

REVIEW OF VATI KALPANA W.S.R. TO SHARANGDHAROKTA VATI KALPANA

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ABSTRACT

Ayurveda is the science of life & longevity. Ayurvedic therapeutics has been classified into two broad groups i.e., *svasthyorjaskaram* (natural immunity with strength promoter) and *roganut* (disorder alleviating). To cure diseases *vaidya* takes different measures. These measures include different *Panchakarma* procedures & medicines. The medicines in Ayurveda are present in wide range of dosage forms, *vati* is one of the stable and potent of these. The *Vati* formulation is also largely preferred and prescribed dosage form. The pioneer in the *bheshaja nirmana* is *Acharya Sharangdhara*. There are different *vati* mentioned in *Sharangdhar Samhita Madhya Khand-Vati Prakarana*.

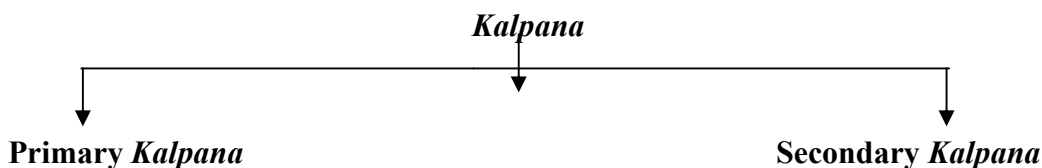
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INTRODUCTION

Medicines prepared in the form of pills are known as *vati or gutika*. These are made up of one or more drugs of plants, animal and mineral origin¹. Fine powder of medicinal drugs when mixed with water, *swarasa, gomutra, godugdha and madhu* etc. is prepared in various sizes, is called as *Vati, Vatak or Gutika*². Combination of semisolid *kalka* of one or more drugs by mechanical machines or by hand in the circular form is called as *vati*³.

Kalpna:- *Kalpna* means *yojna* or *sansakara*. According to *Acharya Vagbhatta Vati kalpna* is a derived form of *kalka kalpna*⁴. *Panchvidha kasaya kalpna* are the fundamental preparation. All other formulations are derived from fundamental preparations⁵. *Ayurvedic* preparation are divided into two part-

- 1- **Primary Kalpna**
- 2- **Secondary Kalpna**



1.Swarasa	1.Avaleha
2.Kalka	2.Vati
3.Kwatha	3.Taila
4.Him	4.Madya
5.Phanta	5.Asav-Arista etc.

Synonyms of Vati⁶:-

Vataka, Modaka, Gutika, Vatika, Pindi, Guda & Varti

Method of Vati Nirmana- 2 types

- Sagni Vati Nirmana
- Niragni Vati Nirmana

Sagni Vati Nirmana⁷:-If the preparation of vati is made with the help of Agni is called as Sagni vati nirmana. In this process Guda, Guggulu, Sugar etc. cooked by adding water and when appearance like of *Leha*, then fine powder of drugs should be added to make paste for vati nirmana. Eg- *Yogaraj Guggulu, Chandraprabha Vati*.

Niragni Vati Nirmana⁸:-If preparation of vati is made without the help of Agni that is called as Niragni vati nirmana. In this method vati is made without help of Agni. If honey is used, then fine powder of drugs is properly mixed in honey after this vati should be made. Eg- *Eladi Gutika, Shilajatwadi Vati*. If *Gomutra, Swaras, Kwath* are used in the formation of vati, then fine powder of drugs should be given *bhavana* by these liquids and after this vati should be made. Eg- *Sanjeevani vati*.

Aims & Objectives:-

The present study was aimed at compiling and reviewing the literature regarding *vaticalkpana* from classical text *Sharangdhara Samhita*.

General Principal of Vati Nirmana⁹:-

- If Sugar is added, it should be taken four times to the quantity of *churna*.

- If *guggulu* / Honey are added, it should be taken in equal quantity to that of *churna*.
- If liquid Substance like *Swarasa, Kwatha, gomutra* etc. is needed, its double quantity should be used.
- If preparation of vati with Jaggary, it should be taken double quantity of *churna*.
- If *Parada* and *Gandhaka* are mentioned, *Kajjali* is made first then other drugs are added, one by one according to formula¹⁰.
- The vegetable drugs are dried and made into fine powder, separately. The mineral, metal and gems are reduced to *bhasma* or *sindura*, unless otherwise mentioned, animal products are purified if necessary.
- If *guggulu* is one of the ingredients, then no binding material is needed.
- If *vansalochan* is mentioned in the vati formula, first *vanslochan* has to be grinded with little *churna* then rest of the *churna* little by little has to be incorporated and mixed well¹¹.
- If *tikshna dravyas* used like *Vatsanabha, Raskarpura* and *Rasapushpa* etc., first of all they should be mad into micro powder form in *Khalva yantra* then mixed with other ingredients.

Ingredients used in Vati:-

In the preparation vati three ingredients are necessary:-

1. Drugs in the form of fine powder.
2. Binding substance/ Sweet substance.
3. Drugs for *Bhavana*.

- **Drugs in the form of fine powder:-** *Churna* is a dry fine particle of drug. Fine powder of drugs is prepared by grinding in pulverizer or pounding in *ulukhala yantra* after getting through sieving by sieve number 85.
- **Binding Substance/ Sweet Substance:-** In the formation of pills, *jaggary*, *sarkara* and honey are used they are called as binding substance. These substances avoid foul smell and bitterness of the drugs and make *vati* palatable.
- **Drug For Bhavana:-** In *vati* preparation *swarasa*, *kwatha* water and *gomutra* are used in double quantity, which should be properly mixed with *churna*, then *vati* should be made after proper *mardana*. If in the formation of *vati*, *Kwath* is used then *bhavana* should be given to principal drug *churna*, *Kwatha* made with eight times water and reduced to 1/8th part and filter through cloth¹²

PRECAUTION OF VATI NIRMANA:-

Before Preparation of Vati-

- *Guggulu* should be used after purification.
- Preparation of *vati*, fine *churna* must be used. (Mesh size No.-85)
- Drug used in *vati nirmana* should be free from dust insects and worms etc.

- *Swarasa* and *Kwatha* should be used according to their description.
- If metal and mineral are used they should be *bhasma* forms
- If *Parad* and *Gandhaka* used they should be used in *Kajjali* form.

During Preparation of Vati-

- Fine powder (*Churna*) of all ingredients must be properly mixed before preparation of *vati nirmana*.
- *Vati* should be equal in shape, size and appearance also.
- If preparation of *vati mardana* should be properly done.

After Preparation of Vati-

- Prepared *vati* should be dried in shadow.
- Prepared *vati* should be kept in air tight container.

General Dose of Vati:-

Determination of dose of *vati* according to patient body, *bala*, disease etc. General dose of *vati* is one *Karsha* (12g)¹³. It depends upon *kostha* and *agni*.

SHARANGDHAROKTA VATI KALPANA-

The details of different *vati* formulations are given in following table-

Table 1: Details of *Vati* –Name, Binding agent, Dose & *Aamayik prayoga*

Sr. No.	Name of Vati	Media/Bin-ding agent used for Preparation of Vati	Dose	Aamayik Prayoga/Speciality
1	<i>Bahushal Guda</i>	<i>Guda</i>	-	<i>Arsha, vatodara & Rasayana</i>
2	<i>Marichyadi gutika</i>	<i>Guda</i>	-	<i>Kasaroga</i>
3	<i>Aamalkyadi gutika</i>	<i>Madhu</i>	-	<i>Mukhashosha</i>
4	<i>Sanjivani vati</i>	<i>Gomutra</i>	<i>Ivati(1Ratti)-Ajirna, Gulma</i>	<i>Sanjivati Manavam</i>

			2vati(2Ratti)-Visuchika 3vati(3Ratti)- Sarpadansha 4vati(4Ratti)- Sanni- pataj vikara	
5	Vyoshadi vati	Guda	-	Pinasa, Shwasa-kasa, Pratishtya
6	Shunthi+ Guda	Guda	-	Aamaj vikara
7	Pippali+ Guda	Guda	-	Ajirna
8	Jiraka+ Guda	Guda	-	Mutrakriccha
9	Abhaya+ Guda	Guda	-	Arsha
10	Vridhdhadrak Modaka	Guda	1 tola	Shadhavidha Arsha
11	Surana pindi	Gud	-	Arsha
12	Brihat Surana vataka	Gud	-	Arsha, Ghrahani, Kshaya, Pliha, Medhya Rasayana, Vrishya, etc.
13	Mandura vataka	Gomutra	-	Kamala, Pandu, Meha, Urustambh, Pliha, etc.
14	Pippali modaka	Madhu, Ghrita, Sharkara, Dughdha	-	Dhatugata jwara, Shwasa-kasa, Dhatukshaya, Vanhimandya
15	Chandraprabha vati	Guggulu	-	20 types of Prameha, Shukragata roga, Ashmari, Vibhanda, Aanah, etc
16	Kankayana vati	Bijapurak nimbu swarasa	-	Gulma, Rakta gulma, Krimi, Hridrog, Grahani
17	Yograj guggulu	Guggulu	-	Rasayana, Tridoshaghna, Rajodoshahar, Retodoshahar, Meha, Medovridhi, Vatarakta, Apasmara, etc.
18	Kaishor guggulu	Guggulu	-	Vrana, Prameha pitika, Kasa-shwasa, Kushta, Netra roga, Rasayana, etc.
19	Triphala guggulu	Guggulu	-	Bhagandara, Arsha, Shotha, Gulma
20	Gokshuradi guggulu	Guggulu	-	Prameha, Pradara, Mutraghata, Shukra dosha, Ashmari, vatastra, vataroga
21	Triphala modaka	Gugguliu	1 pala	Kushta, Shiroroga, Akshiroga, Bhagandara, Pliha, etc.
22	Guda gutika	Guda	-	Shwasa-kasa
23	Kanchanara guggulu	Guggulu	1 shana	Gandamala, Granthi, Vrana, Kushta, Bhagandara, etc
24	Mashadi modaka	Ghrita, Sharkara	1 pala	Na kshiyate Narah

Shelf Life of Vati:- Acharya Sharangdhar said shelf life of vati is one year¹⁴ and mentioned under rules of D.C. Act 161B is given 2 years, if it is preserved free from moisture.

Table 2: Anupana for different Vati:-

Sr.No.	Vati	Anupana
1	Mandur Vataka	Takra
2	Kankayana Gutika	Madya-Vatik gulma, Gokshira-Paittik gulma, Gomutra-Kaphaja gulma, Dashamoola-Tridoshaj gulma Ushtri dugdh- Rakta gulma
3	Yograj Guggulu	Rasnadi Kwatha- Vataj vikara Kakolyadi kwatha-Pittaj vikara Aragvadhadi kwatha-Kaphaja vikara Darvi kwatha-Prameha Gomutra- Pandu Madhu-Medovridhi Nimba kwatha-Kushta Guduchi kwatha-Vatarakta Pippali kwatha-Shotha, Shoola Triphala kwatha-Netra roga Patala kwatha-Mushaka visha Punarnava kwatha-Sarva udar roga
4	Kaishore guggulu	Koshna Jala, Dugdh Manjishtha kwatha-Kushta, Vatarakta, Sarv Vrana, Prameha pidaka, Gulma, Udar, Mandagni, Shwasa- kasa, Pandu, Shotha Vasa kwatha-Netra roga, Varunadi kwatha-Gulma Khadira kwatha-Kushta, Vrna
5	Kanchanara guggulu	Mundi, Khadira, Pathya kwatha & Ushnodaka

DISCUSSION

Vati kalpana is a potent and one of the stable drug dosage forms in Ayurveda. Going through the pages of Sharangdhara Samhita it is clear that the Acharya has included Guda, gutika, vati, pindi, modaka, guggulu under one heading Vati in single chapter. Guda (jaggery), Sita (sugar), Guggulu, Madhu (honey), Gomutra, Swarasa and kwatha of various herbal drugs acts as binding agents in various vati formulations. Some are heated, melted and some are used as bhavana dravya. Acharya has also given detailed SOP regarding the preparation of vati.

These binding agents when subjected to heat, melts and acquires consistency of avahleha various churna is added. The resulting mixture is mixed properly and then after getting cooled it is made into vati. This gives it proper hardness and less friability because of sticky nature of these binding agents. Somewhere Guda is mixed in kwatha and then subjected to heating while generally Guda is heated alone. Gomutra, kwatha of different herbal drugs are used as bhavanadravya which acts as binding agents where Guda, Sita and Madhu is not used. Gomutra and various swarasa, kwatha (binding agents) may

be favourable for fast dispersion of *vati* when taken than *vati* in which *Guda*, etc. are used. Because the mixture of these *vati* never acquires *avaleha* consistency when *kwatha* is used for *bhavana*. In various *Guggulu* formulations *guggulu* is heated, melted and *churna* is added. Then it is made into *Pindakriti* form and after *kuttana* (mechanical force) made into *gutika*¹⁵. *Guggulu* formulations (*gutika*) are generally made of 3 *shana*. *Modaka* is made of 1 *pala* (4 tola)¹⁶. *Sanjivani vati* is made up of 1 *gunja*. Analyzing various formulations it can be found that *Guda*, *guggulu* and *gomutra* were the binding agents chosen by *Acharya* which not only proved as good binding agents but had beneficial therapeutic indications as well. Utilizing *Vati kalpana Acharya* covered a large spectrum of diseases by giving due consideration to the *anupana* as well.

Variety in dose of *vati* formulations may be due to its different characteristics of dispersion, bio-availability of active ingredients, its usage as therapeutic as well as *rasayana*, *vajikarana*.

CONCLUSION

Sharangdhar has mentioned 1 *Gud*, 3 *Gutika*, 4 *Vati*, 4 *Modaka*, 1 *Pindi*, 2 *Vataka*, 5 *Guggulu* having various therapeutic use in *Vatikalpana* chapter. As well there are 4 different drugs (*Shunthi*, *Pippali*, *Jiraka*, *Abhaya*) are mentioned whose *churna* can be made in *Gutika* with using *Guda* as binding agent.

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