

## Avleha kalpna - A review

Rahul Digambar Phunde\*<sup>1</sup>, Sharada N. Chikurte<sup>2</sup>

1. PG Scholar,
2. Professor,

Dept. of Rasashastra and Bhaishajya Kalpna,

Ayurved college and Research Centre, Nigdi, Pune, Maharashtra.

\*Corresponding Author: [Email- rahulphunde100@gmail.com](mailto:rahulphunde100@gmail.com)

### Abstract-

In Ayurveda Rasashastra and Bhaishajya Kalpna branch is more important. It deals with the preparation of medicine by using herbal, metal and animal origin substances. Herbal medicines are frequently used in Indian system of medicine since long time without any known side effect. Avaleha kalpana is a semi solid preparation of drugs, prepared with addition of jaggery, sugar or sugar candy and boiled with prescribed drug juice or decoction it is called as Avaleha. While preparing Avaleha Madhur dravya's like Guda or Sharkara and honey are added to the juice or the Decoction. This article will review the concept of avaleha kalpana in the classics.

**Keyword-** Avaleha kalpna, kwath,

### Introduction-

Deferent types of avaleha<sup>1</sup> explained in Ayurvedic Samhita for different diseases, Avaleha kalpna is commonly used medicine in all age group. Charka Samhita, Vagbhata Samhita, Sharangdhara Samhita etc. have explained avaleha kalpna. Avaleha kalpna is more easy to use than churnas, asava and arishtha kalpna. Making of avaleha kalpna is also easy. Avaleha kalpna is upkalpna of kwath kalpna. Avaleha is semisolid form of medicine, it is also called as Raskriya<sup>2</sup>.

### Synonyms-

Avaleha kalpna have different synonyms according to its consistency, Avaleha, Leha, Lehya, Rasakriya, Ghana etc.

### Common ingredients of avaleha<sup>3</sup> –

1. Drava dravya (Aqueous Medium): Swarasa, Kwath, Hima, and any liquid medium.
2. Madhur dravya (Substrate): Sugar, Jaggery, and Sugar candy.
3. Prakshep dravya: fine powder, pulp.
4. Sneha dravya: ghee, tail, honey.

### Common equipment's -

1. Wide mouthed stainless steel vessel.
2. Strong spatula.
3. Jute cloth.
4. Gas burner.
5. Glass, jars.

### Preparation –

According to type of avaleha there are some changes in preparation, here we see general method of preparation.

First make kwatha of included ingredients. In a vessel take sugar candy or sugar or jaggery, dissolve in the liquid and if there is any foreign particle it should be removed. after that heat it till

paka lakshana's appear (thread should form between two fingers and the paka should not spread or sink in water) once paka lakshanas are observed turn off the gas.

Fine powder of drugs is then added slowly and mixture should be continuously stirred.

If there is honey included in its content it should be added after cooling the mixture, but other content like ghee or oil should be add when the mixture is hot.

### Avaleha pakalakshan<sup>4</sup>-

1. Tantumatva- Thread like appearance.
2. Apsu majjati- Sinking in water.
3. Sthiratva- Stability of content.
4. Angulimudra- Imparting finger prints.
5. Gandhoubhava- Typical smell of avaleha.
6. Varnodbhava- Colour of avaleha
7. Rasoubhava- Taste

### Preservation-

Avaleha should be stored in air tight container like glass jar, now a day it is

stored in plastic container, because plastic is non-reactive and easy to use, metal container may be reactive to avaleha but it depends on content used in avleha.

### **Saviryata avadhi-**

1. 1 year according to sharngdhara Samhita<sup>5</sup>.

### **Doses-**

1 karsha (12gm) –1 pal (48gm)

### **Anupana-**

Milk, sugar cane juice, water, phala rasa, vasa kwath, yush

Anupana<sup>6</sup> is important in ayurvedic medicine it acts as a carrier for the medicine, they are the best vehicle for medicine to reach target place, and also increases efficacy of medicine.

### **Discussion-**

Rasashastra and bhaishajya kalpna is a specialised branch of Ayurveda. In rasashastra metal content are more used in preparation of medicine, and in bhaishajya kalpna herbal content are more used to prepare medicine.

Swaras, kalka, kwath, hima, and fant are basic kalpna of bhaishajya kalpna. Each and every medicine formulation are included under this basic kalpanas. And

other types of formulation are sneha kalpna, sandhan kalpna, avleha kalpna, mashi kalpna, etc. are described. basically bhaishajya kalpna also include identification of good raw material, storage of raw material, proper procedures of making medicine, packaging of medicine its doses, and storage.

In avaleha kalpna procedure of making it, is more important. And after making of avleha its sidhi lakshanas are also important. If water content is still there then avaleha easily gets fungus in it. Dose of avaleha is 1 karsha to 1 pal means 12gm to 48gm. but it is depending on prakruti of an individual. Because of sugar, sugar candy, honey, ghee, jaggery it is more palatable as compared to other formulation, this is one of reason behind its popularity and it is easy to consume.

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