

ROLE OF AGNI, KALA AND PAATRA IN AUSHADHIKARANA WITH SPECIAL
EMPHASIS TO BHAISHJYAKALPNA

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ABSTRACT

In Ayurveda the pharmaceutical outcome of a drug product is achieved through the proper application of *Agni*, *Kala* and *Paatra*. These guidelines are keys to producing quality formulations and are critical for *Bhaishjyakalpna*. *Agni* will be used for the conversion, concentration and activation of the active components during the preparation processes, such as *Sneha Kalpana* and *Avaleha*. Correct regulation of *Agni* will optimize the extraction of active components, prevent the damage or decomposition of the active components, and improve bioavailability. Effective regulation of *Kala* will control how long products are prepared, when to prepare them, at which time of year to prepare them, and when to administer them following completion of the preparation process, and will ultimately regulate the *Veerya* and stability. The choice of a product's *Paatra* such as *Loha* and *Tamra* may also influence the chemical reactions among the ingredients and distribution of heat during preparation. The use of *Agni*, *Kala* and *Paatra* in combination will create *Samskara* which improves safety, stability and effectiveness of formulations.

KEYWORDS: *Ayurveda*, *Samskara*, *Agni*, *Kala*, *Paatra*, *Bhaishjyakalpna*.**INTRODUCTION**

The term *Samskara* has become an umbrella term to describe all types of processing techniques during formulation development. In practices like *Rasashastra* and *Bhaishjya kalpana*, *Samskara* defined how to process pharmaceuticals to change or enhance the qualities of the material being processed. In this regards *Agni*, *Kala* and *Paatra* play vital role in *Aushadhikarana* of *Bhaishjyakalpna*. These elements affect stability, safety and efficacy of final formulations therefore appropriate utilization of *Agni*, *Kala* and *Paatra* is very important for successful pharmaceutical preparations.^[1-3]

Role of Agni in Aushadhikarana

Agni Samskara refers to the placement of a *Dravya* for a controlled heating process, it is very important while preparing formulation like *Bhasma*, where heat can maintain controlled temperatures or heat patterns to properly produce and mature formulation. Mild and consistent heating can change raw *Dravya* into its finalized form which is acceptable biologically. *Agni*

Sannikarsha processes include *Mardana*, *Soshana* and *Paka*, which all include heat application directly or indirectly. In *Mardana* friction of heat is comparatively mild but sustained for a prolonged period of time. Moderate heat makes drying easier in *Soshana*. *Paka* applies more intense direct heat, either for a brief period of time or for a longer period of time, depending on the situation. *Agni* can be applied in different grades to produce particular changes in the processed material.^[3-5]

Role of Patra in Aushadhikarana

Paatras play an important part in *Aushadhikarana*. The type of container used to prepare, store, or process a medicine can directly affect the *Guna*, *Rasa*, *Virya* and *Vipaka* of processed medicine. The *Paatra* may influence chemical interaction, thermal regulation and absorption of material being processed. Various types of *Paatra* used in *Aushadhikarana* of *Bhaishjyakalpna* are depicted in **Figure 1**.^[4-6]

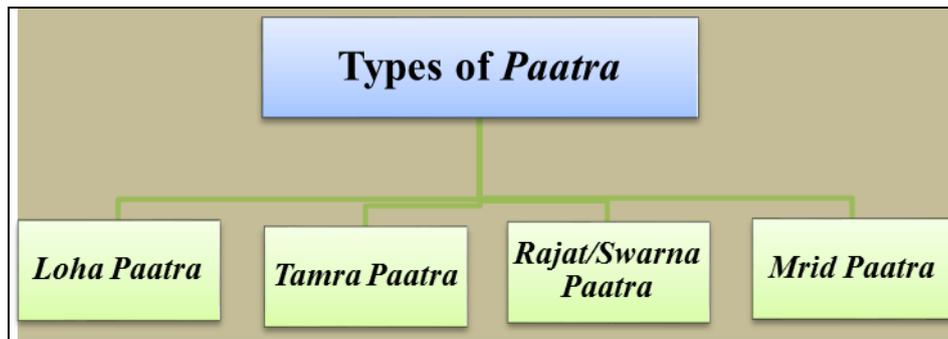


Figure 1: Various Types of Paatra.

The selection of the vessel used to process and store an Ayurvedic preparation in *Aushadhikarana* has a major impact on the overall quality, strength and patient benefits of the final formulation. Different types of *Paatra* impart specific characteristics to the *Dravya* during both the processing and the time until it is used. *Loha Paatra* impart *Amlatva* and provide some degree of iron enrichment to the preparation, which may be beneficial for a patient with *Pandu*; although if the iron vessel is improperly stored the balance of the three *Dosha* may be affected and the addition of other ingredients, for example, *Draksha*, may create a *Tridoshakara* property.^[5-7]

Similarly *Tamra Paatra* has a *Lekhana* effect on the drug, has activity against microbes, enhance digestion and metabolism; therefore, it is an excellent choice for use with *Kapha* diseases. *Mrid Paatra* has excellent cooling qualities; allows moderate aeration, and is an appropriate choice for alcoholic fermentation processes such as; *Asava* and *Arishta*. *Rajat* and *Swarna Paatra* increase purity and stability of the drug, have classically been held in reserve for use only in preparing special pharmaceutical preparations. Using the appropriate *Paatra* may enhance the clinical efficacy of the preparation, modify the *Guna* of the preparation through interaction of the *Mahabhuta* within the *Paatra*, provide a controlled environment for heating and fermentation, prevent the drug from becoming toxic or lose its potency; and may also provide trace elements to the preparation. Therefore, the selection of the appropriate *Paatra* should be considered a therapeutically based decision; as if the inappropriate *Paatra* is selected, it may have a deleterious effect and undesirable effect.^[6-8]

Role of Kala in Aushadhikarana

Kala is one of the four essential components in Ayurveda, affecting the strength, safety, stability and therapeutic effectiveness of *Aushadha* at every level from gathering raw materials to their final action in the body. *Kala* refers to the length of time a *Dravya* will be stored in specific conditions to reach its maximum potency and ideal qualities. *Asava* and *Arishta* are typically stored for specific time periods, in controlled conditions that allow for the entire fermentation and development process before they can be determined to have therapeutic properties.

The *Kala* play important role in *Aushadhikarana* since it affects raw drug collection process, processing stability and shelf life of *Aushadhi*. The time when plants are gathered will affect their potency and medicinal properties. The seasonal cycles, the plant's growth stage and the time of day must all be considered when gathering plants for use as a medicine. The time required for completing the processes of a pharmaceutical preparation is critical. There are different types of *Kala* that can be suggested for the administration of any type of *Aushadha*, in order to enhance its efficacy and decrease the adverse effects.^[7-9]

In Ayurveda, *Kala* is an essential component of ensuring medicine is absorbed correctly; act as intended and produce desired therapeutic effect. These parameters for the administration of drug are determined by the predominance of *Dosha* and severity of disease. For example; *Abhakta* is mainly used for *Kapha* disorders to allow the medicine to absorb quickly and produce effects in a timely manner. *Pragbhakta* is used for lower body disorders and to produce strength. *Madhyabhakta* is used for conditions caused by *Samana Vayu* as it support digestion and assimilation of nutrients. *Adhobhakta* is recommended for *Vyana Vayu* disorders and will help to achieve the action of the medicine in the upper part of the body. *Muhurmuhum* is indicated during acute conditions such as *Kasa*, *Shwasa* or *Visha*. *Sabhakta* can be used for patients with low vitality or when using nutritious medicines. From a therapeutic perspective, *Kala* allows for treatment to be in line with the period of the *Dosha*; *Kapha* in the early morning, *Pitta* during the day and *Vata* in the late evening at the same time as the state of *Agni* for maximum metabolic output. *Kala* is also used for managing acute or chronic diseases (*Kalaja*), seasonal (*Kalaja*) or non-seasonal (*Akalaja*) conditions, and to help in determining the proper timing for drug administration.^[8-10]

CONCLUSION

The Ayurvedic concept of *Samskara* incorporates all types of pharmaceutical techniques that are used to prepare drugs from their natural form into a safe and stable product capable of producing a therapeutic effect. *Bhaiyahyalpana* identifies *Agni*, *Kala* and *Paatra* as the fundamental components of *Aushadhikarana*. *Agni* provides the heat necessary for the changes to occur

during the process of converting raw material into the finished product. The controlled application of heat results in the proper transformation of the raw materials into an effective drug through *Mardana*, *Soshana* and *Paka* which are particularly important for those formulations that will eventually become *Bhasma*. The amount of heat used will influence the chemical composition of the finished product, ultimately determining the bioconversion of the raw material, detoxification of the raw material as it is processed, and the bio-acceptability of the finished product. The choice of *Paatra* can affect the *Guna*, *Rasa*, *Virya* and stability of any formulation because the *Paatra* will influence the thermal processing, chemical interactions, and even trace mineral content of the formulation. *Kala* refers to the time of collection of the raw materials, the duration that the raw materials will be processed, the time of storage, and the time that the formulation will be administered. By synchronizing the timing of these three components with the predominant *Dosha*, the state of *Agni*, and the stage of the disease, it is possible to achieve optimal potency, safety, and efficacy of the formulation. If these components are not used appropriately, they will lead to ineffective or undesirable results. However, if they are used appropriately, they will lead to improved clinical outcomes. Therefore, *Agni*, *Kala*, and *Paatra* are not only procedural issues, but they are the primary therapeutic determinants for success in the production of Ayurvedic pharmaceuticals.

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