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### Review Article



## Ayurveda Interpretation of *Kalpna*: A Classical Review

Mrunal Ashok Jolhe<sup>\*a</sup>, Anupama Prashant Kale<sup>b</sup>, Prajakta Devidas Matkar<sup>c</sup><sup>a</sup>Assistant Professor, Dept. Samhita Siddhant, Dr. Rajendra Gode Ayurved College, Hospital & Research Centre, Amravati. Maharashtra, India.<sup>b</sup>Assistant Professor, Balrog Dept., Dr. Rajendra Gode Ayurved College, Hospital and Research Centre, Amravati. Maharashtra, India.<sup>c</sup>Assistant Professor, Ayurved Samhita & Siddhant Department, Dr. R. N. Lahoti Ayurved College, Hospital and Research Institute, Sultanpur, Tq: Lonar, Dist: Buldhana, Maharashtra, India.

### Abstract

*Kalpna* (formulations) is a method or process of drug preparation and these specific formulations meant for particular purposes. The knowledge of drug preparation or *Kalpna* helps to enhancing potency and palatability of drug. The particular dosage forms and processing techniques employed for definite purposes. *Charaka Samhita* mentioned concept of *Samskaras* (fortifications) that helps to increase potency and qualities of drugs. *Acharya Harita* described different types of *Kashaya* (*Saptavidha Kashaya*); similarly other ayurveda texts also mentioned various types of classical Ayurveda formulations. Present article explored Ayurvedic interpretation of *Kalpna* and utility of this concept.

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\*Corresponding author

### 1. Introduction

*Kalpna* is ayurveda terminology used for various types of drugs preparation, this term also used for types of food preparation as *Ahara Kalpna*. The term *Kalpna* also explained by *Ashtanga Hrudaya* in *Uttarasthan*. Processing of medicinal substances called as *Bheshaja kalpa* while *Ahara kalpa* indicates processing of food and management of body is called *Kaya kalpa*. The Ayurveda drugs prepared from various sources including materials obtained from plants, metals, minerals, and marine and animals products. (1-5) The consideration of concept of *Kalpna* helps to achieve best possible drug formulation in terms of efficacy, safety and palatability. The processing of plant materials as five basic methods is called *Panchvidh kashaya kalpna* that includes *Swrasa, Kalka, Kwatha, Phanta* and *Hima*. (4-6)

### 2. Principles of pharmaceutical processing (*Bheshaja kalpa*)

1. *Paribhasha*
2. *Man*
3. *Panchavidha Kashaya kalpna*
4. *Ras, Guna, Virya, Vipaka* and *Prabhav*
5. *Anukta* or *Visheshokta*

#### *Panchavidha Kashaya Kalpna*

*Kashaya* word can be used for extract, colour, cosmetic pastes and taste, etc. *Svarasa, Kalka, Kashaya, Shita* and *Phanta*, etc. *Sushruta* has mentioned six forms *Kshira, Rasa, Kalka, Kashaya, Shita* and *Churna*. *Ashtang Samgraha* mentioned other *Kalpna* like; *Niryasa, Kalka, Niryuha, Shita* and *Phanta*.

The major types of *Kalpna* as depicted in **Figure 1** are *Pradhanasya Kalpna, Pradhanena Kalpna, Guna Kalpna, Lesha Kalpna, Vidya Kalpna, Bhakshya Kalpna* and *Ajna Kalpna*.



Figure 1. Various types of *Kalpana* as per Ayurveda

❖ **Pradhanasya Kalpana**

This concept gives importance to the ingredient of compound that possesses superior and prominent properties among many substances of similar properties. Compound with *Prakrushta Guna* keeps as chief ingredient and formulation prepared accordingly.

❖ **Pradhanena Kalpana**

Substances belongs from particular group designated based on the important or *Pradhana dravya*, for example substances related with milk termed as *Ksheera varga* since milk put on importance. *Ashtanga Hridaya* in *Dravadravya Vijnaniyaadhyaya* and *Annaswaroopa Vijnana Adhyaya*, etc. are explored concept of this *Kalpana*. In classical Ayurveda texts some *Aushadhi yoga* named on the basis of their property of being *Pradhanadravya*.

❖ **Guna Kalpana**

These formulations are based on the concept of qualities since *Guna* indicates quality or attribute. *Kalpana* based on different qualities of an object is called *Guna Kalpana*. *Guna Kalpana* is related to the compounds which are attributes some *Karma* even though not included under that particular *Guna* group in Ayurveda.

❖ **Lesha Kalpana**

*Lesha* used for small portion, here few topics not explored due to their hugeness and such topics elaborating as concise part under the heading of *Lesha Kalpana*. *Vagbhata* concisely described superiority of *Karshya* over *Sthoulya*; *Acharya Arunadatta* mentioned reasons for the same. Here it is mentioned that *Sthoulya* is

difficult to treat due to *Virudhokrama* as compared to *Karshya*.

❖ **Vidya Kalpana**

Knowledge of other *Shastra* has been incorporated in the texts for understanding of specific subject. Rules of *Samaasa*, *Vibhakti* – *Pratyaya* explained for easy understanding of *Shloka*; *Nirukti* of different terminologies and *Nyaya* found in *Ashtanga Hrudaya*. *Vidya Kalpana* focuses on the fact that one should be well versed with other associated sciences also.

❖ **Bhakshya Kalpana**

This concept describes non eatable with the examples of *Bhakshya* i.e.; eatable. Similes are given to explain particular things. This is way of giving ‘*Upama*’ or ‘*Drushtanta*’; explained by *Arunadatta*.

❖ **Ajna Kalpana**

The *Ajna* means to direct, this includes special instructions provided by various *Acharya*, here it is explained that some rules of *Acharya* should be obeyed without questioning. These *aptavachana* given by great sages called *Ajna Kalpana* which may or may not have particular reason behind them. This type of instructions can be considered as *Sadvrutta*.

### 3. Importance of *Kalpana*

- The concept of *Pradhanena Kalpana* play important role in the *Chikitsa*. *Agrya dravya* used for particular disease and can be used according to *Prakruti*, *desha*, *kala* and *bala* etc.
- *Guna Kalpana* helps to understand *Guna* or attributes other than the *Gurvadi Guna*.

- *Lesha Kalpana* provides knowledge of hidden context and helps understand things which are not mentioned clearly in Ayurveda *Samhita*.
- *Vidya Kalpana* explores knowledge of other subjects, since one should be aware about related allied subjects.
- *Ajna Kalpana* is useful for understanding *Sadvrutta* and necessity to follow this.
- *Bhakshya Kalpana* is way to explore *Upama* of eatable with non eatable.
- Concept of *Kalpana* helps to understand knowledge of *Samhita* like; *Tantrayukti*.
- *Kalpana tantraguna* can be used to understand other treaties.
- They serve as *Adhyayana* of any *Shastra* for their correct understating.

*Vati* and *Churna* comes under heading of solid dosage forms, *Swarasa*, *Kwatha*, *Hima* and *Phanta* are infusion, respectively), *Asava* and *Arishta* used as liquid dosage forms while *Kalka* and *Avaleha*, etc. are used as semi-solid preparation. *Swarasa*, *Hima*, *Phanta*, *Kalka* and *Kwatha* are used in fresh form due to their short shelf life. *Asava*, *Avaleha* and *Arishta*, etc. can be used for a year due to their prolonged stability. (6-10)

#### 4. Conclusion

*Kalpana* means process of drug formulation and these specific formulations meant for particular purposes. The concept of *Kalpana* helps to enhancing potency and palatability of drug preparations. *Acharya Harita* described different types of *Kashaya* (*Saptavidha Kashaya*) while other ayurveda texts also mentioned different types of Ayurveda formulations. Processing of medicinal substances called as *Bheshaja kalpa* while *Ahara kalpa* indicates processing of food, the processing of plant materials as five basic methods; *Panchvidh kashaya kalpana* that includes *Swrasa*, *Kalka*, *Kwatha*, *Phanta* and *Hima*, etc.

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#### Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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