

A REVIEW ON *HIMA KALPANA*- LEAST EXPLORED *PANCHAVIDHA KALPANA* W.S.R. TO *SARANGADHARA SAMHITA*.

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ABSTRACT: Ayurveda is a life science which explains about the different dosage forms. Dosage forms vary from person to person and from disease to disease. In Ayurveda there are five basic *kalpanas* (pharmaceutical formulations) mentioned in *Ayurveda* pharmaceutics i.e. *Swarasa* (juice), *kalka* (paste of plant parts), *kwatha* (decoction), *hima* (cold infusions), *phanta* (hot infusions) called as *Panchavidha kashaya kalpanas*. *Acharya Sarangadhara* in his treatise *Sarangadhara samhita* has explained *Hima kalpana* (cold infusions) broadly with different examples in *Madhyama khanda*, where he has elaborated its method of preparation and has given number of examples according to the diseases. Based on the *yogas* (formulations) given by *acharya*

Sarangadhara this *kalpana* can be used in day to day clinical practice without much complications. An attempt is made here to shed light on this rarely used *kalpana* by taking *Sarangadhara samhita* as standard.

KEYWORDS: *Panchavidha kashaya kalpanas, Sarangadhara samhita, Hima kalpana.*

INTRODUCTION: *Ayurveda*- the science of life has two basic objects i.e. maintenance of health and cure of disorders. Numbers of formulations are elaborated in *ayurveda* text which aims to fulfil the goal of *ayurveda* regarding health. There are five basic *kalpanas* *Swarsa*, *kalka*, *kwatha*, *hima*, *phanta* together called as *Panchavidha kashaya kalpana*.^[1] All other *kalpanas* are *upkalpanas* of these primary formulations (derivatives of these formulations). *Acharya Charaka* has clearly mentioned that these *kalpanas* are to be used considering the *bala* of patient (individual power and built), and strength of disease.^[2] *Sarangadhara samhita* is a comprehensive text book of *ayurveda* written in 14th century by *Acharya Sarangadhara* son of *Damodar*, he has mentioned entire *kashaya kalpanas* and their *upkalpanas* in

Madhyama khanda divided in twelve chapters. One among these *kalpanas* is *Hima kalpana* explained in *Madhyama khanda* fourth chapter. It starts with the process of making of *hima kalpana* followed by set of examples according to the disease. They are discussed as infusions in modern pharmaceutical science used to extract the active components from those drugs which are soft in nature so that water may penetrate easily to the tissues and water soluble active components come out.

MATERIAL AND METHODS: Chapter is reviewed and summary is described as follows:

The *kalpana* is mentioned by name of *Sheeta* in *Charaka samhita* where the procedure is explained by *acharya Chakrapani*. A drug is kept soaked in water overnight and next day it is filtered the *dravya* (liquid part) obtained so is called *Sheeta*.^[3] *Acharya Sarangadhara* has explained this process more elaborately mentioning its method of preparation by taking proper ratio, its dose, *prakshepa dravyas* (additional drugs to be added while taking *Hima*). He called it as *hima* and *sheeta kashaya*.

Method of preparation: One *pala* (48 gm) of drug powdered drug is soaked in eight times of cold water and kept overnight in a pot next day it is filtered and taken in dose of two *pala* (96 ml).^[4]

Prakshepa dravyas: *Acharya* has mentioned that its dose and the measurement of *prakshepa dravyas* are same as like in *phanta kalpana* (hot infusions) which again has similarity to that of *kwatha kalpana* (decoction). The measurements are as follows:

1. Sugar may be added to the *hima* in doses of 1/4, 1/8, 1/16 part respectively for *Vata*, *Pitta*, *Kapha* disorders; if honey is to be added it should be in the reverse proportion.^[5]
2. *Jeeraka* (*Cuminum cyminum*), *Guggulu* (*Commiphora mukul*), *Kshara* (alkali), *Lavana* (rock salt here), *shilajeetu* (Black bitumen), *Hingu* (*Asafoetida*), *Trikatu* (Combination of *Zingiber officinale*, *Piper nigrum*, and *Piper longum*) are to be added in proportion of one *shana* (3 gm) each^[6]
3. Milk, ghee, jiggery, oil, cow's urine or any other liquid, *kalka* (paste) or powder are to be added in doses of one *karsa* (12 gm) each^[7]

Table no. 1: Showing the *Hima kalpanas* along with its indications

| S. No. | Name of the <i>Hima</i> | Application |
|--------|--|-----------------------------|
| 1. | <i>Aamradi hima</i> - Powder of barks of <i>Aamra</i> (<i>Magnifera indica</i>), <i>Jambu</i> (<i>Syzygium cumini</i>), <i>Arjuna</i> (<i>Terminalia arjuna</i>) along with honey. | <i>Raktapitta</i> (Purpura) |

| | | |
|----|---|--|
| 2. | <i>Marichyadi hima- Maricha (Piper nigrum), Yastimadhu (Glycyrrhiza glabra), buds of Kakaudumbara (Ficus hispida) and petals of Neelotapala (Nymphaea nouchali)</i> | <i>Trushna</i> (excess thirst), <i>chardi</i> (nausea and vomiting) |
| 3. | <i>Nilotapladi hima- Neelotapala (Nymphaea nouchali), Bala (Sida cordifolia), Draksha (Vitis vinifera), Madhuka (Madhuka indica), Yastimadhu (Glycyrrhiza glabra), Useera (Vetiveria zizanioidis), Padma (Nelumbo nucifera), Kasmari (Gmelina arborea), Parushakam (Grewia asiatica).</i> | <i>Vata-pittaja jwara</i> accompanied with <i>pralapa</i> (delirium), <i>bhrama</i> (giddiness), <i>chardi</i> (vomiting), <i>moha</i> (delusion), <i>trushna</i> (thirst) |
| 4. | <i>Amrita hima (Tinospora cordifolia)</i> | <i>Jeerna jwara</i> (chronic fevers) |
| 5. | <i>Vasa hima (Adhatoda vasica)</i> | <i>Hima</i> of <i>Vasa</i> leaves relives <i>kasa</i> (cough) <i>raktapitta</i> (purpura), and <i>jwara</i> (fevers). |
| 6. | <i>Dhanyaka hima- Dhanyaka (Coriandum sativum) along with sugar early in morning.</i> | <i>Antaradaaha</i> (burning sensation), <i>trushna</i> (thirst), and clears the <i>srotas</i> (channels) |
| 7. | <i>Dhanyakadi hima- Dhatri (Embllica officinalis), Dhanyaka (Coriandum sativum), Vasa (Adhatoda vasica), Draksha (Vitis vinifera), Pittapapada (Fumaria vaillantii).</i> | <i>Raktapitta</i> (purpura), <i>jwara</i> (fevers), <i>daaha</i> (burning), <i>trushna</i> (thirst), <i>Shosha</i> (wasting) |

DISCUSSION

Panchavidha kalpanas are basic *kalpanas* of *ayurveda* all other *kalpanas* are derivatives of these *kalpanas*. *Hima kalpana* comes fourth number among these five *kalpanas*. The basic concept for this *kalpana* is that drugs having *sheeta veerya* (cold potency) and volatile principles may lose their active principles by heating, hence for such type of drugs the *hima kalpana* is mentioned, by which active ingredients can be collected in cold infusion form. This *kalpana* should be consumed within 24 hours of preparation, but however with advancement in preservatives technologies its shelf life can be increased. The examples cited by *acharya Sarangadhara* for *hima kalpanas* are very simple and most of the drugs are easily available. In day to day clinical practice these formulations can be used for prescription and also based on this number of other formulations can also be prepared depending on disease and patients condition. It can also be used as *anupana* (vehicle of drug transport for oral intake) in various diseases.

CONCLUSION

Hima kalpana is one of the *panchavidha kashaya kalpana* mentioned in *ayurveda*. Compared to other *kalpanas* it is not frequently used by *ayurveda* physicians. Here an attempt is made to shed light on this *kalpana* by making *Sarangadhara samhita* as base.

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