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A REVIEW ON PHANTA KALPANA: LEAST EXPLORED PANCHAVIDHA KASHAYA KALPANA W.S.R. TO SHARANGADHARA SAMHITA

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Abstract

Acharya Sharangadhar initially Explained panchavidha kashaya kalpana before all the other kalpana, i.e. Swarasa (juice), Kalka (paste of plant parts), Kwath (decoction), Hima (cold infusions), Phanta (hot infusions). Acharya Sharangadhara in his treatise Sharangadhara samhita has explained Phanta kalpana (Hot 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. According to acharya sharangdhara phanta kalpana can be used in day to day clinical practice without much complication. An attempt of review made here to enlighten on this rarely used kalpana by taking Sharangadhara samhita as standard.

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INTRODUCTION

To treat any disease successfully, a physician should have good quality drugs at hand. Not only this, "a physician becomes competent of curing all diseases only when he possesses the complete knowledge of all drugs including the basic principle of drugs and only such an ideal physician can give life to ailing and sick people". This is beautifully explained by Acharya Charaka.¹ Sharangadhara samhita is a comprehensive text book of ayurveda written in 14th century by Acharya Sharangadhara son of Damodar, He was the first person to mention about the pharmaceutical preparations and their general principles etc. in a systematic and collective manner in one place. The definition of each type of preparation along with its method of preparation, doses, anupanas and various formulations have been described in detail in madhyama khanda.² he has mentioned entire kashaya kalpanas and their upkalpanas in Madhyama khanda classify in twelve chapters. Phanta kalpana is one among them which is precisely explained in third chapter of Madhyama khanda, Sharangadhara samhita. It starts with the process of making of phanta 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 draw out.³

MATERIAL AND METHODS:

Reviewed summary of chapter is described as follows: The kalpana is mentioned by name of phanta in Charaka samhita where the procedure is explained by acharya Chakrapani in Sutra Sthana 4th chapter, Phanta is that which is prepared by putting the coarsely powdered drugs into hot water and rubbed carefully and the liquid obtained after filtration.⁴ definition phanta kalpana is also available in 3rd chapter of Madhyama Khanda in Sharangadhara Samhita, in which two more points are explained.

1. Dravya should be taken after crushing into coarse powdered form.
2. In one pala drug and four pala's of hot water is added. After some time it is rubbed carefully and filtered through cloth. This liquid is known as phanta and also known as churna drava.

So, Phanta kalpana is a liquid preparation where the selected drugs in coarse powder form are soaked in hot water for a stipulated period to facilitate the transfer of water-soluble active principles from drug to the liquid media. The line of difference between 'hima kalpana' and 'phanta kalpana' is thin. In hima kalpana normal water is used where as in phanta kalpana boiled hot water. In hima kalpana the drug is soaked overnight but in phanta kalpana it is soaked until the hot water become cold. Acharya Sharangadhara 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 Phanta.)

Method of preparation:

Take one pala (48 gm) coarsely powdered and add four times hot water to it. Keep it for some time then rub it properly and filter it through a cloth. And taken in dose of two pala (96 ml)⁵

Prakshepa Dravyas:

Sharangdhara has explained that its dose and the measurement of prakshepa dravyas of hima & phanta kalpana are similar to that of kwatha kalpana (decoction).

The measurements are as follows:

1. Dose and measurement of sugar used as prakshepa dravya in phanta kalpana is 1/4th, 1/8th and 1/16th part respectively for *Vata*, *Pitta*, *Kapha* disorders; if madhu is to be added it should be in the reverse proportion.⁶
2. As per sharangdhara dose and measurement of *Trikatu* (Combination of *Zingiber officinale*, *Piper nigrum*, and *Piper longum*), *Guggulu* (*Commiphora mukul*), *Jeeraka* (*Cuminum cyminum*), *shilajeet* (Black bitumen), *Hingu* (*Asafoetida*), *Kshara* (alkali), *Lavana* (rock salt here) are to be added in proportion of one shana (3 gm) each⁷
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.⁸

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

Sr no.	Name of Phanta Kalpana	Application.
1	Bruhank madhuk phant	Vatapita Jwar, Raktapitaa, Daha ⁹
2	Amradi Phant	Jwar, Trishna, Chhardi ¹⁰
3	Laghu Madhuk Pushpadi phanta	Daha, Murcha, Bhrama ¹¹
4	Kharjuradi Mantha	Madatatyā ¹²

DISCUSSION

Panchvidha kalpanas are basic kalpanas of ayurveda. all other kalpanas are derivatives of these kalpanas. Phant kalpana comes fifth number among these five kalpanas. The basic concept for this kalpana is that saara bhaaga of herbs is absorbed easy and fastly in the hot water. Also, those substances whose necessary part is absolutely obtained neither in Hima Kalpana nor in kashaya kalpana (may be destroyed in it). Hence, we can say that phanta kalpana also is best kalpana.

Nowadays, the most popular drink 'Tea' is also a type of phanta, but it is called Phanta only when prepared by prescribed method told here. Frequently during to making of tea they add tea leaves, sugar, and milk in water, then boil it. Hence, this becomes a type of kashaya kalpana instead of Phanta kalpana.

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. This kalpana can also be used as anupana in various diseases. It is laghu Kalpana among the all five Kalpana, so it is easy to Digest to all types of Patients; like specially in children, Pregnant Woman and who has low digestive conditions.

CONCLUSION

Phant kalpana is one of the panchavidha kashaya kalpana mentioned in ayurveda. Compared to other kalpanas it is not frequently used by ayurvedic physicians as well as in Ayurvedic Pharmaceuticals. Here an attempt is made enlighten on this kalpana by making Sharangadhara samhita as base.

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