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A Review on *Pottali Kalpana* w.s.r. to *Kaparda Purana Putapaka* method of preparation

Dr. Pooja Krishna Prasad¹, Dr. Sangeeta Rao², Dr. Vikram S³

¹Post Graduate Scholar, ²Associate Professor, ³Professor and HOD, Department of Rasa Shastra and Bhaishajya Kalpana, Sri Sri College of Ayurvedic Science and Research, Bangalore, Karnataka, INDIA.

ABSTRACT

Pottali Kalpana is one of the unique *Kalpana* mentioned in our classics. It is one among the four *Moorchita Parada Yogas*. *Kaparda Purana Putapaka* method is one the methods mentioned for preparation of this *Kalpana*. It brings in the compactness of the *Dravyas*. *Pottali Kalpana* are a blend of extremely important trace elements which form the crux of the immune system. Various *Kaparda Purana* Method of preparation of *Pottalis* have been compiled here which have been mentioned in classical *Rasashastra* texts along with its ingredients and other variations. The alkalinity of the *Kaparda Purana* method of preparation owing to calcium probably has a significant role to play in the management of *Atisara* and *Grahani*. This *Kalpana* can be used in emergency care as well.

Key words: *Moorchita Parada Yogas, Putapaka, Pottali Kalpana.*

INTRODUCTION

Rasashastra is a branch of Ayurveda which mainly deals with the usage of metals, minerals in therapeutics. It mainly has importance in *Lohavada* i.e., converting lower metals to higher metals and *Dehavada* i.e., therapeutics. It is said that *Rasoushadhis* have immediate action on the desired site with very minimal dosage.

Murcchana is one of the important *Adharabhuta Siddhanta* of *Rasashastra*, wherein it increases the therapeutic efficacy of *Parada*. It makes *Parada* safe for ingestion.

During the bygone age, people had to move from one

place to another due to which there was difficulty in carrying medicines or to prepare medicines on the run, there by giving a way for *Pottali Kalpana* to come into existence in which the drugs were made into compact form, rubbed with a media and administered. *Pottali Kalpana* is one among the *Moorchita Parada Yogas*.

When people had to travel long distances where there was inadequate availability of emergency medicines, *Pottali Kalpana* played an important role as it is administered sublingually and has fast absorption. May be, this was one of the reasons for the growth of *Pottali Kalpana* as it gives compactness to the medicines and also increases its bioavailability. During the travel, it was difficult to carry *Kupi* or any pots with medicines as it was more prone to damage and there is loss of the medicine, *Pottali* due to its compactness is easy for transportation.^[1]

Historical Review

The first reference of *Pottali Kalpana* can be found in the text *Rasa Ratnakara* of 12th century where in *Putapaka* method of preparation was explained in the context of *Ratnagarbha Pottali* and *Shankhagarbha Pottali Rasa*.^[2] First reference for *Kaparda Purana* and *Putapaka* can be found in the text *Rasendra Sara*

Address for correspondence:

Dr. Pooja Krishna Prasad

Post Graduate Scholar, Department of Rasa Shastra and Bhaishajya Kalpana, Sri Sri College of Ayurvedic Science and Research, Bangalore, Karnataka, INDIA.

E-mail: vaidyapoojaprasad@gmail.com

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Sangraha and *Rasa Prakasha Sudhakara* of 13th century.^[3] *Gandhaka Drava Paka* method of preparation was first found in the text *Rasa Prakasha Sudhakara* of 13th century.^[4] *Pottali* prepared from *Bhavana Vidhi* was first found in the text *Rasendra Sara Sangraha* of 13th century.^[5]

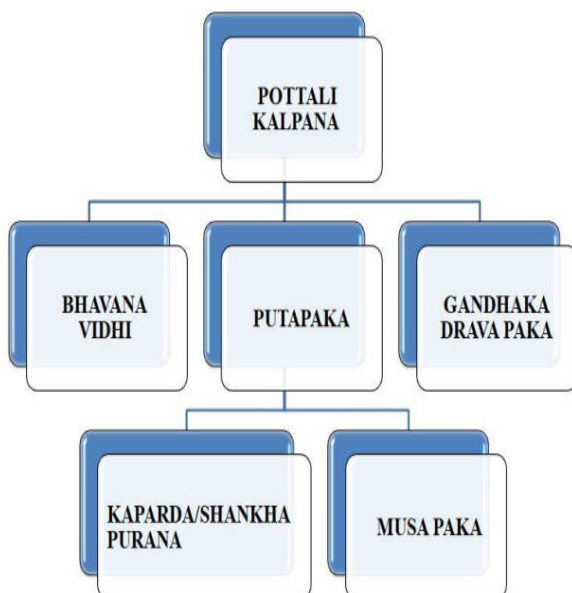
MATERIALS AND METHODS

Pottali Kalpana can be defined as giving compactness to scattered material. It is one of the unique preparations of *Rasashastra* with an insight of compactness of materials, convenient for preservation, easy transportation and highly effective at minimal doses.

विस्तारितस्यवस्तुनो अल्पीभावानाम् पोट्टम्।

पोट्टला इति गृह्णाति इति पोट्टलि॥^[6]

Most of the *Pottalis* are *Sagandha Sagni Murcchana* of *Parada*. Some of them include *Niragni* method of preparation by giving *Bhavana*. *Rasakalpas* can be classified into 4 types based on their method of preparation as: *Khalwi Rasayana*, *Kupipakwa Rasayana*, *Pottali Kalpana*, *Parpati Kalpana*. Among these, *Pottali Kalpas* are rarely used by the clinicians due to its elaborate method of preparation. This *Kalpana* is prepared by giving intense amount of heat, so the bond of *Pottali Kalpana* may be more potent than *Kajjali* or *Parpati Kalpana*. Hence, it might get absorbed instantly at smaller doses. *Pottali Kalpana* is mainly prepared by 3 methods.



Putapaka Vidhi: *Putapaka* is one of the important procedures of *Rasashastra* where in the drugs are subjected to intense heat and converted into nanoparticles. In this method, the ingredients are triturated in prescribed media till attainment of *Subhavita Lakshanas*. It is then made into *Chakrikas*, dried, placed in *Musha* or *Sharava*. *Sandhi Bhandana* is done and subjected to *Putapaka*. The final product will be in the form of *Bhasma*. This method of preparation is extensively found under the heading *Pottali*.

Kaparda/Shankha Purana: In this method, the ingredients are triturated with prescribed media and later filled in *Shodita Kaparda* or *Shodita Shankha Lepana* to the *Mukha* of *Kaparda* or *Shankha* is done. It is then placed in *Sharava* and subjected to *Putapaka*.

Gandhaka Drava Paka: In this method, the ingredients are triturated with prescribed media and made into *Shikarakara* or *Puga Phala Sadrusha*. After drying, it is wrapped in a silk cloth. This *Pottali* is suspended in a vessel containing molten *Gandhaka* which is in turn placed in a *Valuka Yantra* and *Agni* is given. The *Gandhaka* starts liquifying and *Paka* begins. The quantity of *Gandhaka* should be maintained throughout the procedure. It should be carried out till the attainment of *Siddha Lakshanas* like burning of silk cloth, *Vyoma Varna* of Sulphur, Metallic sound.

Bhavana Vidhi: In this method, the ingredients are triturated with specified liquid media in a *Khalwa Yantra* till the attainment of *Subhavita Lakshanas*. Later, this is rolled into pills of prescribed dose, dried and stored. This method is similar to preparation of *Khalwi Rasayana*.

Various references of Kaparda Purana Putapaka Pottali Kalpana

Text	Pottali	Ingredients	Kaparda Lepana	Putapaka
Rasendra Sara Sangraha	Lokanath a Rasa ^[7]	Rasa Sindoor – 1p Shuddha Gandhaka – 4p	Tankana	Gaja Puta

	Rajamrug anka Rasa ^[8]	Rasa Sindoor – 3p Swarna Bhasma – 1p Rajata Bhasma – 1p Shuddha Silajatu – 2p Shuddha Gandhaka – 2p Shuddha Haratala – 2p	Tankan a + Ajakshe era	Gaja Put a
	Lokeshw ara Pottali Rasa ^[9]	Rasa Sindoor – 1p Swarna Bhasma – 1/4 th p Shuddha Gandhaka – 2p	Tankan a	Gaja Put a
	Ratnagar bha Pottali Rasa ^[10]	Vajra Bhasma - 1p Swarna Bhasma - 1p Rajata Bhasma - 1p Naga Bhasma - 1p Loha Bhasma - 1p Tamra Bhasma - 1p Shuddha Mukta - 1p Shuddha Vidruma - 1p	Tankan a + Arka Dugda	Gajapu ta
	Hemagar bha Pottali Rasa ^[11]	Shuddha Makshika - 1p Shankha Bhasma - 1p Shuddha Tutta - 1p Rasa Sindoor – 3 P Swarna Bhasma – 1p Tamra Bhasma – 1p Shuddha Gandhaka – 1p	Tankan a	Gajapu ta
Rasa Prakasha Sudhakara	Hemagar bha Pottali	Shuddha Parada – 4 Tola Shuddha Swarna –	Tankan a + Naga	Gajapu ta

	Rasa 1 ^[12]	1 Tola Shuddha Gandhaka – 6¼ Tola	Bhasma + Snuhi Dugdha	
	Lokanath a Rasa ^[13]	Shuddha Parada – 2p Shuddha Gandhaka – 2p Shuddha Kaparda – 8p Tankana – 1p Shankha Bhasma – 8p	Tankan a + Arka Dugda	Gajapu ta
	Rajamrug anka Rasa ^[14]	Shuddha Parada – 3p Swarna Bhasma – 1p Abhraka Bhasma – 1p Shuddha Manashila – 2p Shuddha Gandhaka – 2p Shuddha Haratala – 2p	Tankan a + Ajadugd a	Varaha Put a
Rasa Ratna Samuccha ya	Rajamrug anka Rasa ^[15]	Rasa Bhasma – 3p Swarna Bhasma – 1p Tamra Bhasma – 1p Shuddha Manashila – 2p Shuddha Gandhaka – 2p Shuddha Haratala – 2p	Tankan a + Aja Ksheera	Gaja Put a
	Shankesh wara Rasa ^[16]	Shankha Bhasma – 1 Niska Kaparda Bhasma – 4 Niska Shuddha Tutta - ½ Niska Shuddha Gandhaka - 5½	Tankan a + Aja Ksheera	Gaja Put a

		Niska Shuddha Naga - 5½ Niska Rasa Sindoor - 5½ Niska Shuddha Tankana - 5½ Niska		
Hemagarbha Pottali Rasa ^[17]	Parada Bhasma - 2 Niska Swarna Bhasma - 1 Niska	Tanka a + Aja Ksheera	Gaja Putra	
Lokanatha Rasa ^[18]	Rasa Bhasma - 1p Swarna Bhasma - ¼ P	Tanka a + Dugdha	Varaha Putra	
Laghu Lokeshwara Rasa ^[19]	Shuddha Gandhaka - 2p Shuddha Parada - 1p Shuddha Gandhaka - 4p	Tanka a + Dugdha	Laghu Putra	
Rasa Chintamani	Kanchana Pottali Rasa ^[20] Shuddha Swarna Patra - 480 Ratti Shuddha Swarnamakshika - 480 Ratti Shuddha Parada - 240 Ratti Shuddha Gandhaka - 240 Ratti Shuddha Kaparda	Wheat Flour + Water	Varaha Putra	
	Lokesh Pottali Rasa ^[21] Shuddha Gandhaka - 480 Ratti Shuddha Parada - 480 Ratti Shankha Bhasma - 480 Ratti		Kapota Putra	

	Laghu Pottali Rasa ^[22]	Shuddha Gandhaka - 2 Tola Shuddha Parada - 2 Tola Sveta Abhraka Bhasma - 2 Tola Shuddha Kaparda	Dagdha shma Churna	Gaja Putra
Sarangdhara Samhita	Lokanatha Rasa ^[23]	Shuddha Parada - 2p Shuddha Gandhaka - 2p Shuddha Kaparda - 8p Shuddha Shankha - 8p	Tanka a + Godugdha Tanka a - 1/8 P	Gaja Putra
	Hemagarbha Pottali Rasa ^[24]	Shuddha Parada - 1p Swarna Bhasma - ¼ P Shuddha Gandhaka - 2p	Vatsana bha - 1/16p with Snuhi Ksheera	Gaja Putra
Rasa Manjari	Ratnagarbha Pottali Rasa ^[25]	Rasa Bhasma -1p Vajra Bhasma -1p Swarna Bhasma - 1p Roupya Bhasma - 1p Loha Bhasma -1p Tamra Bhasma -1p Mukta Bhasma -1p Makshka Bhasma - 1p Vidruma Bhasma - 1p Shankha Bhasma - 1p	Tanka a + Arka Dugdha	Gajapu tra
	Lokeshwara Pottali Rasa ^[26]	Rasa Bhasma - 1p Swarna Bhasma - ¼P Shuddha Gandhaka - 2p	Tanka a	Gajapu tra

	Rajamrug anka Rasa ^[27]	Rasa Bhasma – 3p Swarna Bhasma – 1p Tamra Bhasma – 1p Shuddha Shilajatu – 2p Shuddha Gandhaka – 2p Shuddha Haratala – 2p	Tankan a + Aja Ksheera	Gajapu ta
Rasa Kamadhen u	Lokanaya ka Rasa ^[28]	Shuddha Parada – 5 Karsha Shuddha Gandhaka – 7½ Karsha	Arka Dugdha + Kumari Rasa Bhavita Tankan a	Laghup uta
	Lokeshw ara Rasa ^[29]	Rasa Bhasma – 1p Swarna Bhasma - ¼ p Shuddha Gandhaka – 2p	Tankan a	Varaha puta
	Ratnagar bha Pottali Rasa ^[30]	Parada Bhasma – 1p Vajra Bhasma – 1p Swarna Bhasma – 1p Rajata Bhasma – 1p Naga Bhasma – 1p Loha Bhasma – 1p Tamra Bhasma – 1p Maricha – 7p Mukta Bhasma – 1p Vidruma Bhasma – 1p Makshika Bhasma – 1p Shankha Bhasma – 1p	Tankan a + Arka Dugdha	Gajapu ta

		Tuttha Bhasma – 1p		
	Hiranyag arbha Pottaliras a ^[31]	Parada Bhasma – 1 Pala Swarna Bhasma – 1 Karsha Shuddha Gandhaka – 2 Pala Tankana – 1 Masha	Tankan a + Snuhi Ksheera	Gajapu ta
	Hemagar bha Pottali Rasa ^[32]	Shuddha Parada – 1p Shuddha Swarna – 1/4p Shuddha Gandhaka – 2p	Tankan a	Gajapu ta
	Lokeshw ara Pottali Rasa ^[33]	Parada Bhasma – 1p Swarna Bhasma – 1/4p Shuddha Gandhaka – 2p	Tankan a+Godu gda	Gajapu ta
	Lokanath a Rasa ^[34]	Shuddha Parada – 2p Shuddha Gandhaka – 2p		Gajapu ta
Yoga Ratnakara	Ratnagar bha Pottali Rasa ^[35]	Rasa Bhasma -1p Vajra Bhasma -1p Swarna Bhasma - 1p Roupya Bhasma - 1p Naga Bhasma -1p Loha Bhasma -1p Abhraka Bhasma - 1p Shankha Bhasma - 1p Mukta Bhasma -1p Makshika Bhasma - 1p Vidruma Bhasma - 1p	Tankan a + Arka Dugdha	Gajapu ta

		Rajavarta -1p Vaikranta -1p Gomeda -1p Pushparaga -1p		
	Rajamrug anka Rasa ^[36]	Rasa Bhasma – 3p Swarna Bhasma – 1p Tamra Bhasma – 1p Shuddha Shilajatu – 2p Shuddha Haratala – 2p Shuddha Gandhaka – 2p	Tankan a + Aja Ksheera	Gajapu ta
	Lokeshw ara Pottali Rasa ^[37]	Rasa Bhasma – 1p Swarna Bhasma - ¼P Shuddha Gandhaka – 2p	Tankan a	Varaha Putta
Bhaishajya Ratnavali	Ratnagar bha Pottali Rasa ^[38]	Shuddha Parada -1 Tola Heeraka Bhasma -1 Tola Swarna Bhasma -1 Tola Rajata Bhasma -1 Tola Loha Bhasma -1 Tola Tamra Bhasma -1 Tola	Tankan a + Arka Dugdha	Gajapu ta
	Hemagar bha Pottali Rasa ^[39]	Rasa Sindoor – 3 Tola Swarna Bhasma – 1 Tola Tamra Bhasma – 1 Tola Shuddha Gandhaka – 1 Tola	Tankan a + Jala	Gajapu ta
	Lokeshw ara Pottali	Rasa Sindoor – 4p Swarna Bhasma –	Tankan a	Gajapu ta

	Rasa ^[40]	1p Shuddha Gandhaka – 8p		
	Rajamrug anka Rasa ^[41]	Rasa Bhasma – 3p Swarna Bhasma – 1p Tamra Bhasma – 1p Shuddha Manashila – 2p Shuddha Haratala – 2p	Tankan a + Aja Ksheera	Gajapu ta
	Lokanath a Rasa ^[42]	Shuddha Gandhaka – 2p Parada Bhasma – 1p Shuddha Gandhaka – 4p	Tankan a	Gajapu ta
Yoga Tarangini	Ratnagar bha Pottali Rasa ^[43]	Parada Bhasma Vajra Bhasma Swarna Bhasma Rajata Bhasma Naga Bhasma Loha Bhasma Tamra Bhasma Mukta Bhasma Swarnamakshika Bhasma Vidruma Rajavarta Vaikranta Gomeda Pushparaga Sankha Bhasma	Tankan a + Arka Ksheera	Gajapu ta
	Rajmru ga nka Rasa ^[44]	Parada Bhasma - 3p Swarna Bhasma - 1p Tamra Bhasma - 1p Shuddha Manahshila - 2p Shuddha Haratala - 2p Shuddha	Tankan a + Aja Dugdha	Gajapu ta

		Gandhaka - 2p		
Rasayanasa	Lokanath a Rasa [45]	Shuddha Parada – 1p Shuddha Gandhaka - ½P	Tankan a + Gomutr a	Gaja Put a
	Rajamrug anka Rasa ^[46]	Rasa Sindoor – 3 Tola Swarna Bhasma – 1 Tola Rajata Bhasma – 1 Tola Shuddha Manashila – 2 Tola Shuddha Haratala – 2 Tola Shuddha Gandhaka – 2 Tola	Tankan a + Aja Ksheera	Gaja Put a
	Hemagar bha Pottali Rasa ^[47]	Rasa Sindoor – 1 Tola Swarna Bhasma – 3 Masha Mukta Bhasma – 3 Masha Shuddha Gandhaka – 3 Masha Tamra Bhasma – 1 Tola Naga Bhasma – 1 Tola Vanga Bhasma – 1 Tola	Tankan a + Mandar apayasa	Gaja Put a

Various Dosage Mentioned

- Most of the Acharyas have mentioned the dose of Pottali Kalpana as 2 Ratti and 4 Ratti.
- Acharya Yashodara in the text *Rasa Prakasha Sudhakara* has mentioned the dose as 1 Ratti for *Rajamruganka Rasa*, 2 Ratti for *Hemagarbha Pottali Rasa* and 4 Ratti for *Lokanatha Rasa*.
- Acharya Anantadev Suri in the text *Rasa Chintamani* has mentioned the dose as 12 Ratti

for *Kanchana Pottali Rasa*, *Lokesh Pottali Rasa* and 6 Ratti for *Laghu Pottali Rasa*.

- Rasa Vagbhata* in the text *Rasa Ratna Samucchaya* has mentioned the dose as 1 Ratti for *Mruganka Pottali Rasa*.
- Acharya Sharangadhara has mentioned the dose as 1 Ratti for *Hemagarbha Pottali Rasa* and 6 Ratti for *Lokanatha Rasa*.
- Acharya Chudamani in the text *Rasa Kamadhenu* has mentioned the dose as 6 Ratti for *Lokanayaka Rasa*.
- Acharya Govind Das in the text *Bhaishajya Ratnavali* has mentioned the dose as 1 Ratti for *Ratnagarbha Pottali Rasa* and *Hemagarbha Pottali Rasa*.
- Acharya Trimalla Bhatta in the text *Yoga Tarangini* has mentioned the dose as 5 Ratti for *Rajamruganka Rasa*.

Various Anupana mentioned

- Most of the Acharyas have mentioned *Madhu* or *Pippali Churna* with *Madhu* or *Maricha Churna* with *Ghrta*.
- Acharya Yashodara in the text *Rasa Prakasha Sudhakara* has mentioned *Guduchi Rasa* + *Jala* or *Guda* + *Ardraka Rasa* for *Hemagarbha Pottali Rasa*.
- Acharya Anantadev Suri in the text *Rasa Chintamani* has mentioned *Ushnodaka* or *Sheetodaka* for *Kanchana Pottali Rasa*.
- Acharya Sharangadhara has mentioned *Maricha* + *Ghrta* in *Vatatisara*, *Navaneeta* in *Pittatisara*, *Madhu* in *Kaphatisara* for *Lokanatha Rasa*.
- Shyamasundaracharya in the text *Rasayana Sara* has mentioned *Sitopaladi Churna* for *Rajamruganka Rasa*.

Various Indications mentioned

- Most of the Pottalis have been described in the context of *Kshaya* or *Atisara* or *Grahani Roga*.

- Apart from these diseases, it can also be administered in *Kasa, Shwasa, Mandagni, Jwara, Prameha* etc.
- *Acharya Yashodara* in the text *Rasa Prakasha Sudhakara* has indicated *Hemagarbha Pottali Rasa* for *Kasa, Shwasa, Agnimandya* etc.
- *Acharya Anantadev Suri* in the text *Rasa Chintamani* has indicated *Kanchana Pottali Rasa* for *Kusta, Mandagni, Atisara* etc. *Loksha Pottali Rasa* for *Jwara, Sangrahani* and *Laghu Pottali Rasa* for *Prameha, Vatavyadhi, Mandagni, Jwara* etc.
- *Rasa Vagbhata* in the text *Rasa Ratna Samucchaya* has indicated *Lokanatha Rasa* for *Kasa, Hikka, Mandagni* etc. and *Laghu Lokeshwara Rasa* for *Mutrakricchra*.
- *Acharya Sharangadhara* has indicated *Lokanatha Rasa* for *Kasa, Shwasa, Gulma, Mandagni* etc. and *Hemagarbha Pottali Rasa* for *Kasa, Shwasa, Aruchi* etc.
- In the text *Rasa Manjari*, *Acharya* has indicated *Lokeshwara Pottali Rasa* for *Kasa, Pittavikara* etc.
- *Acharya Chudamani* in the text *Rasa Kamadhenu* has indicated *Lokanayaka Rasa* for *Kasa, Sula, Shotha, Mandagni* etc.
- In the text *Yoga Ratnakara*, *Rajamruganka Rasa* is indicated for *Kasa, Shwasa, Pandu* etc. and *Lokeshwara Pottali Rasa* for *Jwara, Bhrama, Mada, Unmada* etc.
- *Acharya Govind Das* in the text *Bhaishajya Ratnavali* has indicated *Ratnagarbha Pottali Rasa* for *Ashmari, Vatavyadhi, Kusta, Prameha, Udararoga, Arsha, Shwasa, Kasa, Jwara* etc. and *Lokeshwara Pottali Rasa* for *Kasa, Pandu, Jwara* etc.

DISCUSSION

Pottali Kalpana is one of the unique *Kalpana* in *Rasashastra*. It is enlisted among the four *Moorchita Parada Yogas*. It has a distinctive and elaborate method of preparation. This *Pottali Kalpana* is known

for its quicker action in minimal dosage and compactness in the drug. Among the various methods of preparation of *Pottalis, Kaparda Purana* followed by *Putapaka* is one which is unique in its own way. When we go through the historical background of *Pottali Kalpana*, it is clear that *Putapaka* method of preparation was the first method that was introduced in 12th century. Later in 13th century, *Gandhaka Drava Paka* and *Kaparda/Shankha Purana* methods came into existence. Compactness, is one of the important points which has been concentrated while formulating these *Pottali Yogas*. Compactness, not only in its physical appearance but also the structure of each molecule was considered. Probably, this is the reason behind placing *Putapaka, Bhavana Vidhi* and *Kaparda/Shankha Purana* methods under the heading of *Pottali Kalpana*.

In the classics, various *Pottali Kalpanas* in various texts of *Rasashastra* is available. Most of them fall under the category of *Putapaka* method of preparation. Among them 41 *Yogas* are of *Kaparda Purana Putapaka* method of preparation. In this particular method, the *Shodhita* drugs are given *Bhavana* with prescribed *Drava Dravya*, later the mixture is filled into *Shodhita Kapardas*, sealed and subjected to *Putapaka*. Sealing of the open slit of *Kaparda* is done to avoid the spillage of the material filled inside. The drugs usually mentioned for sealing is *Tankana* alone or along with *Godugdha/Ajaksheera/Arkaksheera*. There are few references which also mention the application of *Sudha Churna* over the *Sharavas*. This might contribute in enhancing the calcium content to some extent and thus there will be a proportionate increase in *Kshara Guna/alkalinity*, hence enhancing the efficacy of the formulation. Most of the *Yogas* have been mentioned to be subjected to *Gajaputa*, whereas few of them have been mentioned to give *Laghu Puta* or *Varaha Puta* as well. The variation in this is because of the fact that some require lesser heat while others require more. Usual dosage for each *Pottali Kalpana* is between 2 *Ratti* - 4 *Ratti* i.e, 250mg-500mg, which is a very minimal dosage. Most of these *Yogas* are mentioned under the *Kshaya*

Roghadhikara, Atisara Rogadhikara, or Grahani Roghadhikara. The alkalinity of the formulation owing to calcium probably has a significant role to play in the management of *Atisara* and *Grahani*. But its significance in *Kshaya Roga* doesn't seem to fit the bill. But on a deeper observation, these *Pottali Kalpana* are a blend of extremely important trace elements which form the crux of the immune system, and hence they help by strengthening it. Also recent studies^[48] suggest that calcium plays a very important role in treatment of *Kshaya* by reducing a specific type of calcium channel activity and hence causing calcium influx, and thus fighting against mycobacterium tuberculosis, the causative agent in *Kshaya*. It is also indicated in *Kasa* and *Shvasa*.

CONCLUSION

Pottali Kalpana is one among the 4 *Moorchita Parada Yogas*. It is known for its compactness attained not only structurally but also in the molecular level. The use of *Kaparda Purana Putapaka* method of preparation of *Pottali Kalpana* has been mentioned to be effective in disorders of Gastro – Intestinal tract. It has also been mentioned to be effective in *Kshaya Roga*. Not much *Yogas* are available in the market. Further toxicological and clinical study should be carried out and this formulations need to be brought into the market for the benefit of the society.

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