



## Elaborative Study Of Vasant Kalpa With Special Refferences To Karmukatwa

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### ABSTRACT

*Rasashastra*, the very special branch of *Ayurveda* includes various *kalpas* like *Survana kalpa*, *Lauha kalpa*, *Vasant kalpa*, *Malla kalpa*, etc. Out of which *Vasant kalpa* implies to *Ayurveda* medicines with particular common ingredients and specific way of preparation. The word *Vasant* symbolizes greenery and reproduction. The advent of spring brings new leaves, blossoming flowers, old bark of trees are replaced by new one, same changes are brought to human body by *Vasant kalpa*.

In this most modern era with troubling food habits and lifestyle, everyone is struggling for more and more immunity. So the role of *Vasant kalpas* in leading problems like *Vandhyatwa*, *Prameha*, *Durdhara Vyadhis* etc. will be studied thoroughly in paper.

**KEYWORDS:** *Suvarna, Laghu, Vasant, Oja, Rasa, Amagarbha.*

### INTRODUCTION

*Rasashastra*, the special branch of *Ayurveda* gets popularity in short duration due to lesser dosage, quicker action, longer shelf life. It includes various *Kalpas* like *Suvarna Kalpa*, *Lauha Kalpa*, *Vasanta Kalpa*, *Malla Kalpa* etc.

The word *Vasant* symbolizes greenery, reproduction. As the advent of spring brings new leaves, blossoming flowers, old bark of tree replaced by new one. Same way *Vasant Kalpas* rejuvenates body.

In this most modern era, with troubling food habits and lifestyle various *Durdhara Vyadhis* are challenging *Vaidya*. With the help of *Vasant Kalpas* this Challenge can be accepted.

### AIM

To study *Vasant Kalpas* (*Laghmalini, Madhumalini & Suvarnamalini Vasant*) with reference to *Karmukatwa*.

### OBJECTIVES

- 1) To study preparations of *Vasant Kalpas*.
- 2) To study contents of *Vasant Kalpas* and their properties.
- 3) To study *Karmukatwa* of each *Vasant Kalpas*.

### MATERIALS

Review of various *Vasant Kalpas* is given as,

- 1) *Laghmalini Vasant* ( *R.Ch.*, *Y.R.*, *R.Ra.Su.* )
- 2) *Madhumalini Vasant* ( *R.Ch.* )
- 3) *Suvarnamalini Vasant* ( *B.R.*, *R.Ch.* )

### METHODOLOGY

- 1) *Laghmalini Vasant*

| CONTENTS  | PARTS        | PROPERTIES   |
|---|--------------|--|
| <i>Shodhit Kharpar</i>                                | 2            | <i>Katu, Tikta Rasa, Deepak, Rasashodhak, Balya</i>  |
| <i>Shudha Maricha</i>                                 | 1            | <i>Katu, Ushna, Deepak, Pachak, Strotoshodhaka</i>   |
| <i>Bhavana Dravya-<br/>Navaneeta<br/>Nimbu Swaras</i> | Q.S.<br>Q.S. | <i>Snigdha, Madhur, Sheet, Vrushya, Balya, Varnaprasadaka<br/>Amla, Deepak, Pachak, Anulomak</i> |

Procedure-

Pound powder *Shodhit Kharpar* & *Shwet Marich*.

To the above mixture add *Navaneet* until it becomes paste and pound.

To this add *Nimbu Swaras* and pound until the unctuousness disappear.

After attaining the *Matrapaka* make pills of 125 mg.

## 2) *Madhumalini Vasant*

| CONTENTS   | PARTS | PROPERTIES  |
|--|-------|---|
| <i>Shudha Hingula</i>  | 4     | <i>Rasayana, Balya, Yogavahi, Krumihara</i>                       |
| <i>Kukutanda</i>   | 4     | <i>Bhruhana, Balya, Garbhaposhaka</i>                             |
| <i>Kachora</i>   | 2     | <i>Sugandhi, Deepaka, Pachaka</i>                                 |
| <i>Maricha</i>   | 2     | <i>Katu, Ushna, Deepak, Pachak, Strotoshodhaka</i>                |
| <i>Priyangu</i>  | 2     | <i>Sheeta, Pittashamaka</i>                                       |
| <i>Bhavana<br/>Dravya-<br/>Dadima Swarasa<br/>Nimbu Swaras</i> |       | <i>Hrudya, Tridoshashamaka<br/>Amla, Deepak, Pachak, Anulomak</i> |

Procedure-

*Shudha Hingula* is triturated 7times with *Dadima Swaras* and allow to dry in Shade.

This *Hingul* is then blended with egg yolk.

Mixture formed is pounded with *Shweta Maricha, Kachora, Priyangu*.

*Nimbu Swaras Bhavana* has been given.

## 3) *Suvarnamalini Vasant*

| CONTENTS  | PARTS        | PROPERTIES   |
|---|--------------|--|
| <i>Suvarna Bhasma</i>                                 | 1            | <i>Rasayana, Balya, Ojovardhaka, Vishanashaka</i>  |
| <i>Mauktika Bhasma</i>                                | 2            | <i>Sheet, Rakt-Pitta Prasadaka, Ojovardhaka</i>  |
| <i>Shudha Hingul</i>                                  | 3            | <i>Rasayana, Balya, Yogavahi, Krumihara</i>  |
| <i>Shudha Maricha</i>                                 | 4            | <i>Katu, Ushna, Deepak, Pachak, Strotoshodhaka</i>   |
| <i>Shodhit Kharpar</i>                                | 8            | <i>Katu, Tikta Rasa, Deepak, Rasashodhak, Balya</i>  |
| <i>Bhavana Dravya-<br/>Navaneeta<br/>Nimbu Swaras</i> | Q.S.<br>Q.S. | <i>Snigdha, Madhur, Sheet, Vrushya, Balya, Varnaprasadaka<br/>Amla, Deepak, Pachak, Anulomak</i> |

Procedure-

*Shudha Hingul* should be pounded and mixed with *Suvarnabhasma*.

*Mauktik Bhasma* is added to above mixture and pounded well.

*Shodhit Rasak Powder & Shwet Marich Churna* are sequentially added to the mixture.

Add *Navaneet* to this mixture and pound until the *Snehavilayana*.

This mixture is then can be triturated with *Nimbu Swarasa* then pills can be made.

| KALPA                       | MATRA    | KALAVADHI  | ANUPANA  | ROGAGHNATA                                       |
|-----------------------------|----------|------------|--|--|
| <i>Laghumalini Vasant</i>   | 1-2gunja | 21-42days  | <i>Pipalli and Madhu</i>                                       | <i>Kasa, Shwas</i>                               |
| <i>Madhumalini Vasant</i>   | ½-1gunja | 8-15days   | <i>Dugdha+ Sharkara.<br/>Dadima paka</i>                       | <i>Balashosha,<br/>Upavishtaka,<br/>Nagodara</i> |
| <i>Suvarnamalini Vasant</i> | ¼-1gunja | Max 40days | <i>Pipalli+Madhu,<br/>Dugdha+Ghrut,<br/>Ashawagandha Ghrut</i> | <i>Kshaya,<br/>Rasayana,<br/>Vandhyatwa</i>      |

## DISSCUSSION

### 1) *Laghumalini Vasant-*

*Kharpara* and *Maricha* are main ingredient of *Laghumalini Vasant*. Which helps to cure *Agnimandya* on Various levels.

Dominance of *Kapha Dosha* in *Balya avastha* is responsible for various *Kapha Vikaras*. *Laghumalini Vasant* with its unique combination helps to cure this *Kapha Vikaras* without bringing excessive *Raukshya* by the presence of *Navanita*.

*Laghumalini Vasant* acts as *uterine tonic*. It pacifies *Strotorodha* by *Ushana, Tikshana guna* of *Maricha* helping in proper nourishment of *Rasadhatu* in *Garbhini*. *Parthivansha* of *Laghumalini Vasant* provides *Sthiratwa* to the *Garbha*. So Miscarriage can be avoided.

### 2) *Madhumalini Vasant-*

Fe and Ca supplementation are the basic needs in pregnancy. In *Ayurveda*, *Madhumalini Vasant* fulfill this demands with *Dadima Swaras* and egg shell.

*Madhumalini Vasant* helps in improving weight of foetus due to presence of *Amagarbha* i.e. egg.

*Karshatwa* is best treated by *Madhumalini Vasant* by the presence of *Hinguladi Dravya*.

### 3) *Suvarnamalini Vasant-*

“*Ashatame Asthira Bhavati Oja*”. Due to presence of *Suvarnamaoutikadi Vishaghna Dravya*, *Ojovrudhi* takes place. Stability of foetus is achieved in 8<sup>th</sup> month.

The combination of *Suvarna, Rasaka, Hingula* improves anatomical and physiological disturbance. Hence proper fertilization could be achieved and infertility can be treated.

*Kharpara+Maricha+Navanit+Nimbu* combination improves *Dhatwagni* and make *Suvarnamaoutikadi Ghatak* to Strengthen cellular rejuvenations.

## CONCLUSION

*Vasant Kalpas* are unique combination of *Sheeta* and *Ushna Dravya*. They help to improve *Agnivyapara* at various levels hence cellular rejuvenation takes place so acts as *Rasayana* and immune buster. That’s why it is rightly said that “*Sarvaroge Vasanta*”.

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