

Review on Swaraskalpana W.S.R. to Putapaak Kalapana**Dr. Shrutika Shantaram Kand**

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Abstract

The Ayurvedic drug formulation is based on what is known as "PancavidhaKasaaya" concept. According to this concept there are five basic forms of formulation known as Swarasa' the expressed juice, 'Kalka', a fine paste obtained by grinding fresh or wet grinding dried plant material 'Kwaatha', the decoction, 'Sheeta or 'Hima', the cold water infusion and 'Faanta', the hot water infusion For this presentation we focus on swaraskalpana i.e. prime method of PanchvidhKashaykalapana. Generally when drug is hard putapaak method is applicable for swaraspreparation. In this presentation also focus on preparation of Putapaak.

Introduction :

Ayurvedic classics consider 'drug' a very important patient management tool in the hands of a physician or a therapist. This tool needs to be handled judiciously, if not done so it is likely to prove injurious or sometimes fatal to the life of the patient who is receiving it. The information related to drugs and formulations along with diagnosis and management of disease accompanied with techniques of health maintenance through observance of proper daily and seasonal routines can be found in large number of classical and other literary works. In Ayurveda, swaras of herbs is used as a liquid dosage form of medicament predominately for internal administration, external application as well as for the preparation like aasav, arishta etc. The utilization of this dosage form is found in practice since Vedic period. It is the most potent preparation among panchvidhKashay.

Aim & objectives:

- To study the swaras one of important method in panchavidhkashaykalana.
- To study the putapaakkalpana.

Material & Methods:

The data available in various databases have been collected from May 2015 to June 2016 which was further critically reviewed. The compiled information has been systematically studied and categorized in different headings and commented, also data collected from samhitas of laghutrayee & brihtrayee.

Fresh as well as dried plant material is used for processing depending on availability and necessity. Different procedures are adopted to prepare a dosage form, which is stable for a longer period. Thus the type of pharmaceutical processing depends on following factors:

- Nature of the raw material: fresh or dry
- Required concentration of the dosage form
- Solubility of therapeutically useful component of the plant
- Heat stability of therapeutically useful component of the plant
- Route of administration
- Shelf life of prepared dosage form

Methods of Swaras Preparations:

The method of swaras extraction is firstly found in Rigveda. It is obtained from freshly collected plants. The useful plant parts leaf stem, fruit or whole plant etc. are cut to pieces and ground to prepare a bolus. The finely ground bolus is then collected and is mechanically squeezed to extract as much juice as possible. The juice so obtained termed as 'swarasa' is collected and put to use immediately. Sometimes the plant parts may not be containing enough moisture to obtain the juice by applying mechanical pressure. In such cases two parts of water is added to the ground plant material and it is left to soak overnight. The soaked material is then squeezed to extract all the juice from it by applying mechanical pressure. Alternatively if the plant material is dry it is pulverized to yield fine powder.

Eight parts of water is then added to the powder. The contents are then subjected to heating to retain one fourth of the water.

Dose of 'swarasa':

- Obtained from freshly collected plants is 20 ml
- whereas that of 'swarasa' prepared from dried plant is 40 ml.

Matra of PrakshepDravya:

If any additives such as honey, sugar, jiggery, caustic, corrosive or acrid substances, jeeraka, salt, ghee, oil and any powdered plant material need to be added in swarasa' they should be added in the measure of 10 g.

Method of Putapaak Preparation:

PutapakaSwedanaSome drugs in wet and fresh form cannot produce by usual method. For them this alternative method is applied It is first described in Gadanigraha and then in SharangdharaSamhita.

Ace to Gadnigrah / Sharangdharsamhita:

In some cases the plant material requires steaming to facilitate extraction of juice. This is achieved through a procedure called Putapaaka' wherein the plant material is ground to prepare a fine paste. The paste is then rolled into a bolus which is wrapped in the coverings of leaves. Two finger thick layer of mud is then applied on the covering of leaves. The bolus is then kept in an open hearth where it is subjected to intensive heat till it becomes red hot. It is then removed from the hearth and allowed to swangsheet. The coverings of mud and leaves are then removed and the bolus is taken out. It is then mechanically squeezed to produce the expressed juice. The dose of this expressed juice is 40 ml.

Acc to Ashtanga Hridaya:

A piece of sugarcane is split and powder offilled into the cane. Then slices are rounded together and then they are enveloped with leaves and

coated with mud. After they dry, they are placed inside heap of burning coal for a few minutes and removed out when they become red hot. After self cooling the coating are removed and the cooked cane is chewed.

Discussion :

Drugs usually are known to possess destructive potential and hence need to be used carefully. Acharya further elaborates the concept by saying that not a single substance in the Universe is devoid of therapeutic potential and hence is a potential drug source provided it is used judiciously at appropriate indications.

Conclusion:

The concentration declines in descending order with reference to 'Swarasa', Kalka', 'Kwaatha', 'Hima' and Faanta'. Swarasa possesses highest concentration where as 'Faanta' possesses the lowest.

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