

AVALEHA KALPANA



B.A.M.S 2nd YEAR STUDENT

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Introduction

- लिह् आस्वादने ।
- Dosage form which is neither too thin nor too thick
- Lick-able i.e. semisolid consistency
- Avaleha has been derived from the root word “lih aswadane”. Which means lickables which has good taste.
- It's a Upakalpana of Kwatha kalpana.

- क्वाथादीनां पुनः पाकात् घनत्वं सा रसक्रिया।
सो अवलेहश्च लेहः स्यात् तन्मत्रा स्यात्
पलोन्मिता ॥

शा.सं.म.८/१

Any liquid preparation(kwath, swarasa etc) if boiled and reduced to a thicker consistency, then the thicker mass obtained is called rasakriya, By adding madhura dravya obtained drug is called Avaleha.

Avaleha kalpana was first described by **Acharya Charaka** & it was widely used as Rasayana by charaka, Sushruta, Vagbhata. **Acharya Kashyap** has given importance to this kalpana & he has described separate chapter Leha adhyaya in Sutrasthana. But pharmaceutical principle was firstly described by **Sharangadhara** in Sharangadhar Samhita.

- Other names for Avaleha are Rasakriya, Leha, Lehya, Avalehya, Ghana.

Ingredients

1. Drava dravya: Aqueous medium: kashaya, swarasa or any liquid preparation
2. Madhura dravya: Substrate: Sugar, Sugar candy, Jaggery
3. Praksepa Aushad dravyas: Powdered drugs (rich in volatile principles which makes it palatable)
4. Sneha dravya: Lipid medium: Ghrita and Tilataila
5. Additives: Honey, Tila taila, Salts, kshara, Bhasmas.

Ingredients of avalaha



Drava Dravya

*Asneha pradhana : kwatha ,
swarasa ,
gomutra , jala
Sneha pradhana :
grita , taila*



Madhura Dravya

*Sita ,guda ,
ikshurasa and
madhu*



Prakshapa Dravya

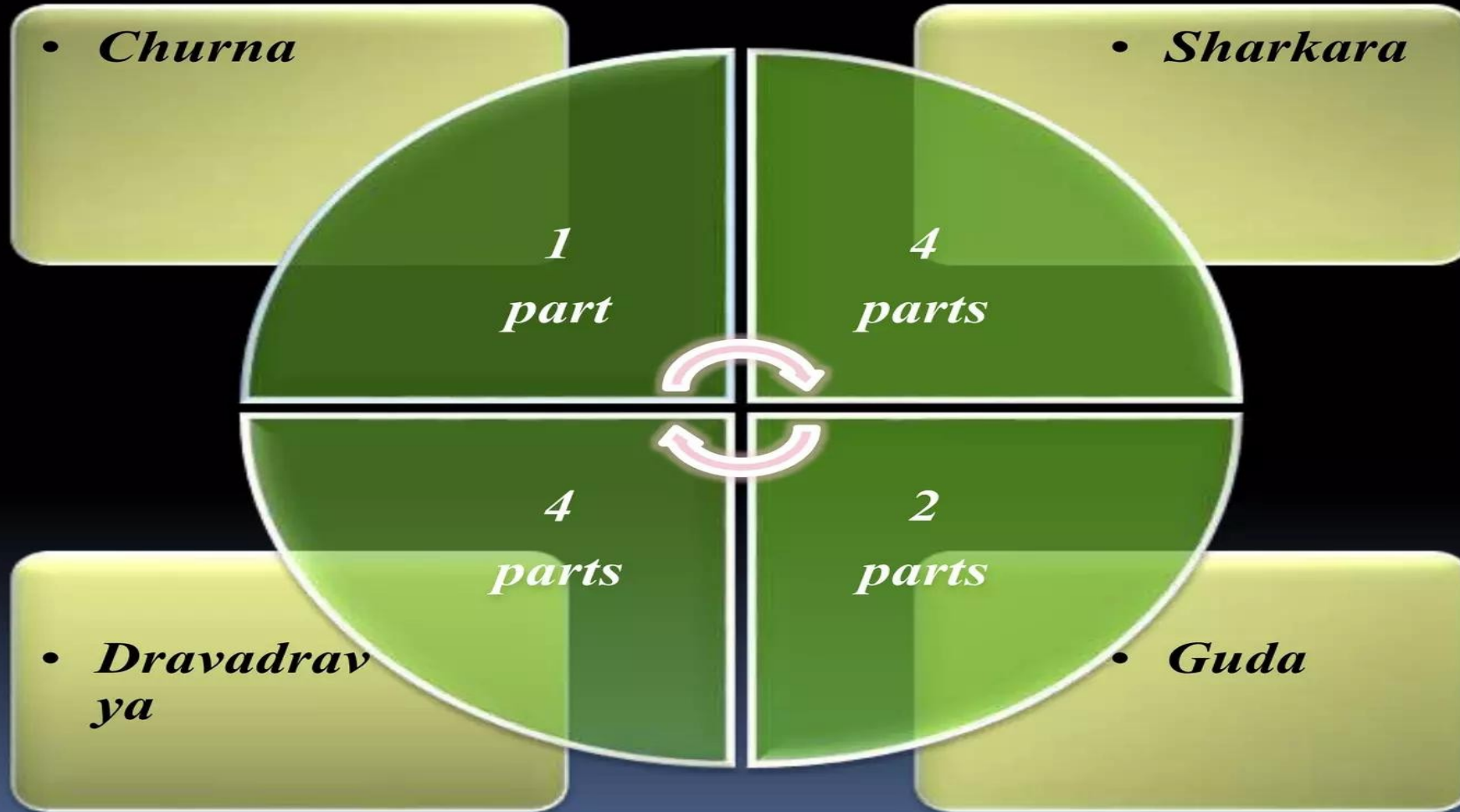
*Samanya –
Kashthaushadi.
Vishesha -
Rasaushadhi*

*Yoga
vahi
,Softn
ess
,self
life ,*

*Bioav
ailabi
lity,
thera
peutic
effica
cy ,
ruchi
kara*

*Palatable , increases self life
, gives instant energy*

Anukta mana



Method of preparation

- The kashaya or swarasa is prepared
- Madhura dravya are dissolved and heated over mild fire,the blend should be filtered to remove physical impurities.
- The filtrate is again boiled to thicker thread like consistency.
- Ghee or oils is added to the preparation just before attaining paka lakshana
- Prakshepa churna should be added after taking out from fire
- Honey is added after cooling and final product is packed and preserved in dry inert containers.

Equipments

- पात्र – non reactive & strong enough to withstand the temperature (Today stainless steel vessels are used to prepare Avaleha. In classics the different types of vessels to prepare Avaleha as listed in next slide)
- दर्बि – same as पात्र
- Heating gadgets
- Clean cloth for filtration

Asanna paka laxana

- *Stickiness of Sugar solution to ladle.*

*Darvi
Pralepatva*

- *Avaleha should come up as thread like if taken out in between thumb and index finger .*

*Tantumattvam (1
Tara, 2 Tara)*

- *When drop of sugar solution is poured into vessel filled with water, it sinks and doesn't spreads in water.*

*Appasu Majjanam
with na Saranam*

- *The drop sinks to bottom but does not spread and easily picked with finger.*

*Appasu
Majjanamwith
Sthiratva*

- *When drop is poured over plate, it does not spread or break.*

*Patitastu Na
Shiryate*

Siddha Paka laxana

***Sukha
Sparsha***

- *Soft to touch*

***Sukha
Marda***

- *Feels soft even after rubbing between fingers.*

***Gandha
, Varna,
Rasatta
poti***

- *Having taste, colour, smell as that of ingredients*

***Pidite
Mudra***

- *Forms impression of thumb when pressed*

Anupana

- दुग्धमिक्षुरसो यूषः पंचमूलकषायजम् ।
वासाक्वाथो यथोयोग्यमनुपानं प्रशस्यते ॥
- शा. म. ८/४

According to Acharya Sharangadhara, Avaleha can be administered along with milk, sugarcane juice, yusha, panchamula kashaya, vasa kwath. Avaleha can also be taken with other liquid substances according to disease.

Avaleha	Anupana	Reference
Kutajastakavaleha	Jala(water), Chagadugda(goat's milk), Manda(gruel)	Sha. Ma. 8/46
Kutajavaleha	Ajadugda(goat's milk), Takra(Buttermilk), Dadhi(curd)	Sha. Ma. 8/38

storage

- ✓ *Avaleha should be kept in wide mouth glass or porcelain container or plastic container by keeping a little space in between lid and material.*
- ✓ *Which should not react with it.*
- ✓ *The vessel should be tightly packed with proper labeling.*

Dose

The dose of Avaleha mainly depends upon Roga Bala and Rogi Bala and also intention for which Avaleha is used.

-तन्मात्रा स्यात्पलोन्मिता ॥ - शा. म. ८/१
-तन्मात्रा कर्षसम्मिता ॥
- द्र.वि.उत्त.२/६० आ. यादवजी
- ✓ *1 Karsha [12 gm]..... Y.T.ACHARYA*
- ✓ *1 Pala [48 gm].....SHARANGADHARA.*

Shelf life and Examples

❑ Sa veeryata avadhi - 1 year

Ex :

- Chyavanaprasha avaleha
- Vasavaleha
- Kushmanda avaleha
- Soorana avaleha

Advantages

- Palatability
- Water & lipid soluble extracts are achieved
- Increased shelf life
- As they are carbohydrate in nature provides instant energy.
- बल्य, रसायन

Charak samhita

SL NO.	ADHIKARANA	YOGA
1.	RASAYANA	BRAMHA RASAYANA, CHYAVANA PRASHA, LOHADI RASAYANA, MEDHYA RASAYANA, PIPPALI RASAYANA, INDRI RASAYANA, INDROKTA RASAYANA. TRIPHALA RASAYANA.
2.	GULMA	DANTI HARITAKI
3.	RAJAYAKSHMA	YAKSHMA NASHAKA LEHYA
4.	KSHATAKSHEENA	SARPI GUDA
5.	ARSHA	KUTAJADI RASAKRIYA
6.	KASA	CHITRAKADI, AGASTYA HARITAKI, TWAGADI, PIPPALYADI, HARITAKI
7.	HRUDROGA	UDUMBARADI LEHA
8.	AVRUTA VATA	CHYAVANAPRASHA, ABHAYAMALAKI

Astanga hridaya

SL NO	ADHIKARA	ROGA
1.	KASA	KANTAKARI AVALEHA, MADHUKADI LEHA, VASISTA HARITAKI, VIJAYAVALEHA
2.	RAJAYAKSHMA	ELADI SARPIGUDA
3.	ARSHA	KUTAJAVALEHA
4.	VIDHRADHI	SUKUMARA RASAYANA
5.	SHAVATHU	DASHAMOOLA HARITAKI

Bhaishajya ratnavali

SL NO	ADHIKARA	ROGA
1.	HIKKASWASA	BHARANGI GUDA, KULATHA GUDA
2.	SWARABHEDA	NIDIGDHAKA VALEHA, KALYANA VALEHA
3.	CHARDI	JATYADI LEHA
4.	VATAVYADI	KALYANA VALEHA
5.	ASHMARI	GOKSHURYADI VALEHA
6.	PRAMEHA	SHALASARADI LEHA, VANGA VALEHA
7.	SHOTHA	PUNARNAVADI LEHA

Thank You!



