

SMBT AYURVED COLLEGE AND HOSPITAL



**Department of RASASHASTRA & BHAISHAJYA
KALPANA**

**STANDARD
OPERATING
PROCEDURES**

(S.O.P)

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DEPARTMENT OF RASASHASTRA & BHAISHAJYA KALPANA

PANCHAVIDHA KASHAY KALPANA: SOP

1. Swaras Kalpana =

Definition –

The green fresh drug should be collected on the same day. Then swarasa can be prepared by washing and pounding them, by squeezing and filtering through a clean cloth. The liquid which is produced is called Swarasa.

Method of preparation

1. Collect the fresh green wet drugs and make them into paste form by pounding.

2. Extract the juice by squeezing it with a cloth or yantra, thus obtained juice is called **Swarasa**.

If wet drugs are not available then following methods should be adopted: -

1st :- One kudava powder of a dry drug put in twice its quantity of water.

Kept over for a day and night.

Then filtered and obtained liquid is also known as **Swarasa**.

2nd :- In the case of drugs, which are very dry and which do not give out any juice, boiling them in eight times their quantity of water and reducing to a quarter can also use as **Swarasa**.

General precautions:

Fresh green drugs should be immediately used after its collection for swarasa extraction.

Dose: 1) Swarasa should be used in half pal quantity i.e. 24 ml

2) Swarasa obtained by another 2 methods i.e. Nishoshita and Agnisidha should be administered in 1 pal quantity means 48 ml.

Preservation:

Swarasa should be immediately used after its extraction.

2) KALKA KALPANA : PRAKSHEPA OR AVAPA

Definition –

A green fresh drug or dry drug converted in to a paste form by rubbing it on a stone i.e. 'sil – batta' with little quantity of water added, is called Kalka. It is used in 1 karsha dose.

It is considered as laghugunayukta than Swarasa

Method of preparation

1. Fresh green wet drugs are collected and cleaned.
2. Then made into paste form with the help of sil-batta'.
3. Dry drugs i.e. shushka dravya also used to make Kalka. Shushka dravya is powdered and filtered with cloth and mixed with appropriate quantity of water.
4. Then made into paste form by rubbing with the help of sil-batta.

General precautions:

Fresh green drugs should be immediately used after its collection for Kalka formation.

Honey, ghee, oil, jaggery etc. can be used with Kalka as Prakshepa dravyas.

Dose: 1) Kalka should be used in 1 karsha quantity i.e. 12 gm.

Preservation:

Kalka should be immediately used after its preparation.

USES:

- Kalka can be directly given in the form of medicine,
- For the purpose of Sneha murchana and Sneha paka- kalka is used.
- As a Lepa kalpana kalka is used in Vrana, shotha, kushtha etc for local application.

3) KWATH KALPANA: (DECOCTION) SHRUT, KASHAYA, NIRYUH

Definition –

One pal of coarsely powdered drug is boiled with 16 parts of water in an earthen pot over a mild fire till liquid is reduced to 1/8 th of original quantity.

Method of preparation

1. Tvaka (bark), Mula(root), Patra (leaves) etc. of medicinal drugs should be dried in sun light.
2. Required part of plants i.e. bark, root or leaves etc. should be cut into small pieces or pounded and soaked into mention quantity of water i.e. 16 parts of water.
3. They should then be boiled over a mild fire. (Mrudu-agni)
4. Liquid is reduced to 1/8 th of the original quantity.
5. Decoction should be taken down from fire and then filtered when it becomes mild warm.

General precautions:

The Patra should not be covered with a lid while preparing the kwath.

If Mrudu dravya is used to prepare kwath 4 parts of water is used and reduced to quarter.

If medium or moderately hard drug is used then 8 times water and if atynata kathin i.e. very hard drug is used then 16 parts water to be taken and reduced to quarter.

Sugar, Honey, ghee, oil, jaggery, jiraka, Kshar, lavana, hingu, trikatu etc. can be used with kwath as Prakshepa dravyas.

Dose: 1) kwath should be used in 2 pal quantity i.e. 96ml

After digestion of food.

Preservation:

Kwath should be made used within 24 hours after its preparation. If stored for longer time fungal contamination will occur.

USES:

- Kwath can be directly given in the form of medicine,
- For the purpose of Sneha murchana and Sneha paka kwath is required which is prepared from mentioned drugs list.
- As a content of niruha Basti, in basti preparation
- For the preparation of Arishta kalpana.
- Used as a bhavana dravya in preparation of guti- vati kalpana.
- Various kwath are Used in shodhan process of Ras dravyas and Vish dravyas.

These are some uses of Kwath kalpana.

4. HIMA KALPANA: Hima, Shita kashaya (cold infusion)

Definition –

One pala of powdered drug is put into 6 palas of cold water and kept one night in a pot. Next morning it is filtered through cloth and used in the same dosage as that of Phanta. This is known as Hima or Shita kashaya.

Method of preparation

1. Mentioned drugs should be made into Yavakuta churna form, and take in quantity as a 1 pala.
2. It is then mixed into 6 palas of cold water in earthen pot, Mixed and stirred well.
3. Kept this mixture in a pot for one night.
4. Then next morning it is filtered through cloth.
5. While filtering the liquid the churna has to be rubbed with hands to get proper activated form of Hima kalpana.

General precautions:

The drugs having shita virya and volatile principles may lose their active principles by heating, hence for such type of drugs the Hima kalpana is mentioned, by which active ingredients can be collected in cold infusion form.

Sugar, Honey, guda etc. are mixed with Hima kalpana according to need and allowed for administration. Prakshepa dravyas in Hima kalpana is followed like kwath kalpana.

Dose: Hima kalpana matra is same as the matra of Phanta and it is 2 pala quantity i.e. 96ml.

It is advised to take in 'pratah kala' i.e. in the morning.

Preservation:

Hima kalpana should be made used within 24 hours after its preparation. If stored for longer time fungal contamination will occur.

5. PHANTA KALPANA:

Definition –

One pala of coarse powdered drug and one kudava (192 ml) of hot water are kept in a earthen pot and filtered through cloth after some time. This liquid known as Churnadrava or Phanta.

Method of preparation

1. Mentioned drugs should be made into churna form, and take in quantity as a 1 pala.
2. It is then mixed into one kudava (192 ml) of hot water in earthen pot, Mixed and stirred well.
3. Kept this mixture in a pot for some time.
4. Then it is filtered through cloth.
5. While filtering the liquid the churna has to be rubbed with hands to get proper activated form of phanta kalpana.

General precautions:

Honey,suga, jaggery to be added in the same proportion as that of Kwatha.

Dose: Phanta kalpana matra is 2 pala i.e. 96ml.

Preservation:

Phanta should be immediately used after its preparation.