AYURVEDIC FORMULATION, VATI KALPANA – A REVIEW

K.S.Manjunatha¹, Shankar Gowda², M.S.Doddamani³

¹2nd yr PG Scholar, ²Guide, Professor, ³HOD, Dept. Of RS & BK T.G.A.M.C Ballari, Karnataka, India

Email: drksmanjunath14@gmail.com

ABSTRACT
Vati kalpana occupies major part in Rasa shastra and bhaishajya kalpana also known as Ayurved therapeutics and it plays important role in clinical practice of Ayurveda owing to many advantages like easy administration, palatability, convenient form for dispensing and transportation. Vati usually prepared with the combination of kashtoushadhi dravya churna, Bhasma, Shudha rasa and uparasa, Sadharana rasa, Guda, Sharkara, Guggulu, Jala, Swarasa, Mutra etc. drug combination, it may be sagni and niragni also. It was first mentioned by Acharya Sharangadhara who elaborately described about Vati kalpana as separate chapter in Sharangadhara samhita.

Keywords: vati, sagni, niragni.

INTRODUCTION
Among the Causative factors, symptoms, and Remedy, to rescue people from miseries such as various diseases Aushadha plays a very important role by pacifying the doshas which are in imbalance state. Description of Aushadha and its various ways of formulations is dealt in detail in Rasashastra and Bhaishajya kalpana. Although the glimpses of Rasa drugs and different kalpana is found in various parts of different samhitas, Acharya Sharangadhar of 13th century AD was the 1st person who explained in detail about Bhaishajya kalpana in Sharangadhara samhita.

He explained various kalpanas like swaras, kalka, kwatha, hima and phanta which are having different appearance and can be used in different disease conditions, Vati is such a formulation to which he kept chapter in madhyama khanda in which he explained about vati paryaya, and general method of preparation of vati¹ and various vati’s.

Materials and methods
Classical text books, compiled text books and Journals were referred for the review
Synonyms of Vati

Vataka, Gutika, Vati, Modaka, Vatika, Pindi, Guda, Varti are the synonyms explained by Acharya Sharangadhara. Difference may prevail in the shape or size of the above said preparations but basic method of preparation remains the same.

Vati, vataka, vatika, gutika are almost similar in shape and size. These sizes may fall in the range of 500 mg to 1 gm as per present day scenario.

Modaka is also a round shaped pill, but its size is bigger and its size could be between 3 gms to 12 gms.

Pindi and guda are compared with the size of that of ‘pea nuts’ and a ‘single bolus of food’. Varti are preparations of yava shape, they are thicker in the middle and having tapering ends. They are designed for ready introduction into one of the body orifices other than the oral cavity eg; rectum, urethra, vagina etc.

General method of preparation

In gross general method of preparation vati can be divided into 2

1. With the help of agni
2. Without the help of agni

1. with the help of Agni

Desired quantity of base drugs like guda, sharkara, guggulu are taken in a clean wide mouthed stainless steel vessel of suitable size. It is added with required quantity of water, placed over mild fire and heated with frequent stirring, when paka of suitable consistency is obtained, the fine powder of medicinal drugs is added little by little into vessel and stirred well to roll the pills of desired size and shape.

The prepared pills are later dried in shade and stored in airtight containers.

2. without the help of Agni

a) Desired quantity o base drugs like guggulu and guda are pounded well in khalva yantra by adding fine powder of medicinal drugs little by little. When the drug mass attains the required consistency of rolling the pills of desired size and shape are rolled. They are later dried in shade and stored in airtight containers.

b) Fine powder of medicinal drugs is taken in khalva yantra. It is added with any of the specified liquids like jala, godugda, swarasa kwatha etc in required quantity. The mixture is triturated until drug mass attains the required consistency of rolling the pills. Later the pills of desired size are rolled, dried in shade and stored in airtight containers.

Ratio of essential drugs in the preparation of vati

The ratio of these essential ingredients in relation with fine powder of medicinal drugs is as follows.

- Sita – 4 times
- Guda – 2 times
- Guggulu and madhu – equal
- Jala or any other liquid preparation – 4 times

Vati mana

1 karsha is the general dosage of the vati

Anupana for vati

Vati is administered along with water, honey, milk or any other suitable liquid preparation.

Sauveeryata avadhi of vati

Two year is the shelf life of pills prepared from herbal drugs and indefinite time period for the pills of mineral drugs, provided pills are stored in airtight containers.
are preserved in airtight containers and provided they do not lose colour taste and form.

**Analytical parameters for analysis of vati**

1. Description
   - Colour
   - Odour
2. Weight variation
3. Disintegration time –
   - Not more than 15 minutes
   - Not more than 60 minutes- guggulu tablets
4. Identification – TLC/HPTLC/GLC
5. Assay
6. Test for heavy/ toxic metals –
   - Lead
   - Cadmium
   - Mercury
   - Arsenic
7. Microbial contamination
   - Total bacterial count
   - Total fungal count
8. Test for specific pathogen -
   - E.coli
   - Salmonella spp.
   - s.aureus
   - Pseudomonas aeruginosa
9. Pesticide residue
   - Organochlorine pesticides
   - Organophosphorous pesticides
   - Pyrethroids
10. Test for Aflatoxins (B₁, B₂, G₁, G₂)

**Benefits of vati kalpana**

1. Vati preparation can be swallowed easily
2. Bitter taste and irritating odour of the drugs can be masked
3. Volatile principles of the drugs used can be retained long
4. Shelf life is enhanced compared to many other dosage forms like 1 year for herbal and indefinite time period for the pills of mineral drugs
5. Fixation of dosage is quick and easier
6. Vati preparation may be made attractive with different agreeable colours
7. Easy to pack and dispense
8. This dosage form suits better for large scale production

**DISCUSSION**

Although basic kalpanas like swarasa, kwatha, kalaka, hima and phanta play important role in pacifying the imbalanced doshas it has certain limit when considering its shelf life period and convenience of the intake of kalpana by patient. Taking this all into account Acharyas came up with new dosage forms by keeping the pancha vidha kashaya kalpana as the base and without violating its principles like vati, which can be prepared easily, packed easily and transported easily which is also having many extra benefits compared to other kalpanas like it gives privacy to patients like which does not need much medical supervision.

**CONCLUSION**

In Ayurvedic practice several formulations are used today, in those Vati kalpana stands 1st because of its easy administration, palatability and convenient transportation. As it can be manufactured in larger scale easily to fulfil the need of present era, it is the most adopted way by the pharmaceuticals companies and doctors community.
REFERENCES


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