



### A conceptual review of *Ksheerpaka Kalpana*.

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#### Abstract:

Ayurvedic pharmaceuticals deals with various methods of preparation of medicines. Basic preparations are five i.e. *Swarasa*, *Kalka*, *Kwath*, *Hima* and *Phanta*. *Ksheerpaka kalpana* is derived from *Kwath Kalpana*. *Kwath* means decoction. Medicinal values are extracted in water with the help of *Agni*. In *Ksheerpaka Kalpana* *Aushadhi dravya* is boiled with Milk and Water and medicinal values are extracted in Milk. *Ksheer* means milk is a wholesome food of human. Milk is a rich source of vitamins and minerals. Milk is widely used from ancient era as a food or base of medicament. In *Ksheerpaka Kalpana* milk is heated with *ausadhi draavya* with the help of *Agni* therefore medicinal benefits of these *dravyas* are conveyed via milk. Milk is *Jeevaniya* & Having *Medhya rasayan* property effective in *Kshat* & *Ksheena*, having *Medhya*, *Balya*, & *stanyakara* properties.

**Keywords:** *Ksheerpaka*, Milk, *Rasayan*, Types of *Ksheerpaka Kalpana*.

#### Introduction:

*Bhaishajya Kalpana* is the basic pharmaceutical science of *Ayurveda*, where *Bheshaj* means *Aushadha* and *Kalpana* means various dosage forms.

In *Bhaishajya Kalpana*, five basic *Kalpana* i.e. *Panchavidha Kashaya Kalpana* have been described as *Swarasa*, *Kalka*, *Kwatha*, *Hima* and *Phanta*<sup>1</sup>. Apart from these basic types *Kalpana*, several other *Kalpana* also have been described. *Ksheerapaka Kalpana* comes under the *Kwatha Kalpana*.

Different types of *Ksheerapaka* are explained in *Ayurved Samhita* for different diseases. *Ksheerapaka Kalpana* is commonly used form of medicine in all age group. *Charaka Samhita*, *Dravyaguna Vidnyana*, *Sharandhara Samhita* etc. have explained *Ksheerapaka Kalpana*.

*Ksheerpaka Kalpana* is a unique preparation consisting of *ausadhi dravya*, milk, water. It developed as an up *Kalpana* of *Kwatha Kalpana*.

There are two references mentioning the proportion of *Ksheerpaka Kalpana* viz;

In *Sharangdhara Samhita*, it is mentioned that *aushadhi dravya* 1 part, milk 8 part and water 32 part taken and boiled till milk only remains<sup>2</sup>. According to *Dravyaguna Vidnyana*, *aushadhi dravya* 1 part, milk 15 part and water is also 15 part is to be taken and boiled till milk only remains<sup>3</sup>.

Table No.1: Reference of Proportions of *Ksheerpaka Kalpana*:

Name of Text	Quantity ( <i>Aushadhi dravya</i> : Milk: Water)
<i>Sharangdhara Samhita</i>	1:8:32
<i>Dravyaguna Vidnyana</i>	1:15:15

Definition Of *Ksheerpaka* :<sup>4</sup>

क्षीरमष्टगुणं द्रव्यात् क्षीरान्नीरं चतुर्गुणम्।  
क्षीरावशेषं तत्वीतं शूलमामोदभवं जयेत्॥

शा.स.म.ख. २।१६१

Properties of Milk :<sup>5</sup>

*Ksheera* means milk is a wholesome food of human which is *Aajanma Satmya* has a similar property to *Oja*. It is *madhura*, *madhura*, *sheet*, *guru*, *pichichil*, *snigdha*, *sara*, *mrudu gunatmak*. Milk is widely used from ancient era as a food or base of medicament.<sup>6</sup> Along with that *godugdha* is *jeevaniya* & having *medhya rasayana* property effective in *Kshata* & *Ksheena*, having *medhya*, *balya*, & *sanyakara* properties

...गव्यं तु जिवनीयं रसायनम् ऽक्षतक्षीणहितं मेध्यं बल्यं  
स्तन्यकरं सरम् ऽऽश्रम भ्रम मदालक्ष्मी श्वास कासाति तृटक्षुधः ऽजीर्ण  
ज्वरं मूत्रकृच्छ्रम् रक्तपित्तं च नाशयेत् ऽऽ८

A.) Table No.2: Ingredients of milk as per modern texts:<sup>9</sup>

Water	85.5 – 89.5
Total Solid	10.5 – 14.5
Fat	2.5 – 6.0
Protein	2.9 – 5.0
Lactose	3.6 – 5.5
Mineral	0.6 – 0.9

Material of *Ksheerpaka*:

Stainless steel vessel, Gas stove, Measuring Cylinder, Cotton Cloth, Weighing machine, Ladle, Spoon.

Preparation of *Ksheerpaka*:<sup>10</sup>

1. *Dravya* will be taken in a stainless-steel container.
2. 8 parts of *Godugdha* (cow milk) be added to it and its level will be confirmed 32 parts of water will be added.
3. Mixture will be heated on *mandagni* (low flame) till whole water evaporates and *Ksheerpaka* will be filtered.

Various Types of *Dravya* With Their Properties and Therapeutic Uses:

Various *dravyas* are used to prepare *Ksheerpaka Kalpana*. Commonly used are *Pippali* (*Piper longum*), *Shunthi* (*Zingiber Officinalis*), *Arjuna* (*Terminalia Arjuna*),

*Rason (Alium Sativum )*, *Haridra (Curcuma longa )*, *Shatavari (Asparagus Racemosus )*, *Ashwagandha (Withania Somnifera)*, etc. In

Ayurvedic texts various preparations are found.

Some of these preparations are described in the following table.

Sr. No	Name of the <i>Dravya</i>	Properties	Therapeutic uses
1	Arjun <sup>11</sup> ( <i>Terminalia Arjuna</i> )	Astringent, Cold, Healing wounds	Obesity, Heart diseases, Urinary tract problem, Ulcers, Cardio protective
2	Rason <sup>12</sup> ( <i>Alium Sativum</i> )	Tissue vitalizer, Aphrodisiac, Digestive, Laxative, Heals fractures, Good for voice, Promotes complexion, Acts as a brain tonic, Good for eyes	Chronic fever, Heart disease, Abdominal pain, Constipation, Intestinal growth, Oedema, Worms, Hemorrhoids, Skin disease, Cough, Dyspnea, Indigestion
3	<i>Pippali</i> <sup>13</sup> ( <i>Piper longum</i> )	Appetizer, Pungent, Aphrodisiac, Sweet, after digestion, Easy to digest, Promotes <i>vata</i> and <i>kapha</i> , Mild laxative	Cough, Dyspnea, Abdominal disease, Fever, Skin diseases, Intestinal growth, Haemorrhoids, Arthritis, Indigestion, Spleen Diseases.
4	<i>Shunthi</i> <sup>14</sup> ( <i>Zingiber Officinalis</i> )	Pungent, Digestive, <i>Snigdha</i> , Improves voice	Vomiting, Dyspnoea, Spasmodic pain, Cough, Gastric and Heart disease, Oedema, Haemorrhoids
5	<i>Haridra</i> <sup>15</sup> ( <i>Curcuma longa</i> )	Pungent, Bitter, reduces <i>kapha</i> and <i>pitta</i> , Enhances complex	Cough, Skin disease, Anaemia, Worms, Fever, Wounds, Ulcers, Oedema, Intestinal growth, Haemorrhoids

Discussion:

*Ksheerpaka Kalpana* is used in diseases like fever, cough, pleurisy, heart diseases, dyspnea, dysentery, obesity, skin diseases, worms, wounds, ulcers, oedema, hemorrhoids, intestinal growth etc. and to improve immune system.

In *Ksheerpaka* preparation medicinal herbs are boiled with milk and water. Medicinal plant extracts are dissolved in milk. Properties of milk and medicinal plant come together and work to treat the disease and also to prevent the disease. Generally *godudha* is used for the preparation of *Ksheerpaka*. To prepare *Ksheerpaka* 1-part *ausadhi dravya* is taken, 8 parts milk is used and 32 parts water is used. Milk is one such carrier that has been effectively used to deliver phytochemicals for targeted health benefits. Interaction among the bio molecules of milk and bioactive compounds in herbs is occurred during the preparation of *Ksheerpaka Kalpana* due to heat. *Ksheerpaka* may be prescribed as a medicament. It has nourishing property and thus is expected to show immuno-modulation. These benefits of *Ksheerpaka* makes it the preferred choice of drug delivery system in aged people and children who have low tolerance to various dosage forms and need added nourishment.

### Conclusion:

*Ksheerpaka Kalpana* is a unique preparation of ayurvedic pharmaceuticals. With the help of milk, it is useful to promote the health as well as to treat the disease. Milk is a rich source of vitamins and minerals. It is *ajanmya satmya*, easily taken by the children and old age group. Properties of milk and

medicinal herbs which are used for the preparation of *Ksheerpaka*.

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*Conflict of Interest: Non Source of funding: Nil*

*Cite this article:*

*A conceptual review of Ksheerpaka Kalpana.  
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*Ayurlog: National Journal of Research in Ayurved Science- 2022; (10) (01): 01-05*

