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Ayurvedic Review Article on Kwath Kalpana

Dr. Anand Bang¹, Dr. BR Pagire²

¹ BAMS MD (SCH), Svnht's Ayurved College, Rahuri, Ahilyanagar, Maharashtra, India

² Guide, Svnht's Ayurved College, Rahuri, Ahilyanagar, Maharashtra, India

* Corresponding Author: Dr. Anand Bang

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Abstract

Kwatha Kalpana is the most significant and widely used dosage form in Ayurvedic pharmaceuticals. It is one among basic Panchvidh Kashaya Kalpana of Bhaishajya Kalpana. It is a basis of preparatory method of other secondary dosage form such as Snehapaka, Sandhana Kalpana, Avleha etc. So to get good quality of this dosage form Kwatha should be of standard quality. To obtain good quality of Kwatha it's very important to concentrate on its pharmaceutical factors such as temperature, vessel for preparation, quantity of water, particle size of raw drugs, duration of heating.

Keywords: Kwatha, Panchvidh Kashaya Kalpana, Dosage form, Ayurvedic pharmaceuticals

Introduction

In Bhaishajya Kalpana the most commonly used five basic formulations of Ayurveda are Swarasa, Kalka, Kwatha, Hima, and Phanta^[1]. Among all these kalpanas, Kwatha Kalpana is frequently used, as it also acts as a base for so many new dosage forms like Asava, Arishta, Taila, Avleha and Gutika in various pharmaceutical processes. It is an important dosage form because it is indicated in many ailments. Kwatha is majorly used as solution of ophthalmic medicaments in preparation of secondary dosage forms, plays a role as a bhavna dravya in many processes of drug purification, in niruh basti, for vrana prakshalana etc. Kwatha is also used as anupana^[2]. Kwatha Kalpana is having upper hand because of its many unique qualities namely easy availability of raw materials, single drug-herb decoction, good adaptability, better absorption and assimilation in body system and retains many of the water-soluble portions present in raw materials^[3]. Primary Ayurvedic Kalpanas have some drawbacks like less shelf life, higher chances of microbial growth, require high dose and are unpalatable. Therefore Acharya had developed secondary preparations like fermented preparation, confectionaries, medicated oil, pills etc. which have longer shelf life i.e. stability and palatability^[4]. Kwatha is very effective and widely used but has some disadvantages like difficulties in ensuring quality control of the herbal ingredients time and inconvenience required in preparation, transportation, storage, probable loss of active ingredient and is difficult to prescribe in accurate dose^[5]. The short shelf life of the Kwatha is its major drawback. In today's lifestyle people doesn't have so much time to prepare Kwatha again and again so this is need of an hour to modify it in such dosage that are quite easily palatable and have better shelf life. Formulating it as per Ayurvedic principles stresses on various clauses like the quantity of water, nature of drug, intervention of heat, and addition of Prakshepa Dravya as all these factors play a major role in developing the effectiveness of the preparation^[6]. Kwatha Kalpana with its relevancy to modern technology should be implemented to achieve increased shelf life, increased potency, and greater palatability^[7].

Discussion

Precautions in kwatha preparation 1. Adulteration of drugs should be checked before starting to prepare kwatha. 2. Course form of raw drug should be used to prepare kwath. 3. Pot in which kwatha is being prepared should be chemically inert. 4. No strong fire should be given while boiling process, mild to moderate fire should be given. 5. The pot should be kept open it, should not be covered. Dose of Kwatha Dose of kwatha is 4 tola (96 ml) Shelf Life of Kwatha Kwatha should be used instantly. Dosage forms of kwath kalpana: In medical practice vaidya should consider the quality, efficacy, safety and acceptability of drug before

prescribing it to the patient.

To make the drug more palatable form, odour and taste of drug should be processed to an acceptable form. Shelf life of prepared medicine also plays an important role, as kwatha is to be used instantly there is need of converting it to the longer shelf life preparation. Here in this study possible literature and research papers were reviewed to put a light on the various dosage forms of kwatha. a) Rasakriya and ghan kalpana :- Rasakriya is an upkalpana of kwatha kalpana which is prepared by modifying kwatha into more concentrated form. kwatha is allowed for more heating till the preparation turns into dried solid form. Eventhough the water content is evaporated the properties of active drug are stable and maintained.

b) Churna –Churna is a (powder form) of kwatha upkalpana. Here the decoction is subjected to heat and processed through vacuum, the water content gets evaporated and we get semisolid form like a paste. The semisolid paste is poured into spray drier, which allows the remaining moisture content to evaporate and ultimately we get dry powder. No extra chemically active materials are used and the properties of drugs are unaltered.

c) Gutika/vatika- This upkalpana of kwatha is highly palatable and very widely used in practice. The semisolid paste like form of kwatha is processed with jaggery guggulu etc. the mixture is allowed for granulation and then by hand or by machines the gutika or vatika are prepared e.g. Eladi gutika etc. d) Granules- Granules is another upkalpana of kwatha, for preparing granules the freshly prepared kwatha is boiled on mild fire in an open vessel. Continuous stirring should be done so as to get a homogenous mixture. Heat should be given until we get a mass of uniform consistency. The mass is passed through sieves according to the required size of granules. Granules are prepared which are firstly dried in room temperature then dried in an oven. E.g. Shatavari granules, chyawanprash granules. Nowadays various flavours are being added to granules, to make them more easily palatable for children and ladies patients.

e) Pravahi kwatha –This is also called as Arishta upkalpana of kwatha. In this method the kwatha is processed with added sweeteners and fermenting agents. This upkalpana works on palatability and shelf life of kwatha. This dosage form is different from arishta of sandhankalpana which is having self generated alcohol. We can compare pravahi kwatha with the modern elixirs which are sweetened, hydroalcoholic and having a flavoured base. f) Syrup -This is a modern dosage form of kwatha kalpana. Syrup form helps us to mask the bitter taste of herbs, unpleasant odour, so in today's pharmaceutical world this dosage form is on high demand. For preparation of syrup sugar or honey is added to kwatha, the mixture is heated (if honey is added then heat is avoided) upto getting one fourth of original volume. The consistency is checked while boiling. Continuous stirring is done to get uniform mixture. After getting required volume the mixture is filtered and stored. In today's pharmaceutical industries other additives like sucrose, colourants, solubilizing agents, stabilizers and preservatives are added.

Kwatha kalpana is one of the highly used and recommended dosage form of ayurvedic medicine. But in day today practice there are few drawbacks of kwatha kalpana like lesser shelf life, bitter taste of herbs and difficult transportation. So to overcome these drawbacks there is need of preparing other dosage forms of kwatha, to make the preparation more

palatable with longer shelf life and easy for transportation. These are called as Upkalpana in Ayurveda. These dosage forms are Ghana kalpana, Rasakriya, Churna kalpana, Gutika, vatika, granules and syrup etc. In today's modern pharmaceutical world these dosage forms are again made more palatable for all age groups by adding additives sweeteners, colourants etc. In preparation of kwatha kalpana few precautions are to be taken like the raw drug should be used in coarse form, vessel used should be chemically inert. Mild fire should be used for boiling etc. the fire strength depends upon the quality of drug to be processed like soft drugs, hard drugs etc.

Conclusion

Kwatha is the potent therapeutic preparation of liquid form containing water soluble constituents responsible for therapeutic activity. Kwatha Kalpana is one of the most significant and efficacious dosage forms in Ayurvedic pharmaceuticals. Kwatha Kalpana frequently referred to as decoctions - aqueous extraction of a group of herbs, is one of the most commonly used classical dosage forms where the therapeutic attributes are extracted from the group of botanicals into water, with the use of heat.

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