

Editor's Note

Dear Readers,

The plant kingdom has always been the favorite source of medication in all-healing traditions all over the world. Ayurveda also makes use of various herbs in its different formulations suggested in its classical texts. Panchavidha kashaya kalpana (5 basic methods of preparation of medicines) are the basic 5 ideas on which the branch of Bhaishajya kalpana (branch which deals with preparation of herbal medicines) absolutely depends upon.

All the future developments in this branch are further proliferations of the Panchavidha kashaya kalpana. All the concepts in Panchavidha kashaya kalpana are based on the principle of extraction of water soluble principles which are preferred in Ayurveda for its various therapeutic purposes. In this newsletter we will see the five Kalpana's in detail.

We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya Lakshmi Anoop

Panchavidha Kashaya Kalpana

Swarasa (Fruit juice): Juice extracted from a fresh herb is called swarasa of that herb. The fresh herb is cleaned well, pounded and the resultant paste is rolled into a bolus, squeezed through a cloth and the expressed fresh juice is collected in a clean container. Fresh juice of herbs is easy to absorb and maximum effect is achieved in short period.

Swarasa is used for internal use as medicine and in preparation of various pills. It is also used external in ophthalmic disorders. Dose of Swarasa for internal use is 20 - 40 ml. Eg. Fresh juice of Tulsi (Holy basil) can be prepared and administered internally along with honey in conditions of cold, cough and nasal congestion.



Kalka (Paste): A fresh drug or a dry drug is converted into a paste by rubbing it on a stone with little quantity of water. Fresh or dry drugs are first cleaned with water. In case of dry drug, it is powdered first and filtered with a cloth and mixed with appropriate quantity of water and then rubbed in pestle and mortar and made into a paste. In case of fresh drugs, they are first chopped into fine pieces, pounded and macerated in mortar and pestle until the paste becomes fine.

Kalka can be used both internally and externally. Kalka is also used in preparation of oils to add specific color, fragrance and medicinal properties. Dose for internal use is 5-10 gm. Eg. Paste of Nimba (Neem) can be prepared and administered in intestinal worm infestations.

Kwatha (Decoction): Kwatha is prepared by boiling 1 part of herb with 16 parts of water in an open vessel on mild fire till it reduces to one-eighth of the original quantity. The quantity of water may be four times, eight times or sixteen times the quantity of the part of the plant. This variation in the amount of water depends on the hardness of the material used. Like, it may be simply four times in soft herbs (herbs whose leaves and flowers are used), eight times for medium hardness (includes soft barks of plants, roots of shrubs and plants, soft roots, tubers and medium tubers), while sixteen times in case where the plant material to be used for preparing decoction is too hard (Hard barks of trees, root bark of trees and creeper).

Decoctions form a base of various Ayurvedic formulations like Asava, Arishta, oils, pills, awaleha, etc. Decoction is used internally for drinking or for medicated enemas or externally for eye wash. Dose for internal use is 40 ml. Eg. Decoction of Dashmool (root of ten herbs) can be prepared and administered to regain strength, relieving pain, etc.

Hima (Cold infusion): Hima is the cold infusion of fragrant or cold potency herbs which are intended to be used for Pitta problems. Fragrant herbs may lose their active principles by heating, hence for such type of drugs, Hima kalpa is mentioned, by which active ingredients can be collected in cold infusion form. 1 part of the drug is immersed in 3 parts of water for 4 – 6 hours and then filtered and administered. Dose for internal use is 40 ml. Eg. Cold infusion of Coriander can be prepared and administered in conditions of reduce burning sensation and other Pitta disorders.

Phanta (Hot infusion): Phanta is the hot infusion of those herbs which are intended to be used for Kapha and Vata problems. Water has to be boiled first and then respected quantity of drug in coarse powder form is immersed in it and then the vessel is removed from fire. When it cools down to room temperature, then it should be rubbed with hands and filtered with cloth and administered. Hot infusion is beneficial for Kapha and Vata problems. Dose of Phanta is 40 ml. Herbal teas are examples of Phanta. Eg. Ginger tea.

Product of the month - Dashmool ghan vati

Ingredients - Dashmool (Root of ten herbs) powder fortified with Dashmool decoction.

Indications – Vata and Kapa disorders, joint pain, stiffness, numbness, generalized body ache, etc.

Dose – 2 tablets twice or thrice a day.

For more on this Product please [click here](#).

Wish to procure our products? Kindly contact as detailed below:

USA:

Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS

Garry and Sun
<http://garrysun.com>

France
S.I.E.T.P.A.
<http://massages-ayurvedique.com>

U.K.
Health Trail
www.healthtrail.co.uk

Ireland
The Samadhi Centre
<http://thesamadhicentre.com>

Colombia
Ms. Gisele Dupuis
kamalacentroayurveda@gmail.com

Curacao
Ms. Soraida
<http://www.enlightengroup.org>

Brazil
Jorge Farias
fariasjh@hotmail.com
Ph: (21) 2261.5352

Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter ? For all information about our newsletter and sponsorship details [click here](#)

For Archives of our earlier published Newsletters, please [click here](#)

Subscription Information:

If you know someone, who would enjoy AyurvedaNews, please forward it to them or tell them about it.

If AyurvedaNews came to you from a friend, you can subscribe to it for free at our web sites or [click here](#)

[Click here](#) to send your feedback on this issue of AyurvedaNews. Your valuable suggestions will help us in our efforts at continuous improvement.

Change of Address: If at any time you wish to change your e-mail address, please update us by [clicking here](#).

Stop Subscription: If you wish to stop your subscription [click here](#)

Chakrapani Ayurveda have been giving genuine services in the field of Ayurveda from past 16 years and we would like to introduce our readers about our services and our team. Kindly visit Chakrapani Ayurveda Clinic & Research Center Introduction Part I on you Tube at <http://www.youtube.com/watch?v=YN07FuxnEwg>. This video shows first part of the thorough introduction on the services being offered by Chakrapani Ayurveda Clinic & Research Center based at Jaipur, India. To see second and final part of the introduction, kindly visit <http://youtu.be/pQPb9oR9Mgl>.

CONTACT US

Chakrapani Ayurveda Clinic & Research Center,
Chakrapani Global Center for Training & Research in Ayurveda
8, Diamond hill, Behind Birla Temple, Tulsi circle, Shanti path, Jaipur-302004, India.
Telefax : +91-141-2624003 Phone: +91-141-2620746
E-mail: info@chakrapaniayurveda.com
<http://chakrapaniayurveda.com> , <http://LearnAyurveda.com> , <http://ayu.in>
<http://garrysun.com> , <http://PanchakarmaEquipment.com>