



DRAVAKA KALPANA: A REVIEW

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ABSTRACT

Ayurveda Pharmaceutics comprises of formulations containing herbs, minerals, metals, marine products, etc. These drugs are used in various therapeutic dosage forms such as swarasa (juices), kashaya (decoction), arka (distillates), dravaka, etc. Among them Dravaka Kalpana is one preparation where it is prepared with marine drugs, alkalis or in combination with herbal drugs. Dravaka Kalpas are prepared mainly by two methods; one incorporating heat and the other without use of any heat. These are used in very less dosage by diluting with water and a few are said to be used for a very short period. Though references of Dravaka kalpas are found in texts of Rasashastra (Indian Alchemy) but they are not much utilised in clinical practice.

KEY WORDS: Ayurveda Pharmaceutics, Dravaka, Kshara, Lavana

INTRODUCTION

Ayurveda Pharmaceutics are used since time immemorial. They are different types of formulations solid dosage forms, liquid dosage forms, etc. Among the liquid dosage forms Dravaka Kalpana is one. This dosage form incorporates use of both herbal and mineral drugs. It is prepared with and without subjecting to heat and can be preserved for longer duration of time. The dose is given in less quantity and is used for both internal and external purpose.

Dravaka are liquid preparations obtained from lavanas & Ksharas¹.

Method of Preparation: Dravakas are prepared with Lavana & Ksharas by Tiryakpatana (Distillation apparatus) process with or without any addition of fluids².

In a few Dravaka Kalpas no liquids are added but the product will be in liquid form and is produced due the reaction of chemicals in the raw materials. Acidic substances are extracted by this Kalpana³.

History: In Rudra Yamala Tantra reference of Agni drava or Amla is first seen. This is found in amla & amla rasa dravyas (drugs with sour taste). It is prepared using the Distillation apparatus⁴.

Two methods of Dravaka kalpana are mentioned:

I method: Agni method: Dravaka is prepared by using Distillation apparatus. The ingredients are taken in distillation

apparatus and subjected to heat. Ex. Shankha Dravaka⁵, Maha Dravaka⁶, etc. Most of the dravakas are prepared using Distillation apparatus like Maha Dravaka, Lavana Dravaka, Shora Dravaka, Lavana drava, Navasadara Bhashpa Drava, etc.

II Method: Anagni method: Dravaka is prepared without employing heat. In this method the ingredients are mixed with the drava dravyas, once it dissolves it is kept for some time till it settles down and then the supernatant fluid is decanted and used. Ex. Jambheera Dravaka⁷, Nimbu Drava⁸, etc.

Dravakas can be categorised as two types

1. Sandra (Concentrated) and 2. Sarala (Dilute)⁹

Use: Dravakas are used for external and internal use.

Externally used for cleansing of wounds. Ex. TutthaDravaka¹⁰ is used in cleaning of syphilitic wounds, etc.

For Uttara Basti-TankanamlaDarva¹¹

Lepa- Sorakamliya Rajata Drava¹²

Netrarogas- Nayanamruta Drava¹³

Dose: Just a few drops¹⁴. Most are used after dilution with water.

Duration of use: Few are said to be used for only a short duration of time¹⁵. A few till the symptoms subside.

Characteristics & Preservation: These are stored in glass stoppered bottles. These do not deteriorate by lapse of time¹⁶.

Table 1: Dravaka Kalpana prepared adopting Distillation processes are as follows

Sl. No.	Dravaka Kalpana	Ingredients	Indication
1	Maha Dravaka ¹⁷	Yava Kshara (Kshara of <i>Hordeum vulgare</i>) 240g and Sphatika (Alum) 360g	Udararoga (diseases of abdomen), Yakrutvruddhi (Hepatomegaly) and Pleeha vruddhi (Splenomegaly)
2	Maha Dravaka II ¹⁸	Aatarupa, Chitraka (<i>Plumbago zeylanica</i>), Imli (<i>Tamarindus indica</i>), Apamarga (<i>Achyranthes aspera</i>), Kushmanda (<i>Benincasa hispida</i>), Snuhi (<i>Euphorbia nerifolia</i>), Tada Pushpa, Punarnava (<i>Boerhavia diffusa</i>), Amlavetasa Kshara (Kshara of <i>Hippophae tibetana</i>), Yava Kshara (Kshara of <i>Hordeum vulgare</i>) - 96g, Sphatika (Alum) and Navasagara (Sal ammoniac) 48g each, Saindhava Lavana (Rock salt), Tankana (Borax)-24 g each, Kaseesa (Green vitriol), Shankha Churna (<i>Turbinella pyrum</i>), Devadaru (<i>Cedrus deodara</i>), Mocharasa, Samudraphena (Cuttle fish bone)12g each	Udararoga (diseases of abdomen), Yakrut vruddhi (Hepatomegaly) and is Pleehavruddhi nashaka (Splenomegaly)
3	Lavana drava ¹⁹	Saindhava Lavana-6 Part and Gandhaka drava- 11 Parts	Yakrut uttejaka (stimulates the Liver)
4	Navasagara Bhashpa Drava ²⁰	Churna Pashana- 2 Parts, Navasagara- 1Part	Scorpion sting As inhalation in Murcha (Syncope), Shirovyatha (heaviness of head)

Table 2: Dravaka Kalpana prepared by Trituration method

Sl. No.	Dravaka Kalpana	Ingredients	Indication
1	Nimbu Drava ²¹	Navasagara (Sal ammoniac), Kalmisora (Crude Potassium nitrate), Tankana (Borax), Sphatika (Alum), Sarji Kshara (Crude Sodium bicarbonate), Yava Kshara (Kshara of <i>Hordeum vulgare</i>) -240g each	Gulmaroga (abdominal lump), Pleehavruddhi (Splenomegaly), Yakrut vikara (Hepatic disorders), Udararoga (disease of the abdomen), Shula (Pain)
2	Jambeera Drava ²²	Jambeera Nimbu rasa (<i>Citrus limon</i>) - 2.5Kg, Bharjita Hingu (<i>Ferula foetida</i>)-24g, Ajamoda (<i>Apium leptophyllum</i>), Shunti (<i>Zingiber officinale</i>), Pippali (<i>Piper longum</i>), Maricha (<i>Piper nigrum</i>), Vidanga (<i>Embelia ribes</i>), Lavanga (<i>Syzygium aromaticum</i>), Shora, Haritaki (<i>Terminalia chebula</i>), each 60g, Saindhava Lavana (Rock salt)-300g, Rajika-120 g	Yakrut (disorders of Liver), Pleeha (disorders of Spleen), Gulma, Shula (pain), Ajeerna (dyspepsia), Malavarodha (constipation)
3	Sajala Gandhaka Drava ²³	Shuddha Gandhaka Drava- 1 part, Distilled water-12 parts	Gulma (abdominal lump), Pleeharoga (disorders of Spleen), Krimi, Udararoga (disorders of the abdomen), Visuchika (Gastro-enteritis with gurgling sound), it also pacifies the ill effects caused by intake of impure Naga (Lead)
4	Tankanamla Drava ²⁴	Tankanamla- 1250mg, Distilled Water- 60ml	Netrabhishyanda (Conjunctivitis) to wash the eyes daily, Shweta pradara (Leucorrhoea) to wash the yoni with it as Uttarabasti, in Karnarava (Otorrhoea) to wash Karna, as Uttarabasti in Mutrendriya with diluted Tankanamla (100parts water & 1 part Tankanamla)
5	Sajala Soraka Drava ²⁵	Soraka drava 6 parts, distilled water 25 parts	Yakrut doshahara (diseases of the Liver), agnimandyahara (indigestion), with various anupanas (adjuvants) useful in madhumeha (Diabetes mellitus), pleehavruddhi (Splenomegaly), upadamsha vikruti (Syphilis), Kamala (Jaundice), Panduroga (Anaemia), Yakrut uttejaka (stimulates Liver), to clean debris in wounds, to burn syphilitic wound
6	Sorakaamliya Rajata Drava ²⁶	Distilled water- 120g, Sorakamliya Rajata Drava- 1g	Abhishyanda (Conjunctivitis), Pothaki and netrarogas (disease of eyes)
7	Gandhakaamliya Yashada Drava ²⁷	Gandhakamliya Yashada Churna-125mg, Distilled water- 30g	Vranameha, Vrana ropaka, Kriminashaka, netrabhishyanda (Conjunctivitis)
8	Gandhakaamliya Yashada Drava II ²⁸	Gandhakamliya Yashada Churna-4,500 mg, Distil water- 96 g	Vranaropaka, Sankochaka, Shwetapradaranashaka (Leucorrhoea)
9	Yashadamruta Drava ²⁹	Gandhakamliya Yashada Churna- 500 mg, Shuddha Tankanamla Drava- 60ml	Shotha (inflammation), Raktarma and Rakta prakopajanya Netrabhishyanda (Conjunctivitis)
10	Kaseesa Drava ³⁰	Kaseesa (Green vitriol) - 625mg, Distilled Water- 2.460 l	Gudabhrmsha (Prolapse of the rectum), Visarpa (Erysepales)
11	Nayanamruta Drava ³¹	Gulabarka- 12g, Sphatika churna (Alum powder) - 1.25g	Netrabhishyanda (Conjunctivitis), Netrakshata, Shotha (Inflammation)
12	Sudhanshu Drava ³²	Saindhava Churna (Rock salt)- 62.5mg, Distilled Water- 15g	Netrakandu (itching of the eyes), Netrapalaka shotha (inflammation of the eyelids)

Table 3: Dravaka Kalpana prepared by other methods

Sl. No.	Dravaka Kalpana	Ingredients	Indication	Method of preparation
1	Laghu Shankha Dravaka ³³	Navasadara (Sal ammoniac), Surya Kshara (Potassium nitrate), Sphatika (Alum), Yavakshara (Kshara of <i>Hordeum vulgare</i>)	Gulma (abdominal lump), Shula (pain), Yakrit dosha (disorders of the Liver), Pleeha (Splenic disorders), Ashmari (Calculus)	All the ingredients are taken in equal quantity mixed well with Nimbu rasa (<i>Citrus limon</i>). Two chapatis (flat bread) are made with wheat flour. On one chapati this paste is placed & it is covered with another chapati and the ends are closed. Then this is cooked on a Tava (Pan) till it turns red. Then it's shaken. If liquid sound appears then a hole is made & the liquid is collected.
2	Aranaliya Seesaka Drava ³⁴	Arnaliya Seesaka Churna- 5 Parts, Shuddha Mrudrashringa (Litharge)-3.5 Parts, Distilled Water- 20 Parts	It is diluted and sajala aranaliya seesaka drava is prepared and used as uttarabasti in vrana srava in Mutrendriya (oozing of wounds in bladder), in visarpashotha, abhigatajanya shotha (inflammation)	The ingredients are taken in a glass beaker and heated on mild flame till Mrudrashringa completely dissolves in water. Then the same amount of water lost on heating is added again and mixed. Then it is stored

DISCUSSION

Dravaka Kalpana is a therapeutic dosage form mentioned in Ayurveda Pharmaceuticals. With the collected reference it can be said that it can be categorised based on the different methods of preparation. One method is by the process of distillation. The other method is by triturating or mixing of all ingredients with the specified liquid and then decanting the supernatant liquid. Medium of heat is not employed for Dravakas where only herbal drugs are used in the preparation. Dravakas are prepared with just Herbs, minerals and also with herbo- mineral combination. The dose of it is also very less and is used for internal and external administration. The ingredients used for its preparation are herbal, herbo-mineral and a few with only mineral compounds. They have wide applicability in various disorders. All khanija dravakas increase the alkaline secretion and reduces amlaguna. It increases the saliva, bile, pancreatic juice and succus entericus and decreases gastric juice. A few dravakas have been specified to be used for short duration only.

CONCLUSION

The references of Dravaka Kalpana are found in books of Ayurveda pharmaceuticals. Though the method of preparation and ingredients seem simple it is seldom used in clinical practice at present. The procedures for its preparation are clearly mentioned with its indications as well. Mainly two methods are mentioned. One method is with application of heat- by distillation process and the other without application of heat. It is used both for internal and external administration. The dose is also very less compared to the other formulations like Swarasa, Kashaya, Asava- arishta, etc. To promote the use of dravaka kalpas in clinical practice research needs to be undertaken and there remains a wide scope in this area.

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