

**THE REVIEW OF LAVANA KALPAS ACCORDING TO  
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Article Received on  
23 Nov. 2017,

Revised on 14 Dec. 2017,  
Accepted on 04 Jan. 2018

DOI: 10.20959/wjpr20182-10677

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**ABSTRACT**

In Ayurveda Various basic formulations have been mentioned in the classical texts i.e. Samhitas and quite a few were added later on, by contemporary Acharyas. Lavana Kalpana is one of them. In Ayurveda Pharmaceutics broad spectrum of dosage forms are mentioned. In it Lavana Kalpas is one where lavana (salt) is the main ingredient in the formulation. It is prepared by combining lavana along with different herbs and subjecting to heat. Heat pattern is different for different lavana kalpas but for most of the lavana kalpas closed method of heat is employed by keeping in Sharava samputa. With the advent of technology modern machineries are employed in the preparations and research works have been carried out to analyse the lavana kalpas prepared with conventional and modern techniques. Though many

lavana kalpas are mentioned in the literature of Ayurveda Pharmaceutics only few lavana yogas are in practice and there remains a wide scope for research in this dosage form. Acharya Sushruta has explained Patra lavana, Kand Lavana, Kalyanaka Lavana preparations in the context of Vatavyadhi chikitsa. Here my aim is to review the above mentioned lavan kalpas w.s.r. to Vatavyadhi chikitsa.

**KEYWORDS:** Lavana, Gulma, Ayurveda Pharmaceutics, Vatavyadhi.

**INTRODUCTION**

The world is recognizing Ayurveda as a system which can become a universal health care system in treating a number of diseases which has minimal treatment options in the

contemporary sciences. Ayurveda is entitled as a divine science due to its origin as well as its unimaginable potency in curing the diseases and protecting the health of a healthy person, physically, mentally and spiritually. Even centuries after its golden period, Ayurveda continues to play a major role in maintaining the health status of majority of Indians and some sections of people of many other countries. The word “Vatavyadhi” has been composed from the different words Vata and Vyadhi. Vata is considered to be the most powerful and active amongst the three Doshas. As we know that “Pitta Pangu Kapha Pangu Pangavo Mala Dhatavah Vayuna Yatra Niyante Tatra Gachhanti Meghavat”.<sup>[1]</sup> Vayu is the main element of body among 3 Doshas which give support to the body & controls all the activities of body. Pitta, Kapha, Mala & Dhatus are functionless without Vata. That means it motivates & controls all other Doshas, Dhatus & Malas. It has also predominant influence on the 3 principal routes of diseases namely as Sakha, Kostha & MarmAsthisandhi. Moreover, Vayu is responsible for the formation, communication & spread of Sweda, Mala, Mutra, Kapha & other biological substances in the body. It increases the strength of muscles & maintains health and longevity.<sup>[2]</sup> By this reference, it is clear that Vayu is the main factor, which is responsible for the healthy and diseased status of the individual. Pitta and Kapha have also a capacity to disturb the normal state of the health, but they are crippling without the support of Vata. Due to the higher efficacy, Vata can produce eighty types of defects and derangements in the body. Due to Vata Prakopaka, Nidan Sevana, Whenever Vata Dosha vitiates it at first enters in all the empty channels (Srotas) of the body and then creates different types of Ekangagata (local) & Sarvangagata (general), a total 80 types of Vata disorders described by Acharyas.<sup>[3]</sup>

Acharya Sushruta has explained different lavan kalpas like Patra lavana, Kand Lavana, Kalyanaka Lavana preparations in the context of Vatavyadhi chikitsa<sup>[4]</sup> Most of the lavan kalpas are useful in treating Gastrointestinal disorders like gulma, pleeha, agnimandya and some vata vyadhi. Lavana Kalpana are the preparations consisting of Saindhava lavana and the ash of the drug; obtained after igniting the drug and salt in a closed samputa.<sup>[5]</sup> Lavana is vishyandana, ushna and does pachana of doshas and because it undergoes paka after samskara it is beneficial in Vatarogas<sup>[4d]</sup>. When a detailed literary review was carried out it is observed that there are many lavana kalpas mentioned though only few are in practice. Different methods of preparation and different fuel are mentioned for the preparation of various lavana kalpas.

**AIMS AND OBJECTIVES**

1. To review the sushrutokta lavan kalpas mentioned in vatavyadhi chikitsa adhyaya.
2. To study vata vyadhi concept in detail.

**Method of Preparation**

Based on the method adopted for preparation it can be classified as

**1. Lehapaaka vidhi:** - The drugs to be added in the form of decoction are first boiled in water and the strained decoction is condensed again on fire along with the lavana. To that concentrated decoction the powder made up of the other drugs in the recipe is added and mixed well to obtain the Lavana Kalpa.<sup>[6a]</sup>

**2. Putapaka vidhi:** - Raw drug along with Lavana is taken in an earthen vessel called Sharava, closed with another earthen ware and the joint is sealed with mud smeared cloth and subjected to puta (heat) with cowdung cakes. Ex. Arka Lavana.<sup>[6]</sup>

**Paka Lakshana (Confirmatory test)**

**First Method:** Darvipralepa as in Lehyapaka.

**Second Method:** Red hot colour of the earthen ware indicative of heat to turn the contents into ash.

**Matra:** 2 Masha (2g)

**Preservation:** To be kept in airtight containers as lavana is hygroscopic in nature.

**Shelf Life:** 5 years

**Type of Fuel:** Mahaputa is said for Narikela Lavana, Gajaputa for Shwasari lavana, Kukkuta lavana- Mandagni (mild heat), heat with the wood of Karanaja- for Mahavruksha lavana, etc. Acharya Sushruta has explained following three important lavan kalpas in vatavyadhi chikitsa adhyaya.

**1. Patra Lavana<sup>[4a]</sup>**

**Ingredients:** Eranda (*Ricinus communis*), Mushkaka (*Schrebera swietenoides*), Karanja (*Pongamia pinnata*), Vasa (*Adhatoda vasica*), Araghwada (*Cassia fistula*) and Chitraka (*Plumbago zeylanica*) leaves and Saindhava lavana (Rock salt)

**Method:** Eranda, Mushkaka, Karanja, Vasa, Araghwada and Chitraka leaves are taken. Saindhava lavana is sprinkled on it; closed in a sharava samputa and subjected to heat by placing in a pit filled with cow dung cakes. After self-cooling the sharava samputa is removed and the whole material is powdered and preserved in air tight containers.

**Indication:** Vataroga (diseases because of Vata dosha)

**2. Kanda Lavana<sup>[4b]</sup>**

**Ingredients:** Snuhi (*Euphorbia neriifolia*), Vrutaka, Shigru (*Moringa pterygosperma*), all four Sneha (Ghrita, Vasa, Taila, Majja)

**Method:** All the ingredients are mixed with equal quantity of Lavana, filled in an earthen pot over it all snehas are put and closed with an earthen saucer and subjected to heat by placing in a pit filled with cow dung cakes. After self-cooling the sharava samputa is removed and the whole material is powdered and preserved in air tight containers. This lavana is also termed as Sneha lavana.

**Indication:** Vata rogas (diseases caused by Vata dosha).

**3. Kalyanaka Lavana<sup>[4c]</sup>**

**Ingredients:** Gandeera (*Euphorbia neriifolia*), Palasha (*Butea monosperma*), Kutaja (*Holarrhena antidysenterica*), Bilwa (*Aegle marmelos*), Arka (*Calotropis procera*), Snuhi (*Euphorbia neriifolia*), Patala (*Stereospermum suaveolens*), Paribhadra (*Erythrina indica*), Agnimantha (*Premna integrifolia*), Shobhanjana (*Moringa pterygosperma*), Kadamba nimba (*Anthocephalus cadamba*), Atarusak (*Adhatoda vasica*), Naktamala (*Pongamia pinnata*), Bruhatiphala (fruit of *Solanum indicum*), Kantakari (*Solanum xanthocarpum*), Bhallataka (*Semecarpus anacardium*), Ingudi, Sahachara (*Barleria prionitis*), Indravaruni (*Citrullus colocynthis*), Shweta Mokshaka, Ashoka (*Saraca asoca*), Lavana (Rock salt), Pippali (*Piper longum*) and Hingu (*Ferula foetida*).

**Method:** Gandeera, Palasha, Kutaja, Bilwa, Arka, Snuhi, Patala, Paribhadra, Agnimantha, Shobhanjana, Kadambanimba, Atarusa, Naktamala, Kutaja, Bruhatiphala, Kantakari, Bhalltaka, Ingudi, Sahachara, Indravaruni, Shwetaparijata, Mokshava, Ashoka- the mula (roots), patras (leaves), shaka (branches) are taken mixed with Lavana and subjected to heat to prepare Bhasma (ash). Then it's cooked like Kshara Kalpana. To this prepared Kshara, Pippali and Hingu powders are added and mixed well.

**Indication:** Vataroga (diseases because of Vata dosha), Gulma (abdominal lump), Pleeha (disease of the spleen), Arsha (Haemorrhoids), Arochaka (loss of appetite), Kasa (Cough), Krimi (bacteria).

Saindhava Lavana is used in all three lavan kalpas to enhance its pharmacological activities. Saindhava Lavana is said to be the best among all the other lavanas as it is tridosahara (pacifies all the doshas).<sup>[7]</sup> By subjecting to heat and later powdering will reduce the particle size of kalpas. Most of the lavanas are mentioned to be employed in the treatment of gulma, udararogas, shula, etc. It is also beneficial in vatarogas. All types of lavanas are vishyandi (produce more secretions in the tissues) suksma (enter into minute pores), mitigate vata and are penetrating in nature. Because of these nature lavan can reach up to the cellular level in the body and helps to cure the vata vyadhi.<sup>[8]</sup> An application of Sneha, fomentations, an ointment of the body, Vasti, oily purgatives, Shiro-vasti, the rubbing of oils on the head, oily fumigation, gargling with tepid oil, oily errhines, the use of meat-soup, milk, meat, clarified butter, oil and other lardaceous articles (of food), all kinds of acid fruits, salt, lukewarm water, gentle massage, the use of saffron, Agar Patra, Kushtha, Ela, Tagara, the wearing of woollen, silken, cotton or any other thick kind of garments, living in a warm room or in one not exposed to the wind or in an inner chamber, the use of a soft bed, basking in the glare of fire, entire sexual abstinence, these and such like other things should be generally adopted by a patient suffering from Vata-roga. So lavan is given in treatments of most of the vata rogas.

## DISCUSSION

Lavana kalpas are those preparations where Lavana is the prime ingredient. The literary review suggests that there are two different methods of preparation of Lavana Kalpana. One by subjecting to heat in closed method by Sharava samputa and the other by keeping in a pot and heating. The first method is the commonly followed method. The quantum of heat given is also different for different lavanas. By subjecting to puta type of heat, may render the

lavana lighter (laghu) and easy for digestion and assimilation. Though a few formulations are termed as Kshara, the method of preparation is similar to Lavana kalpana- where the herbal ingredients are mixed with lavana and subjected to heat. All above mentioned lavan kalpas are usefull in vataroga chikitsa only because of their vishyandatwa (solubility), ushnatva (hot properties), vipachanatva (digestive properties) and the sanskaras (different type of treatments) given to it.

## CONCLUSION

Ayurveda is an extravagant resource where various newly developed manufacturing methods of herbal and mineral drugs can be explored. Various basic formulations have been mentioned in the classical texts i.e. Samhitas and quite a few were added later on, by contemporary Acharyas. Lavana Kalpana is one of them. Lavana Kalpana literally denotes any pharmaceutical formulation comprising Lavana i.e. any type of salt along with other herbal ingredients. Lavana kalpas are unique dosage form of Ayurveda Pharmaceutics. In this dosage form lavana is the prime ingredient and the dose of this formulation is less. Saindhava lavana is the salt used in most of the lavana preparations and this salt is said to be the best among all the other lavanas. Lavana is vishyandana, ushna and does pachana of doshas and because it undergoes paka after samskara it is beneficial in Vatarogas. In all lavana kalpas heat is employed and in most of the preparations closed type of heating pattern is adopted. By subjecting to puta will render the formulations lighter for digestion and also reduces the particle size. In practice at present these lavana kalpas are commonly used, though in the literature of Ayurveda Pharmaceutics many formulations are mentioned. This makes this preparation open for research.

## ACKNOWLEDGEMENT

I would like to thank Dr. M. N. Pawar, HOD, Dpt. Of Dravyaguna Vigyan for all the inspiration and guidance Thanks to all the staff of Dpt Of Dravyaguna, R A Podar Medical College, Mumbai, for all their support.

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