

## A Comprehensive Review of Ayurvedic Pharmaceuticals in Charaka Samhita w.s.r. to Chikitsa Sthana

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### Abstract

*Charaka Samhita provides insightful information on the holistic approach to well-being by addressing every facet of health, from illness management to preventive measures. It is organized into eight Sthana, and is filled with information on anatomy, physiology, disease etiology, diagnosis, treatment, and health maintenance principles. The term "Charakastu Chikitsite" denotes that Charaka Samhita is the greatest treatise on Ayurvedic therapeutics. Numerous subjects related to diagnosis, treatment planning, and disease management is covered in Chikitsa Sthana. Specifically, Chikitsa Sthana of this highlight's therapeutics of diseases. A general pattern is adopted to describe the management as "Chikitsa Sutra" which is always constructed on two segments. Judicious use of Upakrama or Shodhana followed by Bhashajya Yoga. It include primary formulations such as Panchavidha Kashaya Kalpana and secondary formulations called Upakalpana, which include Avaleha, Sneha, Sandhana, Vati, and Kritanna kalpa. Also deals with an enormous variety of formulations and preparation method. The present study was aimed to familiarize readers with the evidence of Ayurvedic pharmaceuticals in Charaka Samhita. Various aspects of its contents have been screened and presented in the present review in consideration of the fundamental principles of Ayurvedic pharmaceuticals, different dosages forms, and unique preparatory method of certain formulations with special reference to Chikitsa Sthana. About 97 different Kalpana and 1361 Yoga have been described in treating the ailments in 30 chapters of Chikitsa Sthana. Considering the review, the placing of dosage form in a particular chapter gives a clue in understanding the mode of action of dosage form in a particular disease condition.*

**Keywords:** Charaka Samhita, ChikitsaSthana, Ayurvedic pharmaceuticals

### INTRODUCTION

*Bhaishajya Kalpana* is a specialized discipline of *Ayurveda* which deals with *Ayurvedic* pharmaceuticals. Drugs and their processing techniques are included in pharmaceuticals. Raw drugs are converted into various formulations by applying various processing techniques such as extraction, grinding, levigation, fermentation and so on. Apart from these techniques, guidelines for the collection and storage of drugs, their weights and measurements and maintenance of the potency for definite period plays a vital role in pharmaceuticals. Considering these, the formulations are designed according to the individual's needs, considering factors such as constitution and imbalances.

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*Charaka Samhita*—an ancient Indian Ayurvedic text dating back to the 2<sup>nd</sup> centuries BCE—stands as a foundation of traditional medicine. *Charaka Samhita* addresses all aspects of health, from preventive measures to disease management, offering valuable insights into the holistic approach to well-being. It comprises of eight *Sthana*

(sections) which contains a wealth of knowledge encompassing anatomy, physiology, disease etiology, diagnosis, treatment, and principles of health maintenance. Out of these eight *Sthana*, *Chikitsa Sthana* contains 30 chapters and specifically focuses on the treatment principles and practices in *Ayurveda*.

*Chikitsa Sthana* covers a wide range of topics related to diagnosis, disease management, and therapeutic interventions. Therapeutic intervention includes selection of raw materials, as well as methods of processing and formulating them into effective medicines. The author for instance developed basic formulations that is, *Panchavidha Kashaya Kalpana* along with *Upakalpana* (secondary formulations) such as *Avaleha*, *Sneha*, *Sandhana*, *Vati*, *Kritanna* and many more which are used in treating the various ailments on the basis of strength of patient and severity of disease as they are not equally useful in every condition. The principles used in the preparation of formulations in that era are efficiently adopted currently with successful application of modern context. The necessary information regarding pharmaceutics of these dosage forms is scattered at various places in *Chikitsa Sthana*. Therefore, here an attempt has been made to review *Chikitsa Sthana* thoroughly and bring together all the relevant information highlighting its contribution in the field of *Ayurvedic* pharmaceutics.

## MATERIALS AND METHODS

A thorough review of *Chikitsa Sthana* of *Charaka Samhita* has been carried out to gather the information related to *Ayurvedic* pharmaceutics which helps to understand the various aspects of drug development approaches for better therapeutic effectiveness.

### Subject Matter at a Glance

Pharmaceutical science deals with the drugs and their processing methods. Raw drugs are transformed into various formulations using processing methods. Principles regarding collection and storage of drugs, their weights and measures, their processing and the influencing factors for preservation of their potency such as *Kala* (drug/formulations processing time), *Sthana* (formulations processing/storage place), *Patra* (vessels for processing and storage) are included in *Ayurvedic* pharmaceutics (Table 1).

Many *Kalpana* (dosage forms) have been developed and practiced for treatment and management of different ailments since ancient time. The description related to each *Kalpana* mentioned in *Chikitsa Sthana* of this treatise has been screened and tabulated in Table 2.

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. Dosage can be fixed in accordance with the *roga*, *bala*, *prakruti* and *satmya* of the patient.

**Table 1.** Basic principle of *Ayurvedic* pharmaceutics.

No.	Contents	Details	Reference
1.	<i>Bheshaja Paryaya</i> (9)	<i>Chikitsita</i> , <i>Vyadhihara</i> , <i>Pathya</i> , <i>Sadhana</i> , <i>Aushadha</i> , <i>Prayaschita</i> , <i>Prashamana</i> , <i>Prakritisthapanana</i> , and <i>Hita</i>	Chi.1/1/2
2.	Types of <i>Bheshaja</i> <i>Abheshaja</i>	<i>Bheshaja</i> — <i>Svasthaurjashkara</i> and <i>Aartaroganut</i> <i>Abheshaja</i> — <i>Badhana</i> and <i>Sanubadhana</i>	Chi.1/1/3,4
3.	Place for drug collection	<i>Mridu virya</i> drugs from <i>Himalaya</i>	Chi.1/1/11-12
4.	Drug collection time	<i>Amalaki</i> — <i>Madha</i> and <i>Falguna</i>	Chi.1/1/38
		<i>Nagabala Moola</i> — <i>Magha</i> and <i>Falguna</i>	Chi.1/2/11
		<i>Bhallataka</i> — <i>Jyestha</i> and <i>Asadhad</i>	Chi.1/2/14
5.	<i>Bhavana</i>	Keep drug and liquid media in Sun rays for drying till complete evaporation of liquid media.	-
6.	<i>Aushadha Sevana Kala</i>	10	Chi.30/298

**Table 2.** Ayurvedic pharmaceuticals in *Chikitsa Sthana*.

Name of Kalpana	Description	References	
<b>Swarasa</b>	<i>Adrashatavari Moola Swarasa</i> is extracted by <i>Pidana</i> method.	Chi. 30/34-38	
	<i>Amalaki Swarasa</i> is extracted by <i>Pishtaswedana</i> method (drug is steamed through boiling milk).	Chi. 1/1/56	
	In preparation of <i>Pichha Basti</i> , <i>Swarasa</i> is prepared by <i>Putapaka</i> method.	Chi. 19/64	
	In case of unavailability of fresh drug, one <i>Adhaka</i> dry drug is dipped in equal quantity of water for the day and night, then it is pressed, filtered and used as <i>Swarasa</i> .	Chi. 1/2/12	
	<b>Patra (Vessel):</b> <i>Adrapalasha Droni</i> is used as <i>Swedana Patra</i> for extraction of <i>Swarasa</i> .	Chi.1/2/10	
<b>Kwatha</b>	<b>Synonyms:</b> <i>Niryuha, Pakya</i>	Chi.1/1/47 Chi.3/ 205	
	<b>Method of preparation:</b> No definite proportion is mentioned for <i>Kwatha</i> preparation but in most of the formulations, <i>Kwatha</i> is prepared by boiling the drugs in 1 <i>Drona</i> (4.9152 L) water till 1/4 <sup>th</sup> of the water remained.	-	
	<b>Kwatha Siddhi Lakshana:</b> <i>Gatarasatwa</i> (Complete extraction of <i>Rasa</i> or active constituents into liquid media).	Chi.1/1/60-72	
	Drugs are added into water and boiled till the grains of <i>Yava</i> become soft ( <i>Yava Swinna</i> ).	Chi.18/59	
<b>Phanta</b>	Drugs and water are taken in proportion of 1:4, respectively.	Chi.16 / 59-61	
<b>Hima</b>	<b>Synonyms:</b> <i>Paryushita Kashaya</i>	Chi.4/78	
	<b>Method of preparation:</b> Crushed or coarsely powered drugs are mixed and soaked in water for whole night. It is macerated and filtered in next morning.	Chi.4/77	
<b>Paniya</b>	<b>Synonyms:</b> <i>Shrutashita</i>	Chi.3/144	
	Maximum <i>Paniya Yoga</i> is mentioned in this chapter.	Chi.22	
<b>Kshira Paka</b>	<b>Synonyms:</b> <i>Shrutampaya</i>	Chi.3/237	
	Drug is boiled in 8 times of water till 1/8 <sup>th</sup> part remains and then filtered and milk is added.	Chi. 1/2/13	
	4 times water is added into <i>Kshira</i> .	Chi. 3/237	
	5 times water is added into <i>Aja Kshira</i> .	Chi. 4/82	
	<i>Shushka Rasona</i> , <i>Kshira</i> , and <i>Jala</i> are taken in the proportion of 1:4:4, respectively.	Chi. 5/ 93	
<b>Churna</b>	<i>Madhusukta Bhavana</i> is mentioned in <i>Shatyadi Churna</i> .	Chi.5/95	
	<b>Storage</b>	<i>Madhulipta Ayasabhajana</i> (Honey smeared iron vessel).	Chi.16/83
	<b>Dose</b>	<i>Udumbara</i> (12 g)	Chi.16/83
		<i>Panitala</i> (12 g)	Chi.17/127
<b>Kshara</b>	<i>Kshara</i> is prepared from <i>Utpala Nala</i> , <i>Mrunala</i> , <i>Padma</i> , <i>Utpala</i> , <i>Kesara</i> , <i>Palasha</i> and <i>Priyangu</i> . <b>Anupana</b> - <i>Madhu</i> and <i>Ghrita</i> .	Chi. 4/92-93	
	<b>Preparation method:</b> Powdered drugs, <i>Pancha lavana</i> , <i>Dadhi</i> , <i>Tila taila</i> , <i>Ghrita</i> are heated till evaporation of water content and kept in earthen pot and heated by <i>Antardhuma</i> method. <b>Dose</b> – <i>Panitala</i> (12 g)	Chi.15/173-175	
<b>Lavana</b>	<b>Ingredients of Ashtanga Lavana:</b> <i>Sauvarchala</i> , <i>Ajaji</i> , <i>Vrukshamla</i> , <i>Amlavetasa</i> , <i>Tvaka</i> , <i>Ela</i> , <i>Maricha</i> , <i>Sharkara</i>	Chi. 24/175-176	
	<i>Antardhuma</i> method is used for preparation of <i>Dagdha Lavana</i> .	Chi. 26/23-24	
<b>Agada</b>	Time for drug collection and preparation of <i>Agada Yoga</i> are mentioned in <i>Pushya Nakshatra</i> and these are used as <i>Pana</i> , <i>Anjana</i> , <i>Lepa</i> in <i>Visha Chikitsa</i> .	Chi.23	
<b>Rasakriya</b>	<i>Khadira Kwatha Rasakriya</i> method is used for making <i>Khadiradi Gutika</i> .	Chi. 26/200	
<b>Avaleha</b>	<b>Vessel for preparation</b>	<i>Udumbara Patra</i> (Copper vessel)	Chi.1/1/39-55
		<i>Ghritbhavita Kumbha</i>	Chi.1/2/10

		(Ghee smeared earthen vessel)	
	<b>Method of preparation</b>	<i>Bhavana</i>	Chi.1/2/7
		Mixing of <i>Churna</i> with <i>Sneha</i> and <i>Madhu</i>	Chi.1/2/9
		<i>Guda Paka</i>	Chi.5 /153-159
		<i>Sharkara Paka</i>	Chi. 18/52-55
	<b>Preparation time</b>	<i>Paksha</i> (15 days)	Chi.1/1/58
		Six months placed in <i>Antarbhumi</i> .	Chi.1/2/7
		Starting of <i>Pravrut Rutu</i> to ending of <i>Varsha Rutu</i> placed in <i>Bhasmarashi</i> .	Chi.1/2/9
		21 nights	Chi.1/2/10
		One year placed in <i>Yavapalle</i>	Chi.1/3/18
	<b>Dose</b>	1 <i>Haritaki</i> with 1 <i>Shukti</i> (48 g) <i>Avaleha</i>	Chi.12/51
		<i>Panitala</i> (12 g)	Chi. 16/99-100
		2 <i>Haritaki</i>	Chi.18/60
	<b>Prayoga Kala</b>	<i>Paurvahika</i> (morning)	Chi.1/2/7
<b>Vati</b>	<b>Synonyms</b>	<i>Gutika, Gudika, Vataka, Modaka</i>	-
	<b>Method of preparation</b>	<i>Bhavana</i> of <i>Matulunga Rasa/Madhu/Sukta</i>	Chi. 5/ 85-89
		<i>Bhavana</i> of <i>Matulunga</i> or <i>Dadima Rasa</i>	Chi. 15/95-96
		<i>Bhavana</i> is given with different <i>Kwatha</i> for 10/20/30 days.	Chi. 16/ 86-91
		<i>Ghrita Paka</i>	Chi. 2/1/24-31
		<i>Sharkara Paka</i>	Chi. 8/147
		<i>Jala Paka</i>	Chi. 12/43-46
		<i>Gomutra Paka</i>	Chi. 16/72-76
		<i>Guda Paka</i>	Chi.26/192-193
	<b>Dose</b>	<i>Pala</i> (48g)	Chi. 2/1/24-31
		<i>Kola</i> (12 g)	Chi. 5/ 85-89 & 12/43-46
		<i>Udumbara</i> (12 g)	Chi. 16/72-76
		<i>Karkandhu</i>	Chi.26/192-193
	When quantity for <i>Prakshepa Churna</i> is not mentioned then it should be added in sufficient quantity to make a <i>Gutika</i> .	Chi. 2/2/9	
<b>Ghrita</b>	100–1000 times <i>Ghrita Paka</i> is mentioned in <i>Amalaka Ghrita</i> .	Chi.1/2/4	
	For <i>Vajikarana Ghrita Nirmana</i> , <i>Ghrita</i> and <i>Kshira</i> are taken in the proportion of 1:10, respectively.	Chi.2	
	Ten years old <i>Ghrita</i> is called <i>Purana Ghrita</i> .	Chi. 9/66-67	
	For preparation of <i>Chitrakadi Ghrita</i> , first <i>Dadhi</i> is made from <i>Kshira</i> in <i>Chitraka Lipta</i> earthen pot and then <i>Ghrita</i> is prepared by churning of <i>Dadhi</i>	Chi.12/58-59	
	<i>Mahisha Ghrita</i> and <i>Mahisha Kshira</i> are used in preparation of <i>Haridradi Ghrita</i> .	Chi. 16/52	
	<b>Storage vessel:</b> <i>Suvarna, Rajata, and Mrutika</i> vessel are mentioned for storage.	Chi. 1/2/4	
	After <i>Ghrita Siddhi</i> , <i>Kshara</i> and <i>Lavana</i> are added in <i>Dashmuladhya Ghrita</i> . <b>Dose:</b> 2 <i>Pala</i>	Chi. 15/81-84	
	<b>Manahshiladi Ghrita</b> – <i>Ghrita</i> is prepared from the ingredients such as <i>Manahshila, Sarjarasa</i> and <i>Laksha</i> , and administered internally in <i>Hikka-Shwasa Chikitsa</i> .	Chi. 17/144	
<b>Taila</b>	<i>Pishtaswedana</i> method is used for <i>Bhallataka Taila Patana</i> .	Chi.1/2/14	
	<i>Chandanadhya Taila</i> contains less than five liquid media.	Chi. 3/258	
	<i>Agarvadi Taila</i> contains more than five liquid media.	Chi 3/267	

	<i>Taila</i> such as <i>Swetakarviradhya</i> , <i>Swetakarvirapallavadhya</i> and <i>Tikteksvadi</i> are used for external application. <b>Ingredients of these Taila</b> - <i>Rasa Dravya</i> such as <i>Dve Tuttha</i> , <i>Kasisa</i> , <i>Rochana (Gorochana)</i> and <i>Visha Dravya</i> such as <i>Arka</i> , <i>Karavira</i> , and <i>Langali</i> are used as <i>Kalka Dravya</i> . While <i>Sarshapa Taila</i> is used as <i>Sneha Dravya</i> . <i>Gomutra</i> , <i>Shweta Karvira Rasa</i> are used as liquid media.		Chi. 7/101-109
	<i>Kanakakshiri Taila</i> is stored in <i>Katu Alabu</i> .		Chi.7/110-114
	<i>Palita Nasaka Nasya Taila</i> is stored in <i>Shilabhandu</i> (stone vessel) or <i>Meshashruna Patra</i> (sheep horn vessel).		Chi. 26/271
	<i>Aditya Paka</i> of <i>Bibhitaka Taila</i> in <i>Loha Patra</i> is mentioned in <i>Mahanili Taila</i> .		Chi.26/275-282
	<i>Sharkara</i> and <i>Saindhava</i> both are added as <i>Kalka Dravya</i> in <i>Sukumaraka Taila</i> .		Chi. 29/95-101
<b>Yamaka Sneha</b>	For preparation of <i>Palasha Kshara Yamaka</i> , <i>Palasha Kshara Jala</i> , <i>Taila</i> and <i>Ghritha</i> are taken in the proportion of 2:1:1, respectively.		Chi. 5/ 172
<b>Mishraka Sneha</b>	<i>Taila</i> , <i>Ghritha</i> and <i>Vasa</i> are used in preparation of <i>Mishraka Sneha</i> .		Chi. 26/46
<b>Chatursneha</b>	For preparation of <i>Chatursneha</i> — <i>Ghritha</i> , <i>Taila</i> , <i>Vasa</i> , <i>Majja</i> , and <i>Kshira</i> are taken in proportion to 1:1:1:1:16, respectively.		Chi. 29/71-74
<b>Asava</b>	<b>Vessel</b>	<i>Ghrithabhajane</i> (Ghee smeared earthen pot)	Chi. 6/ 40-43
		<i>Ayasa Bhande</i> (iron vessel).	Chi. 7/ 72-74
	<b>Lepana</b>	Paste of <i>Ela</i> , <i>Mrunala</i> , <i>Agaru</i> , <i>Chandana</i> .	Chi. 7/ 72-74
	<b>Preparation time</b>	<i>Paksha</i> (15 days).	Chi. 6/ 40-43
		1 <i>Masha</i> = 1 month.	Chi.10/146-149
	<b>Place</b>	<i>Yava Palle</i> (Barley grains).	Chi.15/160-162
	<b>Dose</b>	2 <i>Pala</i> (96 ml).	Chi. 6/40-43
		1 <i>Pala</i> (48 g) with 1 <i>Anjali</i> (192 ml) <i>Jala</i> .	Chi. 160-162
<b>Duration for administration of Asava</b>	1 month for <i>Rasayana</i> .	Chi.15/160-162	
<b>Arishtha</b>	<b>Vessel</b>	<i>Nava Kalasha</i> (New earthen pot).	Chi.15/163-167
		<i>Snigdghagata</i> (Ghee smeared earthen pot)	Chi.16/110-112
	<b>Lepana</b>	Paste of <i>Pippali</i> and <i>Madhu</i>	Chi.15/163-167
	<b>Dhupana</b>	<i>Sharkara</i> , <i>Agaru</i>	Chi.14/158-168
	<b>Prakshepa Dravya</b>	<i>Ghritha</i> and <i>Madhu</i> are added and mixed well after one month of fermentation ( <i>Pumarnavdhyarishtha</i> ).	Chi. 12/34-38
	<b>Preparation time</b>	<i>Grishma Kala</i> (summer)—10 days <i>Shishira Kala</i> (winter)—15 days	Chi.16/105-109
	<b>Place</b>	<i>Dhanya Madhye</i> (inside a heap of grains).	Chi. 7/74-78
	<b>Confirmative test</b>	Sour and pungent taste become well manifested ( <i>Vyakamlakatukam</i> ).	Chi.14/72-65
	<b>Duration for administration of Arishtha</b>	<i>Maha Kushtha</i> —1 month <i>Kshudra Kushtha</i> —15 days	Chi. 7/74-78
		<b>Prayoga Kala</b>	<i>Prataha</i> (Morning)
		<i>Pragbhakta</i> (beginning), <i>Madhyabhakta</i> (middle), and <i>Adhobhakta</i> (end of meals).	Chi.14/72-65
<b>Three types of Takra</b>	1. <i>Ruksha</i> , 2. <i>Ardhaudhrita Sneha</i> , 3. <i>Anuddhrita Sneha</i>		Chi. 14/85
<b>Gudaka</b>	After <i>Ghritha Siddhi</i> : <i>Prakshepa Churna</i> , <i>Madha</i> , and <i>Godhuma Churna</i> are added, mixed proper and prepared <i>Vati</i> .		Chi.18/101-104

<b>Raga</b>	<i>Madhura, Amla, Katu Dravya</i> are used for making <i>Chatani</i> (paste) form called as <i>Raga</i> . <b>Use:</b> <i>Shreshtha Dipana-Rochana</i>	Chi.24/178-179
<b>Anna Kalpna</b>	<i>Kashaya Bhavita Yava</i> or <i>Godhuma</i> is used for making <i>Anna Kalpna</i> .	Chi. 6/22
	<i>Yava/ Venuyava/ Godhuma</i> are collected from <i>Khara/ Ashva/ Go/ Hamsa/ Prushada Vishtha</i> and used for making <i>Anna Kalpna</i> .	Chi. 6/23
<b>Rasayoga</b>	<i>Lelitaka (Gandhaka)</i> is used with <i>Amalaki Rasa</i> and <i>Madhu</i> .	Chi. 7/69
	<i>Gandhaka Yoga, Swarna Makshika Yoga, Vajra, Shilajatu, Rasa (Parada)</i> such as <i>Rasaushadha</i> is mentioned in <i>Kushtha Chikitsa</i> .	Chi. 7/70-71
<b>Kalpa Prayoga</b>	<i>Vardhamana Prayoga</i> of <i>Naga Bala Kalpa, Mandukparni Kalpa</i> and <i>Sunthi Kalpa</i> are mentioned.	Chi. 11/ 91-92
<b>Sarpi-Guda</b>	After self-cooling of <i>Siddha Ghrita, Sharkara, Godhuma, Madhu</i> and other <i>Prakshepa</i> are added and mixed properly with <i>Khaja Yantra</i> and <i>Bilva Samana Guda</i> is prepared.	Chi. 11/56- 61
<b>Snana</b>	<i>Siddharthaka Snana</i>	Chi. 7/90
<b>Lepa</b>	Various types of <i>Pradeha, Pralepa</i> and their application rules are mentioned in this chapter.	Chi.21
	<b>Madhuchchishtha Pralepa:</b> <i>Chaturstneha</i> is used for <i>Sneha</i> preparation and <i>Madhuchchishtha</i> is added after <i>SnehaSiddhi</i> .	Chi.29/141-144
<b>Sneha Sharkara</b>	Powdered drugs such as <i>Sharkara, Kshira, Tila Taila, Matsyavasa, Ghrita</i> are heated till evaporation of milk and then <i>Madhuchchishtha</i> is added.	Chi.25/76
<b>Varti</b>	<i>Shyamadi Varti, Pinyakadi Varti, Krimighnadi Varti, Pippalyadi Varti</i> (Shape of <i>Varti</i> is <i>Karangushtha</i> ).	Chi. 26
	<i>Sukhavati Varti</i> and <i>Drashtiprada Varti</i> contains <i>RasadravayaShankha, Saindhava, Kasisa, Loha</i> and <i>Kukkutanda Twaka</i> .	Chi. 26
<b>Aushadha Sevana Kala</b>	<i>Pratahniraana</i> (on an empty stomach in the morning), <i>Laghupathyaannayukte</i> (along with light food), <i>Bhuktadau</i> (before meals), <i>Bhuktamadhye</i> (in between meals), <i>Bhuktapashchata</i> (at the end of meals), <i>Muhurmuhura</i> (frequently), <i>Samudga</i> (before and after the intake of light food), <i>Bhaktasanyukta</i> (medicine mixed with the morsel), <i>Grasa</i> (medicine given along with each morsel), and <i>Grasantara</i> (medicine administrated in between each morsel).	Chi. 30/298

**Table 3.** Number of *Kalpna*.

Sr. No	Name of Kalpna	Total no	Sr. no.	Name of Kalpna	Total no.	Sr. no.	Name of Kalpna	Total no.
1	<i>Swarasa</i>	96	11	<i>Avaleha</i>	55	21	<i>Rasakriya</i>	5
2	<i>Kalka</i>	58	12	<i>Asava</i>	12	22	<i>Agada</i>	6
3	<i>Kwatha</i>	123	13	<i>Arishta</i>	17	23	<i>Lepa</i>	132
4	<i>Hima</i>	14	14	<i>Vati/Guti</i>	34	24	<i>Yusha</i>	58
5	<i>Phanta</i>	12	15	<i>Kshara /Lavana</i>	30	25	<i>Yavagu</i>	36
6	<i>Ghrita</i>	208	16	<i>Churna</i>	229	26	<i>Peya</i>	7
7	<i>Taila</i>	111	17	<i>Kshirapaka</i>	36	27	<i>Saktu</i>	6
8	<i>Yamaka Sneha</i>	2	18	<i>Paniya/ Paka</i>	47	28	<i>Anna</i>	40
9	<i>Mishraka Sneha</i>	13	19	<i>Sarpiguda</i>	6	29	<i>Sandhana</i>	13
10	<i>Maha Sneha</i>	3	20	<i>Sarpimodaka</i>	1	30	<i>Bahyakalpna</i>	17

The different definitions which are important has been mentioned here which include drug, dosage form, *kalpna* or preparation. Different *Kalpna* which has been enlightened in *Samhita* are prepared by *Yukti* (application of different ideas) of the physician according to the conditions of *Bala, Desha, Kala* of *Roga* and *Rogi* [1]. *Yukti* involves the principle of *Samyoga* (combination) and *Vishlesha* (division) and converts into another dosage form. The total numbers of *Kalpna* mentioned in this treatise are enlisted in Table 3.

**Table 4.** Number of formulations.

No.	<i>Adhyaya</i>	Total number of formulations	No.	<i>Adhyaya</i>	Total number of formulations	No.	<i>Adhyaya</i>	Total number of formulations
1	<i>Rasayana</i>	53	11	<i>Kshata Kshina</i>	26	21	<i>Visarpa</i>	63
2	<i>Vajikarana</i>	40	12	<i>Swayathu</i>	26	22	<i>Trushna</i>	11
3	<i>Jwara</i>	54	13	<i>Udara Chikitsa</i>	41	23	<i>Visha Chikitsa</i>	48
4	<i>Raktapitta</i>	115	14	<i>Arsha</i>	77	24	<i>Madatyaya</i>	21
5	<i>Gulma</i>	33	15	<i>Grahani</i>	53	25	<i>Dwi-Vraniya</i>	24
6	<i>Prameha</i>	56	16	<i>Pandu</i>	49	26	<i>Tri- Marmiya</i>	94
7	<i>Kushtha</i>	72	17	<i>Hikka-Shwasa</i>	39	27	<i>Urusthambha</i>	14
8	<i>Rajyakshama</i>	56	18	<i>Kasa</i>	68	28	<i>Vata-Vyadhi</i>	30
9	<i>Unmada</i>	13	19	<i>Atisara</i>	39	29	<i>Vatarakta</i>	46
10	<i>Apasmara</i>	17	20	<i>Chardi</i>	24	30	<i>Yonivyapada</i>	59

As mentioned above, these dosage forms are administered in different disease conditions which have been enumerated in Table 4.

## DISCUSSION

As the objective of *Ayurveda* is to prevent the disease in healthy person and alleviate disorders in the patients [2]. First two *Adhyaya* of *Chikitsa Sthana* that is, *Rasayana* and *Vajikarana* deal with the preservation and promotion of physical, mental, and sexual health of a healthy person and the remaining deal with therapeutics for the cure of disease. In all *Adhyaya*, a general pattern is adopted to describe the management as "*Chikitsa Sutra*" and which is always constructed on two segments—judicious use of *Upakrama* or *Shodhana* followed by *Aushadha Yoga* or *Krutanna Kalpa*. This can be in diverse form of *Swarasa*, *Kalka*, *Kwatha*, *Churna*, *Avaleha*, *Asava*, *Ghrta* and so on.

The description of *Panchavidha Kashaya Kalpana* (five basic formulations) that is, *Swarasa*, *Kalka*, *Kwatha*, *Hima*, and *Phanta* is the core contribution of *Charaka Samhita* and first time demarcated to use in different disease conditions on the basis of the strength of the disease and patient. At that place, only the principle for the preparations is mentioned but where the author has described the formulations for treating the diseases in *Chikitsa Sthana*, the definite proportion of drugs and liquid media or the other procedural details are well described as follows:

### *Swarasa Kalpana*

Four methods for *Swarasa* (extraction of juice from drugs) from fresh and dry drugs are mentioned. Among them from fresh drugs, *Nishpidana* (squeezing of paste) [3], *Pishtaswedana* (drug is steamed through boiling milk) [4], and *Putapaka* [5] methods are used and alternative methods are described from dry drugs [6].

### *Kwatha Kalpana*

No definite proportion for drugs and liquid media is mentioned but in most of the formulations, drugs are boiled in mentioned quantity of the liquid media till the 1/4<sup>th</sup> of water is remained or *Gatarastva* [7]. The synonyms for *Kwatha* are used as *Niryuha* [8] and *Pakya* [9].

### *Shita Kashaya Kalpana*

It is also referred as *Paryushita Kashaya* [10]. Specifically, it is administered in *Raktapitta Chikitsa*.

### ***Phanta Kalpana***

In one formulation, mentioned drugs are mixed in lukewarm water, macerated and filtered [11]. The other dosage form which are derivatives of *Panchavidha Kashaya Kalpana* such as *Kshirapaka*, *Pramathya*, *Tandulodaka*, *Vati* and many more are mentioned as follows:

*Kshirapaka*: It is widely used dosage form in different disease conditions. The proportion for drugs, *Kshira* and water is mentioned as 1:4:4 and the mixture are heated till the quantity of milk is remained [12].

*Churna Kalpana*: The fineness of *Churna* is stated as *Anushah* [13] and *Anjansadrasha* [14]. In some formulations, the dose of *Churna* is as 1 *Pala* (48 g) [15]. The powder of *Dhatu*, *Ratna* and other *Rasaushadhi* are also used in the preparation of different formulations [16].

*Vati Kalpana*: *Vataka*, *Gutika*, *Gudika*, and *Modaka* are used as the synonym of *Vati*. It includes both heating and non-heating treatment. In non-heating treatment, mentioned powdered drugs are triturated and levigated with prescribed liquid media while in the heating treatment, *Ghritapaka*, *Gudapaka*, *Sharkarapaka*, and *Ksharapaka* are first done and powdered drugs are added in such quantity that *Vati* can be prepared properly [17].

*Kshara Kalpana*: The definition of *Kshara* is stated in *Charaka Samhita* [17]. *Antardhuma* method is mentioned for *Kshara* preparation [18] but the succeeding authors such as *Acharya Sushruta*, *Acharya Vagbhatta*, *Acharya Sharangdhara* and many others made ash of the plant drugs by *Bahirdhuma* method and then *Kshara* prepared by decanting and heating of *Ksharajala* [19].

Diversification in different dosage forms such as *Avaleha*, *Sneha* and *Sandhana* entails applying *Samskara* (pharmaceutical principles) to overcome from the feeling of repulsed by certain medicines as it is beneficial for the health and increase the palatability and also for therapeutic efficiency in particular disease conditions. A lot of advancement has been seen in preparation of following *Kalpana*.

*Avaleha Kalpana*: It is mainly administered in *Urdhvajatrugata Vikara* that is, *Shwasa*, *Kasa*, *Pratishyaya*, and *Balaroga*. The preparatory methods of formulations differ according to the utilization in certain diseases. A thorough review of the preparatory methods for *Avaleha* indicated that it is made by two methods similar as *Vati*—(i) *Agnisiddha* (heating), and (ii) *Anagnisiddha* (non-heating). Mostly, it is prepared by heating but in some formulations, *Bhavana* and other procedures are also applied and *Lehya* form is prepared that is, *Vidangavaleha* [20]. Specific vessels are also mentioned to use the specific preparation. Copper vessel is specifically mentioned for the preparation of *Brahma Rasayana* [21]. Likewise, specific storage vessels and places are also mentioned (Table 1). The end point parameters (*AvalehaSiddhiLakshana*) is considered as *Adagdhapaka* (properly cooked). The dosage of *Avaleha* for *Rasayana Karma* is mentioned to be such that it does not interfere with the diet after taking *Avaleha*. In other *Rasayana Yoga*, it is advised to be taken in *Karsha* (*Udumbara*, *Panitala*) *Matra* (12 g). Secondly, where the whole *Haritaki* is used in *Avaleha* preparation in those formulations, two *Haritaki* [22] or 1 *Haritaki*+1 *Sukti Avaleha* [23] is taken daily.

### ***Sneha Kalpana***

The definite proportion for *Kalka*, *Sneha* and *Drava Dravya* is not mentioned in *Chikitsa Sthana* but later on that is mentioned in *Kalpa Sthana* [24]. Some variations are found in the preparation of *Sneha* such as first *Kwatha* is prepared from mentioned drugs and then *Sneha* and *Kalka* are added into *Kwatha* for *Snehapaka* in most of the *Sneha* and *Mridu Agni* is mentioned for *Snehapaka* [25]. In some *Sneha*, *Prakshepa Dravya* is added after *Snehasiddhi Lakshana* and *Vati* is prepared [26] and while *Madhu* and *Sharkara* are also mentioned to mix in prepared *Ghrita* and stored in specific vessels [27]. Apart from these, adding of *Kshara* and *Lavana* is mentioned as *Prakshepa* [28]. Also *Ghritapaka* is carried out with *Kshara* [29]. Generally, *Go-Ghrita* is used for *Sneha Paka* but specifically *Mahisha Sarpi* is

mentioned for *Paka* [30]. *Grita Murchana* is not mentioned but *Khaja Murchchhita* or *Murchchhita* process is mentioned in which *Ghrta* is churned with *Sharkara* and other powdered drugs [31]. *Murchchhita Ghritamanda* is used in the preparation of *Pitaka Churna* [32]. Generally *Ghritalipta Mridpatra* is mentioned for storage of *Sneha* but specific storage vessels are also mentioned for *Sneha* that is, *SahacharadiTaila* stored in stone vessel or sheep horn [33]. Dose for *Sneha* is not mentioned but the specific dose is mentioned in particular *Sneha* that is, *Dashmooladhya Ghrta* [34] and in specific *Doshika Avastha*, *Ghrta* is mentioned in different dosage form that is, in *Pitadhikya* and *Vatadhikya* conditions, *Ghrta* is taken in *Lihya* and *Pana* form, respectively [35].

### **Sandhana Kalpna**

In *Chikitsa Sthana*, Acharya Charaka has provided specific procedures and materials for various types of *Asava-Arishta*. Some variations are found in pharmaceutical process of *Asava-Arishta* like a different type of liquid media used for *Asava-Arishta* preparations that is, *Kwatha*, *Prakruta Mastu* [36], *Swarasa* [37], and *Takra* [38]. Commonly *Madhu*, *Sharkara* and *Guda* are used as sweetening agent but in *Kanakaristha Navina Madhu* is used [39]. Generally *Mrutika Patra* (mud vessels) is mentioned as *Sandhan Patra* (fermentation vessel) but in particular *Asava* different vessels are used [40]. Duration of fermentation (*Sandhana Kala*) is mentioned according to climate that is, 7–10 days in summer and 15 days in winter. General dose for *Sandhan Kalpna* is 2 *Pala* (~96 ml) but the specific dose is mentioned in particular *Asava* [41]. Duration of taking *Sandhan Kalpa* is not mentioned but the specific duration is mentioned for *KanakaBindwarishtha* [42] and *Pindasava*.

Total 97 *Kalpna* are mentioned for rejuvenation and treatment purposes in *Chikitsa Sthana* (Table 3). 40 *Anna Kalpna* including *Vilepi*, *Manda*, *Tarpana*, *Soopa*, *Mamsarasa*, *Pindarasa* and others, 13 *Sandhana Kalpna* such as *Kinva*, *Sura*, *Madira*, *Jagala*, *Sharkara*, *Pakvarasa* and others are used as *Pathya Kalpna*, *Anupana*, *Sahapana* and one of the ingredient in different formulations. *Avagaha*, *Parisheka*, *Avasheka*, *Seka*, *Snana*, *Udavartana*, *Pragharshana*, *Utsadana*, *Ubatana*, *Avachurna* and other 17 formulations are mentioned as *Bahya Kalpna* in *Chikitsa Sthana*. Total 1361 formulations are mentioned in 30 chapters of *Chikitsa Sthana* (Table 4). This number indicates their chess of traditional drug discoveries knowledge which helps in recent decades overlooking the interest of scientist towards traditional knowledge.

### **CONCLUSION**

*Chikitsa Sthana* of Charaka Samhita is a treasure of therapeutic knowledge which requires the skill of diagnosis and art of medicine preparation. The selection of appropriate dosage form and formulation among 97 *Kalpna* (dosage form) and 1361 formulations mentioned in this treatise relies on identifying the strength of disease and patients.

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