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Avaleha Kalpana - A Review

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ABSTRACT

In Ayurveda, *Rasashastra* and *Bhaishajya Kalpana* branch is more important. It deals with the preparation of medicine by using herbal, metal and animal origin substances. Herbal medicines are frequently used in Indian system of medicine since long time without any known side effect. *Avaleha Kalpana* is a semi solid preparation of drugs, prepared with addition of jaggery, sugar or sugar candy and boiled with prescribed drug juice or decoction it is called as *Avaleha*. While preparing *Avaleha Madhura Dravya's* like *Guda* or *Sharkara* and honey are added to the juice or the decoction. This article will review the concept of *Avaleha Kalpana* in the classics.

Key words: *Avaleha Kalpana, Candy, Leha, Lehya, Rasakriya, Ghana.*

INTRODUCTION

Deferent types of *Avaleha*^[1] are explained in Ayurvedic Samhita for different diseases, *Avaleha Kalpana* is commonly used medicine in all age group. *Charaka Samhita, Vagbhata Samhita, Sharangdhara Samhita* etc. have explained *Avaleha Kalpana*. *Avaleha Kalpana* is more easy to use than *Churnas, Asava* and *Arishtha Kalpana*. Making of *Avaleha Kalpana* is also easy. *Avaleha Kalpana* is *Upakalpana* of *Kwatha Kalpana*. *Avaleha* is semisolid form of medicine, it is also called as *Rasakriya*.^[2]

Synonyms

Avaleha Kalpana have different synonyms according to its consistency, *Avaleha, Leha, Lehya, Rasakriya, Ghana* etc.

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Common ingredients of *Avaleha*^[3]

1. *Drava Dravya* (aqueous medium) - *Swarasa, Kwath, Hima* and any liquid medium.
2. *Madhura Dravya* (substrate) - Sugar, jaggery, and sugar candy.
3. *Prakshep Dravya* - Fine powder, pulp.
4. *Sneha Dravya* - Ghee, *Taila*, honey.

Common equipment's

1. Wide mouthed stainless steel vessel.
2. Strong spatula.
3. Jute cloth.
4. Gas burner.
5. Glass jars.

Preparation

According to type of *Avaleha* there are some changes in preparation, here we see general method of preparation.

First make *Kwatha* of included ingredients. In a vessel take sugarcandy or sugar or jaggery, dissolve in the liquid and if there is any foreign particle it should be removed, after that heat it till *Paka Lakshana's* appear (thread should form between two fingers and

the *Paka* should not spread or sink in water) once *Paka Lakshanas* are observed turn off the gas.

Fine powder of drugs is then added slowly and mixture should be continuously stirred.

If there is honey included in its content it should be added after cooling the mixture, but other content like ghee or oil should be add when the mixture is hot.

Avaleha Paka Lakshana^[4]

1. *Tantumtva* - Thread like appearance.
2. *Apsu Majjati* - Sinking in water.
3. *Sthiratva* - Stability of content.
4. *Angulimudra* - Imparting finger prints.
5. *Gandhoubhava* - Typical smell of *Avaleha*.
6. *Varnodbhava* - Colour of *Avaleha*
7. *Rasoubhava* - Taste

Preservation

Avaleha should be stored in air tight container like glass jar, now a days it is stored in plastic container, because plastic is non-reactive and easy to use, metal container may be reactive to *Avaleha* but it depends on content used in *Avaleha*.

Saviryata Avadhi (shelf life)

1 year according to Sharangdhara Samhita.^[5]

Doses

1 *Karsha* (12gm) - 1 *Pala* (48 gm)

Anupana

Milk, sugar cane juice, water, *Phala Rasa*, *Vasa Kwatha*, *Yusha*.

Anupana^[6] is important in Ayurvedic medicine it acts as a carrier for the medicine, they are the best vehicle for medicine to reach target place, and also increases efficacy of medicine.

DISCUSSION

Rasashastra and *Bhaishajya Kalpana* is a specialised branch of Ayurveda. In *Rasashastra* metal content are

more used in preparation of medicine, and in *Bhaishajya Kalpana* herbal content are more used to prepare medicine.

Swarasa, *Kalka*, *Kwatha*, *Hima* and *Fanta* are basic *Kalpana* of of *Bhaishajya Kalpana*. Each and every medicine formulation are included under this basic *Kalpanas*. And other types of formulation are *Sneha Kalpana*, *Sandhan Kalpana*, *Avaleha Kalpana*, *Mashi Kalpana*, etc. are described. Basically *Bhaishajya Kalpana* also include identification of good raw material, storage of raw material, proper procedures of making medicine, packaging of medicine its doses, and storage.

In *Avaleha Kalpana* procedure of making it, is more important. And after making of *Avaleha* its *Siddhi Lakshanas* are also important. If water content is still their then *Avaleha* easily gets fungus in it. Doses of *Avaleha* is 1 *Karsha* to 1 *Pala* means 12gm to 48gm, but it is depending on *Prakruti* of an individual. Because of sugar, sugar candy, honey, ghee, jaggery it is more palatable as compared to other formulation, this is one of reason behind its popularity and it is easy to consume.

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