> ( <i>Bha.Bhai.Ra</i> )	<i>Arka patra,</i> <i>Ghrith a</i>	<i>Karna shula</i>	2 to 3 drops as ear Drops

**Table 3: KWATHA**

Sl.no.	Formulation	Ingredients	Indications	Dose & anupana
1.	<i>Arkadi kwatha</i> <sup>3</sup> ( <i>Bha.Bhai.Ra</i> )	<i>Arka, Punarnava, Nimba</i>	<i>Shopha</i>	E/A
2.	<i>Pippali Kashaya</i> <sup>4</sup> ( <i>Sha.Sam</i> )	<i>Panchakola, Vacha,</i> <i>Ativisha, Ajaji, Patha,</i> <i>Vatsaka, Renuka, Kirata-</i> <i>tikta, Murva, Sarshapa,</i> <i>Maricha, Arka mula,</i> <i>Ajamoda, Hingu etc</i>	<i>Kaphaja rogas,</i> <i>Apatantraka, 13</i> <i>types of Sanni-</i> <i>patika jwara</i>	1 Pala with <i>Ushna jala</i>

**Table 4: CHURNA**

Sl.no.	Formulation	Ingredients	Indications	Dose & anupana
1.	<i>Saraswata churna</i> <sup>8</sup> ( <i>Sa.Yo</i> )	<i>Trikatu, Trijataka,</i> <i>Musta, Vidanga, Kar-</i> <i>pura, Jatamamsi, Sweta</i> <i>arka, Apamarga etc.</i>	<i>Smrithi, Medha,</i> <i>Arogya</i>	1 to 2 g with go <i>Ghritha</i>
2.	<i>Muktadhya churna</i> <sup>2</sup> ( <i>Bhai.Ra.</i> )	<i>Mukta bhasma, Pravala</i> <i>bhasma, Vaidurya</i> <i>bhasma, Shanka bhasma,</i> <i>Sphatika bhasma, Gand-</i> <i>haka, Anjana, Lauha,</i> <i>Roupya, Tamra, Saind-</i> <i>hava Arka mula, Jati</i> <i>phala, Apamarga</i>	<i>Hikka, Swasa,</i> <i>Kasa</i> <i>In netragata vi-</i> <i>kara applied as</i> <i>anjana</i>	1 karsha <i>Madhu, Gritha</i>

**Table 5: VATI**

Sl.no	Formulation	Ingredients	Indication	Indication
1.	<i>Shanka vati</i> <sup>7</sup> ( <i>Basava Rajeeyam</i> )	<i>Triphala churna, Arka</i> <i>kshara, Aswatha kshara,</i> <i>Apamarga kshara, Pancha</i> <i>lavana, Shankha bhasma,</i> <i>Snuhi kshara, Nimbu</i> <i>swarasa</i>	<i>Parinama shula,</i> <i>Ajeerna, udara</i> <i>roga, Agni</i> <i>mandhya,</i> <i>Amadosha</i>	250 to 500 mg <i>Madhu, Ushna</i> <i>jala, Takra</i>
2.	<i>Simhasyadi vati</i> <sup>2</sup> ( <i>Bhai.Ra.</i> )	<i>Vasa, Arka mula, Ahi-</i> <i>phena, ghanasara</i>	<i>Panchavidha</i> <i>kasa, swasa,</i> <i>urakshatha, rak-</i> <i>tapitta, rak-</i>	250 mg with <i>Madhu</i>

			<i>tathisara, yak-shma, sotha, grahani</i>	
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**Table 6: LEHA**

Sl.no.	Formulation	Ingredients	Indications	Dose & anupana
1.	<i>Paribhadravaleha</i> <sup>2</sup> ( <i>Bhai.Ra.</i> )	<i>Palasha, Vidanga, Indrayava, Lavanga, Twak, Kshudra ela, Gaja pip-pali, Patra, Shunti, maricha, chitraka, mushta, Mandara ( arka patra ) swarasa</i>	<i>Krimi roga, shula, swasa, kasa, Rakta dushti janya vikara</i>	4 to 6 g with <i>ushna jala</i>
2.	<i>Dashamuladhi leha</i> <sup>8</sup> ( <i>Sa.Yo</i> )	<i>Dashamula, Trivrit, Patha, Arkadwaya, Atasi, Katphala, Chitraka</i>	<i>Pleeha roga, Arshas, Kushta, Prameha</i>	48 g divided doses
3.	<i>Kameshwari leha</i> <sup>8</sup> ( <i>Sa.Yo</i> )	<i>Varahikhanda, Ashwagandha, Devadaru, Raktarka, Bala mula, Ushira</i>	<i>Rakta pitta, Pandu, Prameha, Arshas</i>	Administer early morning and evening

**Table 7: GUDA**

Sl.no.	Formulation	Ingredients	Indications	Dose & amupana
1.	<i>Kshara guda</i> <sup>2</sup> ( <i>Bhai.Ra.</i> )	<i>Dashamula, Triphala, Arka mula, Shatavari, Danti, Chitraka, Asphota, Patha, Haritaki, Guda, Kakoli, Yava kshara, Sarjika, Chitraka, Vacha, Hingu, Amlavetasa</i>	<i>Ajirna, Agnideepana, Pandu, Arshas, Kaphaja kasa, Kushta</i>	5 to 10 g with <i>ushna jala</i>

**Table 8: GHRITHAS**

Sl.no.	Formulation	Ingredients	Indication	Dose & anupana
1.	<i>Dhanvanthari ghritha</i> <sup>8</sup> ( <i>Sa.Yo.</i> )	<i>Dashamula, Punarnava, Snuhi, Arka mula, Haritaki, Karanja twak, Pushkaramula, Bilwa</i>	<i>Prameha, pandu, kushta, arshas, udara roga</i>	48 g with <i>Ushna Jala</i>
2.	<i>Saraswatha ghritha</i> <sup>8</sup> ( <i>Sa.Yo.</i> )	<i>Triphala, Sariva, Vacha, Brahmi, Punarnava, Arkamula, Kutaja, Kushta, Saindhava</i>	<i>Smrithi, Visha nashaka</i>	12 g <i>ushna jala</i> and <i>Ksheera</i>
3.	<i>Triphaladi ghritha</i> <sup>8</sup> ( <i>Sa.Yo.</i> )	<i>Triphala, Trivrith Kwatha, Kampillaka, Snuhiksheera, Arka ksheera.</i>	<i>Twak roga, Kandu, Paama</i>	12 g with <i>ushna jala</i> and <i>ksheera</i>

4.	<i>Adrakadi ghritha</i> <sup>8</sup> (Sa.Yo)	<i>Adraka, Aswagandha, Arka, Snuhi, Trikatu</i>	<i>Udara</i>	1 pala
5.	<i>Sarvamayantaka ghritha</i> <sup>8</sup> (Sa.Yo.)	<i>Bala mula, Dashamula, Shatavari, Guduchi, Yashtimadhu, Devadaru, Arka,</i>	<i>Jwara, Unmada, Shwasa, Apas-mara..</i>	1 Pala
6.	<i>Bindu ghritha</i> <sup>4</sup> (sha.sam) (name due to its posology) (Bhai.Ra)	<i>Arka kshira, Snuhi, Haritaki, kampillaka, trivriith, aragvada, aparajitha, danti</i>	<i>Kushta, Gulma, shotha, bhagandhara</i>	DROPS

**Tablet 9: TAILA**

Sl.no.	Formulation	Ingredients	Indications	Dose & anupana
1.	<i>Chinchadi taila</i> <sup>8</sup> (Sa.Yo.)	<i>Chincha Eranda, Prasarani, patra Snuhi, (Bhanu) Arka, Lasuna swarasa,</i>	<i>Vata roga</i>	E/A
2.	<i>Jeemutadi taila</i> <sup>8</sup> (Sa.Yo.)	<i>Jeemuta, Bringaraja, Karaveera, Arka, Haridra, Neela patra</i>	<i>Kandu</i>	E/A
3.	<i>Vrana ropana taila</i> <sup>8</sup> (Sa.Yo.)	<i>Snuhi, Arka ksheera, Madhu chishta</i>	<i>Dushta vrana</i>	E/A
4.	<i>Dinesavallyadi taila</i> <sup>8</sup> (Sa.Yo.)	<i>Dinesavalli twak churna kalka, Dinesavalli and Punarnava swarasa.</i>	<i>Vrana ropana</i>	E/A
5.	<i>Kacchuradi taila</i> <sup>8</sup> (Sa.Yo)	<i>Kacchura, Dathura, Bala, Maricha, Bringaraja, Haridra, Snuhi, Arka</i>	<i>For abhyanga- Kushta and Kshaya</i>	E/A/
6.	<i>Arka patra rasa taila</i> <sup>3</sup> (Bha.Bhai.Ra)	<i>Arka patra swarasa, Haridra, Sarshapa taila</i>	<i>Pama, kachu, Vicharchikam</i>	E/A
7.	<i>Arkadi taila</i> <sup>3</sup> (Bha.Bhai.Ra)	<i>Arka patra rasa, Dathura, Shweta snuhi, Kushta, Saindhava, taila.</i>	<i>Visuchika, Pakshaghata, Gridhrasi</i>	E/A
8.	<i>Bhallataka taila</i> <sup>2</sup> (Bhai.Ra)	<i>Bhallataka, Maricha, Vidanga, Twak, Arka, Saindhava, Haridra, Titalaitaila</i>	<i>Parinama shula, Ajeerna, Udara shula, gni- mandhya</i>	E/A

9.	Vatantaka taila <sup>7</sup> (Ayurvedic Formulations)	Arka patra rasa, Nirgundi patra, Dadima, Dathura, Shunti, Tila taila	Sarvavata roga	E/A
10.	Marichadi taila <sup>4</sup> (Sha.Sam.)	Maricha, Haratala, Trivruth, Rakta chandhana, Musta, Manashila, Karavira, Arka ksheera, Gomaya swarasa, taila.	Kushta, Shwitra	E/A
11.	Vajri taila <sup>4</sup> (Sha.Sam.)	Vajri kshira, Ravi kshira( arka ksheera),Dathura swarasa, Chitraka .taila, Gomutra	Twak vikara..	E/A
12.	Bringalarkadi taila <sup>8</sup> (Sa.Yo.)	Bringaraj, Sweta arka, vasa, kantakari, punarnava, nirgundi,	Pancha Kasa and Shwasa	
13.	Nirgundyadi taila <sup>8</sup> (Sa.Yo.)	Nirgundi, Haridra, Bilwa, Snuhi, Bringaraja, Arka, lasuna, Devadaru,Shunti	Karna roga, Karnapuya	
14.	Nagaradi taila <sup>8</sup> (Sa.Yo.)	Shunthi, Chitraka, Devadaru, Musta, Triphala, Danti, Arka, Guggulu	Mukha roga	
15.	Swasari taila <sup>8</sup> (Sa.Yo)	Bringaraja, Punarnava, Aragvadha, Karanja patra, Arka patra	Shwasa, Kasa, Sotha	

**Table 10: LEPA**

Sl.no.	Formulation	Ingredients	Indication	Dose& anupana
1.	Arkadi lepa <sup>3</sup> (Bha.Bhai.Ra)	Arka ksheera, Sudha khanda, Kantaka, Karanja	Arshas	E/A
2.	Bhagandharahara lepa <sup>8</sup> (Sa.Yo.)	Haridra, Nimba patra, Arka mula, Haritaki, Saindhava and bhavana with Takra	Bhagandhara	E/A

**Table 11: KSHARA**

Sl.no.	Formulation	Ingredients	Indication	Dose & anupana
1.	Sudha kandadi kshara <sup>8</sup>	Snuhi kanda, Lavana	Kasa, Shwasa,	Pills should be

	(Sa.Yo)	traya, Arkamula , Chitraka .bhasma is prepared with an- thardhuma method	Arshas Hridroga	administered af- ter food
2.	Vaishvanara kshara <sup>2</sup> (Bhai.Ra.)	Snuhi, Arka, Chitra- ka, Eranda, Varuna, Punarnava, tila, Apamarga, Kadali, Palasa, Amlika, ksha- ra of these is added with water and re- duced to padavasesha	Arshas, mandag- ni, ASHMARI, ANILA vikara.	500 mg to 1 g
3.	Arkadi kshara <sup>3</sup> (Bha.Bhai.Ra)	Tarunya arka patra, Pancha lavana, Taile na amlena	Vata arshas	Internal adminis- tration with ushna jala or madhya
4.	Avittoladi bhas- ma(kshara) <sup>8</sup> (Sa.Yo)	Avittola(karanja), Apamarga, Danti, Tapana(arka),-mula, Eranda, Kokilaksha, Aragwadha, Snuhi, Kadali	Gulma, Udara, Shopha	

**Table 12: LAVANA**

Sl.no.	Formulation	Ingredients	Indication	Dose & anupana
1.	Maha vriksha lavana <sup>8</sup> (Sa.Yo)	Snuhi, Lavana, Pootikaranja, Palasha Twak, Pippali mula, Vidanga kashaya and Arka	Shula	250 mg
2.	Arka lavana <sup>2</sup> (Bhai.Ra.)	Arka patra, La- vana	Gulma, Pleehod- hara rogas	250 mg Dadhi Mastu

**Table 13: DRAVAKA**

Sl.no.	Formulation	Ingredients	Indication	Dose & anupana
1.	Shanka dravaka <sup>2</sup> (Bhai.Ra.)	Arka mula, Snuhi, Chincha, Aragva- da, Chitraka, Apa- marga Matulunga swarasa, Shanka churna	Udara rogas, Ajirna, Adhma- na, Yakrit pliha rogas	5 drops jala

2.	<i>Maha shanka dravaka</i> <sup>2</sup> (Bhai.Ra)	<i>Chincha phala Twak, Ashwatha, Snuhi, Arka mula, Apamarga, Pancha- lavana, Tankana, Shankanabhi</i>	<i>Pliha vridhi, Ajirna, Grahani roga, Shwasa, Kasa, Udara roga</i>	1 to 2 drops <i>jala</i>
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**Table 14: DHUMA**

Sl.no	Formulation	Ingredients	Indication	Dose & anupana
1.	<i>Arkadi dhuma</i> <sup>2</sup> (Bhai.Ra.)	<i>Manashila, Arka mu- latwak, Trikatu</i>	<i>Kasa</i>	After <i>dhuma pana</i> pa- tient should take <i>Jala or Ksheera</i> as <i>anupana</i>
2.	<i>Marichadi dhuma</i> <sup>2</sup> (Bhai.Ra.)	<i>Maricha, Manashila, Arka mulatwak - Arka ksheera bhava- na</i>	<i>kasa</i>	

**Table 15: DHUMRA**

Sl.no.	Formulation	Ingredients	Indication	Dose & anupana
1.	<i>Arka muladi dhumra</i> <sup>3</sup> (Bha.Bhai.Ra)	<i>Arka mula, Shila, Katu trikam</i>	<i>Panchavidha Kasa</i>	

**Table 16: ARKA KALPANA**<sup>5</sup> *Arkarka* indicated in *Pleeha roga, Gulma roga, Arshas, Kaphaja roga, Udara roga, Krimi roga*

**Table 17: RASA OUSHADHIES**

Sl.no.	Formulation	Ingredients	Indications	Dose & anupana
1.	<i>Vasuki bhushana rasa</i> <sup>2</sup> (Bhai.Ra)	<i>Shudha Parada, Vanga bhasma, Tamra bhasma, .Arka patra swarasa</i>	<i>Pleeha rogas and Gulma</i>	125 to 250 mg daily <i>Saindhava lavana</i>
2.	<i>Shothodharari lauha</i> <sup>2</sup> (Bhai.Ra)	<i>Punarnava, Amrita, Chitraka, Arka mula, Shigru,.Arka Ksheera..</i>	<i>Udara rogas, Shotha</i>	Acc to <i>Vaya, Bala, Kala</i> etc..
3.	<i>Ratna garbha pottali</i> <sup>2</sup> (Bhai.Ra.)	<i>Shuddha Parada, Hema, Rajata, Swarna makshika, Arka ksheera.</i>	<i>Raja yakshma, Kasa, Shwasa, Atisara</i>	125 mg <i>Madhu, Gritha</i>
4.	<i>Kshaya kesari rasa bri- hath</i> <sup>2</sup> (BhaiI.Ra)	<i>Chitraka, Arkamula, Matulunga, Triphala, Chitraka, Bringaraja,</i>	<i>Kasa, Kshaya, Krimi, Prameha, Swasha, Udara roga</i>	65 to 125 mg <i>anu- pana</i> acc to <i>roga bala</i> .
5.	<i>Hema manohara rasa</i> <sup>2</sup>	<i>Rasa sindhura,</i>	<i>Gulma, Shula</i>	2 to 3 <i>rattis</i>

	(Bhai.Ra.)	Svarna bhasma, shuddha Manashila, Arka swarasa		Madhu , Pippali churna
6.	Vaidhya raja rasa <sup>2</sup> (Bhai.Ra.)	Shanka bhasma, Kaparda bhasma, Chitraka, Varatika, arka ksheera.	Rajayakshma	125 mg to 250 mg madhu gritha
7.	Mrigashringa bhasma <sup>2</sup> (Bhai.Ra.)	Shuddha Mrigashringa, Arka ksheera, Kumari swarasa	Hrichula....	250 to 375 mg Gritha
8.	Visvoddi pakabhram <sup>2</sup> (Bhai.Ra.)	Abhraka, Tankana, bhavana with Dattura, nirgundi, arka mula kashaya	Kasa, Gulma, Mandagni, Am-lapitta	125 mg Paribhadra swarasa
9.	Tambula bhasma <sup>8</sup> (Sa.Yo)	Tambula bhasma, Arka dugdha, an-thardhuma kshara with Saindhava and Ajamoda churna	Shula nashaka	Int.. Along with Guda
10.	Tamra bhairava gutika <sup>8</sup> (Sa.Yo)	Trikshara, Pancha lavana, Tamra bhasma Parada, Arka mula kashaya.	Sannipata nasha	1 masha pills admn with Yashti-madhu kashaya
11.	Avilatholadhi bhasma ganji <sup>8</sup> (Sa.Yo)	Karanja, Apamarga, Swehta arka, Eranda mula, Ashwagandha	Shotha, Gulma	250 mg
12.	Icha bhedhi rasa <sup>2</sup> (Bhai.Ra)	Shodhita parada & gandhaka, maricha churna, trivrt, arka patra rasa, sunti churna	Amaroga, kapha rogas, udara, gulma	120 mg with Sheeta jala
13.	Pravala panchamritham <sup>7</sup> (Yo.Ra)	Pravala bhasma, mouktika bhasma, shanka bhasma, arka kshira, varata bhasma	Kasa, yakrit pleeha rogas, grahani....	200 mg tab With madhu
14.	Arkeshwaro rasa <sup>3</sup> (Bha.Bhai.Ra)	Parada bhasma, tamra bhasma, tankana, trikatu, arka ksheera	Sannipata hara	



15.	<i>Sita jwarari rasa</i> <sup>4</sup> (Sha.Sam)	<i>Talaka, tutha, rasa, gandhaka, triphala kashaya, .arka ksheera.</i>	<i>Jwara, daha...</i>	
16	<i>Pancha vaktra rasa</i> <sup>4</sup> (Sha.Sam)	<i>Parada, gandhaka, pippali, tankana, dathura administered with arka mula kashaya</i>	<i>Kapha roga</i>	200mg with Arka mula kashaya

## DISCUSSION AND CONCLUSION

Both *Shweta* and *Rakta Arka* are useful in medicinal preparations. *Arka* is used in all forms of *Kalpana*. It is utilized in various diseased conditions both for internal and external purpose. Maximum formulations containing *Arka* are indicated in *Kaphagata roga* and *Twak vikaras*. Ingredients like *Punarnava, Lavana, Sarshapa taila, Haridra, Trikatu*, etc are found to be used in combination. *Arka* is also known for its use in folk medicines it is used as Antifungal, Antipyretic Analgesic agent, Dried leaves as Anti inflammatory and dried latex and dried root are used as Antidote for Snake poisoning, tender leaves are used to treat migraine. As it is better to approach in classical way to manage a variety of diseases drug like *Arka* plays important role

Many classical preparations with *Arka* as an ingredient are not practically in use in clinical practice and there remains a scope of research in this area.

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