

CRITICAL STUDY OF PHARMACO-CLINICAL BASIS OF PANCHVIDHA KASHAYA KALPANA SELECTION

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ABSTRACT

Dravya (Medicine) forms the second main pillar of Treatment Protocol according to Ayurved. *Acharyas* clearly indicate the selective criteria considered for preparation of a specific *Kashaya Kalpana* for a specific patient. Here, all the factors like Pathogenesis, Psychology of the Patient and most importantly Characteristics of the Raw Drug used are to be considered. The present article tries to highlight these points so that due care can be taken while selecting particular *Kashay Kalpana* for preparation purpose on Pharmacy level as well as clinically during the treatment of the patients. This will also certainly help to pacify the image of Ayurved Drugs generated by wrong selection of drugs and the specific formulations prepared.

Keywords: *Kashay Kalpana*, Pathogenesis, Psychology of Patient, Pharmaco-clinical Basis

INTRODUCTION

Ayurved Principles still stand strong in today's Modern Era. The basic reason for this may be Ayurved is the Science of Living Body, the living Human Body. While the whole world has undergone drastic change under the name of modernization, the Human Body remains the same. The *PanchMahaboot*, *Tridosha*, *SaptaDhatu* and *Trimala* constitution of the Human Body remains unchanged and this proves the thorough application of this age old Science in today's world also.

Ayurved explains in thorough detail, the anatomy, physiology, pathology as well as the management basis of major diseases. In spite of this fact, Ayurved Medicines are slow to appeal masses on a large scale and are considered as the alternative choice of treatment for many diseases, be

it acute or chronic. Patients undergoing Ayurved Management also complain that Ayurved Medicines are slow to act and it takes longer duration to be relieved from their ailments. Science is what the Scientists practice. There seems to be a serious lacking in understanding the basic principles which were considered by our *Acharyas* while designing these medicines be it a simple *Swaras* (Juice) or *SnehaKalpanas* (Oils and Ghrits) etc. This is an attempt to understand it so that the society can be blessed with minimum medicine, less time and less cost effectively.

AIMS AND OBJECTIVES –

1. To review and evaluate the concept of *Panchvidha Kashaya Kalpana* described in *Charak Samhita*.
2. To revalidate the concept of *Panch-*

vidha Kashaya Kalpana with evidence based references.

MATERIALS AND METHODS –

Data and information scattered in different Ayurved *Samhitas*, Textbooks, Research Papers, Published Articles, Journals and Websites.

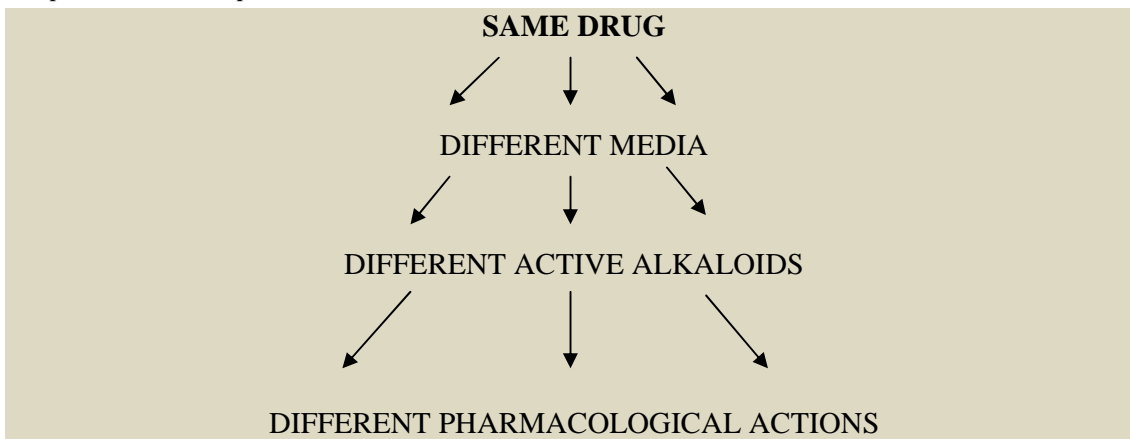
NEED OF DIFFERENT KASHAYA KALPANAS –

All the ancient Ayurved texts describe *Kashaya Kalpana* in utmost details. Even if there seems to be a debate on exact number of *Kashaya Kalpana*, there seems to be a specific line of thinking and understanding in their design and uses in patients. Some details discussed by commentators like *Chakrapani*, *Arundutta* etc. make us aware of this fact. These unexplored or less popular references emphasize the methodology of Ayurved Drug Selection. It is not only Drug oriented but also Specific *Kalpana* oriented which cannot be neglected if we desire to get optimum results. Ayurved *Samhitas* do not use words like Pharmacology, Active Principles, Active Alkaloids, Palatability etc. but the essence is the same which forms the basis of all Modern Pharmacology Books. While explaining the basics of 5 *Kashaya Kalpana*, *Chakrapani* uses the word

“*Shakti-Vishesh*”. The exact meaning of this phrase can be “Specific Power”¹. The power word also denotes “Specific Potency”, “Specific Mode of Action”. In other words, different *Kashaya Kalpanas* or Formulations are designed to obtain different powers, different mode of actions from the same *Dravya*. In Modern Pharmacology also, different solvents are used to extract different active principles or ingredients from a same drug and used for those specific indications only.

It strongly indicates that different *Kashaya Kalpana* are designed in order to extract different active principles present in the same medicine using different medias like water, oils or alcohol.

Chakrapani also says that *Shrita* (Decoctions), *Sheet* (Cold Infusions) or *Phant* (Hot Infusions) etc. are not prepared from Whole Drug at the same time. Different parts (*Upayukta Anga*) of the same Drug are used for the preparation of *Kalpanas*. During the preparation of Medicine Formulations, the *Drava* (Liquid Medium of Extraction) used enters different parts of the Raw Drug Used and finally yields us different Active Principles².



Arundutta also while commenting on the word *Bahukalpam* which is the first property of Drug expects it to be capable of

forming different *Kalpanas*³. *Dahlana* also comments that the word “*Kalpa*” used in *Kashaya Kalpana* indicates methods of

preparation which again points that different methods yield different active principles i.e. different drugs⁴.

The idea behind the designing of all these various kalpanas can be classified as below.

1. Clinical View –

These 5 *Kashaya Kalpana* possess more *Bala* – Power in the preceding fashion, i.e. *Swaras* is most *Balwan* while *PhantKalpana* in the least *Balwan*.

Hence *Swaras Kalpana* is to be used in *Balwan Rugna* (Patient) as well as *Balwan Roga* (Disease). It is specifically indicated that when the strength of the patient is good as well the disease is also more powerful, *Swaras* is to be used. This also indicates that *Swaras Kalpana* may contain maximum alkaloids or active principles.

Also care should be taken while indicating *Swaras Kalpana* in weak patients or weak diseases. He certainly suggests some side effects such as *Balabhransha* (excessive weakness) and *Bheshaj Atiyog Dosha* (effects related to overdose of Drugs) can occur⁵. The opposite is possible regarding other *Kalpanas* also. A comparatively weak *Kalpana* like *Phant* or *Hima*, if used in strong patient and a strong disease will not yield any result at all.

2. Psychological View –

A patient cannot take the same medicine for a long time. Even if the medicine is sweet in taste, the same medicine for a long time will cause nausea and dislike⁶. If such medicine which is not liked by the patient is still continued, the patient may complain of symptoms like *Tat Kshan Vaman* (Vomiting) or *Aruchi* (Nausea) etc. This in turn causes severe avulsion towards the Medicine and the cumulative effect is, the patient stops our treatment also. This is also one of the reasons to

have so many different *Kalpanas* which prevents dislike and eventual stoppage of treatment.

3. Pharmacological View –

Similar to the Clinical as well as Psychological view, *Kashaya Kalpana* are also designed according to the nature of the raw material used i.e. it is Drug Oriented. Same *Kashaya Kalpana* is not prepared from every Drug. In other words, a same Drug is not used to prepare all the 5 *Kashaya Kalpanas*.

While explaining *4MedhyaRasayan*, *Acharya Charak* indicates to use *Swaras*(Juice) of *Mandookparni*, *Churna* (Powder) of *Yashtimadhu*, *Swaras* (Juice) of *Guduchi* and *Kalka*(Paste) of *Shankhapushpi* specifically⁷.

Thus to get the maximum *Medhya* Effect of *Mandookparni*, *Swaras* is the *Kashaya-Kalpana* of choice. The other *Kashaya-Kalpana* of same *Mandookparni* Drug such as decoctions, powder etc. can cause variable results and the final outcome will be affected. Same is true for other drugs like *Yashtimadhu*, *Guduchi* and *Shankhapushpi*.

Kashyap explains different pharmacological actions of different *Kalpanas*. He emphasizes the use of *Hima Kalpana* (Cold Infusion) to be used in *Pitta pradhan* disorders. *Phant Kalpana* (Hot Infusions) is indicated in children, weak patients and weak diseases. *Kwatha Kalpana* (Decoctions) is indicated in adults and strong disease⁸.

4. Recent Researches –

Recent researches in Modern Pharmacology also validate this point of extracting different alkaloids from different parts of the same plant. Two varieties of Young Ginger (*Zinger officinale* Roscoe) contain different percentage of active principles in different parts⁹.

Variety	Part Used	Extraction %
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HaliaBentong	Leaves	51
	Stem	32
	Rhizomes	51
Halia Bara	Leaves	56
	Stem	31
	Rhizomes	58

Whenever a solvent is also changed which is often the base in Ayurved formulations like Water in *Kwatha*, *Hima* or *Phant*; Oils or *Ghrit* in *SnehaKalpanas*, Alcohol in *SandhanKalpana*, the properties change. This can also be proven on Pharmacological basis. It was observed in a recent study that generally higher extract yields, phenolic contents and plant material antioxidant activity were obtained using aqueous organic solvents, as compared to the respective absolute organic solvents¹⁰.

While obtaining extract from *Arjuna* (*TerminaliaArjuna*), Ethanol yields the maximum amount of extracts as compared to other solvents like Acetone, Water or Chloroform. This can be correlated with the fact that *Arjunarishta* is used more even today in place of *Arjun Kwatha* (Decoction) or any other kalpana¹¹.

The word *Mandagni* is commonly used in all methods of *Kalpana* production. It emphasizes that low temperature extraction can be best extraction process. The time duration is also important for yielding specific active principles from plant sources. Similar observations regarding temperature were observed in a research where the aqueous solutions or ethanol or acetone (30 %), extraction temperature of 60 °C and extraction time of 30 min were the most efficient for the extraction of polyphenols from dry sage leaves¹².

DISCUSSION AND CONCLUSION

In our Ayurved Practice, the above points are generally untouched and blindly any *Kalpana* according to the easy availability is used. If *GuduchiSwaras* is indicated and

is unavailable, its *Churna* is freely used with not optimum results. *Acharyas* indicate specific part to be used in formulations. The commonest example is *Dashmoola*. We do not find all the 10 species and also as roots are to be kept intact, other parts of the plant are included in *Dashmoola*. *Triphala*, name itself suggests 3 fruits which are to be used seedless. Majority of times, the seeds are also included in the drug and subsequent result is hampered or varied. This results in longer treatment which many times turn out to be costly to patients and can also cause some unknown or untoward effects. The final blame goes to our science, Ayurved.

Today a number of new formulations or new dosage forms are hitting the market on a regular basis. Whenever such a new formulation is imagined, its practicality in terms of Efficacy should be evaluated. Palatability is also important but not at the cost of Efficacy. If these principles are kept in mind, Ayurved management can be more fruitful and quick result yielding.

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