

Ayurveda View of Ghana Kalpana

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Abstract :

Ghana is a concentrated dosage forms, which is mostly used for internal administration. In Ayurvedic classics, Rasakriya is also considered as Phanita, Avaleha and Ghana, because their method of preparation is almost same with minor variations. These dosage forms are prepared by evaporating the water content of aqueous solutions (Swarasa, Kwatha etc.) and then concentrated up to semisolid to preparation Vati or up to drying to prepare powder if necessary.

Keywords - Phanita, Ghana, Rasakriya, Swarasa, Vati etc.

Introduction :

Ayurvedic drugs are obtained from natural sources only i.e. from plants, animals or from minerals. According to this, Ayurvedic compound formulations are divided into two groups -

A) Kasthausadhi - Predominantly plant drugs are used for preparation.

B) Rasausadhi - Predominantly metals and minerals are used for preparation.

These Ayurvedic formulations have been used since the existence of human beings because the existence of disease is as old as the existence of human being and their treatment would date almost to the same antiquity. During the Samhita period Ausadha Kalpanas have been divided into five basic preparations (Panchavidha Kashaya Kalpanas) and others are derived from these preparations. Acharyas had felt the drawbacks of the five basic Kalpanas since Samhitaperiod like their high doses (Pala, Tola, Karsh etc.), less stability, unpalatability etc. and hence adopted them in different modified forms.

Ghana preparation has been selected for the comparative study, because the concentrated extract of single or compound drugs are very familiar to the pharmaceutical industries. Where the concentrated form of any drug achieves more active constituents than the powder of the raw material. Even the dose is also less than the powder of the raw material along with the increased self-life. It may be easily transformed in suitable dosage form i. e. tablets or capsules as the demand of society.

Aim :

To Study the Ghana Kalpana as per Ayurveda classical.

Objectives :

- 1) To Study the Ghana Kalpana as per Ayurveda classical.
- 2) Focus on Ayurveda Review Ghana Kalpana.

Materials :

Source of Data -

- a) Yoga Ratnakar
- b) Ayurveda Prakasha
- c) Sharangadhara Samhita
- d) Rasa Tarangini
- e) Dhallan Commentary

Methods :

- 1) To compile available literature on Ghana Kalpana.
- 2) To compile the importance of Ghana Kalpana in appearance of literary research study. In this article all the references from Ayurveda Samhita and respective commentaries regarding - "Ayurveda View of Ghana Kalpana"

Ayurveda Literature Review :

Nirukti -

घन रसुः पुं सान्द्र निर्यासः।

Synonyms -

स्त्रावरहितम्
पिण्डभूतम्

Definition :

Kwatha and others (Swarasa, etc.) when further processed with heat become thicker and thicker in consistency (viscous- to - semisolid- to solid) which is termed as Rasakriya. Thus, the herbal liquid material with the help of heat is processed till it solidifies, which ultimately can be converted in to powder or tablet form, which is called as Ghana.

Classification :

Ghana Kalpana can be classified according to its consistency into following manner -

- Phanita - Semi liquid
- Rasakriya - Semi solid
- Ghana - Dry or solid

Dose :

The dose of Ghana is not clearly mentioned in our classics but in Siddha Yoga. Sangraha, there is reference regarding Samsamani Vati where the dose of Ghana is mentioned.

Anupana - Water, milk etc. according to the disease condition.

General methods & Steps of extraction of medicinal plants :

- Size Reduction
- Extraction
- Filtration
- Concentration
- Drying

Solvent used in extraction processes :

- Water
- Alcohol

Advantages of water :

- ❖ Cheapest
- ❖ Wide solvent action
- ❖ Non-toxic
- ❖ Non-inflammable

Disadvantages of water :

- ❖ It dissolves a wide range of substance, which is undesirable and may interfere with the clarity of the preparation or cause fermentation or decomposition of the preparation.
- ❖ Water helps in the growth of mould and bacteria. So some preservatives are needed during extraction of crude drugs.
- ❖ Water causes hydrolysis of many substances.
- ❖ Large amount of heat is required to concentrate the aqueous preparation than the non-aqueous preparation.

Advantages of alcohol :

- ❖ The mould and bacteria cannot grow in a solution in which alcohol concentration is 20% or more
- ❖ It is neutral and, hence extraction product obtained from it is compatible with other products.
- ❖ It is non-toxic in the concentration.
- ❖ It dissolves selective active constituents of drugs.
- ❖ A small amount of heat is required to concentrate alcoholic preparation.

Disadvantages of alcohol :

- ❖ It is more costly

Result & Discussion :

Ancient times herbal drug formulations are used which later on developed with many different angles like progressive development of instrument for different types of formulations etc. Reason behind this development was some shortcomings of basic formulations like less availability, less shelf life, palatability no sufficient and difficulty in dispensing. To overcome all these problems invention of some

new formulations came in existence. Ghana is popular because of its properties like lessdose with palatability, quicker action and long shelf life.

Conclusion :

To conclude the fallowing one the points derived from the above data

- 1) Vedic period basic formulations like Swarasa, Kalka etc. are usedas a medicine to treat the disease condition of man and animals.
- 2) In the field of drug development Charaka Samhita is found most ancient, which described systematically most of the Kalpanas

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