

Avaleha Kalana -A Conceptual Study**Dr. Tejaswini Chandrakant Shinde.**

PG scholar

(Rasashastra & Bhaishajyakalpana)

Dr. Sachin Tapare

Guide & HOD

PMTs Ayurved College, Shevgaon

Abstract:

Bhaisjyakalpana is the branch of Ayurveda which deals with Preparation or formulation of aushadhi, preparations like AvalehaKalpana, Asavarista Kalpana, SnehaKalpana, Ksheerapaka Kalpana etc. are called as secondary preparations because these are prepared by using one or many primary formulations along with other substances. Avaleha or Lehyam is one of the forms of Ayurvedic medicine which is semi-solid in consistency. It is prepared from mentioned drugs or herbs with the addition of Guda, Sharkara and boiled with prescribed Swarasa or Kwatha/ Kashayam. This research article is focus on Avalehakalpana also its method preparation, benefits, characteristics, dose etc.

Introduction :

The Avaleha is also termed as Modaka, Guda, Khanda, Rasayana Leha, Lehyam etc. It is a semisolid preparation of herbal drugs prepared in decoction or extracts of different herbs by adding sweetening agents like jaggery, sugar or sugar candy. The component drugs which are used in the preparation of Avaleha are aqueous medium, substrate, Oushadadravyas, lipid medium, additives etc. By analyzing consistency of various Avaleha varies from freely-flowing, paste-like, semisolid and granular, which depends upon the substrate and Oushadachura ratio. Avaleha can be compared to confections because both contains essential ingredients as sugar and water and optional ingredients as edible oils, honey, flours, starches, edible salts etc. Avaleha are intending to provide better drug absorption through the oral cavity along with absorption through villi.

Aim & Objectives :

To study the Avalehakalpana.

Material & methods:

For this research article collect information from various samhitas Article on drug preparation, net surfing, Pubmed article text book of ayurveda (Bhaisjyakalpana) etc.

The Avalchas may be of two types on the basis of use of liquids. It includes both fatty and non fatty substances. The fats like ghee, sesame oil, castor oil etc. have been used depending on the dosha involved. Non oily substances like milk, cow's

urine, sour gruel are added to counteract specific doshic imbalances. Sweet substances used in preparation of Avaleha on the basis of Dosha are jaggery in VataDosha, sugar in Pitta and honey in KaphaDosha.

Method Method of preparation of Avaleha:

Today stainless steel vessels should be used to prepare Avaleha. The utensils used commonly cooling are stainless steel vessels. But there are references in classical texts to use different types of vessels to achieve qualities.

In all types of Avaleha preparations, there generally have following ingredients

- 1) Kashaya
- 2) Gur/Guda/Sharkara
- 3) Churna
- 4) Ghrita or Taila
- 5) Madhu

- First, Gur/ Guda/ Sharkara is dissolved well in the decoction or liquid and strained to remove the foreign particles.
- This solution is then boiled over a mandagni.
- When the Pakabecometantuvat, it should be removed from the fire.
- Churna of herbs are then added in small quantities and stirred continuously and vigorously to form a homogenous mixture.
- Ghrita or Taila, if mentioned, is added while the preparation is somewhat hot and mixed well.
- Madhu, if mentioned is added at the last when the mixture or preparation is cool and mixed well.

Prakshepa Dravya: These are added in Avaleha to increase the potency. It can also increase the

palatability of drugs. They are of two types as Kasthoushadhis and Rasoushadhis

Quantity of ingredients:

Generally it is found mentioned as per the formulation and if the quantity of any ingredients is not mentioned the general ratio as

- Sita -4 parts
- Guda -2 parts
- Drava Dravya- 4 parts
- Churna - 1 parts

Characteristics of Avaleha :

- The Avaleha should neither be hard nor be a thick fluid.
- When pulp of the raw herbs is added and ghrita or tail IS present in the preparation, this can be rolled between the fingers.
- The growth of fungus over it or fermentation is signs of deterioration.
- When metals are mentioned in the formula, the bhasmas of the metals are used.
- In the case of specific drugs like Bhallataka, Vatsanabha etc. purified drugs alone are included in the preparation.
- The colour and smell of the prepared Avaleha depend on the drugs or herbs used as ingredients.

Dose of Avaleha –

It varies from 12 grams to 96 grams.

This dose depends on the basis of Bala (strength) of the patient and the disease which is left to the physician to decide.

Anupana- These are the Drava Dravyas which are to be taken after consuming Avaleha. These help in proper absorption even as it exerts clinical effect on the doshas in varying degrees. The commonly used Anupanas are milk, sugarcane juice, green gram soup.

Avaleha Sevana Kala- It should be taken before food. Some times it is advised in the morning in enhancing absorption and systemic effects.

Saveeryata Avadhi (Shelf life)- It has a shelf life of one year if properly preserved.

Preservation and Storage-The Avaleha or Lehyam should be kept in glass or porcelain jars. It can also be kept in a metal container or pet bottles which do not react with it.

Some famous Examples of Avaleha- Chyavanprash, Dhashmoola Rasayan, Agastya Haritaki, Manibhadra Gudam, Madananda Modaka, Ashwagandhadi Lehyam

Discussion :

Though it is generally accepted among the ayurvedic fraternity that drug formulation is very important for ensuring therapeutic efficacy, not much importance is being given to assess or ascertain the impact of changes made in formulation factors on the expression of pharmacological activity. The classical formulation techniques and preparatory methods exhibit high degree of sophistication. However, unfortunately many improvisations and changes are being affected in the name of modernization without assessing the impact of such modifications.

Conclusion:

- Easy administration, palatability and longer shelf life.
- Avaleha indicates the presence of 65% to 70 % of sugar in the final product. This percent is sufficient to act as a preservative. Gandha, Varna, Rasa etc. of the drug in final product indicates the proper extraction of drugs in the final product.
- Intention of adding Prakshepa in the respective formulation is to increase the potency and palatability

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