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*.

**Keywords:** *Svasthyorjaskaram, roganut, Vati, bheshaja, Sharangdhara.*

**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 origin. 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*. Combination of semisolid *kalka* of one or more drugs by mechanical machines or by hand in the circular form is called as *vati*.

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

1. **Primary Kalpana**
2. **Secondary Kalpana**

**Kalpana**

**Primary Kalpana**  **Secondary Kalpana**

**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*.
Synonyms of Vati -
Vataka, Modaka, Gutika, Vatika, Pindi, Guda & Varti

Method of Vati Nirmana - 2 types
• Sagni Vati Nirmana
• Niragni Vati Nirmana

Sagni Vati Nirmana - 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 Nirmana - 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 vatikalpana from classical text Sharangdhara Samhita.

General Principal of Vati Nirmana -
• 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 formula.
• 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 vanslochana has to be grinded with little churna then rest of the churna little by little has to be incorporated and mixed well.
• 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 cloth.

PRECAUATION 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). It depends upon *kostha* and *agni*.

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

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Vati</th>
<th>Media/Binding agent used for Preparation of Vati</th>
<th>Dose</th>
<th>Aamayik Prayoga/Speciality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bahushal Guda</td>
<td>Guda</td>
<td>-</td>
<td>Arsha,vatodara &amp; Rasayana</td>
</tr>
<tr>
<td>2</td>
<td>Marichyadi gutika</td>
<td>Guda</td>
<td>-</td>
<td>Kasaroga</td>
</tr>
<tr>
<td>3</td>
<td>Aamalkyadi gutika</td>
<td>Madhu</td>
<td>-</td>
<td>Mukhashosha</td>
</tr>
<tr>
<td>4</td>
<td>Sanjivani vati</td>
<td>Gomutra</td>
<td>Ivati(1Ratti)-Ajirna, Gulma</td>
<td>Sanjivati Manavam</td>
</tr>
</tbody>
</table>

Table 1: Details of Vati –Name, Binding agent, Dose & Aamayik prayoga
<table>
<thead>
<tr>
<th>No.</th>
<th>Vati Name</th>
<th>Gud or Vatica</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Vyoshadi vati</td>
<td>Guda</td>
<td>-</td>
<td>Pinasa, Shwasa-kasa, Pratishya</td>
</tr>
<tr>
<td>6</td>
<td>Shunthi+ Guda</td>
<td>Guda</td>
<td>-</td>
<td>Aamaj vikara</td>
</tr>
<tr>
<td>7</td>
<td>Pippali+ Guda</td>
<td>Guda</td>
<td>-</td>
<td>Ajirna</td>
</tr>
<tr>
<td>8</td>
<td>Jiraka+ Guda</td>
<td>Guda</td>
<td>-</td>
<td>Mutra kriccha</td>
</tr>
<tr>
<td>9</td>
<td>Abhaya+ Guda</td>
<td>Guda</td>
<td>-</td>
<td>Arsha</td>
</tr>
<tr>
<td>10</td>
<td>Vriddhada-ruk Modaka</td>
<td>Guda</td>
<td>1 tola</td>
<td>Shadhavidha Arsha</td>
</tr>
<tr>
<td>11</td>
<td>Surana pindi</td>
<td>Guda</td>
<td>-</td>
<td>Arsha</td>
</tr>
<tr>
<td>12</td>
<td>Brihat Surana vataka</td>
<td>Gud</td>
<td>-</td>
<td>Arsha, Ghrauhani, Kshaya, Pliha, Medhya Rasayana, Vrishya, etc.</td>
</tr>
<tr>
<td>13</td>
<td>Mandura vatica</td>
<td>Gomutra</td>
<td>-</td>
<td>Kamala, Pandu, Meha, Urustambh, Pliha, etc.</td>
</tr>
<tr>
<td>14</td>
<td>Pippali modaka</td>
<td>Madhu, Ghrita, Shankara, Dugdha</td>
<td>-</td>
<td>Dhatu jagara, Shwasa-kasa, Dhatukshaya, Vamhimandy</td>
</tr>
<tr>
<td>15</td>
<td>Chandrapra-bha vati</td>
<td>Guggulu</td>
<td>-</td>
<td>20 types of Prameha, Shukragata roga, Ashmari, Vibhanda, Aanah, etc.</td>
</tr>
<tr>
<td>16</td>
<td>Kankayana vati</td>
<td>Bijapurak nimbu swarasa</td>
<td>-</td>
<td>Gulma, Rakta gulma, Krini, Hridrog, Grahani</td>
</tr>
<tr>
<td>17</td>
<td>Yograj guggulu</td>
<td>Guggulu</td>
<td>-</td>
<td>Rasayana, Tridoshaghna, Rajodoshahar, Retodoshahar, Meha, Medovriddhi, Vataraka, Apasmaara, etc.</td>
</tr>
<tr>
<td>18</td>
<td>Kaishor guggulu</td>
<td>Guggulu</td>
<td>-</td>
<td>Vrana, Prameha pitika, Kasa-shwasa, Kusha, Netra roga, Rasayana, etc.</td>
</tr>
<tr>
<td>19</td>
<td>Triphala guggulu</td>
<td>Guggulu</td>
<td>-</td>
<td>Bhagandara, Arsha, Shotha, Gulma</td>
</tr>
<tr>
<td>20</td>
<td>Gokshuradi guggulu</td>
<td>Guggulu</td>
<td>-</td>
<td>Prameha, Pradara, Mutraghata, Shukra dosha, Ashmari, vatastra, vataroga</td>
</tr>
<tr>
<td>21</td>
<td>Triphala modaka</td>
<td>Guggulu</td>
<td>1 pala</td>
<td>Kusha, Shirorogna, Akshiroga, Bhagandara, Pliha, etc.</td>
</tr>
<tr>
<td>22</td>
<td>Guda gutika</td>
<td>Guda</td>
<td>-</td>
<td>Shwasa-kasa</td>
</tr>
<tr>
<td>23</td>
<td>Kanchanara guggulu</td>
<td>Guggulu</td>
<td>1 shana</td>
<td>Gandamala, Granthi, Vrana, Kusha, Bhagandara, etc.</td>
</tr>
<tr>
<td>24</td>
<td>Mashadi modaka</td>
<td>Ghriti, Shankara</td>
<td>1 pala</td>
<td>Na kshiyate Narah</td>
</tr>
</tbody>
</table>
Shelf Life of Vati: Acharya Sharangdhar said shelf life of vati is one year\textsuperscript{14} 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:

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Vati</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mandur Vataka</td>
<td>Madya-Vatik gulma, Gokshira-Paittik gulma, Gomutra-Kaphaja gulma, Dashamoola-Tridoshaj gulma Ushti dugdh- Rakta gulma</td>
</tr>
<tr>
<td>4</td>
<td>Kaishore guggulu</td>
<td>Mundi, Khadira, Pathya kwatha &amp; Ushnodaka</td>
</tr>
<tr>
<td>5</td>
<td>Kanchanara guggulu</td>
<td></td>
</tr>
</tbody>
</table>

### 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 churana 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. Guggulu formulations (gutika) are generally made of 3 shana. Modaka is made of 1 pala (4 tola). 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, bioavailability 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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