

CRITICAL REVIEW OF LAVANA KALPANA

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ABSTRACT

Rasashastra-Bhaishajyakalpna is a pharmaceutical branch of Ayurveda which has very wide range of drug dosage forms. Different drug dosage forms can be used in different age groups, clinical conditions, prakritis etc. Apart from Panchavidha Kashay Kalpna various dosage forms like Guti-Vati, Churna, Avaleha etc. are widely used due to palatability, shelf life. Various dosage forms are derived from basic principles of Bhaishajyakalpna. Lavanakalpna is one of the derived dosage form. Various Ayurveda texts described Lavanakalpna. However these are described in detail in Rasatarngini. Lavanakalpna have longer shelf life, also cost effective. Lavanakalpas are highly compatible due to their palatability, efficacy and usage in small dose. Various Lavanakalpas, their pharmaceutical preparation methods, standardization parameters and therapeutic uses are tried to elaborate through this review article.

KEYWORDS: Lavana Kalpna, Lavanakalpa, Dosage form, Lavana.

INTRODUCTION

Swarasa, Kalka, Kwatha, Hima and Phanta are the five basic preparations called as Panchavidha Kashay Kalpna. Innovations in new dosage forms and Kalpanas are done to obtain maximum therapeutic effect and acceptability of medicines.

‘Lavana Kalpna’ is one of the formulation from classical ayurvedic texts.

Lavana Kalpas are the pharmaceutical preparations in which main constituents are saindhava lavana & ash of other drugs obtained after giving appropriate ‘Putra’. There are many Lavana Kalpas described in various Ayurved Granthas & texts but only few are in practice e.g Narikel Lavana.

Various methods of preparation & various types of Agni & fuels are described for the preparation of Lavana Kalpas. Lavana Kalpna is modified from its primitive dosage forms so as to improve its efficacy, palatibility, shelf life & to reduce dose.

Aim – To review Ayurvedic dosage form – Lavana Kalpna.

Objectives – To study Lavana Kalpna

- To review various Lavana Kalpas from Ayurved Texts.

- To review standardisation parameters of Lavana Kalpna.

MATERIALS AND METHODS

Classical Ayurvedic texts, Modern Pharmaceutic Texts, Journals and Internet sources were searched for Lavana Kalpna.

Compilation of information is done. It is further processed.

Methodology – Review of available materials for Lavana Kalpna.

Compilation of relevant data = Classification of data = Discussion and relevant conclusion.

When literature review was done, it is observed that there are many lavana kalpas mentioned in Ayurved texts though only few are in use. Lavanakalpas are prepared by using predominantly lavanas and herbs with Putagni sanskara. Different methods are used for the preparation of Lavanakalpas. Also various types of fuel and agni mentioned for preparation.

Ingredients of Lavana Kalpas

Main ingredients of Lavana Kalpas are Lavana & ash of the drug; which is prepared after burning the drug and lavana in closed sharava samputa.

Whenever only lavana is mentioned in ingredients, Saindhava lavana should be used.

लवणानां प्रयोगे तु सैन्धवादीन् प्रयोजयेत् ।

- अष्टांग संग्रह सूत्रस्थान १२/१९

Properties of Saindhava

1. चक्षुष्यं सैन्धवं हृद्यं रुच्यं लघ्वाग्निदीपनम् । स्निग्धं समधुरं वृष्यं शीतं दोषघ्नमुत्तमम् ॥

- सुश्रुत संहिता सूत्रस्थान ४६/३१४

2. रोचनं दीपनं वृष्यं चक्षुष्यमविदाहि च । त्रिदोषघ्नं समधुरं सैन्धवं लवणोत्तमम् ॥...च.सू. २७/३००

Rock salt is the best among all types of salts; it is Appetizer, digestive-stimulant, aphrodisiac, improves eye –sight and is non-irritant. It is Tridoshaghna.

Method of Preparation

Depending on methods of preparation, it can be divided into two types – Lehapaka Vidhi and Putapaka Vidhi

Putapaka – It is a measure of the heating arrangement meant for preparing various kinds of Bhasmas of Maharasa, Uparasa, Loha etc.

e.g

No.	Name of Lavana Kalpa	Type of Puta
1	Narikel Lavana	Mahaputa
2	Shwasari Lavana	Gajaputa
3	Kukkuta Lavana	Mandagni (Mild Heat)
4	Mahavruksha Lavana	Heat with the wood of Karanja

Siddhi Lakshana (Confirmatory Test) –

- The red hot colour of the earthen pot indicates that all the contents in sharava became ash.
- Kajjalvarna of the prepared Lavana Kalpas is said to be the siddhilakshana in the context of Narikela lavana in 'Rasatarangini' granth.

Matra (Dose) – upto 2 Masha (2 gm)

Shelf Life = 5 years

Preservation – Lavana Kalpa should be kept in airtight containers as lavana is hygroscopic in nature.

Standardisation of Lavana Kalpas

Standardisation of Lavana Kalpas can be done in three steps –

- Raw material standardisation.
- In process validation during pharmaceutical procedures.
- Final Product analysis. Final product i.e Lavana kalpa can be studied by Ayurvedic & Modern parameters.
 - Ayurvedic parameters such as Panchsbhoutic pariksha – Shabda, Sparsha, Rupa, Rasa, Gandha.
 - Modern parameters –

Organoleptic Tests – Touch, taste, appearance, odour etc.

1. Lehapaka Vidhi – In this method, the drugs to be added in the form of kwatha (decoction) are first boiled in the water. Then the prepared decoction is heated again on fire along with the lavana. To that concentrated decoction, the powder of the other drugs is added & mixed well to obtain the lavana kalpa. e.g. Abhaya Lavana.

2. Putapaka Vidhi – Raw drugs along with Lavana are taken in an earthen vessel called sharava. Then another sharava is placed over it upside down and the matkapada (clay smeared cloth) is used to seal the junction of these two sharavas. Then appropriate putapaka is given with cowdung cakes & lavana kalpa is obtained. e.g Arka Lavana.

Various types of 'Putapaka' are given for the preparation of various lavana kalpas.

Physico-chemical Tests pH, specific gravity, ash value, loss on drying, percentage of sodium, chloride, Potassium etc.

Other modern techniques can be used.

Lavana Kalpas

Lavana kalpa	Reference	Rogadhikar
1. Arka Lavana	Bhaishajya Ratnavali	Gulma, Udararoga, Pleeharoga
2. Narikela Lavana	Rasa Tarangini	Amlapitta, Vataj –Pittaj-Kaphaja-Sannipataja Shula
3. Patra Lavana	Sushruta Samhita	Vatavyadhis
4. Kanda Lavana	Sushruta Samhita	Vatavyadhis
5. Kalyanak Lavana	Sushruta Samhita	Vatavyadhis
6. Shwasari Lavana	Rasatantrasar & Siddhaprayoga Sangrah	Shwasa
7. Putikadi Lavana	Chakradatta	Gulma, Udararoga, Pandu, Arshas
8. Vairechanika Lavana	Chakradatta	Anaha
9. Bhallatakadi Lavana	Chakradatta	Hrudroga, Pandu, Grahani dosha, Gulma, Udavarta, Shula, Gulma
10. Ketaki Dala Bhasma	Sahasrayogam	Pleeharoga
11. Sudhakandadi Kshara	Sahasrayogam	Gulma, Grahani, Arsha, Shula
12. Mahavruksha Lavana	Sahasrayogam	Shula
13. Kukkuta Lavana	Sahasrayogam	Gulma
14. Agnimukha Lavana	Siddha Bhaishajya Sangraha	Yakrutvridhi, Pleehavridhi, Udararoga, Anaha, Gulma, Arsha, Parshvashula
15. Abhaya Lavana	Bhaishajya Ratnavali	Koshta baddhata, Yakrut-pleeharoga, Udara, Adhmana, Gulma, Ashtila, Agnimandya, Ajeerna, Shula, Shiroroga, Hrudroga

DISCUSSION

Lavana is the prime ingredient in Lavana Kalpas hence they are called as Lavana Kalpas.

Saindhav Lavana is best among the types of Lavanas. It is tridosahara. Hence used for the preparation of Lavanakalpas.

The literary review shows that there are many lavana kalpas mentioned in texts. There are two different types of methods for preparation of Lavana Kalpas – 1. Lehapaka Vidhi 2. Putapaka Vidhi. The second method is commonly followed method. The proportion of heat given is a different for different lavana kalpas. For Narikel Lavana ‘Mahaputa’ is mentioned. For Kukkuta Lavana mild heat is required, whereas for Shwasari Lavana ‘Gajaputa’ is required. For Mahavruksha Lavana heat with wood of ‘Karanja’ is mentioned.

Some formulations are known as Kshara like Sudhakandadi Kshara, their method of preparation is similar to Lavana Kalpana – where the herbal ingredients are mixed with lavana and subjected to heat.

Test for confirmation i.e Siddhi Lakshana for Lavana Kalpa explained as the red hot colour of the earthen pot indicates that all the contents have been converted into ash and lavana kalpa is formed.

For Narikel Lavana, the test for confirmation explained as Kajjala varna. This can also be used for other lavana kalpas prepared by puta method.

Most of the lavana kalpas are used in the treatment of Gulma, Udararogas, Shula, Digestive disorders. These

are also beneficial in Vatarogas and Yakrut-Pliha vikaras.

CONCLUSION

When literary review was carried out for lavanakalpana it was observed that there are many lavana kalpas mentioned though only few are in practise such as Narikela Lavana, Arka Lavana.

Different methods for the preparation and different types of ‘Puti’ are used for the preparation of various Lavana Kalpas. In the dosage form – Lavana is the main ingredient of Lavana Kalpana. In most of the Lavana Kalpas ‘Saindhava Lavana’ is used as it is best among all lavanas. Low dose of Lavana Kalpas is required. For preparation of Lavana Kalpas appropriate Puti is given. This reduces the particle size and the Lavana Kalpas becomes lighter for digestion. Less instruments are required for the preparation and also having longer shelf life. Due to this lavana kalpas are cost effective.

In practice at present Narikel Lavana is commonly used, though in the literature of Ayurveda many Lavana Kalpas are mentioned. There is a need of further exploration. This makes Lavana Kalpana open for research.

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