

REVIEW OF SWARASA KALPANA OF SARANGADHARA SAMHITA

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ABSTRACT

Ayurveda is a life science which explains about the different dosage forms. There has been a development over the concept of drug dosage form from the time of *Acharya Charaka* to most recent pharmaceutical text of ayurveda *Sarangadhara samhita*. Many changes are seen since then in drug preparation from simplest form of *swarasa* (extracting juice of plant material) to complex procedures adopted in *Rasa shastra*. All these procedures aims at increasing palatability easy absorption of drug and also lower the dose of drug with quick action, also taking in consideration strength of patient and magnitude of disease. There are five basic *kalpanas* (pharmaceutical formulations) mentioned in *Sarangadhara samhita* i.e. *Swarasa* (juice), *kalka* (paste of plant parts), *kwatha* (decoction), *hima* (cold infusions), *phanta* (hot infusions). *Swarasa kalpana* is first *kalpana* mentioned by all *acharyas* among the *kashaya kalpanas* and also it is *guru* (hard to digest) in nature and potent *kalpana* among rest of all. *Acharya Sarangadhara Madhyama khanda* first chapter is entirely dedicated to *swarasa kalpana* where he has also mentioned its method of preparation by different methods and has also indicated number of *yogas* (formulations) for the most common and commonly faced diseases by even present day clinicians. Here an attempt is made to highlight this *kalpana* along with its applicability.

Keywords: *Sarangadhara samhita, swarasa, Madhyama khanda.*

INTRODUCTION

Ayurveda- the science of life is oldest repository of medical sciences of ancient India. It has two basic objects i.e. maintenance of health and cure of disorders, for this purpose number of *Kalpanas* are described in accordance with disorders. But mainly there are five basic *kalpanas* *Swarsa, kalka, kwatha, hima, phanta* together called as *Panchavidha kashaya kalpana*¹. All other *kalpanas* are *upkalpanas* of these primary formulations (derivatives of these formulations). *Acharya Charaka* has clearly mentioned that these *kalpanas* are to be used considering the *bala* of patient (individual power and built), and

strength of disease². *Sarangadhara samhita* is a comprehensive text book of *ayurveda* written in 14th century by *Acharya Sarangadhara* son of Damodar, he has mentioned entire *kashaya kalpanas* and their *upkalpanas* in *Madhyama khanda* divided in twelve chapters. One among these *kalpanas* is *swarasa kalpana* explained in *Madhyama khanda* first chapter. Here *acharya* has explained four methods of making *swarasa* both by taking fresh plants and dry part of plant. Another method of making *swarasa* is by *putapaka* method (by making bolus and subjecting to heat amidst cow dung cakes. Later he

has illustrated number of examples of *swarasa kalpanas* and their uses according to the disease.

Material and methods:

Chapter is reviewed and summary is described as follows:

The normal *swarasa* is prepared by taking fresh part of plant pounding it and squeezing through cloth³. Another method of preparing of *swarasa* is soaking 1 *Kudava* (approx. 187 gm.) of dry drug in two times of water overnight, next day it is filtered and *swarasa* is obtained⁴. It can also be prepared by adding eight times water to the quantity of drug taken and boiling it until one-fourth remains⁵. Apart from this *acharya* also mentioned *putapaka* method of preparing *swarasa*, such method is used for *dravyas* whose *swarasa* cannot be extracted by above mentioned procedures. By subjecting them to *agni samyoga* (heating by cow dung cake heat) it softens them and than *swarasa* can be extracted easily. For this, drug whose *swarasa* is to be extracted is made into fine paste and wrapped by leaves of *jambu* (*Syzgium cumini*), *vata* (*Ficus bengalensis*) and then tied with thread after that a paste of wet

mud having thickness of 2 *angulas* (2 fingers approx 1 inch) is coated over this ball and subjected to drying, once it gets dried it is kept put into fire of cow dung heap. When the layer of mud becomes red hot the ball is taken out, layers are removed, and juice is extracted out⁶.

Since the *swarasa kalpana* is *guru* (hard to digest) its dose is half *pala* (approx. 24 ml.) whereas that obtained by soaking dry drug over night in water, boiling method⁷, and *putapaka* method the dose is one *pala*⁸ (approx. 48 ml.). *Acharya* also mentioned some *Prakeshapa dravyas* (additional drugs to be added while taking *swarasa*) to add in *swarasa* like *Madhu* (honey), *sharkara* (sugar), *guda* (jaggery), *kshara* (alkalies), *jiraka* (*Cuminum szgium*), *lavana* (rock salt), *ghruta*, oil and *churna* they are to be added in quantity of one *Kola* each (6 gm.)⁹. *Swarasa* obtained by *putapaka* method is to be taken with one *Karsa* (approx. 12 gm.) of honey. After mentioning all these general concepts he gave a number of simple examples of *swarasa* for common diseases that can be made and practiced at clinical level.

Table no 1: Showing the *swarasa* along with its *anupana* and indications:

SL. No.	Name of the <i>swarsa</i>	<i>Anupana/ sehpana</i> (vehicle of drug intake)	Disease
1.	<i>Amrita</i> (<i>Tinospora cordifolia</i>)	Honey	<i>Prameha</i> (Diabetes)
2.	<i>Dhatri</i> (<i>Emblica officinalis</i>)	<i>Haridra chruna</i> (<i>Curcuma longa</i>) or Honey	<i>Prameha</i> (Diabetes)
3.	<i>Vasakadi swarasa</i> (<i>Adhatoda vasica</i>)	Honey	<i>Raktapitta</i> (purpura), <i>jwara</i> (fevers), <i>kasa</i> (cough), <i>kshaya</i> (consumption), <i>kamala</i> (jaundice), alleviates <i>kapha and pitta</i> .
4.	<i>Triphaladi swarasa- Triphala</i> (combination of three fruits <i>Terminalia chebula</i> , <i>Terminalia bellirica</i> , <i>Emblica officinalis</i>) or <i>darvi swarasa</i> (<i>Berberis</i>	Honey	<i>Kamala</i> (jaundice)

	<i>aristata</i>) or <i>nimbi swarasa</i> (<i>Azadirachta indica</i>) or <i>guduchi swarasa</i> (<i>Tinospora cordifolia</i>)		
5.	<i>Tulasi swarasa</i> - <i>swarasa</i> of leaves of <i>tulasi</i> (<i>Ocimum sanctum</i>) or <i>dronapushpi swarasa</i> (<i>Leucas cephalotes</i>)	<i>Maricha churna</i> (<i>Piper nigrum</i> /black pepper)	<i>Visama jwara</i> (intermittent fever)
6.	<i>Jambavadi swarasa</i> - <i>swarasa</i> of tender leaves of <i>jambu</i> (<i>Syzygium cumini</i>), <i>aamra</i> (<i>Magnifera indica</i>), <i>amalaki</i> (<i>Embelia officinalis</i>)	Honey, <i>ghruta</i> , milk	<i>Raktaatisara</i> (bloody diarrhoea)
7.	<i>Babbuladi swarasa</i> - leaves of <i>babbula</i> (<i>Acacia arabica</i>), <i>syonaka</i> (<i>Ailanthus excelsa</i>), <i>kutaja</i> (<i>Holarrhena antidysenterica</i>)		For all <i>atisara</i> (diarrhoea)
8.	<i>Aadraka swarasa</i> (<i>Zingiber officinale</i>)		<i>Vrushna vata</i> (orchitis), <i>swasa</i> (dyspnoea), <i>kasa</i> (cough), <i>aruchi</i> (loss of taste), and <i>pratishaya</i> (rhinitis).
9.	<i>Beejapura swarasa</i> (<i>Citrus medica</i>)	Honey and <i>kshara</i> (alkali)	Relives pain of <i>parshva</i> (flanks), <i>hrudya</i> (heart), <i>basti</i> (bladder), <i>koshtavata</i> (tympanitis).
10.	<i>Sataavari swarasa</i> (<i>Asparagus racemosus</i>)	Honey	<i>Pittaja soola</i> . (colic due to pitta)
11.	<i>Ghrutkumari swarasa</i> (<i>Aloe barbadensis</i>)	<i>Haridra chruna</i> (<i>Curcuma longa</i>)	Cures <i>plihavruddhi</i> and <i>gandamala</i> (splenic disorders and scrofula)
12.	<i>Alambusadi swarasa</i> (<i>Sphaeranthus indicus</i>)- <i>swarasa</i> of <i>alambusa</i> two palas (96 ml)		<i>Apachi</i> (scrofula), <i>gandamala</i> (lymphadenoma), and <i>kamala</i> (jaundice)
13.	<i>Mundi swarasa</i> (<i>Sphaeranthus indicus</i> -taken luke warm)	<i>Maricha churna</i> (<i>Piper longum</i>)	<i>Suryavarta</i> (migraine), and <i>ardhavabheda</i> (hemicranias) within seven days
14.	<i>Brahamadi swarasa</i> - <i>swarasa</i> of <i>brahami</i> (<i>Bacopa monnieri</i>), <i>vacha</i> (<i>Acorus calamus</i>), <i>sankhapushpi</i> (<i>Convolvulus pluricaulis</i>)	Honey or <i>Kustha churna</i> (<i>Saussurea lappa</i>)	All types of <i>Unmanda</i> (insanity)
15.	<i>Kusmanda swarasa</i> (<i>Benincasa hispida</i>)	<i>Guda</i> (Jaggery)	Relives intoxication of <i>Kodrava</i> (<i>Paspalum scrobiculatum</i>)
16.	<i>Gangeruka swarasa</i>		<i>Swarasa</i> is applied

			over wound caused by sharp weapon relieves pain and augments healing
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Table no. 2: Showing the swarasa obtained by Putapaka method along with its uses:

SL. NO.	Name of the swarasa	Anupana/ sehpana (vehicle of drug intake)	Disease
1.	<i>Kutaja putapaka (Holarrhena antidysenterica)</i>	Honey	<i>Atisara</i> (diarrhoea)
2.	<i>Aralu putapaka (Oroxylum indicum)</i>	<i>Mocharasa</i> (Gum of <i>Bombax malabaricum</i>) and honey	<i>Deepana</i> (improves digestion), cures <i>atisara</i> (diarrhoea)
3.	<i>Tittara putapaka- Nyagrodha (Ficus bengalensis)</i> leaves paste is filled in the abdomen of the <i>Tittara (Grey partridge)</i> whose intestines are removed. It is then subjected to <i>putapaka</i> .	Honey	Cures <i>atisara</i> (diarrhoea)
4.	<i>Dadima putapaka (Punica granatum)</i>	Honey	Cures <i>atisara</i> (diarrhoea)
5.	<i>Beejapurakadi putapaka-</i> tender leaves or roots of <i>beejapura (Citrus medica)</i> , <i>aamra (Magnifera indica)</i> , <i>jambu (Syzygium cumini)</i>	Honey	Relieves severe vomiting caused by <i>tridoshas</i> .
6.	<i>Vasaputapaka-</i> juice of leaves of <i>vasaka (Adhatoda vasica)</i>	Honey	<i>Raktapitta</i> (purpura), <i>kasa</i> , <i>jwara</i> , <i>kshaya</i> (consumption)
7.	<i>Kantakari putapaka- panchanga</i> (root, shoot, flower, fruit and leaves) of <i>Kantakari (Solanum xanthocarpum)</i>	<i>Pippali churna (Piper longum)</i>	<i>Kasa</i> (cough), <i>swasa</i> (dyspnoea), <i>Kapha</i> (phlegm related disorders)
8.	<i>Vibhitaki putapaka- vibhitaki</i> fruit (<i>Terminalia bellirica</i>) is smeared with little <i>ghee</i> and coated with covering of <i>godhuma</i> as subjected to <i>putapaka</i> .	Outer covering cooked so is held in mouth and sucked slowly	<i>Kasa</i> (cough), <i>swasa</i> (dyspnoea), <i>pratishyaya</i> (running nose), and <i>swarabhanga</i> (hoarseness of voice)
9.	<i>Sunthiputapaka-</i> powder of <i>sunthi (Zingiber officinale)</i> mixed with little quantity of <i>ghee</i> , rolled inside the leaves of <i>eranda (Ricinus communis)</i> and subjected to <i>putapaka</i> in mild fire.	Sugar	<i>Aamatisara</i> (diarrhoea due to indigestion)
10.	<i>Sunthiputapaka</i> for <i>aamavata</i> - paste of <i>sunthi (Zingiber officinale)</i> with juice of <i>erandmoola</i> is subjected to <i>putapaka</i> .	Honey	<i>Aamavata</i> (Rheumatism)

11.	<i>Mrugshrunga putapaka</i> - pieces of stag's horn are put inside two earthen saucers sealed with mud and subjected to <i>putapaka</i> .	Cow's ghee	<i>Hrudashoola</i> (pain related to cardiac pathology)
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DISCUSSION

Acharyas have mentioned five basic *kalpanas* in Ayurveda pharmaceuticals, among them *swarasa kalpana* is first and foremost *kalpana*. The simplest method of preparing a *swarasa* is to take a fresh drug pound it and then filter by cloth to obtain fresh juice. The shelf life of all *Panchavidha kashaya kalpana* is one day so as for *swarasa*. Apart from this there are other methods of obtaining a *swarasa* from drug based on availability, its nature, and constitution. If a fresh drug is not available at a time its dry form can be used and *swarasa* can be prepared, similarly plants whose *swarasa* cannot be obtained by any of the above method it can be subjected to heating method by making a bolus of it and then providing heat by means of cow dung cakes. Basic idea behind such process can be morphologically the cellular structure of these plants may not allow losing its contents by normal squeezing process, so heat is provided so that it causes little change in the cell structure and *swarasa* can be obtained. Based on the way *swarasa* is obtained its dose also changes like for *swarasa* extracted by direct squeezing of drug its dose is half *pala* whereas for *swarasa* obtained by other methods its dose is one *pala*, possible explanation for this could be that in first process *swarasa* is more potent so even for persons having *samanaya agni* (digestive power) it may not be possible to digest it easily so its dose is comparatively less, while in other process *swarasa* is obtained from dry drug and by *agni samyoga* so it causes loss of potency of *swarasa* so its dose is more i.e. one *pala*. *Acharya* have illustrated number of examples for

swarasa and had also given its indications in disease. The drugs mentioned in all *swarasa kalpanas* are easily available and easy to be administered to the patients. The *yogas* are mentioned on basis of *Vyadhi Viprita Chikitsa* theme (having action against disease) like *Aamalaki* is commonly used drug for *Prameha* here it is taken along with *Haridara churna* which again is *agreya* drug for *prameha*. Honey is the most common vehicle mentioned in all the above mentioned yoga probably due to *yogavahi guna* of *madhu* as said by *acharya Charaka* that *madhu* is made by combination of several *dravyas*¹⁰. Likewise all the *yogas* that are mentioned have action against particular disease.

CONCLUSION

Swarasa kalpana is first and most potent among all the *panchavidha kashaya kalpanas*. *Acharya Sarangadhara* in his book *Sarangadhara Samhita* has mentioned all these *kalpanas* separately in each chapter. First chapter of *Madhyama khanda* entirely describes *swarasa kalpana* its definition, method of preparation by different ways, dose and various formulations based on disease.

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