



JEEVAK AYURVED MEDICAL COLLEGE & HOSPITAL RESEARCH CENTER

TOPIC: CONCEPT OF AWALEH PREPARATION WITH REFERENCE TO CHYAVANPRASH

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Introduction

- Rasa Shastra and Bhaishajya Kalapana is the most important branch of Ayurvedic Medical Sciences .
- It deals with the preparation of medicine by using herbal metal and and origin substances.
- ★ Awahleh is semi solid preparation of herbal drug prepared in decoction or extract of different herb by adding sweetening agent like jaggery , sugar or sugar candy .
- Awaleh kalpana is considered as an “Upkalapana or Kwath kalapana .”
- In Ayurvedic classical book, different varieties of awaleha are mentioned such as chawanprash awaleh, vasa awaleha , kushmanda awaleha, etc.

IMPORTANCE OF AVALEHA KALAPANA ::-

- (1) The avaleha kalapana has more shelf life period or more stability than the panchavidha kashaya kalapana.**
- (2). It has more palatability , because it contains sweetening agents and therefore can be easily taken by child as well as adult.**
- (3).Some of the ayurvedic medicaments like asava or arista due to their tikashna , laghu property cannot be taken for longer period but avaleha has no harm-ful effect even though taken for longer duration.**
- (4).Avaleha kalapana contains madhur dravya and sneha dravyas, these both works as preservatatieves and increases the shelf -life.**

Etymology of Awaleha :-

The word Awaleha is derived from route word :

“लिह आस्वादने”

In which लिह means substances which is licked and आस्वादने means that which has good taste .

Definition of awaleha –

According to Acharya Sarangdhar, awaleha is defined as:

“क्वाथादीनां पुनः पाकाद् घनत्वं सा रसक्रिया ।
सोऽवलेहश्च लेहश्च तन्मात्रा कर्षसम्मिता ॥”

(द्र० वि० उत्तरा० २।६० आचार्य यादवजी)

- That means semi solid mass obtained by continuous heating of kwathidinam
- Vedic kalapana is called as rasa kriya or awaleha .
- Awaleha, Leha, Lehya, Rasa kriya (ghan) are synonyms of awaleha .

INGREDIENTS OF AWALEHA

The component drug which are used for the preparation of awaleha can be classified as :

a. Drav dravya :

1. Asneha pradhan

example :- kwath (decoction)

swaras (juice)

2. Sneh pradhan

example :- ghee , tial

b. Madhur dravya :

Various sweetening substance used in awaleha kalapana .

1. sugar:- monosaccharide or disaccharide chemically bind with water, thus making it unavailable organisms.

Due to this mechanism , the cell's life of deformation increase.

They provide instant energy because they are carbohydrate in nature.

c. **Ausadh dravya** :- powder drugs having medicinal property .

d. **Prakshepa dravya** :- Prakshepa word has been originate by the addition of pra prefix to the **kshepita prerne** dhatu.

- Some important properties prakshepa dravya as following:-
They work as deepan , pachana , ruchikara, rasayana, etc
- They increases therapeutic efficacy of awaleha.

CLASSIFICATION

Depending upon consistency, it is divided into four groups:-

- 1.PHANITA
- 2.RASAKRIYA
- 3.LEHA
- 4.GHAN

The solidity and liquidity shows mainly following points:

- ➔ VISCOSITY
- ➔ CONCENTRATION OF SWEETENING SUBSTANCE
- ➔ PERCENTAGE OF SOLID SUBSTANCE

SR. NO.	TYPE	LIQUIDITY	SOLIDITY
1.	PHANITA	++++	+
2.	RASAKRIYA	+++	++
3.	LEHA	++	+++
4.	GHANA	+	++++

GENERAL STEPS OF AVALEHA PREPARATION :-

1. The kashaya , swarasa , or any other liquid preparation is prepared first as per the classical reference .
2. The sweetening agent like guda, sarkara, or khanda sarkara are dissolved in liquid preparation over mild fire in a clean stainless steel vessel.
3. The blend may be filtered once through a clean cloth to get rid of physical impurities present in sweetening agents.
4. The filtrate is again boiled and reduced over mild fire to a thicker consistency of 1 to 2 threads .
5. Ghee is added to the preparation just before getting the **PAKA LAKSANA** or at **ASANNA PAKA LAKSANA** stage.

6. As avaleha paka lakshana are attained, the vessel is taken out of fire and fine powder of medicinal drugs is added little by little and stirred well to a homogeneous mixture.

7. Honey should be added after the preparation is fully cool and it is packed in dry airtight wide mouthed containers and preserved.

Avaleha paka laksana :

Confirmatory tests : The confirmatory tests for avaleha kalapana may be categorized as tests during the preparation and after the preparation .

सुपक्वे तन्तुमत्त्वं स्याद् अवलेहोऽप्सु मज्जति ।
स्थिरत्वं पीडिते मुद्रा-गन्ध-वर्ण-रसोद्भवः ॥

(Sa. Ma. Kha.8/3)

Avaleha – dosage , adjuvant and shelf life:

One pala (48g) is the general dosage of avaleha , administered along with godugdha, usnodaka, iksurasa or any kwath preparation .

For 1 year the avaleha can be stored in suitable, dry, air tight wide- mouthed containers.

EXAMPLES:-

- 1.Cyavanaprasavaleha**
- 2.vasavaleha**
- 3.kusmandavaleha**

MODERN VIEW :-

- Avaleha can be compared with confection or electuaries of B.P. confections are no longer official.
- They are the means of administering relatively large quantities of insoluble powders in a palatable guide by making the into a paste with sugar, syrup or honey.
- Confection or electuaries were at one time a popular mode of administering remedies but have largely given place to preparation containing the active constituents of plants freed from inert cell tissue and other often objectionable matter .

Confections are prepared by both methods :-

(1) By heating with sugar solution

(2) By mixing with honey or sugar solution.

- ➔ Avaleha confection is a semisolid dosage form, which has certain disadvantages like difficult to maintain dose accuracy.
- ➔ If not prepared or stored properly microbial growth can take place.
- ➔ It is difficult to carry as compared to tablet, capsule etc.

HISTORICAL REVIEW ON AVALEHA ::-

Avaleha Kalpana has been described in many classical texts.

Vedic Period:

Avaleha Kalpana has been used since ancient time.

Avaleha Kalpana is available in Vedic period as "Haviprasha Kalapana"

Charaka Samhita

Avaleha Kalpana is available in various sthanas of Charak Samhita which are as follows:•

- | | | |
|------------------------|---|-----------------------------------|
| Sutra Sthana | - | SnehavicharanaSharira |
| Sharira Sthana | - | Shishuprashan Vidhi |
| Chikitsa Sthana | - | Rasayana and Vyadhi Pratighata |
| Kalpa sthana | - | 60 yogas are described |
| Siddhi Sthana | - | Utility of avaleha in Panchakarma |

sushruta Samhita ::-

In Sushruta Samhita, Avaleha Kalpana is mentioned in various Sthanas such as Sutra Sthana, Sharira Sthana, Chikitsa Sthana, Kalpa Sthana and Uttar Sthana

Astanga Hridaya :

Avaleha Kalpana has been described in certain Sthanas of Astanga Hridaya, these are Sutra Sthana, ShariraSthana, Kalpa Sthana, Chikitsa Sthana and Uttartantra.

In Astanga Hridaya ::-

Avaleha Kalpana has been described for some diseases like kapharoga, Garbha Vyapat, Rakta-Pitta. Tridoshaja Kasa, Swasa, Hikka, Arsha etc.

The preparation of Avaleha along with SiddhiLakshana has been described here.

Sharangadhara Samhita :

In Madhyama Khanda and Uttar Khanda of Sharangadhara Samhita.

Madhyama khanda:

The detailed description about Avaleha Kalpana is described in 8th Chapter.

It contains definition, method of preparation, indication, dose, preservation and storage of Avaleha Kalpana.

The indications of Avaleha according to Acharya Sharangadhara are Swasa, Kasa, Hikka, Urograha, Jwara, Raktapitta etc.

Uttar Khanda

The Avaleha has been indicated for many diseases such as Netravikara, Timira, Arsha, Akshidaha, Raktabhishyanda etc.

Bhava Prakasha :

Purva khanda :

It contains description of method of preparation and tests for perfectness.

Uttar khanda :

Here, various indications in which Avaleha is prescribed has been mentioned. Avaleha Kalpana has been described in some other texts also, such as Yog Ratnakar, Chikitsa Pradeep, Bhashajya Ratnavali etc.

च्यवनप्राश



चरकसंहिता चि० १/१

१. विल्वमूलत्वक्
२. अग्रिमन्थमूलत्वक
३. मोनापाठामूलत्वक्
४. गम्भारमूलत्वक
५. पाढलमूलत्वक
६. बलामूल
७. माषपर्णी
८. मुद्गपर्णी
११. पिप्पली
१२. गोक्षुरपञ्चांग
१३. बृहप्ती(बड़ी कटेरी)
१४. छोटी कटेरी(कण्टकारी)
१५. कर्कटशृंगी
१६. भूम्यामलकी
१७. द्राक्षा
१८. जीवन्ती
१९. पुष्करमूल
२०. अगरुकाष्
२१. हरीतकी
२२. गुडूची
२३. ऋद्धि
२४. वृद्धि
२५. जीवक
२६. ऋषभक
२७. कचूर
२८. नागरमोथा
२९. पुनर्नवा
३०. मेदा
३१. महामेदा
३२. छोटी इलायची
३३. लालचन्दन
३४. नीलकमल
३५. विदारीकन्द
३६. वासामूल
३७. काकोली
३८. क्षीरकाकोली
३९. काकनासापभ

Ingredients:-

Kwatha dravya : The coarse powders of -

1. Pätalāmūla :1 pala (48 gms)
2. Agnimanthamūla (arani) :1 pala (48 gms)
3. Gambhārimūla (kāśmarya) :1 pala (48 gms)
4. Bilvamūla :1 pala (48 gms)
5. Syonakamūla (aralu) :1 pala (48 gms)
6. Goksura :1 pala (48 gms)
7. Säliparni :1 pala (48 gms)
8. Prsniparni :1 pala (48 gms)
9. Brihati :1 pala (48 gms)
10. Kanṭakāri :1 pala (48gms)
11. Pippali :1 pala (48 gms)
12. Karkaṭaśōngi :1 pala (48 gms)
13. Drākṣā :1 pala (48gms)
14. Gudūci :1 pala (48 gms)

15. Haritaki	: 1 pala (48 gms)
16. Balā mūla	: 1 pala (48 gms)
17. Bhūmyamalaki	: 1 pala (48 gms)
18. Vasā mūla	: 1 pala (48 gms)
19. Rddhi	: 1 pala (48 gms)
20. Jivanti	: 1 pala (48 gms)
21. Sathi	: 1 pala (48 gms)
22. Jivaka	: 1 pala (48 gms)
23. Rṣabhaka	: 1 pala (48 gms)
24. Musta	: 1 pala (48 gms)
25. Puṣkaramūla	: 1 pala (48 gms)
26. Kakanasika	: 1 pala (48 gms)
27. Mudgaparni	: 1 pala (48 gms)
28. Māsaparni	: 1 pala (48 gms)
29. Vidari	: 1 pala (48 gms)
30. Punarnava	: 1 pala (48 gms):
31. Kakoli	: 1 pala (48 gms)
32. Ksirakākoli	: 1 pala (48 gms)
33. Kamala	: 1 pala (48 gms)
34. Meda	: 1 pala (48 gms)
35. Suksma	: 1 pala (48gms)

36. Agaru : 1 pala (48 gms)
37. Raktacandana : 1 pala (48 gms)
38. Amalaki : 500 in number;
Water for decoction : 1 drona (12lts); reduced
to 1/8" part (1.5 lts.);

Sneha dravya:

39. Greta : 7 pales (336) gems

Madura Drava :

- :40. Sarkarā (matsyandikā) : Half tulā (2.4 kgs);

Praksepa dravya: The fine powders of;

41. Papal : 2 palas (96 gms);
42. Tugāksīrī (vamsa) : 4 palas (192 gms);
43. Twak : 1 pala (48 gms)
44. Sūkṣma elā : 1 pala (48 gms)
45. Tejapatra : 1 pala (48 gms)
46. Nāgakeśara : 1 pala (48 gms) and
47. Honey : 6 pala(288gms)

Method of preparation:

STEP1. All the kwatha dravya are coarsely powdered and added to a big decoction vessel containing prescribed quantity of water.

STEP2. At the same time all the 'āmalaki fruits' are tied in a cloth and suspended into the decoction vessel fully immersed.

STEP3. The vessel is placed over mild fire, boiled and reduced to one eighth.

STEP4. Soon the 'āmalaki bundle' is taken out, it is allowed to cool on its own. later the seeds are separated and the pulp is rubbed over a clean cloth or 40 numbered sieves to obtain fibre less fine pulp.

STEP5. Mean while the reduced decoction liquid is filtered and placed separately for further use.

STEP 6. The pulp is taken in a clean wide mouthed vessel and fried properly in ghrita until it turns golden brown.

STEP7. Meanwhile the sugar is added to the decoction and boiled over moderate fire to attain appropriate paka.

STEP8. Just before attaining parka, the fried pulp of amalaki is added and boiled further until all the 'avaleha pāka laksanas' are attained.

STEP10. Soon, the fire is put off and the fine powder of praksepa dravya is added little by little and stirred well to a homogenous mixture.

STEP10. When cool on its own, the prescribed quantity of honey is added and preserved in airtight containers as 'Cyavanaprasavaleha'.

STEP11. The end product will be blackish confection with madhura-amla-kasaya rasa and pāka gandha.

Note: The pulp of amalaki is fried with required quantity of ghrta. If ghrta remains in excess after using it for frying, it should be added during the preparation along with fried amalaki fruit pulp. Since it is formulated for maharṣi Cyavana' it is called by his name.

Dosage, adjuvant and therapeutic utility:

1. One pala (48 gms), the general dose avaleha is administered once or twice daily along with warm milk after taking into consideration the strength of the person.
2. This preparation is the best rejuvenator (rasāyana).
4. It helps to gain physical strength and promotes better physical growth in children, maintains the physical strength of old aged people and reinstates the lost strength in kṣata-ksīna rogi.
5. It is also beneficial in persons who are weak because of excessive indulgence in sex (ativyavāya) and in those who suffer with sosa roga.

6.It is indicated in 'hrdroga', 'swara-ksīna', 'kāsa', 'swāsa', 'pipāsā', 'vātarakta', 'uro-graha', 'vāta-pittaja roga', 'śukra roga' and 'mūtrā roga'.

7.This medicine is intellect promoter (medhya), memory enhancer (smrtiprada), aphrodisiac (maithuna sakti vardhaka), improves radiance (kāntiprada), improves skin tone and glow (varna-prasa daka) and delays the aging process (jīrna-vivarjita).





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