

Study on different *kashāya kalpana* (decoction preparation) used in Ayurvedic and traditional medicine

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Abstract

In Ayurvedic practice *Bhaisajja Kalpana* is a well advanced branch of various formulations of many pharmaceutical preparations which are ranging from simple *Swarasa*, *Kwatha*, *Leha* etc. Among these preparations *Kasaya* is commonly used preparation in both Ayurvedic and traditional practice. In Ayurveda system there are some methods mentioned for preparation of *kasaya*. But there is lack of textual references regarding preparation of *kasaya* in traditional systems. Therefore the study has been undertaken to find out different *kasaya kalpana* used in Ayurveda and traditional medicine. This study is mainly planned on literary review on different *kasaya kalpana* from various Ayurveda texts. The aim of this study is, to study different *Kashaya kalpana* mentioned in traditional medicine as well as Ayurveda system and to compare the different *Kashaya kalpana* in both Ayurveda and traditional medicine. Also study was conducted in five Ayurvedic Hospitals, five industrial sectors and five traditional (mentioned as private) practitioners by using relevant questionnaire. According to this study, *kashaya kalpana* is the most common preparation in hospital, traditional practitioners and drug manufacturing industries. Most of them collect raw material from the market. When kasha preparing in small scale, it produce to 8 portion into 1 or 16 portion into two. When it prepare in large scale it reduce to 4 portions into 1. *Aushada sangrahaya* is the main text use as reference for every Ayurvedic Hospital and most of industrial pharmacies for preparation of kasha. Various manuscripts belonging to traditional practitioners are used as standard references.

Keywords: *kasaya kalpana*, Ayurvedic and traditional practice