

## Kshirapaka Kalpa with special reference to Arjuna Kshirapaka

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**ABSTRACT :** Ayurveda- the science of life is oldest repository of medical sciences of ancient India. It has two basic objects i.e. maintenance of health and cure of disorders, for this purpose number of Kalpanas (Pharmaceutical forms) are described in accordance with disorders. There are five basic pharmaceutical forms (Panchavidha kashaya kalpana) found in Charaka Samhita. Sushruta has told six forms (Shadvidha kashaya kalpana) including Kshira Kalpana. Thus it is obvious that Kshira Kalpana is original Kalpana referred in Sushruta samhita. In Ashtang Samgraha, similar five Kalpana have been described as found in Charaka Samhita with different names- Nirryasa, Kalka, Nirryúha, Shita and Phanta. In conclusion Arjuna Kshirapaka was first time prescribed by Acharya Vrinda in Hridroga, the bark of Arjuna was used to prepare Arjuna Kshirapaka. Kshirapaka is one of the unique preparations of Ayurveda. In fact through this preparation, potency of a drug is transferred into milk. It is worthy to mention here that water soluble as well as fat soluble fraction of a drug dissolve in the kshirapaka kalpana.

**Key words :** Kashayakalpana, Kshirakalpana, Arjuna bark, Cow's milk, Hridroga.

### INTRODUCTION

Ayurveda-the science of life is oldest repository of Medical Sciences of ancient India. It has two basic objects i.e. maintenance of health and cure of disorders<sup>1</sup>. For this purpose number of Kalpanas (pharmaceutical forms) are described in accordance with disorders. There are five basic pharmaceutical forms (Panchavidha Kashaya Kalpana) found in Charaka Samhita, viz. Svarasa (juice), Kalka (paste), Kashaya (decoction), Shita (cold infusion) and Phanta (hot infusion)<sup>2</sup>. Sushruta has mentioned six forms (shadvidha kalpana) i.e. - Kshira, Rasa, Kalka, Kashaya, Shita and Churna<sup>3</sup>. Thus it is obvious that Kshirakalpana is original kalpana referred in Sushruta Samhita. In Ashtanga samgraha similar five Kalpana have been described as found in Charaka Samhita with different names- Nirryasa, Kalka, Nirryúha (Kvatha), shita and Phanta<sup>4</sup> are the basic panchavidhakashaya Kalpana. Kshirapaka is one of the unique preparation of Ayurveda. In fact through this preparation, potency of a drug is transferred into milk. It is worthy to mention here that water soluble as well as fat soluble fraction of a drug dissolve in it.

On review of Ayurvedic classics, it is found that hundreds of milk preparations are used in various disorders. A few of the Kshirapaka Kalpana with their indications and references are presented here, which are given in table no.1. These references clearly indicate that Kshirapaka Kalpana was one of the important pharmaceutical forms in different period of time. Though, Sushruta has included that Kshira Kalpana as one of the six pharmaceutical forms but in Charaka Samhita Chikitsa

sthana under Rasayana pada, many preparations of Kshira are seen. It is to be noted that neither Charaka nor Sushruta prescribed Arjuna Kshirapaka in cardiac disorders. Arjuna Kshirapaka is the original contribution of Vrinda Madhava's work-Siddhayoga Samgraha.

अर्जुनस्य त्वचा सिद्धं क्षीरं योज्यं हृदामये ।  
सितया पञ्चमूल्या वा बलया मधुकेन वा ॥

(Vri.Ma. 31/10, pg. 464)

### Botanical identity of Arjuna :

In the year 1843, Arjuna was identified by Wight and Arnott as *Terminalia arjuna* (Roxb.) W. & A. It is distributed throughout the greater part of India. In the sub-himalayan tract of the North-West region, common on the banks of rivers, streams and dry water course in central India and South Bihar, Chhota-Nagpur, parts of Mumbai and Chennai.

In Ayurveda apart from bark, other parts of Arjuna viz. Pushpa (Flowers) in Vatarakta<sup>5</sup>, Raktapitta<sup>6</sup>. Patra (Leaves) in Vrana<sup>7, 8</sup> shákhá (Twig) in Dantadhavana<sup>9, 10</sup> are also used.

### METHOD OF KSHIRAPAKA

In Ayurvedic classics, <sup>11 & 17</sup> different methods of Kshirapaka are described which are as follows :

One part of drug is boiled in eight parts of milk with the addition of thirty two parts of water (1:8:32, Drug : Milk : Water) boiled continuously till the water gets evaporated and milk alone is left. The potency of a drug is not transferred when it is directly boiled with milk. Therefore decoction should be prepared before addition of milk preparation<sup>18</sup>.

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द्रव्यादष्ट गुणं क्षीरं क्षीरात् तोयं चतुर्गुणम् ।  
क्षीरावशेषः कर्तव्यः क्षीर पाके त्वयं विधि ॥

(C.D. Jvaradhikara/262, Pg. 21 & G.N. 1/586, Pg. 138; Chi. S.S. Jvaradhikara / 722, Pg. 85; Bhaishajyaratnavali Jvaradhikara/1406, Pg. 393.)

क्षीरमष्टगुणं द्रव्यात् क्षीरात्रीरम् चतुर्गुणम् ।  
क्षीरावशेषं तत्पीतं शूलमामोद्धवं जयेत् ॥

(Vaidyaka Kalpadruma (Prathama Skandha), Pg.17)

क्षीरमष्टगुणं द्रव्यात्क्षीरात्रीरं चतुर्गुणम् ।  
क्षीरावशेषं तत्पीतं शूलमामोद्धवं जयेत् ॥

(S.S.M. Khanda - 2/165, Pg. 330)

क्षीरमष्टगुणं द्रव्यात्क्षीरात्रीरं चतुर्गुणम् ।  
क्षीरावशेषं पक्कव्यं क्षीरपाके त्वयं विधि ॥

(B.P.M. Khanda - 1/164, Pg. 717)

क्षीरादिसहितं च द्रव्यं न सम्यङ्मुक्तस्सं भवतीति  
वारिक्राथपूर्वकं क्षीराद्यैस्तदुपदेशेनानुपदग्धं क्राथयेत् ।

(A.S. Ka.. 8/38, Pg. 1146)

## DISCUSSION

Kshira kalpana is original contribution of Sushruta, as it is one of the kalpana mentioned in Sushruta Samhita. Though Charaka has not included Kshira kalpana among panchavidha kashaya kalpana, but in Rasayana chapter Bhallataka Kshirapaka is prescribed. On review of Ayurvedic classics hundredes of Kshirapaka kalpana are found. A few of them are Kshirapaka<sup>19</sup>, Drakshadi

Kshirapaka<sup>20</sup>, Panchamuladi Kshirapaka<sup>21</sup>, Shunthi Kharjuradi Kshirapaka<sup>22</sup>, Trikantakadi Kshirapaka<sup>23</sup>, Bilva-Varshabhú Kshirapaka<sup>24</sup>, Lakshadi Kshirapaka<sup>25</sup>, Shinshapadi Kshirapaka<sup>26</sup>, Punarnavadi Kshirapaka<sup>27</sup>, Erandmúla Kshirapaka<sup>28</sup> and Arjuna Kshirapaka<sup>29</sup>. They are prescribed in Raktapitta, Kasaroga; Jirnajvara, Shvasa, Kasa, Shirahshúla, Parshvashúla; Malamutra avarodha, shotha; Sarva Jvara; Kshataja kasa; Raktatisára and Hridroga.

Arjuna Kshirapaka was first time prescribed in cardiac disorder by Acharya Vrinda, later on other scholars followed it. The bark of Arjuna is used for Arjuna Kshirapaka, while preparing Arjuna Kshirapaka, the quantity of milk indicated as eight times and water as four times to the milk (1:8:32, Drug : Milk : Water) when only milk remains after boiling is considered as Kshirapaka. Other scholars as- Chakrapanidatta, Acharya Shodhala, Vanga Sen, Acharya Trimal Bhata, Govindadasa Sen, except Yadavaji Trikamji, who is of the opinion that fifteen times of milk be taken to the quantity of drug and similar amount of water be added and boiled till milk remains.

## CONCLUSION

Kshira kalpana is original kalpana of Sushruta and Arjuna Kshirapaka was first time prescribed by Acharya Vrinda in Hridroga Chikitsa and the bark of Arjuna is used to prepare Arjuna Kshirapaka. The botanical source of the Arjuna was identified by Wight and Arnott in 1843, and Species name was given on the basis of classical name- Arjuna, thus the name *Terminalia arjuna* (Roxb.) W. & A. came into existence.

TABLE NO.1 : DIFFERENT CLASSICAL KSHIRAPAKA KALPANA :

S.N.	Kshirapaka	Indications	Reference
1.	Bhallataka Kshirapaka	As Rasayana	Cha.Chi. 1-2/13, Pg.21
2.	Nagaradi Kshirapaka	Jvara, Pipasa	Cha.Chi. 3/237, Pg.120
3.	Shunthi Kshirapaka	Raktapitta	Cha.Chi. 4/84, Pg. 154
4.	Punarnavadi Kshirapaka	shotha	Cha.Chi.12/23, Pg. 298
5.	Saradi Kshirapaka	Kasa	Cha.Chi.18/100, Pg. 466
6.	Sthiradi Kshirapaka	Kasa	Cha.Chi.18/101, Pg. 467
7.	Dashamula Kshirapaka	shula	Cha.Chi. 29/124, Pg. 745
8.	Ashvatthadi Kshirapaka	Parikartika	Cha.Si. 6/66, Pg. 949
9.	Varshabhu Kshirapaka	Sarvajvara	Su.Ut. 39/202, Pg. 197
10.	Shinshapa Kshirapaka	Sarvajvara	Su.Ut. 39/203, Pg. 197
11.	Shunthi Kshirapaka	Hikka	Su.Ut. 50/23, Pg. 370
12.	Drakshadi Kshirapaka	Kasa	Su.Ut. 52/24, Pg. 389
13.	Shunthi Kharjuradi Kshirapaka	Trishna, Jvara, daha	A.S.Chi. 2/40, Pg. 276
14.	Draksha-baladi Kshirapaka	Trishna, Jvara, daha	A.S.Chi. 2/41, Pg. 276
15.	Panchamuli Kshirapaka	Jirnajvara, Shvasa, Kasa, Shirahsula, Parshvashula	A.S.Chi. 2/42, Pg. 276

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16. Erandamula Kshirapaka	Vibandha	A.S.Ci. 2/43, Pg. 277
17. Shunthi-baladi Kshirapaka	Jirnajvara, Vibandha, shopha	A.S.Ci. 2/44, Pg. 277
18. Vrishchiva-bilvadi Kshirapaka	Jvara-shopha	A.S.Ci. 2/50, Pg. 277
19. Shinshapasara Kshirapaka	Jvara	A.S.Ci. 2/50, Pg. 277
20. Shunthi-Kharjuradi Kshirapaka Trishna, Daha,	Jvara	A.H.Ci. 1/109, Pg. 565
21. Drakshabaladi Kshirapaka	Trishna, Daha, Jvara	A.H.Ci. 1/110, Pg. 565
22. Panchamuli Kshirapaka	Jirnajvara, Shvasa, Kasa, Parshrvashula	A.H.Ci. 1/111, Pg. 566
23. Shunthi-baladi Kshirapaka	Vibandha, Jvara, Kasa, Shvasa	A.H.Ci. 1/114, Pg. 566
24. Vrishchiva-bilvadi Kshirapaka	Jvara, Shopha	A.H.Ci. 1/115, Pg. 566
25. Dashamula Kshirapaka	Shula	A.H.Ci. 22/23, Pg. 730
26. Arjuna Kshirapaka	Hridroga	Vr. M. 31/10, Pg. 464
27. Panchamuli Kshirapaka	Shvasa, Kasa, Shirashula, Parshrvashula, Pinasa	C.D. Jvaradhikara/ 261, Pg. 28
28. Trikantakadi Kshirapaka	Mala Mutra avarodha, Shotha, Jvara	C.D. Jvaradhikara/ 263, Pg. 28
29. Vrishchiradi Kshirapaka	Sarva Jvara	C.D. Jvaradhikara/ 264, Pg. 28
30. Erandamula Kshirapaka	Jvara	C.D. Jvaradhikara/ 265, Pg. 28
31. Arjuna Kshirapaka	Hridroga	C.D. Hedrogadhikara/8, Pg. 201
32. Arjuna Kshirapaka	Hridroga	Ci.Sa.S. Hedrogadhikara / 18, Pg. 448
33. Ikshuvalikadi Kshirapaka	Urakshata	Ci.Sa.S. Uraikoata/ 81, Pg. 320
34. Vrishchiva-bilvadi Kshirapaka	Jirna Jvara	G.N. 1/581, Pg. 137
35. Lakshadi Kshirapaka	Kshataja Kasa	G.N. 10/83, Pg. 353
36. Ikshuvalikadi Kshirapaka	Kshataja Kasa	G.N. 10/84, Pg. 353
37. Arjuna Kshirapaka	Hridyamaya	G.N. 26/16, Pg. 620
38. Panchamula Kshirapaka	Sarva-Jvara	S.S.M. Kh. 2/162, Pg. 167
39. Trikantakadi Kshirapaka	Mala-Mutra Vibandha, Kaphaja Jvara	S.S.M. Kh. 2/163, Pg. 167
40. Shinshapadi Kshirapaka	Sarva-Jvara	B.P.M. Kh. 1/112, Pg. 39
41. Punarnavadi Kshirapaka	Shotha	Y.R. Punarnavadi Paka / 1, Pg. 129
42. Pancha Jiraka Kshirapaka	Sutikaroga	Y.R. Pancajirakapaka/1-4, Pg. 429
43. Saubhagyashunhi Paka	Sutikaroga	Y.R. Shaubhagya Shunthipaka/ 1-2, Pg. 429
44. Trikantakadi Kshirapaka	Mala-Mutra, Vibandha, Shotha, Jvara	Bh.R. 1/195, Pg. 71
45. Vrishchiradi Kshirapaka	Sarva Jvara	Bh.R. 1/196, Pg. 71
46. Erandamula Kshirapaka	Jvara	Bh.R. 1/197, Pg. 71
47. Arjuna Kshirapaka	Pittaja Hridroga	Bh. R. 12/6, Pg. 293

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## हिन्दी सारांश

### क्षीरपाक कल्प के विशिष्ट सन्दर्भ में अर्जुन क्षीरपाक – एक अध्ययन

भुवाल राम एवं विनोद कुमार जोशी

आयुर्वेद-जीवन का विज्ञान, प्राचीन भारत की आयुर्विज्ञान के क्षेत्र में एक धरोहर है, इसके दो मुख्य उद्देश्य कहे गये हैं। (१) स्वस्थ व्यक्ति के स्वास्थ्य की रक्षा एवं (२) रोगी व्यक्ति के रोग से मुक्ति। इस हेतु अनेक विध कल्पनाओं को रोग के आधार पर वर्णित किया गया है। यथा-स्वरस कल्क, श्रुत, शीत, फाण्ट। सुश्रुत संहिता में क्षीर कल्पना को जोड़कर षड्विध कल्पना बताई गयी है। इससे सुस्पष्ट होता है कि क्षीर कल्पना सुश्रुत संहिता में वर्णित मौलिक कल्पना है। अष्टांग हृदय में भी पंचविध कल्पना का उल्लेख चरक की भाँति मिलता है किन्तु उनका नाम उनसे भिन्न इस प्रकार है - निर्यास, कल्क, निर्यूह, शीत और फाण्ट। सुश्रुतोक्त क्षीर कल्पना एक मौलिक कल्पना है। अर्जुन क्षीर पाक कल्पना सर्वप्रथम आचार्य वृंद ने हृदरोग में बताया है। अर्जुन क्षीर पाक बनाने के लिए अर्जुन त्वक् का प्रयोग किया गया है। क्षीर पाक आयुर्वेद में एक विशिष्ट कल्पना है। वस्तुतः इस कल्पना के माध्यम से द्रव्य में निहित शक्ति को क्षीर के माध्यम में लाते हैं। यहाँ पर यह उल्लेखनीय है कि जल एवं वसा में घुलनशील औषधि द्रव्य के तत्त्व क्षीर में आ जाते हैं।

