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# A Literature Review on various Ayurveda Dosage forms

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## ABSTRACT

Ayurvedic medicines are intended for internal and external use, for or in the diagnosis, treatment, mitigation or prevention of disease or disorder in human beings or animals. Traditional medicine is finding more significance and application today, particularly when we are facing difficulty in the management of numerous medical conditions. Ayurveda is an ancient system of medical science which elucidates about the different forms of dosage, which is the physical form of a medication deliberate for administration. As per Ayurveda the different types of dosage forms can be prepared by the *Vaidya* (physician) according to *Yukti* (solution by scientific logic), Seeing *Samyog*, *Vishesha*, *Kala* and *Samskara*. Different types of dosage forms have been described in the Ayurvedic text. These all are classified in to different types such as *Aushadha Kalpana*, *Aahara Kalpana*, and *Bahya* and *Abhyantara Kalpana*, including solid, liquid and semisolid forms, As well as their sources also such as plant, animal and mineral origin. The Dosage forms are mainly pre medicated to increase shelf life, palatability and to potency. These all can be used for both purposes internally and externally. Few of the dosage forms of them have been described mainly based on the physical mode of medicine, its uses and advantages.

**Key words:** *Samyoga*, *Vishesha*, *Kala*, *Samskara*, *Aushadha Kalpana*.

## INTRODUCTION

There are almost as many forms of traditional medicine as there are cultures so do the dosage form. The use of traditional medicine is increasingly finding more relevant today.<sup>[1]</sup> Ayurveda is one of the ancient systems of medical science which is related to life. It is based on *Trisutra - Hetu, Linga* and *Aushadhi*. Among these all *Aushadhi* plays a vital role in the treatment.

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*Aushadhi* acts as an aid for the other branches of 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*, *Bala* etc. In classics it is mentioned that different dosage forms can be made by the *Yukti* of the physician involving principle of *samyogas* or *Vibhaga* to convert in to 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 accelerate the potency of the drugs. The total number of dosage forms told in Ayurveda is not told by any other system of medicine.

### Importance 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 formulations and preparations. Dosage can be established in conformance with the *Roga, Bala, Prakruti* and *Vaya* of the patient. The particular definitions which are very important has been defined here which include drug, dosage form, *Kalpana*, formulations or preparations.

### Drugs (Drug and Cosmetics Act)

All medicines for internal or external use of human beings or animals and all substances intended to be used for or in the diagnosis, treatment, mitigation or prevention of any disease or disorder in human beings or animals, including preparations applied on human body for the purpose of repelling insects like mosquitoes.

### Dosage forms

Depending on the method/route of administration, dosage forms come in several types. It is defined as physical form of a chemical compound used as drug or medication intended for administration or consumption.

### Kalpana

It is 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 forms according to physical status of product

We can see the different types of dosage forms/*Kalpana* based on its physical property. It can be grouped under three main groups, namely solid, semisolid and liquid dosage forms/*Kalpana*.

**Table 1: Showing liquid, semisolid and solid Dosage form of Ayurveda**

Liquid Dosage Forms / <i>Kalpana</i>	Semisolid Dosage Forms / <i>Kalpana</i>	Solid Dosage Forms / <i>Kalpana</i>
<i>Swarasa</i>	<i>Kalka</i>	<i>Churna</i>
<i>Kasaya (Kwatha)</i>	<i>Avaleha</i>	<i>Rasakriya/Ghanavati</i>
<i>Hima</i>	<i>Lepa</i>	<i>Khanda</i>
<i>Phantha</i>	<i>Siktha Taila</i>	<i>Gudapaka</i>
<i>Pramathya</i>	<i>Malahara</i>	<i>Guggulu</i>
<i>Paniya</i>	<i>Upanaha</i>	<i>Sattwa</i>
<i>Usnodaka</i>		<i>Lavana</i>
<i>Ksirapaka</i>		<i>Ayaskrti</i>
<i>Laksarasa</i>		<i>Masi</i>
<i>Mamsa Rasa</i>		<i>Ksara</i>
<i>Mantha</i>		<i>Vati</i>
<i>Udaka</i>		<i>Varti</i>
<i>Panaka</i>		
<i>Arka</i>		
<i>Sarkar</i>		
<i>Sneha</i>		
<i>Sandhana</i>		

### Liquid Dosage Forms / *Kalpana*

Few *Kalpanas* of liquid dosage forms are explained below

**Swarasa:** <sup>[2]</sup> It is obtained from freshly collected plants. The useful plant parts leaf, stem, fruit, or whole plant etc are cut to pieces and ground to prepare a bolus. The finely ground bolus is then

collected and is mechanically squeezed to extract as much juice as possible. It is one of the basic preparations in Ayurveda and one among the *Panchavidha Kashaya Kalpana* and the most potent among them. Ex- *Tulsi Swarasa*. It is mainly administered in the dose of ½-1 *Pala*. There are different methods involved in the extraction of juice from drug and they are mainly based on nature of drugs. The different methods involved for extraction are pounding for soft drugs, adding eight times of water and reducing it to 1/4<sup>th</sup> parts for hard drugs and *Putapaka* method is adopted for fibrous drugs.

**Kwatha (Decoction):**<sup>[2]</sup> It is another basic preparation where the coarse powder forms of a drug is taken and it is boiled with different ratio of water; as in case of soft drugs, four parts of water is used. In case of medium and hard drugs, eight times of water is used and in case of very hard drugs, 16 times 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. For example, *Rasnadi Kwatha* the dose of this kind of preparation is 2 *Palas* (96ml). It can also be used for secondary preparation such as preparation of medicated ghee and oil, Also used as *Anupana*, *Niruhabasti*, *Bhavanadravya*. There are certain *Upkalpana* of *Kwatha* such as *Pramathya*, *Paniya Kalpana*, *Usnodaka*, *Ksirapaka*, *Laksarasa* and *Mamsa Rasa*.

**Hima (Cold infusion):**<sup>[3]</sup> It 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.e.g. *Dhanyaka hima*. The dose of this kind of preparation is 2 *Pala*( 96ml). The *Upakalpana* of *Hima* are *Mantha Kalpana*, *Udaka Kalpana*, *Panaka Kalpana*.

**Phanta (hot infusion):**<sup>[4]</sup> It is last preparation among the *Panchavidha Kasaya Kalpana*. Here the coarse powder of a drug is put in to 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*.

**Arka**<sup>[5]</sup>: It is a secondary preparation which is obtained by distillation of certain liquid or drugs soaked in water and extracted by an *Arka Yanta* and used in the case of *Agnimandya*, *Amaajeerna*.

There are so many examples which are comes under Ayurvedic liquid dosage forms. *Paniya Kalpana*, *Sarkara Kalpana*,<sup>[6]</sup> *Asavarishta*<sup>[7]</sup> are also comes under liquid dosage.

**Taila/Grutha:**<sup>[8]</sup> *Taila/Grutha* are preparations in which *Taila* are boiled with a prescribed *Kashaya* and *Kalka* according to the formula. This is mainly in the ration 1:4:16. Thus form of medicine can be used internally as well as externally.e.g. *Kshiravala Taila*, *Dhanwantara Taila*.

#### Semi solid dosage forms

Few *Kalpanas* of semisolid dosage forms are explained below:

**Nimba Kalka:**<sup>[9]</sup> It is a soft paste prepared by both wet and dry drugs prepared by grinding wet and dry drugs.e.g *Nimba Kalka*.

**Avaleha Kalpana:**<sup>[10]</sup> It is another type of semi solid preparation which is prepared either by adding jaggery and/or sugar, and it is boiled with a prescribed drug, decoction of drug or its juice to get a semi solid preparation known as *Avaleha*. e.g *Kushmanda Avaleha*.

**Rasakriya:**<sup>[11]</sup> It is also another type of semi solid preparation where the *Swarasa* is extracted, boiled down to thick consistency so as to obtain semisolid preparation known *Rasakriya*. It is used mainly for the bitter drugs, so it will be easier for consumption and the dosage of the drug can be minimized.

#### Solid dosage forms

Few *Kalpanas* of solid dosage forms are explained below;

**Churna Kalpana:**<sup>[12]</sup> *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. e.g : *Hingwastaka Churna*, *Lodhradi Lepa*. This can be used for preparations like *Vati*, *Avaleha* etc.

**Vati Kalpana:**<sup>[13]</sup> 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.e.g *Tribhubanakirti Rasa*, *Triphala Guggulu*.

**Varti Kalpana:**<sup>[14]</sup> It is similar to *Vati* but medicines are modified into a *Yavakriti* form i.e., along with tapering ends.e.g. *Chadrodaya Varti*.

**Lavana Kalpana:**<sup>[15]</sup> It is one of the solid forms where the *Saindhavlavana* is powdered and is combined with *Arka*, *Narikela*, and is covered *Lavana*. It can be preserved for many years when kept in airtight containers. e.g *Narikela Lavana*.

**Masi Kalpana:**<sup>[16]</sup> Conversion of a drug in to its carbon form by burning is called as *Masi Kalpana*. 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.e.g *Triphala Masi*.

There are so many examples are mentioned in Ayurvedic solid dosages form like *Kshara Kalpna*, *Bhasma* preparations are also comes under solid dosage forms.

## DISCUSSION

In Ayurveda there is an explanation of different dosage forms/*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 e.g *Swarasa*, *Kalka*, *Panchavidha Kasaya Kalpana*. Secondary preparations are prepared by using primary *Kalpana* like e.g *Vati*, *Avaleha* etc. According to usage it can again classified in to two types, *Bahya Kalpana* and *Abhyantara Kalpana*. Based on origin it is classified into plant, animal and mineral origin.

## CONCLUSION

A drug may be defined as an agent, intended for use in the diagnosis, mitigation, treatment, cure or prevention of disease in man or in other animals. They administered in different dosage forms after converting them in to a suitable formulation. All the *Kalpanas* which have been mentioned in Ayurveda are mainly aimed at isolation of suitable active principles through different media like water, oil, ghee. According to the convenient of patient, age categories this Ayurvedic dosage form will be established. The dosage forms are very important for external and internal therapeutics use of patients. The various *Kalpana* as explained is formulated to achieve increased potency and greater palatability along with its application of modern technology.

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