Fundamental Principle of Bhaishajya Kalpana

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ABSTRACT

Fundamental Principles are essential concepts to understand the related subject. Every branch of science has its own basic principles. Bhaishajya Kalpana, a branch of Ayurveda is considered as Ayurvedic pharmaceutics, also has its own principles regarding pharmaceutical Science (Aushadha Nirmana) and its formulations has been used in different therapeutics (Aushadha Prayoga) since ages but the principles associated with Bhaishajya Kalpana are not clearly indicated and are scattered. Therefore an endeavour has been made to review and reflect the fundamental principles of Bhaishajya Kalpana in systematic manner with their significance. Hence, the entire principles of Bhaishajya Kalpana are categorized into Principle of Formulation and Principle of Therapeutic Application. Complete understanding of these fundamentals is the prime key for successful research and development in Ayurvedic pharmaceutics.

PICTORIAL ABSTRACT

ARTICLE HISTORY

Received 21.12.2019; Revised 18-03-2021; Accepted 04.05.2021

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CITE THIS RESEARCH AS

DOI 10.5530/jams.2019.4.7

1. INTRODUCTION

From the time immemorial, Ayurveda has given standard direction to mankind through their principles about art of living and science of health. Ayurveda aims to gain insight into the very core of a problem and seek to uproot the cause or problem with the help of Ayurvedic therapies and drugs (Bhaishajya). Ayurvedic drugs have traditionally been prepared as single or compound herbal/herbomineral with multiple dosage forms. Traditional formulations are enriched with a class of phytochemicals (chemical obtained from plant have proven biological action in animal body) possessing different medicinal properties. These phytochemicals are distinctly possible to have sophisticated and complex therapeutic properties which depend on their chemical composition. This is because the herbal formulation containing essential phytochemicals needs to be prepared strictly and deliberately following with Principles of Bhaishajya Kalpana. Principles of Bhaishajya Kalpana (Ayurvedic pharmaceutics) lay foundation for preparing the different types of basic single or polyherbal and herbo-mineral Ayurvedic formulation and shows the path for unique management by utilizing ideally prepared formulation. These principles serve common ground for various formulation and therapeutics. Here, we require a greater understanding of concepts of pharmaceutics to produce quality manpower for producing efficacious formulation and for their effective application.

1.1. Fundamental principle of Bhaishajya Kalpana

Bhaishajya Kalpana Adharbhuta Siddhanta can be called as fundamental principle of Aushadha Nirmana[2] and Aushadha Prayoga or Art of Aushadha Nirmana and Aushadha Prayoga. Main aim of Bhaishajya Kalpana is to develop the quality dosage forms of Ayurveda formulation in order to achieve utmost therapeutic benefits but without the knowledge of proper
application of this formulation, desired therapeutic effects cannot be achieved. Hence principles of Bhaisajya Kalpana must include the principle for formulation and for application as well. Pharmaceutical study does not only include the drug manufacturing but also includes its dispensing to the patient in most suitable form and its application by the patients. Thus, the comprehensive fundamental principles of Bhaisajya Kalpana are classified into following:

1.1.1 Principles for formulation (Aushadha nirmana siddhanta)

1.1.2 Principles for therapeutic application (Aushadha prayoga siddhanta)

1.2 Principle for the formulations

1.2.1 Paribhasha Siddhanta (terminology): Before acquiring the skill in pharmaceutics, this is necessary to acquire the complete knowledge of Shastra and the terminologies mentioned in them. In Ayurvedic literature, certain technical terms are often used that are not precisely explained, some terms are not mentioned even or some are mentioned in brief form and some of the terms are much doubted. The appropriate adequate precisely explanation of these terms or statements are called Paribhasha. It is used to clarify the doubts regarding the description of drugs, manufacturing process and quantifying the ingredients described in classical texts. It enlightens the obscured meaning of context in classical statement.

1.2.1.1 Avyakta (hidden concepts): Some technical terms that needs to be deciphered for proper understanding, for instance, tripala means here it indicates only three fruits but not names of the fruits. Tripala are the combination of three fruits like Amalaki, Haritaki And Bibhitaki. Similarly there are many terms which needs to be completely enlightened.

1.2.1.2 Anukta (unspoken concepts): When there is no specific time is given in the shastra for taking medicine or collecting herbs, then it should be done during morning as depicted in Sharangdhara Samhita. When there is no specific Mana of Arishta Dravya is mentioned then Acharya Sharangdhara stated as Anukta manarishtesu dravdrone tulam gudam|ksodram kshiptagudadartham prakshepam dhashamanshikam. Similarly there are many terms which needs to be completely enlightened.

1.2.1.3 Leshokta (less explained/concise): Swarnadi lnhapatram damuddhistham prashasyate (rasa ratna sam.5/29) here swarnadi is in concised form, indicates collectively the metals of labha varga i.e swarna, rajat, tamra, labha, naag, vang, pittal kamya and varta labha.

1.2.1.4 Sandigdha (doubt/vague): If any ingredient is repeatedly told twice in shloka without giving their amount for the formulation then we must clear it by considering the amount of same drug as two times according to Pancharaksha dravya mana siddhanta mentioned in sharangdhara samhita. Thus, getting hold of these terminologies with the help of Paribhasha will help in understanding concepts of Ayurvedic pharmaceutics in better way.

1.2.2 Mana siddhanta (weight and measurement): Without the knowledge of mana, pharmaceutics and therapeutics will not be effective. Mana is certainly essential for manufacturing and dosing the medicines. In formulation, specific mana is mentioned for each drug especially in state of inclusive of vihara dravya (poisonous drug). Improper ratio of ingredients (which is not mentioned in classical texts) in formulation will hamper the efficacy of medicine and may cause toxic effects whereas in therapeutic application if dose given is low then medicine would be worthless/ineffective and if dose is high it may produce adverse effects. Thus Mana plays a crucial role to formulate a medicine and for the management of the disease.

1.2.3 Panchmahabhuta Siddhanta (Five basic elements): According to Ayurveda, every matter is made up of Panchamahabhutas (akasha, vayu, agni, jala and prithivi). Therefore, each Ayurvedic drug is also made up of these panchmahabhutas. These panchmahabhutas concede the Ayurvedic drugs with multiple targets and properties by dint of pharmacological factors like rasa, guna, virya and vipaka. Target actions of each drug depend on the drug’s intrinsic properties where these intrinsic properties in turn, partially depend on how the drug is collected and processed. Factors such as soil type, climatic conditions, storage, packaging and processing, influence the combination of Panchamahabhutas; which in turn affects intrinsic properties and target actions of the drug. Strict quality control is required for maintaining the intrinsic properties of the drug. Other relevant factors include correct identification and processing of the source herbs. Drug combination and dosage forms preparations are decided on the basis of Panchamahabhuta. Therefore this is more vital to understand the concepts of Panchamahabhuta in pharmaceutics.

1.2.4 Aushadh vishishtata (qualities of medicine): Raw materials are the foundation of finished products hence it should be of good quality as stated by Acharya Charak that the aushadhi to be administered to the patient should possess the four ideal qualities 1.2.4.1 bhubata (it should be available in abundant quantity) 1.2.4.2 yogayutam (it should be effective) 1.2.4.3 aanekaridha kalpana (various pharmaceutical forms or multiple use) 1.2.4.4 sampat (richness in potency) and when formulation is prepared, it should possesses the qualities as mentioned in Charak Siddhi 6/15-16. With a smaller quantity of administration, the medicine should be capable of producing required effect, should have the potency to conquer more than one dosha, easily digestible, palatable medicines should be nutritious too, capable of skirmishing the disease, above all not antagonistic to the factors which are normal, should not cause any sort of discomfort on administration, should have acceptable qualities like colour, odour, consistency etc.

1.2.5 Rasa, Guna, Virya, Vipaka and Prabhav (Rasanchak): Charak Samhita has described dravya to be the nucleus of Ayurvedic pharmaceutics. Dravya is an essential and inevitable factor to human life. In Ayurvedic clinical practice it is essential to recognize the basic pharmacodynamics of the drug. So here, rasa, guna, virya, vipaka and prabhav collectively known as Rasanchakha explains pharmacodynamics in Ayurveda. The assessment of these rasanchakha helps in...
understanding the probable pharmacological outcome of the drug. By knowing the pharmacodynamics the physician safely use the drug on apt conditions. Rasapanchabhak of single herb that are made up of combination of panchmahabhutas are the intrinsic properties responsible for their multiple action. A single drug performs different action through its rasa, guna, virya, vipaka and prabhava. Therefore the knowledge of rasapanchaka is very essential to formulate the medicines.

1.2.6 Panchvidha kashaya kalpana: Acharya charak mentioned panchvidhakashaya kalpana like swarasa (juice), kaalka (paste), kwath (decoction), bima (cold infusion) and phanta (hot infusion)\[^{38}\] are the backbone of Ayurvedic formulation. These five fundamental preparation forms the basis for other preparation called secondary preparation.\[^{19}\] The potentiality of the medicines of the preceding category is greater than the succeeding ones,\[^{19}\] so these preparation should be prescribed with due regard to the strength of the patient and seriousness of the disease. Basic dosage forms are decided on the basis of panchmahabhutas. The dravyas having apa mahabhatta dominance will be more effective in cold infusion (Bima kalpana). Dravyas having agni mahabhatta dominance will be more effective in hot infusion (Phanta kalpana).

1.2.7 Anukta visheshkota grahan siddhanta: When no time is specified in the shatra for taking medicine or collecting herbs, then it should be done during morning. When the part of plant is not specified then the root of the plant is to be used. When proportion in which different ingredients of recipe are to be added is not specified, then all the ingredients are to be taken in equal quantity. When kind of the patra (vessel) is not specified then the Clay pot is to be used. If the liquid to be used is not specified, then water is to be used. If variety of oil is not specified, then tila taila is to be taken.\[^{10}\] If in a formulation of churna or ghrita or asava or arka, the type of chandan is not specified, then sweta chandan is to be used. If however, the recipe is a kasha or lepa, then the rasita chandan should be used.\[^{11}\]

Vishesh siddhanta – panchkol, visheshha ingredients like pippali, pippali-mula, chavya, chitrak and santh are used in amount of 1 kool for each dravya.

This way one can make intuition for other words that are not specified in classical text. Hence this siddhanta is important to get understand the undescribed or unspecified terms.

1.2.8 Principles of taking raw drug

Identifi- Collection - Selection - Storage cation

1.2.8.1 Parichaya (Identification): Proper identification of raw materials is the first process of preparation of medicines. In Samhita and Nighntis several synonyms are mentioned for drugs. Synonyms give an idea for the identification. For instance, Pippali (Piper longum Linn) has so many synonyms. Magadhi indicates place of abundant growth i.e. Magadha, Kuchana describe external color i.e. black, Kana tell the external texture i.e. beaded appearances, Usana ascribe its pungent taste, Upashay is used for ecological description, Koala for its fruit weigh about 1 Koal (6gm)\[^{30}\]

1.2.8.2 Samgrahan (Collection): Action of Ayurvedic drugs depend on their intrinsic properties which in turn depends on how the drug is collected and processed. Factors such as soil type, agro-climatic conditions and nakshtr, influence the intrinsic properties of drugs.

1.2.8.2.1 Time of collection: In ancient time, it is advised to collect drugs facing towards East (east indicates vitalizing the plant energy through the sun) or North direction\[^{19}\] (the symbol of moon), it transfers its properties in plants and in pushya, mrignshira, bhatth and aswini nakshatr\[^{20}\] (these nakshatra are considered to be superior) mentioned in classical texts. The general opinion for time consideration is that the time of collection should coincide when the active ingredients are at their optimum level and free from decomposition, example as latex of plants should be collected before sunrise or when they ooze out.\[^{21}\] Milky juice of snuti (milk hedge) is collected after two or three years old.\[^{22}\] Bilva fruits are collected just before their dehiscence\[^{23}\] and tamarind after their full maturity.\[^{24}\] Collection of drugs as per karma (action): According to Acharya Susruta, virechan drug (emetics) should be collected from prithvi and jala gana bhuyishta bhumi, for vaman drug (emetics) - agni, akash, vayu gana bhuyishta bhumi and for samsharan drug (palliative) - akash gana bhuyishta bhumi\[^{22}\] whereas Acharya Sharangdhara mentioned Collection based on karma w.r.t season that for vaman and virechan action, drug should be collected at the end of the vasant ritu and for the rest of the action in the sharad ritu.\[^{29}\]

Collection of drugs as per virya (potency): Usna virya drug (agneyaoushadha) should be collected from agneya bhumi and grishma ritu and Shita virya drug (sounyaoushadha) from sounya bhumi and shita ritu.\[^{23}\] Drug collection based on potency w.r.t Vishesha sthan is selected whereas sounyaoushadha and sounya bhumi and shita ritu.\[^{30}\]

1.2.8.3 Selection of dravya (Dravya chayan siddhanta): Selection of different part of drugs and selection of these parts as per season: The active ingredients of particular part of the plants are at their optimum at particular season. Hence part should be selected accordingly. For Dhakki plant, flowers are to be selected, for Susha plant, kshir (latex) is to be used, likewise for Bijak and Khadir plant, the sara (steam core) is to be selected.\[^{12}\] Different Acharyas given their different view regarding parts and season. For instance, According to Acharya Charaka\[^{19}\] in sarad ritu twak (Bark), kanda (Core wood), kshir (Latex) is selected whereas Acharya Sushrutha mentioned only collection of bark in this season\[^{34}\] and in Rightghanta, Panchang (whole part of plant) is to be selected.\[^{35}\]

1.2.8.3.1 Navin and prachin dravya grahan: In general, selected drugs should be fresh except Vidanga (embelia ribes),
Krisna (piper longum), Guda (jaggery), Dhanya (cereals and pulses), Aja (ghee) and Makshiba (honey)[36] as potency of these drugs increases with the time.

1.2.8.3.2 Dry and wet dravya siddhanta: However, the general rule is to use a dry drug, only when it is freshly collected and dried whereas the wet drugs are to be used in double the prescribed quantity in all formulation[37] barring the exceptions described below:

Ardra dravya prayoga (exception): General rule is to use all the wet drugs in double quantity except guduchi, kutraj, rasa, kushmanda, shatavari, aswaghanda, sahschari, shatpushpa,[38] as given.

1.2.8.4 Abhava Pratinidhi dravya (drug substitution): It is the substitute drug in absence of original drug. The concept of pratinidhi dravya overcomes the problem of unavailability of the some drugs which are used in medicinal formulation. Substitutes are intentionally selected and utilize rationally to achieve the desired effect. The substitution is based on Ayurvedic principles that both the drugs should possess similar guna (properties) and actions means on the basis of pharmaco-therapeutically activity. For astavarga dravya can be substituted by vidarikanda, shatavari, aswaghanda and varabi kanda. Some instances shows similar morphological and chemical constitution of both dravya example kushta (saussurea lappa) as substitute for pushkarwood.[39] However, there are also instances where substitutes shows no similarities either in morphology or chemical constituents with the original drug example wood of raktachandan and root of ushir. In current period, the drug should be assessed on the basis of their gana-karma and further their analytical and clinical study to test its therapeutically efficacy, should be evaluated.[40]

1.2.8.5 Storage of raw materials: To promote safety, efficacy and quality of raw material is the most important aspect in ayurvedic pharmaceutics. This can be achieved by regulating the storage and handling of raw herbs for various Ayurvedic formulation. In ancient times, Acharyas were also concerned for proper storage of raw materials in order to protect from contaminants and to get ideal raw materials for the formulation. Storage house (bheshajgraha) should be free from dust and moisture and should be kept in proper container as mentioned in Sushruta Samhita 38/82.[41]

Nowadays strict rules and regulation are there in GMP for ASU drugs in T schedule of drugs and cosmetics act 1940 and rule 1945[42] for storing the raw materials and finished products. Storage for raw materials should be free from cow webs, insects and rodents and should be under hygienic condition. Adequate provision of light and ventilation should be there, should be free from dampness and provide independent adequate space for raw material, packaging materials and finished products. Raw materials should be used in appropriate container to protect the quality of raw materials and to prevent from damage, dampness, contamination. Proper enclosures of raw materials by suitable cabination. Cabination refers to pots, jars, cartons etc. Raw materials of metallic origins, minerals, animal source, fresh herbs, dry herbs, volatile oil, perfume, flavors and plants extract or resin are separately stored in suitable containers under hygienic condition.

1.2.9 Samskara: Samikara is an important concept and the prime essential of ancient ideology and is defined as transformation of the inherent attributes of a substance which leads to the addition of new properties according to Acharya Charaka.[43] Usually gana karma of any drug depends on conjugation and configuration of mahabhutas present in it. Hence with samskara modification occurs due to alteration in panchmahabhutas composition. This alteration may leads to addition of new properties and removal of impurities and toxicity of drugs as Ganadhanam doshaparibaro va Samkarkar. Various new dravyas having different gana - karmas can be created by employing different samkaras to drayayas. This is created by dilution, application of heat, cleansing, churning, storing in a specific place, maturing, flavoring, impregnation.

Toya samikkara: Jala mahabhatta penetrates the parthiv dravya and loosens the molecular bonding and softens the hardness present in parthiv dravya. Thus allow the active principle to dissolve in water example cinchona panak, dhanyak bima, Agni samikkaraka: guru dravya converted into laghu dravya with application of heat., Shouch/shodhan (purification): in shaitdhant ghrita, ghrita is washed 100 times results in alteration of its intrinsic properties and guggulu shodhana in Triphala Kwath[44] besides remove physical and chemical impurities, it also enhances the properties of Guggulu, Manthan(churning): This process also changes the property as given in example शेवक त्रस्ता शोधण सर्दहतमै नवज्ञान | [45] Desh: refers to collection of drug from particular place example-kesar in kashmir, pippali in M.P and placing of patra, Kaal (duration- effect of season and time): time is to be given mandak dhadhi, apakwa aum bila and season–collection according to season will have higher potency, Vasan (flavouring): Vasana samkara gives good fragrance to the finished product and increases therapeutic efficacy due to its volatile content e.g kesar, kasuturi, lavanga in avaleha and paka, Bhavana: to increase potency of the formulation, it is necessary to impregnate the ingredient of a formulation with the juice or decoction of other drugs. When properly impregnated, even a small quantity of the drug becomes exceedingly effective. Therefore, ingredients should be impregnated with the juice or decoction of other ingredients having identical potency whereas Drugs of antagonistic potency are added to a recipe in order to impart desirable color, taste, touch and smell and as in case to reduce the tikshna, ruksha, shita, the juice of viriddha guna should be used, Kaal praksarshopakram (maturation): Some of the drugs should be collected when it gets completely matured as their potency also increases with time example asura, dhath, ras, Bhogaropakram : dadhi and ghrita in tamra patra is harmful whereas water in tamra patra is very effective.

1.2.10 Designs of formulation (Yoga Nirmana) and Nomenclature (namakaran): Ayurveda has been considered all aspects of drug action, interaction synergism, antagonism in formulating the various yogas to make safe and acceptable. Preparation of ideal formulation includes four basic components are (i) prunnukh aushadha (activator), (ii)
sahayak aushadha (potentiator) (iii) niral (antidote) (iv) bioavailability enhancer. It may also include (v) dravya for palatability (vi) dravya for stability (vii) dravya for faster action. For instance, Triphala Guggulu. This is composed of guggulu triphala and pippali where guggulu is the main ingredient (activator) in this formulation possessing the main therapeutic action shobhagna and vedanastrahpana, triphala (potentiator) due to its vranashodhana and vedanastrahpana properties enhance the activity of the formulation and also it counteracts the side effects like constipation by its mild laxative action and burning sensation in eyes by its chaksannya action. Pippali act as bioavailability enhancer as it has deepana pachana action and due to its yogarshi guna.

Aushad siddhi lakshana: The observance for the signs of siddha aushadha or finished products is the main therapeutic action siddhi aushadha (v) yada yodanayogamastile feshanitisha baharapah. (vi) In mridu sneha pakam “isbat sacham kaalaka” susha pakam mridu bhavet, (vii) in madhyam pakam “kaalke niraus komal” (viii) in kharo pakam “isbat katin kalkshaheb”. 

Avalaha kalpana: The criteria to determine the completion of avalaha pakam are (i) upakha tauntaumutram yad (ii) arlebo aoptu majjati (iii) shiratuvam pidite mudra (iv) gandhi varna rasodhavan.

Vati kalpana: The criteria to determine the final stage of vati preparation before making its pill is that it should not stick to the fingers when rolled in between two fingers. In modern era Parameters are given to evaluate the standard quality for vati kalpana as hardness, disintegration time, dissolution time, water soluble extract, alcohol soluble extract.

1.2.11 Principles for different dosage Forms

1.2.11.1 Churna kalpana: Coarse powder is used for decoction in Ayurveda whereas fine powder (80 mesh size) is used for churna and roti. More finer the Particle more will be the absorption and also increases the bioavailability of Ayurvedic drugs.

1.2.11.2 Asava-arishta kalpana: Factors affecting kalpana are Pudra (containers) - in ancient time earthen pots considered but nowadays because of drawbacks of earthen pots, porcelain pots or stainless steels are used Agni (optimum temperature) and kaal (time duration).

1.2.11.3 Sneha kalpana: Marschana - Before processing medicinal drug with any sneha, it must be previously gone through the process of marschana, otherwise the therapeutic properties do not come completely in sneha. It removes disagreeable smell, removes ama dosha and increases potency of sneha.

1.2.11.4 Aushadh siddhi lakshana: The observance for the signs of siddha aushadha or finished products is the utmost important final stage of manufacturing after which there will be difficulty or hardly possible in alteration to the dosage forms. Hence the knowledge of proper aushadha siddhi lakshana is essential part of ayurvedic pharmacetics.

in GMP of Drugs and Cosmetic rule 1945, separate spaces for finished products are mentioned. Finished goods transferred from production area after proper packaging shall be stored in finished good stores within an area marked Quarantine. After checking the correctness of finished goods with reference to its packing and labelling as well as finished product quality as prescribed then it will be moved to “Approved Finished Good Stock area”.

1.2.14 Saviryata Avadhi (Shelf life)

Ayurvedic medicines generally made up of herbs do tend to lose their herbal medicinal qualities over a period of time. It is important to gain the knowledge about shelf life of raw materials before undergo for processing and shelf life of finished products so as to abolish the expired drugs. It is the significant factor for dosing, storing and dispensing the medicines. The preservation and storage of Ayurvedic drugs is based on the shelf life. Different Saviryata Avadhi of different Ayurvedic dosage forms are mentioned in different classical books as in sharangdhar samhita[69] and Vangsen[66] whereas in Yogaratnakara, Saviryata Avadhi for swaras, kaika and kawath are clearly considered as 3 hr[41] and in current scenario the amendment of Rule 161 B of drug and cosmetic act 1940, specify the maximum shelf life of Ayurvedic Medicine. The main factors affecting the shelf life are derivation of drugs, temperature, humidity, microbial contamination, dosage forms, storage and packing conditions.[43]

1.3 Principle for therapeutic uses

1.3.1 Aushadha maatra (Therapeutic dose): Therapeutical property depends upon the dose. While administering the medicine, maatra (dose) has to be decided, if the dose is too high it may cause harmful effects and if less dose is given, then it would not be effective. Hence the dose may be so regulated that the drug may produce the desired effects but may not harm the tissue.

1.3.2 Aushadha marga (Route of administration): The drug is administered through the channels of skin mouth eye, ear, nose, anus, urethra and vagina as per the disease and dosha. Nearby sites are selected for direct absorption and faster action of ideal prepared medicines example basti.

1.3.3 Aushadha sevan kaal (Time of administration): Aushadh Kaal also plays important role in absorption, for instance abhakta[64] when drugs given on empty stomach, will have maximum effect on the body, as on an empty stomach the full of stomach and intestines are available which means more surface area for effective drug absorption. Vinya Shakti of Aushadha will not be changed enough in Abhakta kala, because it does not gets mixed with food.[64] The rate of absorption of drug depends on Agni, presence and absence of food and also on surface area, hence affect the pharmacokinetic and pharmacodynamics of Ayurvedic medicines.

1.3.4 Anupan (Adjuvants): Acharya Sharangdhar has given the simile that the anupana along with base spreads in the body as the oil drop added to the water spreads in fraction of time. [65] It indicates that when we administer the medicines with anupan, it spreads quickly due to presence of yogubhi and vyavayi properties in it. It also enhances the potency of the medicine and brings about the desired effect when administered with suitable anupana. It increases digestion and absorption capacity.[66]

2. CONCLUSION

Ayurveda has given standard parameter for manufacturing of ideal medicines through their principles. Without following these principles, achievement of efficacious formulation is not possible. An attempt has been made to collect all the scattered principles in proper way so as to follow them accordingly, hence classifying these principles in two groups are Aushadha nirmana siddhanta and Aushadha Prayoga siddhanta. Overall eighteen basic principles are there in this branch that is needed to be followed for their productiveness, quality and efficacy. Among these eighteen, above seven are cardinal principles and can be collectively called as samanya or general principles and remaining are the principles regarding formulation that includes from collection of raw materials and processing to the packaging and shelf life of finished products. Besides this, it is also important to have the knowledge of proper utility of aushadha including aushadha maatra, aushadha kaal, aushadha marga and anupana since they incorporates in enhancement of efficacy of medicines and also to facilitate the faster absorption of medicines.

ACKNOWLEDGEMENT

Authors are highly grateful to Prof. Anup Kumar Gakhar, Campus director, Uttarakhond Ayurveda University, Rishikul Campus, for continuous encouragement and support towards successful completion of the study.

SOURCE OF SUPPORT

Nil

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

CONTRIBUTORS

Dr.Sani Mol Sunny did literature survey, data acquisition from various sources and design of the work. Dr Usha Sharma and Dr Shuchi Mitra contributed to provide valuable information and references. Dr Sushma Rawat contributed to conceptualization of the topic and manuscript editing. Prof. Khem Chand Sharma contributed to content editing and proof reading.

SUMMARY

In this present review an effort has been made to review and reflect the fundamental principles of Bhaishajya Kalpana in systematic manner with their significance In order to make
easy and in systematic manner, fundamental principles are categorized into principles of formulation (for preparation of medicines) and principles of therapeutic application (for clinical implication) and further formulation principles are comprised of general principles (paribhasha, maana, panchmahabhoota, ras-guna –viryya- vipaka), principles of raw drugs, principle of different dosage forms, shelf life, packaging and storage and the therapeutic principle includes dose, route of administration, time of administration and adjuvants. This way all the scattered principles are collected and formed in systematic manner and easy to understand.

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