A REVIEW ON HIMA KALPANA- LEAST EXPloRED PANCAtVIDHA 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. Swaras (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 khandha, 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**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name of the Hima</th>
<th>Application</th>
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<tbody>
<tr>
<td>1.</td>
<td>Aamradi hima- Powder of barks of Aamra (Magnifera indica), Jambu (Syzygium cumini), Arjuna (Terminalia arjuna) along with honey.</td>
<td>Raktapitta (Purpura)</td>
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DISCUSSION

Panchvidha kalpanas are basic kalpanas of ayurveda all other kalpanas are derivatives of these kalpanas. Hima kalpa 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 kalpa is mentioned, by which active ingredients can be collected in cold infusion form. This kalpa 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.

<table>
<thead>
<tr>
<th>2. Marichyadi hima- Maricha (Piper nigrum), Yastimadhu (Glycyrrhiza glabra), buds of Kakaudumbara (Ficus hispida) and petals of Neelotapala (Nymphae nouchali)</th>
<th>Trushna (excess thirst), chardi (nausea and vomiting)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Nilotapadi hima- Neelotapala (Nymphae 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).</td>
<td>Vata-pittaja jwara accompanied with pralapa (delirium), bhrama (giddiness), chardi (vomiting), moha (delusion), trushna (thirst)</td>
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<tr>
<td>4. Amrita hima (Tinospora cordifolia)</td>
<td>Jeerna jwara (chronic fevers)</td>
</tr>
<tr>
<td>5. Vasa hima (Adhatoda vasica)</td>
<td>Hima of Vasa leaves relives kasa (cough) raktapitta (purpura), and jwara (fevers).</td>
</tr>
<tr>
<td>6. Dhanyaka hima- Dhanyaka (Coriandum sativum) along with sugar early in morning.</td>
<td>Antaradaaha (burning sensation), trushna (thirst), and clears the srotas (channels)</td>
</tr>
<tr>
<td>7. Dhanyakadi hima- Dhatri (Emblica officinalis), Dhanyaka (Coriandum sativum), Vasa (Adhatoda vasica), Draksha (Vitis vinifera), Pittapapada (Fumaria vaallantii).</td>
<td>Raktapitta (purpura), jwara (fevers), daaha (burning), trushna (thirst), Shosha (wasting)</td>
</tr>
</tbody>
</table>
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