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Review Article

VARIOUS DOSAGE FORMS OF AYURVEDA

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ABSTRACT

Ayurveda is a life science which explains about the different dosage forms, which is the physical form of a medication intended for administration. The different dosage forms can be prepared by the physician according to his Yukti, considering samyoga, vishesha, kala and samskara. There are different dosage forms which have been explained in books. These have been classified into different types such as Aushadhakalpana, Aaharakalpana, Bahyaand Abhyantarakalpana, solid, liquid and semisolid forms, as well as of plant, animal and mineral origin. These dosage forms are mainly intended to increase shelf life, palatability and to alter potency. These can be used both internally and externally. Few of the dosage forms have been explained mainly based on the physical state of the medicine and its uses and advantages.

Keywords: *Samyoga, Vishesha, Kala, Samskara, Aushadhakalpana, Aharakalpana, Bahyakalpana, Abyantarakalpana.*

INTRODUCTION

Ayurveda is a science of life. It is mainly based on the Trisutra, Hetu, Linga and Aushadhi. Among these Aushadhi plays a major role in the treatment. Aushadhi acts as an aid for the other branches in Ayurveda. Aushadhi is used to maintain a good health as well as to cure diseases in humans. It is mainly administered according to the condition and convenience of the patient. In Ayurveda there is a description of different dosage forms which have been explained nearly 5000 years ago. These are explained in classics for the purpose of making it compatible without losing the potency or efficiency of the drugs. It has been explained in a systematic manner considering all the aspects like Desa, Kala, Balaetc. In classics it is mentioned that different dosage forms can be made by the Yukti of the physician involving principle of Samyoga or Vibhagato convert into another dosage form. Also the potency of a drug can be increased or decreased by the same. Kala and Samskara play a very important role in drug collection and augmenting the potency of the drugs. In classics they have also mentioned about the ideal qualities of a drug. It should be suitable for preparing many recipes, should possess the gunas and should be readily available. The total number of dosage forms told in Ayurveda is not told by any other system of medicine.

IMPORTANCE AND DEFINITIONS OF VARIOUS DOSAGE FORMS OF AYURVEDA

The importance of various dosage forms in ayurveda is to make it compatible and palatable to the patient. In order to do this the potency of a drug can also be increased or decreased. It is also used to increase the shelf life of the particular preparation. In accordance with the roga, bala, prakruti and satmya of the patient dosage can be fixed.

The different definitions which are important has been mentioned here which include drug, dosage form, kalpana or preparation.

DRUG (DRUG AND COSMETIC ACT): Drug includes all the medicines intended for internal or external use or aid in the diagnosis, treatment, mitigation or prevention of disease or disorder in human beings or animals.

DOSAGE FORMS: it is defined as physical form of a chemical compound used as drug or medication intended for administration or consumption.

KALPANA: Is a method/ process or a kind of modification, transformation or plan of preparation of medicines by using either a single drug or a combination of several drugs. It can also be known as a science which explains about the various methods of processing of drugs. In Ayurveda different kalpanas have been explained which stands good even for present era.

VARIOUS DOSAGE FORM ACCORDING TO ITS PHYSICAL STATUS OF PRODUCT

We could see the different dosage forms/kalpna based on its physical property it can be grouped under 3 main groups: liquid, semi solid and solid dosage forms/kalpna.

Table 1: showing liquid, semisolid and solid dosage form of ayurveda

LIQUID DOSAGE FORMS / KALPANA	SEMISOLID DOSAGE FORMS / KALPANA	SOLID DOSAGE FORMS / KALPANA
Swarasa	Kalka	Curna
Kasaya(kwatha)	Avaleha	Rasakriya/ganavati
Hima	Lepa	Khanda
Phantha	Siktha taila	Gudapaka
Pramathya	Malahara	Guggulu
Paniya	Upanaha	Sattwa
Usnodaka		Lavana
Ksirapaka		Ayaskrti
Laksarasa		Masi
Masmsa rasa		Ksara
Mantha		Vati
Udaka		Varti
Panaka		
Arka		
Sarkara		
Sneha		
Sandhana		

LIQUID DOSAGE FORMS

Swarasa :(juice of drugs)¹ The juice extracted from the drug is known as swarasa. It is one of the basic preparations in Ayurveda and one among the pancavidha kashaya kalpana and the most potent among them Ex: Tulasi swarasa. It is used as a bhavana dravya and as shodhana dravya in mineral preparation. It is mainly administered in the dose of ½ - 1 pala. there are different methods involved in for the extraction of juice from drug and they are mainly based on nature of drugs the different method involved for exteration are pounding for soft drugs for hard drugs adding 8 times of water and reducing it to ¼ parts and for fibrous drugs putapaka method is adopted.

Kwatha :(decoction)¹ It is the another basic preparation where the coarse powder form of a drug is taken and it is boiled with different ratio of water as in case of soft drugs 4 parts of water is used. In case of medium and hard drugs 8 times of water is used and in case of very hard drugs 16 of water is used in an earthen pot and it is heated on mandagni till it is reduced to 1/8 parts of the original quantity. eg rasnadi kwatha the dose of this kind of preparation is 2palas(96ml) It can also be used for secondary preparation like preparation of medicated ghee and oil. and also used as anupana ,niruhabasti, bhavanadravya. There are certain upkalpana of kwatha like pramathya kalpana, paniya kalpana, usnodaka, ksirapaka, laksarasa, mamsa rasa.

Hima:(cold infusion)²It is also one of the of the primary preparation mentioned in Ayurveda. One part of drug is put in 6 part of cold water and kept overnight in an earthen pot. Next day the drug is taken and macerated well and filtered through a clean cloth, and the formulation thus obtained is called as the Hima kalpana. It is also known as cold infusion. This type of preparation mainly acts as a pittashamaka and hrudya and they

can also be used as an instant source of energy. eg. Dhanyaka hima. the dose of this kind of preparation is 2pala(96ml).the upkalpana of hima are mantha kalpana, udaka kalpana ,panaka kalpana,

Phanta (hot infusion)³: It is last preparation among the pancavidha kashaya kalpana. Here the coarse powder of a drug is put into hot water and it is rubbed and filtered with a cloth. By this there is softening of the drugs takes place as the extraction of all the volatile principles from the drug to water. It is considered to be the least potent among the panchavidha kashaya kalpana.

Arka⁴: It is a secondary preparation which is obtained by distillation of certain liquid or drugs soaked in water and extracted by an arkayantra. and used in the case of agnimandya, amaajeerna and amatisara.

Sarkara kalpana⁵: The medicines in the syrup form is called sarkara. Here two parts of sugar is added to one part of kwatha/swarasa/hima is added and heated on mandagni till it gets proper paka and after cooling it is filtered and mainly used for children due to its sweetness and the sugar concentration in this preparation will be 66.7% due to which it also acts as a preservative .eg. parushaka sarkara.

Asavarishta⁶: Asava and Arishta are a special kind of medicinal preparation which are made by soaking the drugs either in the powder form or in the kashaya form in a solution of sugar or jiggery for a specific period of time for fermentation to generate alcohol. The alcohol thus generated acts as a preservative and thus facilitating the extraction of active principles contained in it .It is preserved for many years.eg draksarista , kanakasava

Taila/Grutha kalpana⁷: Taila /Grutha are preparations in which taila are boiled with a prescribed kashaya and kalka

according to the formula .This is mainly in the ratio 1:4:16. This form of medicine can be used internally as well as externally eg. Triphalagrutha, Dhanwantara taila.

SEMI SOLID DOSAGE FORMS:

Few kalpanas of semisolid dosage forms are explained below:

Kalka⁸: It is a soft paste prepared by both wet and dry drugs prepared by grinding wet and dry drugs eg. Nimba Kalka.

Avaleha kalpana⁹: It is another type of semi solid preparation which is prepared either by adding jiggery and/or sugar, and is boiled with a prescribed drug, decoction of drug or its juice to get a semi solid preparation known as Avaleha. eg. Kushmanda Avaleha

Rasakriya¹⁰: It is also another type of semi solid preparation where the swarasa is extracted, boiled down to thick consistency so as to obtain a semi solid preparation known as Rasakriya. It is used mainly for the bitter drugs, so it will be easier for consumption and the dosage of the drug can be minimised eg. Daruharidra Rasakriya.

SOLID DOSAGE FORMS:

Few kalpanas of solid dosage forms are explained below:

Churna kalpana¹¹: Churna is a powder of a single drug or a mixture of two or more drugs. Here the drugs are finely powdered and they are filtered through a cloth so that the powder is very fine which can be used internally as well as externally. This can be used for preparations like Vati, Avalehya etc.

Vati kalpana¹²: It is solid preparation which is prepared either by cooking the powder of a drug with jaggery, sugar or guggulu or without cooking. Then macerating the powder with liquid like honey and guggulu and then rolled into pill forms. This form is considered to be the most convenient form of medicine for the patient. It can also be used internally and externally and can be used for many years.eg. Bilvadi gulika, Triphala guggulu.

Varti kalpana¹³: It is similar to vati but medicines are modified into a yavakriti form ie, along with tapering ends..eg. Gudavarti.

Lavanakalpana¹⁴: It is one of the solid form where the saindhalavana is powdered and is combined with arka, narikela, and is covered and putta is given on agni so as to obtain a black coloured lavana .it can be preserved for many years when kept in airtight containers.eg. Narikelalavana.

Ksharakalpana¹⁵: Ksharas are alkaline substances which are obtained from the ash of drugs. It is used both internally as well as externally. Internally used kshara is called paniyakshara and externally used kshara is called pratisaraneeyakshara. It is again divided into 3 types ie, mrudu, madhyama and teekshnakshara. It is considered to be one of the anusastras and last indefinitely. eg. Yavakshara, Apamargakshara.

Masikalpana¹⁶: Conversion of a drug into its carbon form by burning is called as masikalpana. The drug from which masi is prepared should be powdered and placed in a sarava and samputa is prepared by placing another sarava over the first one and sealing it. It is thus prepared by giving either laghuputa or mahaputa according to the nature of the drugs involved. After the cooling of the samputa , the prepared masi is ground once again to obtain a homogeneous and fine powder.eg. Triphala masi.

DISCUSSION

In Ayurveda there is an explanation of different dosage forms or kalpanas . It is mainly classified into two types; Aushadha kalpana and Ahara kalpana. Aushadha kalpana can be again classified into two; Primary kalpana and Secondary kalpana. Primary kalpana are considered to be fundamental preparation. which are used directly like eg. Swarasa ,kalka, pancavidha kashaya kalpana. Secondary preparations are prepared by using primary kalpana like eg. Vati, Avaleha.etc. And According to usage it can again classified into two types, Bahya kalpana and Abhyantara kalpana. Based on origin it is classified into plant, animal and mineral origin. It can be again classified according to the state in which they are present ie liquid, semi solid, and solid.

CONCLUSION

All the Kalpanas which have been mentioned in Ayurveda are mainly aimed at isolation of suitable active principles through different media like water, oil and ghee. These different aspects have to be considered in the preparation of formulations like samyoga, vishlesa ie, combination and separation of different drugs keeping into consideration factors like kala, samskara etc. The various kalpana as explained is formulated to achieve increased shelf life, increased potency and greater palatability along with its application of modern technology. I would like to conclude that the selection of the various dosage forms is left to the Yukti of the Bhishak as per the needs of the patient.

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