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Research Article

Preparation of *Yashti Kashmari Kalpa*

Gangaprasad Asore[1], Sachin Sheth[2], Prajakta D. Arote[3,*]
HOD and Associate Professor[1], Assistant Professor[2], P. G. Scholar[3]
Department of Rasashastra and Bhaishajya Kalpana[1,2,3]
[1,2,2]APM's Ayurved Mahavidyalaya, Sion, Mumbai, Maharashtra, India-400022

*** *Corresponding Author:*** *Dr. Prajakta D. Arote,* **E-mail:** drsachinayurved@gmail.com
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ABSTRACT:

Bhaishajya kalpana a pharmaceutical branch of Ayurveda has contributed several innovative dosage forms. Modification of ancient dosage forms and development of new dosage forms is a continuous process which has significant contribution in flourishing the science with changing lifestyle and favor of people. Preparation of granules is one of a modified form of (solid preparations of herbal extract) and Khanda kalpana (solid preparations similar to granules).

Granules are convenient in handling, dispensing, and storage.[1] Considering this, it has been planned to convert *yashti kashmari kwatha* into granules.

KEY WORDS: *Yashti Kashmari Kalpa, Khanda kalpana,* Granules

INTRODUCTION:

Ayurveda, the Indian traditional medicine, offers many sophisticated formulations that have been used for hundreds of years. *Rasashastra and Bhaishajyakalpana* is a branch of Ayurveda that mainly gives knowledge of the preparation of medicine, its properties and dosage. *Rasashastra* deals with minerals and metallic medicines whereas *Bhaishajya kalpana* deals with herbal medicines. *Bhaishajya kalpana* comprises five basic formulations i.e. *swarasa, kalka, kwatha, hima, phanta.* Amongst above five, all other formulations are derived such as *ghrit kalpana, tail kalpana, avleha kalpana, sandhan kalpana, kalpa kalpana.*

Bhaishajya kalpana a pharmaceutical branch of Ayurveda has contributed several innovative dosage forms. *Avleha* and *khanda kalpana* are dealt with under the preview of *ghana kriya* where the semisolid to the solid form of dosage has been described. Conversion of dosage form into more suitable for the modern era with additional benefits of palatability and presentation is always essential.

Aim- To prepare *Yashti kashmari kalpa*

Reference - *Ashtanga hridaya*

In *Ashtanga hridaya chikitsa sthana Yashti- Kashmari siddha kshir* has came with *anupaan* of *sharkara.* This attempt of preparation of *Yashti- Kashmari kalpa*, makes it more significant with change of lifestyle.

MATERIAL AND METHODS:

Ingredients -
1. *Yashtimadhu - Glycyrrhiza glabra*
2. *Kashmari- Gmelina arborea*
3. *Sharkara*

The raw material of *Yashtimadhu bharad* has been taken from the authenticated source and its analytical validation done from the pharmaceutical laboratory. *Kashmari phal* is collected from natural resource and then dried it in sunlight.

General method of preparation [2] emphasized for *Khanda paka* is followed in the preparation of *Yashti - Kashmari kalpa.* The formulation method is similar to that of *Shatavari* granules but instead of *shatavari, yashtimadhu* and *kashmari* fruit are used. Coarse powder of *Yashtimadhu* and dried fruits of *kashmari* were taken in a vessel and soaked in eight parts of water overnight. Decoction of *Yashtimadhu* and *Kashmari* fruit was prepared by reducing it to 1/4th and filtered through a cotton cloth. An equal part of sugar to that of decoction was added and was heated on mild fire *(Mandagni*) i.e. 90 C-100 C till it attained two thread consistency of sugar syrup. Constant stirring is required at this stage. At this stage, granulation starts slowly at the edges. Continuous stirring at *mandagni* helps to form proper granules. Thus formed granules were sealed and packed in a container.

Analytical study

Analysis of samples was conducted in the analytical lab of a recognised pharmaceutical laboratory. An analytical study was done to establish the basic standards for granules as there are no Pharmacopeial Standard guidelines. The formulation was first tested for organoleptic parameters such as appearance, color, odor and taste. The physiochemical analysis includes Loss on drying at 105 C, pH, Total ash, Acid Insoluble ash, sugar content.

Table No. 1: Result of physico-chemical parameters and analytical study

Tests	Results
Appearance	Crystalline powder
Colour	Light brown
Odour	Characteristic
Taste	Sweet
Moisture content	5.0 %
Ash value	Nil
Sugar content	96%
pH	6.0

OBSERVATIONS AND RESULTS:

After adding sugar to the decoction, it melts completely and effervescence was started which subsided on constant stirring. Gradual thickening of syrup, consistency of single thread then double thread and *darvi Pralepa* (adhesion of syrup to spoon) were observed. After 1hr 40 min of heating, the syrup was found to be in two thread consistency with *Apsumajjan* (Dipping in water). *Bindu paka* (Settled drop of syrup in water).

DISCUSSION:

Conversion of formulations into various dosage forms to achieve added benefits keeping intact the therapeutic properties has gained momentum in the recent past that has great importance in the market. In addition, standardization, quality control, and shelf life of final products are also other major issues. Shelf life of the formulation always depends on the pharmaceutical procedure and nature of the formulation.

Kalpa Kalpana is one of the important *Upakalpana* which is highly palatable and has nutritional value. It is considered a variant of *Avaleha Kalpana.* The preparation like *Kalpa Kalpana* apart from the palatability has other beneficial aspects(3). These preparations have a comparatively longer shelf life mainly due to less moisture, presence of sugar and ghee(4).

The pH conventionally represents the acidity or alkalinity. The pH of *Yashti- Kashmari kalpa* was 6 which is weak acidic in nature. Ash value depends upon the total inorganic substances present in the particular drug, this parameter has importance in quality control and standardization of drugs. More the inorganic substances present in drugs higher will be the ash value. Here the ash value is nil indicating no inorganic substance present. Loss on drying indicates the moisture content. In the present study, it is 5.0%.

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