



## **CRITICAL REVIEW ON MEDICATED SEMISOLID PREPARATION: AVALEHA KALPANA**

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### **Abstract**

The acceptance of Ayurvedic medicine is increasing day by day throughout the world. The branch of Ayurveda which deals with the preparation of Ayurvedic medicines by using mineral, metal, animal and herbal origin substances is Rasa Shastra and Bhaishajya Kalpana. One most of the most widely used secondary dosage shape is Avaleha Kalpana organized with the swarasa, kwatha, sugar or jaggery. Because of its easy administration, long self life, palatability, high nutrient content, this is the popular and more acceptable form of dosages form in Ayurveda. Confection or electuaries described in British Pharmacopeia can be compared with Avaleha Kalpana. Making the insoluble powder into the palatable paste with sugar, syrup or honey is the confection. This article reviewed the concept of medicated semisolid preparation i.e. Avaleha Kalpana in described in different Ayurvedic literatures, research articles etc.

**Keywords:** *Avaleha Kalpana, Ayurveda, Literature*

## Introduction

There are 4 types of food categories described in Ayurveda i.e. Bhakshya, chavya, peya, leha. Leha is taken by licking. Among the five basic preparation of Bhaishajya Kalpana, there is Kwatha Kalpana and the upkalpana of kwatha kalpana is Avaleha Kalpana. Avaleha has been coined from 'Lih Aswadane' means which has the lickable property and good in taste. This is the semisolid dosage form of Ayurvedic Pharmaceuticals prepared by addition of sugar or jaggery and boiled with kwatha or swarasa of herbal drugs. Because of presence of considerable quantity of sweetening materials metabolism and absorption of Avaleha starts in mouth itself. Good compatibility, high dietetic value, easy administration and its good palatability with long shelf life make the Avaleha Kalpana more popular in present era.

## Historical Review of Avaleha Kalpana

Avaleha Kalpana is described as Haviprash Kalpana in Vedas. Description of Avaleha Kalpana is Available in various Samhitas. In Charak Samhita, Avaleha is described in Sutra, Sharira, Chikitsa, Kalpa and Siddha Sthana. Avaleha is also mentioned in Sushruta Samhita, Astang Hridaya, Sharangdhar Samhita, Bhavaprakasha Samhita, Bhaishajya Ratnavali, Yog Ratnakar, Chikitsa Pradeep.

According to Acharya Sharangdhar, the semisolid preparation prepared by continuous boiling of kwathadi basic kalpana is Avaleha Kalpana. Its synonyms are Avaleha, Leha, Lehya, Avalehya, Rasakriya, Ghana etc.

**Rasakriya :** According to Acharya Sharangdhar, Rasakriya is prepared by further heating of kwatha etc. upto a thicker form. In step with Acharya Dalhan, Rasakriya is acquired with the aid of heating 1 part of drug in eight/16 components of water on mild hearth till it lessen upto 1/eighth or 1/16th . Rasakriya can be correlated with Phanita also referred to as Kakavi.

**Phanita :** According to Acharya Bhavmishra, Phanita is a type of Ikshu Vikara obtained by boiling filtered Ikshu Swarasa in an Iron vessel till it attains Honey like consistency and stored in mritika patra.

**Khanda :** Granular practise prepared with the aid of in addition heating the Avaleha Kalpana.

**Sharkara :** According to Acharya Yadavji Trikamji, the liquid preparation like Hima, Phanta, Arka, Kwathadi boiled over the mild fire with the addition of sugar in double quantity till it attains honey like consistency.

**Gudapaka :** Guda is the primary component inside the Gudapaka Kalpana.

**Syrups :** Concentrated sugar solution (66.7 %) is dissolved in water/ other liquid media to obtain the syrups.

**Elixirs :** Sweet hydroalcoholic liquid preparation with 5-40% ethyl alcohol is the main ingredients.

**Linctus :** Sweet viscous liquid medicinal preparation.

**Confection :** Soft solid mass which contains more than 1 medicinal compounds.

### Ingredients of Avaleha

1	<b>Liquid Media</b>	Aqueous media- Kwatha, Swarasa, Go mutra, Go dugdha Fatty media- Ghrita, Taila
2	<b>Sweetening Agents</b>	According to dosha Vata- Guda Pitta- Sharkara Kapha- Madhu
3	<b>Aushadha Dravyas</b>	Main ingredient of Avaleha
4	<b>Prakshepa Dravyas</b>	Should be add after complete cooling of Avaleha Honey, Trikatu, Trijata, Chaturjata, Bhasmas etc.

### Confirmatory tests of Avaleha

1	<b>Tantulibhavet/ Tantumtva</b>	Thread like appearance
2	<b>Apsumajjana</b>	Sink in water
3	<b>Sthiratva/ Kshiptonaplavate/</b>	Firm/ Stable

	<b>Na sarana/ Kshiptastanishchala/ Patitenashiriyatvam</b>	
4	<b>Darvipralepa</b>	Sticks to stirrer
5	<b>Peeditomudra/ Piditebhajatemudra/</b>	Fingerprints when pressed between the fingers
6	<b>Gandhavarnarasodhbhava/ Gandhavarnarasanvita</b>	Proper odour, colour, taste in end product
7	<b>Sukhmarda</b>	Soft to roll
8	<b>Sukhsparsha</b>	Soft to touch

#### Other information regarding Avaleha

1	<b>Dose</b>	1 karsha to 1 pala
2	<b>Anupana</b>	Godugdha, Ikshurasa, Yusha, Vasa Kwatha, Panchmula Kashaya
3	<b>Shelf life</b>	1 year- According to Sharangdhar 3 years- According to Drug and cosmetic act
4	<b>Sevankaal</b>	For Udharvjatrugata roga- At evening time For Adhobhagata roga- Before food
5	<b>Storage</b>	Wide mouth glass/ porcelin jar or the non reactive containers

#### Importance of Avaleha Kalpana

1. Avaleha can be used in both healthy and diseased state serves as rasayana and vajikarana along with disease eliminator.
2. Avaleha contain sweetening agents and lipid media that act as natural preservatives and have long shelf life.
3. Metabolism and absorption of Avaleha begin from mouth itself as sweetening agents present in it.

4. Avaleha have more palatability and easy administration in children as well as adults one.
5. Avaleha Kalpana haven't any harmful impact despite the fact that taken for longer duration.

### **Modern View**

Confection or electuaries of BP can be in comparison with Avaleha Kalpana. These are no longer officials. These are old form of administrating medicines but only few are in active demand. These can be prepared by heating with sugar solution or by mixing honey or sugar solution. These were popular at one time to manage the big amount of insoluble powders in palatable guise by means of making them in paste with sugar, syrup or honey.

### **Discussion**

Rasa Shastra and Bhaishajya Kalpana is the branch of Ayurveda that deals with education of Ayurvedic medicines with the aid of the use of minerals, metals or herbal capsules. Bhaishajya Kalpana is also referred to as Ayurvedic Pharmaceutics. There are 5 basic preparations of Ayurveda. These kalpanas have there upkalpanas. Because of the limitations in preparation, shelf life or limited effectivity of these kalpanas, secondary preparation got evolved during the time. Avaleha Kalpana is the secondary formulations comes under the Kwatha Kalpana. Palatability, easy administration, good nutritive values and long shelf life make the avaleha kalpana more popular nowadays.

The preparation which can be included in Avaleha Kalpana are Avaleha, Rasakriya, Phanita, Gudapaka, Khanda, Sharkara. In modern Confections, Electuaries, Syrups, Elixirs, Lintus can be compared with Avaleha Kalpana. There is minutely differences in all above mentioned preparations. Shelf life of Avaleha Kalpana is 1 year as per samhitas and 3 years as per Drug and cosmetic act, Dose of Avaleha vary from 1 karsha to 1 pala with different different anupanas as per the patient conditions.

### **Conclusion**

Being the secondary preparation of Ayurvedic Pharmaceutics, Avaleha Kalpana have several advantages as pharmaceutically and therapeutically. It has gained widely acceptance, more appreciable worldwide because of its multiform utility and its nutritive values.

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