



## Review Article

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### REVIEW ON AVALEHA KALPANA

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#### ABSTRACT

Avaleha Kalpana was first described by Acharya Charak & it was widely used as rejuvenator by Acharya Charak, Vagbhat and Sushrut. It is most popular due to its dosage form, which helps in easy administration; palatability and long shelf life. As this formulation is licked so it is termed as Leha. The oral trans-mucosal route has significant potential for drug delivery both systemically and locally. Avaleha can be called as a food or part of the food that provides medical or health benefits including prevention and treatment of disease.

**Keywords:** Avaleha Kalpana, Pharmaceutical Procedure, Review

#### INTRODUCTION

Avaleha is defined as “It is semisolid preparation prepared by solidifying any of the decoction or extraction of different herbs along with sweetening agents’ fine powder of medicinal drugs as a Prakshepa Dravya (Condiments), Ghruta (Ghee) and Madhu (Honey) as mentioned.<sup>1</sup> It is an Upkalpana of Kwath Kalpana.

Now a day’s Avaleha can be called as a food or part of the food that provides medical or health benefits including prevention and treatment of disease. It is most popular due to its dosage form, which helps in easy administration; palatability and long shelf life. Avaleha are intending to provide better drug absorption through the oral cavity. The oral trans-mucosal route has significant potential for drug delivery both systemically and locally

#### Historical Review

Avaleha Kalpana was first described by Acharya Charak & it was widely used as rejuvenator by Acharya Charak, Vagbhat and Sushrut. Acharya Kashyap has given importance to this kalpana & has described separate chapter Leha Adhyay in Sutrasthana. But pharmaceutical principle was firstly described by Sharangdhar in Sharangdhar Samhita.

#### Etymology

The word Avaleha has been derived from the root word “Lih Aswadane” in which “Lih” means substance which licked Aswadane is termed as good taste. As this formulation is licked so it is termed as Leha.<sup>2</sup>

#### General procedure for Avaleha preparation

##### Essential ingredients

Dravadravya (Liquid substances) - Kashaya, Swarasa and Phanta etc.

Sneha Dravya (Lipid medium) -ghee, oil etc.

Madhura Dravya (Sweet agents)- jaggery, sugar and honey etc.  
Prakshepa Dravya (Condiments)

According to Dosha predominance

Vata Dosha– Guda.

Pitta-Sharkara.

Kapha- Madhu

##### Quantity of ingredients

Generally, the quantity is already mentioned as per the formulation and if the quantity of any ingredients is not mentioned the general ratio is as<sup>3</sup>

**Sita (Sugar candy)** – 4 parts

**Guda (Jaggery)** – 2 parts

**Dravadravya (Liquid substance)** - 4 parts

**Churnas (Herbal powder)** - 1 part

Many of Avaleha have the specific variety of ingredients, they are given in the table 1.

#### Pharmaceutical Procedures

##### Purvakarma

Preparation of Swaras, Kalka, Kwath Prakshepa Dravya as mentioned in classical reference

##### Pradhana karma

Madhura Dravya is added to freshly prepared Kwatha or Swarasa and Mild, continuous and uniform heat is given till Siddhi Lakshana appears. There are two types of Paka Lakshanas they are Assannapaka Lakshanas, those that are seen before Paka, these signs indicate concentration of sweet substance in liquid material, which directly influences the final form of medicaments. Supakva Avastha Lakshana. These signs mark the organoleptic characters of final form of Leha i.e. after addition of Prakshepa Dravya, Sneha and Madhu.

Asannapakva and Supakva Lakshana of Avaleha are given in table 2 & 3.

Table 1: Ingredient of different Avaleha

Charak Samhita				
Avaleha	Liquid	Guda	Ghrita	Honey
Brahmrasayana	Kwath	Sita	+	+
Bramhrasayana 2	Kwath	-	+	+
Chavynaprasha	Kwath /Kalka	Matsyandika	+	+
Dantiharitaki	Kwath /Kalka	+	Taila	+
Kansharitaki	Kwath	+	-	+
Dhatriavaleha	Swarasa	Sugar	-	+
Chitrakadileha	Kwath /Kalka	Matsyandika	+	+
Agastyaharitaki	Kwath	+	+	+
Haritakileha	Kwath	+	-	-

Astanga Samgraha				
Avaleha	Liquid	Guda	Ghrita	Honey
Vyaghrileha	Kwath	Matsyandika	+	+
Agstyavaleha	Kwath	+	+	+
Vashisthavaleha	Kwath / Swarasa	+	+	+
Kutajavaleha	Kwath	+	+	-
Dantiharitaki	Kwath	Taila	+	+
Drakshadiavaleha	Swarasa /Kalka	Sugar	-	+
Dasmolharitaki	Kwath	+	-	+
Brahmrasayana	Kwath /Kalka	Sugar	+	+
Chavynaprasha	Kwath /Kalka	Matsyandika	+	+

Astanga Hridayam				
Avaleha	Liquid	Guda	Ghrita	Honey
Durnamajitavaleha	Kwath	Sugar	+	+
Kushmandakrasayana	Swarasa /Kalka	Sugar	+	+
Agstyavaleha	Kwath	+	+	+
Vashisthavaleha	Kwath / Swarasa	+	+	+
Haritakileha	Kwath	+	-	-
Drakshaoivaleha	Swarasa /Kalka	Sugar	-	+
Brahmrasayana	Kwath /Kalka	Sugar	+	+
Chavynaprasha	Kwath /Kalka	Matsyandika	+	+

Sharangdhar Samhita				
Avaleha	Liquid	Guda	Ghrita	Honey
Kantkaryavaleha	Kwath	Sugar	+	+
Chavynaprasha	Kwath /Kalka	Matsyandika	+	+
Kushmandavaleha	Kwath /Kalka	Sugar	+	+
Agastharitaki	Kwath /Kalka	+	+	+
Kutajavaleha	Kwath	+	+	+
Kutajastakavaleha	Kwath	-	-	-

Bhaishajya Ratnavali				
Avaleha	Liquid	Guda	Ghrita	Honey
Agstaharitaki	Kwath	+	+	+
Amritbhallataka	Kwath	Sugar	+	-
Amalakyadivaleha	Swarasa	Sugar	-	+
Kacchatavaleha	Kwath	Sugar	-	+
Kantkariavaleha	Kwath	Sugar	+	+
Kutajavaleha	Kwath	Sugar	-	+
Kushavaleha	Kwath	Khand	-	-
Kushmandavaleha	Kalka	Sugar	+	+
Khandkushmandavaleha	Swarasa	Sugar	+	-
Gokshrudiyavaleha	Kwath	-	+	-
Chitrakaharitakiavaleha	Kwath	+	-	+
Dashmoolaharitaki	Kwath	+	-	+
Nidagdhikavaleha	Kwath	+	-	+
Bhadrutkatavaleha	Kwath	Khand	-	-
Bhallatakavaleha	Kwath	Sita	+	-
Madhukadavaleha	Swarasa	Sita	-	-
Vasavaleha	Kwath	Sugar	+	+
Vyaghriharitaki	Kwath	+	-	+
Sharivadyavaleha	Kwath	-	-	+
Sharivadyavaleha	Kwath	-	-	+

**Table 2: Asannapakva Avastha Lakshana of Avaleha**

Signs	Illustration
Tantumvatvam	Darvi Pralepatva Stickiness of Sugar solution to ladle When drop of in process (Heating) sugar solution is put over thumb, keep the index finger over it and stretching of index finger produces thread in between thumb and index finger.
Appasu Majjanam With Saranam	When drop of sugar solution is poured into vessel filled with water, it sinks and spreads in water.
AppasuMajjanam with Sthiratva	The drop sinks to bottom but does not spread and easily picked with finger
Patitastu Na Shiryate	When drop is poured over plate, it does not spread or break.

**Table 3: Supakva Avastha Lakshana of Avaleha**

Signs	Illustration
SukhSparsha	Soft to touch
SukhMarda	Feels soft even after rubbing between fingers
Gandha, Varna, Rasattapoti	having taste, color, smell as that of ingredients
Pidite Mudra	Forms impression of thumb when pressed

#### **Duration for Paka**

Aacharya Shrangdhar opines that the Ghrita, Taila and Guda preparations should not be prepared in one day. In classical literature there are references available that after final preparation of the Avaleha it should be kept in certain place for certain days for mature.<sup>4</sup>

#### **Paschata Karma**

Prakshepa Dravya (Additives). These are added in Avaleha to increase the potency. It can also increase the palatability of drugs. They are of two types as Kasthoushadhis (Herbal powder) and Rasoushadhis (Metal and mineral)<sup>5</sup>

#### **Matra (dose) of Avaleha**

Dose of Avaleha varies from 1 Karsha(12g) to 2 Palas (96g).<sup>6</sup> So the dose can be decided by the physician after seeing the severity of the disease and the digestion capacity of the patient. This is to ensure that it should not be interfere with the normal diet of the person.

#### **Anupana (Adjuvants)**

The commonly used Anupanas are milk, sugar cane juice, Panchamuli Kashaya, Vasa Kwatha or other liquid substance as per disease.<sup>7</sup> These are the Drava Dravya (liquid substances), which are to be taken after consuming Avaleha. These help in proper absorption even as it exerts clinical effect on the doshas in varying digress

#### **Storage**

Avaleha must be stored in an airtight, moisture free container with proper labeling and packaging

#### **Shelf Life**

One year according to Acharya Sharangdhar

#### **Time of Administration**

According to disease or Dosha

#### **Uses**

- 1) As Rasayana- Chyvanaprasha Avaleha etc.
- 2) As Drug – Kamsa Haritaki, Danti Haritaki etc. However, Avaleha yogas are widely used for Vaman and Virechana.<sup>2</sup>

#### **CONCLUSION**

Avaleha Kalpana is most important Kalpana since ancient time. Many of Avaleha have special variety of preparations like Chyavanprash, Vasavaleha, Agastya haritaki avaleha, etc. Now a day's it is gaining popularity because of its easy mode of administration and palatability. It can be included under the aegis of nutraceuticals in Ayurveda, due to its medicinal properties as well as nutritional value.

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