

# Literary Review on Charak Kalpa Sthanaa W. S. R. To Chakrapani Teeka

Vaidya Shashi Tiwari<sup>1</sup>, Dr Rishabh Jain<sup>2</sup>, Dr Vipul Singh<sup>3</sup>

<sup>1</sup>P. G. Scholar - 3rd year Samhita Evam Siddhant Vibhaga Quadra Institute of Ayurveda Roorkee. U. K

<sup>2</sup>Hod and guide Quadra Institute of Ayurveda, Roorkee – Haridwar (Uttarakhand)

<sup>3</sup>Co Guide Quadra Institute of Ayurveda, Roorkee – Haridwar (Uttarakhand)

**Abstract**—Charaka Samhita is divided into Sutra (30), Nidan (8), Viman (8), Sharir (8), Indriya (12), Chikitsa (30), Kalp (12) and Siddhai (12) Sthanaa. In Kalp Sthanaa there is 6 chapter on Vaman Kalpas and 6 chapter on Virechan Kalpas. There is detailed literature about these herbs like Synonym, storage, collection method, mode of preparation of various Kalpas according to need of patient and diseases, detailed procedure of Vaman Karm and also Virechana Karm, their Ayog and Atiyog and handling of these situations too, Maan ie measuring scale of Dravyas, and solution of many other challenges which a practitioner's face in his practice or Panchakarma practice. Some Yogas like Kalyanak Gud, Vyoshadi Gudika, Pathyadi Modak like preparations which a practitioner can use easily use and can get desirable result in his practice.

**Index Terms**—Charak Kalp Sthanaa, Vaman yoga, Virechana yoga, Panchakarma, Literary review of Charaka Kalpa Sthana.

## I. INTRODUCTION

“Charake Tu Chikitsate” ie for clinical practice or Chikitsa, Charak Samhita is best. It is best due to its specific Aushadhiya Yogas and procedure or therapeutic methods which is explained in Kalpa and Siddhai Sthanaas for Shodhan or purification of body. According to Acharya Charak the main aim of Ayurveda is “Swasthasya Swasthya Rakshnam Aaturasya Vikara Prashamanam”. For fulfilling this motive, after Nidan parivarjan we need Aushadhiya yoga's which act in the form Deepan, Paachan, Anuloman, Vyadhi-haran, Vyadhi-shaman and after treatment of Vyadhi, uses of Rasayan and Vajikaran Aushadhiya to restore the health. In case of Chronic Diseases or Krichchha Vyadhi, Shodhan or

purification is needed, for this purpose Shodhan by Amashaya (upper part of body) ie Vamak Aushadhiya yoga or from

Pakwashaya (lower part of body) ie Virechana yoga is needed. Charak Kalp Sthana works wonderfully by providing detailed 6 chapter of Vaman yoga and 6 Chapter of Virechan yoga in it. It provides different yoga's for different diseases in different condition in different persons in its tremendous form.

## II. AIM AND OBJECTIVE

Review the Charak Kalp Sthanaa for more easy and suitable yoga's and other Combinations in it to further enhance easy clinical practice of Panchakarma in indoor and day to day OPD level Panchakarma practice.

## III. MATERIAL AND METHODS

Charak Samhita - Kalp Sthanaa, Different Vaman and Virechan yoga in day-to-day clinical practice. How to collect, store and use in different condition with different combination to achieve maximum result.

## IV. RESULT AND DISCUSSION

1. Description of Habitats - Jangal, Anup and Sadharan Desh condition in the form of Dosha like Jangal (Vaata - Pitta dominant) and Anup is Kafa Dosha dominates, flora and fauna (plant and animal variety) and other information's too. Desh Sampad is appropriate Desh or Habitat for suitable Herbs or drug - growth and development like Aindri or Brahmi in Himalaya region

along with their appropriate climatic condition like rain and other things.

2. Kal Sampad - ie appropriate time and Method of drug collection in which herbs should be collected according to their use like Agney Dravya in Summer season and Saumya Dravya in winter season, leaf in rainy and spring season, Bark in autumn season and flower in their flowering season.

3. Guna Sampad - Herbs with their proper Ras, Guna, Virya and Vipaka.

4. Bhajan Sampad - Appropriate method of collection, storing and preserving in appropriate environmental conditions. Proper Ventilation and no humidity with east or north facing doors, free from termites, insects and rodents, Dushta, animals in that room.

Container should be of such kind that they increase the potency of the herbs.

By this good quality of herb is attain and used so for maximum result in clinical practice.

5. Anupan or Sahapan should be according to Dosha. Vaataj Conditions - Sura, Sauvir, Tushodak, Mairey, Medak, Dhanyamla, sour curd.

Pittaj Conditions - Mridwika, Amla, honey, Yastimadhu, Falasa, Fanit, milk.

Kafaj conditions - Honey, Gomutra, Kafanashaka Kashay.

6. Vamana Karm procedure -

A. Purva Karm - Snehan and Swedan - 2- 3 days with appropriate Sneh (Medicated Ghrit for Abhyantar Sneh and Abhyanga with medicated oil).

Day before Vaman Karm give Kafa Utkleshak Ahar like Gramya, Anup, Audak Mansras, milk, curd, Urad, Til, Shak in the night.

B. Pradhana Karm - Next morning do Bali, Mangal, Homa, Prayaschita Karm before actual Karm. Then give Ghee with Yavagu to the person. Then give Abhimantrita Madanafala Pippali Churna (Antarnakhamushti Praman) soaked overnight in Yastimadhu, Kovidar, Karbudar, Neep, Jalveta, Bimbi, Shanapushpi, Sadapushpi, Apamarga decoction and crushed and sieve in and mixed with honey and Saindhav salt. It should be lukewarm. There is a proper Mantra for it. Follow these rituals or holy steps to attain good result

with no complication. Rogi face should be towards east or north during consumption of Decoction and drink up to Aakantha so that vomiting started and repeat the decoction up to Pittant Vaman in Kafaja Jwar or Gulm or Pratishtyay Rogi.

In case of Hinavega give Lukewarm salt water with Pippali, Sarshapa and Vacha Kalka many times for Pittant Vaman.

Honey and Saindhav salt is added in Vamak yoga for Kafa Vilayan and Chhedan Karm in hot decoction. It is not Virodhi because it expel out in Vaman Karm from body.

C. Pashchat Karm - follow Proper Sansarjan Karm.

7. A. In case of Tivra Kafa Praseka, Granthijwara, Udara Roga and Aruchi give Madanafala pippali Vati prepared with Kovidaradi decoction. Matra is equal to Amalaki, Haritaki or Bibhitaki Pariman. Total 8 Vati yoga is defined here.

B. In case of Adhoga Raktapitta and Hridayah give Siddha Ksheera or Siddha Yavagu of Madanafala.

C. In case of Kafaja Chhardi, Tamaka Shwas and Prasek give cream formed from Siddha Ksheera with Madanafala.

D. In case of Pitta Prakopa and Kafa Upalepita Urah, Kantha and Heart give cold cream formed from Siddha Ksheera of Madanafala. Dose is 4 Pal or 16 Tola or 160 gm.

E. In case of Kafavridhi Janya Agnimandya give butter formed from Siddha Ksheera mixed with Faladi Siddha Kalk or Qwatha.

F. In case of Sukumar, Utkleshita Pitta, Kafa and Vamaka Aushadha Dweshi give Ghreya form ie give Churna for smell putting on flower like lotus. This is prepared by 21 Bhavana of Kashay mixed with it's own Churna. In this yoga Pathya is Krishra, milk and Yavagu mixed with Saindhava Salt with Guda and Rab. It should be Aakantha - Paana.

G. There is 20 Avaleha yoga, 20 Utkarika or Modak Yoga, 15 Apup or Shashkuli yoga, Swaras Yoga and other Yoga of Madanafala too.

H. Synonyms of Madanafala are Madanah, Karahat, Ratha, Pinditak, Fala and Shwasan. Total 133 yoga of Madanafala defined by Acharya Charak in first chapter of Kalpa Sthana ie Madanakalpadhyaya.

8. A. Synonym of Jimutaka - Garagari, Veni, Devatadak.

B. Herbal properties of Jimutaka - TriDoshaghn, Jwar, Shwas, Hikka.

C. Yoga - Churna of fruit of Jimutaka in Shukti Matra ie 2 Tola or 20 gm with milk. 6 yoga with milk.

D. One Yog of Jimutaka with Madira. Manda use in Kafaja Arochaka, Kaas, Pandu and Yakshma.

E. 12 Decoction Yoga of Jimutaka with Guduchi, Apamarga, Yastimadhu, Neem Kashay, Kutaja, and other herbs in Pitta Kafa Jwara. 7 Decoction Yoga with Aaragwadha, Patha, Patla and other herbs.

F. 8 Matra yoga of Jimutaka - Dose is 1 Kola ie 5 gm.

G. Use of Jimutaka fruit Churna with Ikshu, Shatavari, Jivaka, Rishabhaka in Pitta- Kafaja Jwara or Vaat - Pitta Jwara.

H. Ghee formed from Jimutaka Siddha Ksheer with Faladi Kashay. It is best for Vamana. Total 39 Vamak yog by Jimutaka.

9. A. Synonyms of Ikshvaku - Lamba, Katukalabu, Tumbi, Pindafala, Falini.

B. Indications of Ikshvaku - Kas, Shwas, Visharoga, Chhardi, Jwar, Kafakarshita, palpitations.

C. Soft leaf of Apushpa Ikshvaku Siddha with Ksheera use in Pittodrikta Kafajwara. Other 4 Yogas of Ikshvaku is prepared with other deriVative of milk like earlier. Fifth yoga is formed with SuraManda.

D. Yoga of Ikshvaku Swaras Siddha with milk (Triguna) in Urah Sthita Kafa, Swarabhed, Peenasa.

E. Curd prepared from Falamajja of Ikshvaku with milk use in Kafaja Kaas, Kafaj Shwas, Kafaja Vaman.

F. Give Ajaksheer 7 Bhavana to Ikshvaku seed Churna and form Churna, use in Vishavikar, Gulm, Udararoga, Granthirog, Gandamala, Galaganda and Shlipad with goat milk.

G. Mastu formed with Ikshavaku fruit pulp, use in Pandu, Kushtha, Vishavikar. Cooked Ikshvaku pulp with buttermilk and add with honey and Saindhava salt for use in Pandu, Kustha and Vishavikara.

H. Ghreya Yoga formed from flower and fruit Rasa dried in sun and make Churna from it then sprinkle on flower or garland for smell, use in Sukumar.

I. Siddha Ikshvaku fruit pulp with Til and Gud or Ghee formed from its Siddha Ksheer.

J. Ikshvaku can be used in Vardhaman Kram too by its seed soaked in Faladi Decoctions. 100 seed amount is too much, take it upto 50 seed, can start from lower

dose less than 10 in practice. It depends on Vaidyas Yukti.

K. Sheeta Kashaya of Ikshvaku with Yashtyadi Qwath - Total 9 Yoga. 8 Vati Yoga, 5 Leha Yoga.

L. Mantha Yoga of Ikshvaku use in Kafaja Jwara, Kas, Kantharoga and Arochaka.

M. Mansa Rasa Yoga of Ikshvaku seed Kalk use in Gulm, Prasek and Prameh. It doesn't create weakness and gives Samyak Vaman so can easily use in these patients. Total 45 yoga by Ikshvaku.

10.A. Synonyms of Dhamargava - Karkotaki, Kothafala, Mahajalini, Rajakoshataki.

B. Indications of Dhamargava - Garavisha, Gulma, Udara, Kas, Vaat in Amashaya, Kafa in Kanth and mouth and Sthir, Guru Roga.

C. Useful part of Dhamargava - fruits, flower, Prawal (soft leaf).

D. 9 Yoga of Swaras of soft leaf with Kovidaradi Kashayas, 4 Ksheer Yoga, SuraManda Yoga, Ghreya Yoga, 10 Purisha Yoga.

E. In Gulm, Udararoga, other Kafaja Vikara use its Gud (jaggery) preparation formed by filling Gud in Fala removing its majja part with Kovidaradi Kashayas.

F. Use its fruit with food in Chhardi and Hridaroga.

G. 10 Avaleh Yoga of this with Jivaketyadi use in Hridadaha and Kas. If Kafa is Vitiated with Pitta then give warm water as Anupan in this Yoga.

H. In all type of poisoning use Dhamargava Kalk form with Dhanian and Tumberu Yush.

I. In Manovikaras use it with Jaati and other herbs. Total 11 Yoga for mental disorders by this. So Total 60 Yoga by Dhamargava.

11. A. Synonyms of Vatsak - Kutaja, Shakra, Vrikshaka, Girmallika. Its seed is known as Indrayava and Kalingaka.

B. Male plant have big fruit, white flower and oily skin leaf and female plant opposite to this have Shyam or Arun color flower with small fruit twig.

C. Indications of Vatsaka - In Raktapitta and Kafaja Vikara of Sukumar, Hridaroga, Jwara, Vaatarakta and Visarpa.

D. 9 Yoga of seed of Vatsaka with Yastimadhu Decoction or Kovidaradi Decoction use it in Sheet form with honey and Saindhava for expulsion of Pitta and Kafa. Amount should be Antarnakhamushti.

E. Seed Churna with Bhavana of Arka Ksheer (8 Bhavana), use it with Jivaka decoction. Matra is Paanitala. It can use it with different Decoction of Faladi with honey and Saindhava. It's seed can also use with Sarshap decoction, Madhooka decoction or with saline water, Krishara made from Tila too. Total 18 Yoga of Vatsaka is described here.

12. A. Synonym of Kritavedhana - Kshveda, Koshataki, Mridangafala.

B. Indications of Kritavedhana - It is too much Katu, Tikshna and Ushna so use in deep seated Kushtha, Pandu, Pliha, Shopha, Gulm and Garavisha.

C. Yoga - 4 Ksheeradi Yoga, Sura Yoga, 9 fruit powder Yoga with Faladi decoction or make 9 Avaleha Yoga, Pichhha Yoga with Shalmali Moola Churna, Varti Yoga and Ghrita Yoga, 7 Mansa Rasa Yoga, IkshuRasa Yoga in Kaasa Rogi. Total 60 yoga by Kritavedhana. Net total Vamak yoga 355.

13. A. Synonym of Trivrit - Tribhandi, Shyama, Kutarana, Sarvanubhuti and Subaha.

B. Properties of Trivrit - Kashay, Madhura, Katu in Vipaaka, Kafa - Pitta Prashamani, Vaat Prakopak due to Ruksha, Sarvarogahara with Vaat- Pitta - Kafashamak Aushadh or Particular decoction.

C. Type of Trivrit - on basis of Moola have 2 type, one is Shyama Moola Trivrit - create Moha, Murchcha due to Aashukarita, Karshan in heart and Kantha and expel maximum Doshas, so use in Krura Koosht with maxim Dosh and other type is Arun Moola Trivrit - best, use for Sukumar, Shishu, Vriddha, Mridu Koshtha.

D. Collection method of Trivrit - person should kept fast and wearing white clothes and take it in Shukla Paksha, of appropriate land with deep rooted smooth bark and dry it and store it.

E. For Virechan, first do Aabhyantar Snehpan, after Samyaka Snehapan do Abhyanga and Swedan. Day before Virechan give Peya. Next morning give Trivrit Yoga, by this nice Virechan achieved.

F. (1). 9 Yoga of Trivrit - Its Kalk in 1 Aksha Matra ie 10 gm mixed with any of them like Kanji, Gomutra, Avimutra, Ajamutra, Mahishamutra, Sauvira, Tushodaka, Prasanna and Trifala Qwatha.

(2). 12 Churna Yoga of Trivrit - Give mixture of Trivrit Churna (double amount) with equal amount of Shunthi and Saindhavadi Dravyas ie Lavanaskandha. Its Anupan is Ushnodaka.

(3). Mix Trivrit with half amount of following Dravyas in Gomutra to form 18 Yogas. These Dravyas are Pippali, Pippalimmola, Marich, Gajapippali, Saral, Kilim, Hingu, Bhargi, TejoVati, Musta, HaimaVati, Pathya, Chitraka, Rajani, Vacha, Swarnakshiri, Ajamoda, Shringavera.

(4). Half part of Yastimadhu Churna with one part of Trivrit Churna with Sharkarambu.

(5). For Vaata- Piitaj Vikara or Vaata - Kafaja Vikara use it with Jivakadi Churna. Again Anupan is Sharkarambu. Most commonly found Dravyas in these Yoga are Guduchi, Yastimadhu and Arkapushpi, so can easily use in clinical practice.

(6). Trivrit Churna can easily used with half amount of either these Dravyas like Ksheer, Mansaras, Ikshu Rasa, Kashmari Swaras, Draksha Rasa, Pilu Rasa.

(7). Other Yoga of Trivrit are

a. Give It's Churna with Mishri, Honey and Ghee for Lehan.

b. In Case of Sannipataj Jwar, Stambh, Dah, Trishna give it with Ajagandha, Tugaksheeri, Vidari for Lehan with honey and Ghee.

c. Trivrit Avaleh -1 is good for Krura Koshthi and Bahu-Dosha Rogi.

d. Trivrit Avaleh -2 formed by mixing of cinnamon, bay leaf and pepper as Prakshepa Dravyas is good for Sukumara.

e. Trivrit Avaleh -3 is also good for Vriddha Pitta and Sukumara person. Othert herbs are Ikshuras, Draksha Rasa, Pilu Rasa and Falsaras. For Pittaja person make Sharkara, Modaka, Varti, Gulika, Mansa Rasa and Apupa.

f. For Virechan in Kafaja person use Trivrit Churn with Pippali, Shunthi, Kshar and add honey too. Make Trivrit Avaleh -4 by adding Swaras of Matulunga, Abhaya, Dhatri, Shriparni, Dadim, roasted in Tilataila, and add Aamra, Kapittha Churna and also add Prakshep dravya like cinnamon, bay-leaf, Musta and Ela, use with honey in Sukumar persons. Use Paanak, Mansaras, Yusha, Modaka and Ragashadav.

g. Use Tarpana Yoga for Vaata, Pitta, Kafaja, Vyadhi and also in Mandagni Purusha. It is formed by mixing Cinnamon, Ela, Nili root and Trivrit Churna with Sharkara. Add this in Fruit juice, honey and Saktu. Virechan without complications in Sukumara persons achieved by this.

h. Modak Yoga -1 made Sharkara, Haritaki, Amalaki, Bibhitaki, Shyama Trivrit, Pippali and honey. Use this

for Virechana in Sannipataj jwara, Urdhwaga Raktapitta, Jwara.

i. Modaka Yoga - 2 made by Trivrit, Trifala, Vidanga, Pippali, Yavakshara, Ghee, honey and Guda. This Yoga doesn't need much Does and Don'ts. Use it in Gulma, Plihodara, Shwas, Halimaka, Arochaka and other Kafaja Vikara.

f. Kalyanak Gud - it is a nice Yoga which start with Vidanga and consist of Trifala, and other herbs along with Til Taila, Trivrit Churna, Amlaki Swaras and Gud major part. It is use in Vati form and in maximum Vikaras of body like Digestive disorder, skin disorders, Pandu, Shwas, Kas, Infertility and many more. It can use in all season with minimum Pathyapathya.

g. Vyoshadi Modaka or Gudika - Best Virechan Yoga for all type of Vishavikara i.e. in all type of toxicity or poisoning. Also use in Urinary disorders, digestive disorder and Shwas, Kas and Pandu. Major Ingredients is again Trivrit, honey and Vyosha.

h. Pathyadi Modaka use in Sukumara person. Ingredients are Haritaki, Amlaki, Eranda along with Trivrita Moola. Give Lehan with honey.

i. Trivritadi Modaka - use for all type of pain in body and Shwas, Kas.

j. Seasonal Virechan Yoga of Trivrit is also described by Acharya Charak in Kalpa Sthanaa.

A. Varsha Ritu Virechan Yoga - use Trivrit with Indrayava, Pippali, Sunthi and mix it with honey and grapes juice.

B. Sharad Ritu Virechan Yoga - Use Trivrit with Duralabha, Musta, Sharkara, Udichya, Chandan, Yastimadhu, Saptala and mix them in Grape's juice.

C. Hemant Ritu Virechan Yoga - Use Trivrit with Chitraka, Patha, Ajaji, Sarala, Vacha and Shwarnakshiri, give it with Usnodaka.

D. Grishma Ritu Virechan Yoga - Mix equal Sharkara with Trivrit and use it Ushnodaka.

E. All Ritu Virechan Yoga - Gomutra Bhavit Trivrit, Trayamana, Haubera, Kutaki, Shwarnakshiri Churna. Mixture of Trivrit, Shyama, Duralabha, Vatsaka, Hastipippali, Nilini Moola, Trifala, Musta and Kutaki use in Ruksha Rogi with a Ghee, Mansaras, and Ushnodaka. Churna of Trikatu, Trifala Hingu and Trivrit, Sauvarchala salt with Amlavetasa mix with sugar, give with Anupan of Madya or Kanji in Gulma and Parshvashula. After Aushadhajirna give rice with Mansa Rasa.

k. Other Virechana yoga of Trivrita like Ghrita Yoga for Gulmi, Madya Yoga for Grahani, Pandu, Gulmi and Shotha, Sauvira, Tushodaka and other yoga too. Total 110 Yoga by Trivrita.

14. A. Synonyms of Chaturangala - Aaragvadha, Rajavriksha, Shampaka, Pragraha, Kritamala, Karnika, Avaghataka.

B. Indications of Chaturangala - Due to Mridu, Madhur and Sheeta Guna it is use in Jwara, Hridaroga, Vaatarakta and Udavarta. Due to Mridu Guna it can use easily in children, old, Urahkshat, Ksheena and in Sukumara with no complications.

C. It's fruit is collected in fruiting time and then buried in sand for 7 days, after 7 days it is dried in sun. Falamajja is removed and stored.

D. Yoga of Chaturangala -

a. In case of Daaha and Udavart of children (from 4- to 14-year-old) then give Aaragvadha falamajja mix in grape juice. Dose varies from 1 Prasrit to 1 Anjali.

b. Other yoga are Sheeta Kashay Yoga, Avaleha Yoga, Ksheerodhrita Yoga, Arista Yoga. Use Yoga with Manonukul Anupan. Total no of Yoga by Chaturangala is 12.

15.A. Synonyms of Tilvaka - Lodhra, Brihatpatra, Tiritaka.

B. Collect Mool of Tilvaka and processed it with its own decoction and Dashamula decoration and made Churna of it and store properly.

C. Yoga of Tilvaka Kalpa - 5 Yoga by Dadhitakradi, Sauvira, Surayoga use in alcoholic patient, Kampillaka Yoga, Avaleha Yoga, Ghrita Yoga. Total 16 Yoga by Tilvaka.

16. Sudha - it is Atitikshna so don't use in Mridu Koshta Rogi.

A. Synonyms of Sudha - Snuk, Guda, Nanda, Nishtrinshapatraka.

B. Type of Sudha - 2 type one with less thorn other with more thorn. More thorn quality is good.

C. Collection method - collect its Ksheer from 2- to 3-year-old plant and in Shishira Ritu.

D. Indications of Sudha Kalpa - Pandu, Udararoga, Kustha, Gulma, Dushivisha, Shvayathu, Madhumeha, Vibhranta Chetasa.

E. Yoga of Sudha - 7 Yoga from Sauvira and others, 2 Yoga by Ghrita and Mansaras, Paanaka Yoga,

Ghreya Yoga for King and Mridu Koshthi, Leha Yoga, Matsya or Mansa Yoga. Total 20 Yoga by Sudha.

17. A. Synonyms of Saptala - Charmasahya and Bahufena Rasa.

B. Synonyms of Shankhini - Tiktala, Yavatikta and Akshipeedaka.

C. Indications of Saptala and Shankhini - Gulma, Garavisha Hrridroga, Kushtha, Shoph, Udara and Kafa dominant Vikaras. It is Vikasi, Tikshna and Ruksha Guna so use in Kafa prominent Vikaras.

D. Collect and store fruit without its outer covering of Saptala. Sankhini mool should be collect and store.

E. Yoga of Saptala and Sankhini - 16 Kalk Yoga use in Hridroga, Gulma and Kafaja - Vaataj Vikaras, Taila Yogas, Ghrita Yoga, Madya Yoga. Total 39 yoga by Saptala and Sankhini.

18. A. Synonyms of Danti - Danti, Udumbaraparni, Nikumbha, Mukulaka.

B. Synonyms of Dravanti - Dravanti, Chitra, Nyagrodhi, Mushikahya, Mushikaparni, Upachitra, Shambari, Pratykashreni, Sutashreni, Danti, Chanda.

C. Collect Sthira, Bahala, Hastidanta Prakarani, Shyama, Tamra Varna root of Danti and Dravanti. To destroy Vikasi Guna do Swedan Karm with the help of Pippali and honey.

D. Properties of Danti and Dravanti - Tikshna, Ushna, Aashukari, ViKashi, Guru, Vaata Kopan and Pitta - Kafa Vilayaka.

E. Yoga of Danti and Dravanti -

1. Use Kalka of Danti and Dravanti with either of them like Dadhi, Takra, Sura Manda, Priyal - Sidhu, Kola - Sidhu, Badar - Sidhu, Pilu- Sidhu in Gulm, Udararoga and Utklishta Dosha.

2. One Aksha Kalk of Danti and Dravanti with Gomansa Rasa or Mrigamansa or Ajamansa use in Pandu, Krimikoshtha and Bhagandara.

3. Sneha Yoga of Danti and Dravanti -

a. Siddha Ghee with one fourth part of Danti and Dravanti Kalk, with 1 part Goghrita, 2 Part Danti and Dravanti decoction and 2 part Dashamula Decoction and use it in Kaksha, Alaji, Visarpa and Daha.

b. Siddha Tail with one fourth part Danti and Dravanti Kalk, Tilatail one part, Danti and Dravanti Decoction two part and Dashmula Decoction 2 part, use it in Kafaja Gulma, Prameha and Udavart.

c. Siddha Sneh with one fourth part Danti and Dravanti Kalk, Chatuhsneh one part, Danti and Dravanti

Decoction two part with two-part Dashamula Decoction, use it in obstruction of Purisha, Shukra, Vaat and Vataja Vikara too.

4. Leha Yoga of Danti and Dravanti

a. Avaleh form by Decoction of Danti and Ajashringi with Guda, Ghee and honey, use it in Daaha, Santap and Meha.

b. Avaleh form by Danti and Ajamoda with Gud, Ghee and honey, use it in Vaataj Trishna and Pittaja Jwara.

c. Other Avaleh form by Danti, Dravanti, Amlaki and with other Virechan Dravyas too use for Sukhvirechan. Other 3 Yoga of a Leha too form by Dashmulla, Haritaki Vibhitaki respectively.

5. In case of Vivandha and Vaataj Gulm use Danti and Dravanti Moola Churna with Amla Dravyas.

6. Other Yogas are with Kandekshu and with Mansa Rasa, Utkarika Yoga, Modaka Yoga, Madya Yoga, Bhakshya Yoga, Sauviraka and Tushodaka Yoga.

7. a. Churna Yoga can use in all Ritu, cure all diseases specially Ajirna, Parshvashula, Gulm, Pliha Udara, Gandamala, Vaataroga and Pandu. This Churna is formed by Danti Moola and Dravanti Moola, Marich, Yavani, Upakunchika, Shunthi, Hemdugdha and Chitraka. Give 7 Bhavana of Gomutra to this. Dose is one Paanitala.

8. Another Yoga is made by Chitraka Moola - 1 Pala, Danti Moola - 1 Pala, medium size 20 Haritaki, Trivrit - 2 Karsha, Pippali - 2 Karsha and Chasani of Gud - 8 Pala. Made a Modak, Anupan is Ushnodaka. Use 1 Modaka on every 10th day. This Yoga can use in all diseases and do not need special Pathya. It is good in Grahani, Pandu, Arsha, Kandu, Koth and Vaataroga.

9. In case of Pittaja Kaasa and Pandu give Decoction of two Pala Danti Moola and half Prasth Draksha.

10. For Kamala Rogi give Ghola of Danti Moola Kalk and Guda in water.

Total 48 Yoga by Danti and Dravanti.

11. Give Arishta Yoga in Vat - Kafaja Pliharoga, Panduroga and Udararoga. Ingredients are Decoction of Shyama and Danti, Gud, a pot which inner surface is pasted by the Kalk of Pippali, Madanafala and Chitraka. Other Arishta Yoga are also there which is Formed by Danti, Dravanti, Ajamoda and Gud.

12. Madya Yoga form by Danti Moola Churna, Dravanti Moola Churna, Decoction of Danti Dravanti, Urada and Kinva. It is used in Kafaja Gulm, Alpavahni, Parshvagraha, Katigraha.

Total 48 Yoga by Danti and Dravanti. Net Virechaka Yoga 245. Net total 600 Yoga.

19. Some other points are also described here in Kalpa Sthanaa.

A. Naming of Yoga on basis of Pradhana Dravya.

B. Addition of Virya Viruddh Dravya in Yoga - They should not opposed (Abadhaka) Pradhana Dravya. Same Virya Dravyas increase the potency of Yoga. Virya Viruddh Dravya add for Ishta Varna, Rasa, Sparsha, Gandha.

C. Potency is increased by Bhavana. Bhavana is given by their own Decoction Dravyas to their own Churna.

D. Addition or elimination of some Dravyas, Kaala, Sanskaara and Yukti can increase or decrease the potency.

E. Three Categories of Yoga - Tikshna, Madhya, Mridu

a. Tikshna Vamak / Virechaka/ NiruhaBasti Dravyas - Vaman or Virechana occur easily, Fastly, speedily without obstacle, doesn't causes exhaustion, no pain in heart and rectum and no harm to internal organs of body.

Tikshnata of Dravyas are due to Sthanaa, Kaala, Guna, Dose, Tulya Viryata and doesn't harmed by water, heat and insects.

b. Madya Guna of Dravyas are due to some part affected by water, heat and insects, Madhyam Kaal, Madhyam Desha and with fewer Gunas.

c. Mridu Guna of Dravyas are due to Manda Virya, using in Ruksha person, lower dose, addition of Atulya Virya Dravyas, expels Doshas slowly.

Don't use Madhyam or Mridu Sanshodhana Dravyas in Krura Koshtthi because then didn't expels Doshas properly.

Depend on the symptoms of diseases, decide the quality of Yoga ie Mridu, Madhya or Tikshna.

d. In case of Ayoga of Vaman, give Vamak Yoga again and again so that Pittant Vaman occur. Bala of patient is major factor to decide the dose and frequency of Yoga. In case of Pravar Bala patient, dose can repeat but not in Avara Bala patient.

e. Vamak Dravyas works without digestion and Virechaka Dravyas works after digestion of medicine. So don't wait in case of Vaman and wait for sometime in Virechana Yogas.

f. In case of Ayoga of Virechana or Vaman occur by Virechana Yogas, repeat Virechana Yogas again.

g. In case of Deeptagni, Bahu Doshas, Dridha Snehaguna and Duhshuddha person give food on same day and use Virechaka Yoga on next day for Shodhana purpose.

In case of Durbala and Bahu Doshas patient a diet which can increase the amount of Mala and expel it slowly from body.

In case of incomplete Shodhan give Vatanulomaka diet and Antarapaan i.e. Decoction for Prashaman of Doshas.

In case of Durbal and Purvashodhita person give Mridu Sanshodhana Dravyas. There is no harm in using Mridu Sanshodhana Dravyas so use frequently to remove Doshas.

In case of Durbal and Mahadoshi also use Mridu Virechaka Yoga frequently to remove Doshas.

If Virechaka Dravyas combine with Kafa and comes out in form of Vamana, then give Vaman to that patient, following Kaval and advice for Langhan.

If Doshas are in Pakwasaya and expelling in less amount and in more time then give Ushnodaka to patient to cure Aadhmaan, Trishna, Chhardi and Vivandha.

If Patient have taken Virechaka Dravyas and due to obstruction in pathway it is not expelling out and complaining of belching, pain then give Swedan on Udara and Amashaya.

In case of doubt of Atiyoga, after proper Virechana, if frequent belching is occurring then expel Dravyas by Vamana. If after digestion of Dravyas, Atiyoga of Virechana occurring then do Stambhana by Shital Upachar.

In case of excess Kafa, if Virechaka Aushadhi stuck in Urahpra Desha, after Kafa Kshaya in evening or night, works like Virechaka.

In case of Ruksha and more fasting person, Virechana Aushadhi either digested or obstructed then give another dose with Sneha and salt.

In the Paakakala of Aushadhi if Trishna, Moha, Bhrama and Murchchha occur then cure it by Pittanashaka Madhur and Sheet Dravyas.

In case of Lalasrava, Hrillasa, Vistambha and Romaharsha give Tikshna, Ushna and Katu Rasa Kafanashak Aushadhi.

In case of improper Virechana in Susnigdha and Krura Koshtthi advice Langhan for Kafashaman.

In Ruksha, Vaat- Pradhan, Krura Koshtthi, Deeptagni and Vyayamasheel Rogi, Virechana Aushadhi doesn't works so give first (Anuvasana) Basti for Vaat-Prashamana, then do Virechana.

Indications of Snehana in persons having Ruksha - Ashana, Karm - Nitya, Deeptapavaka, can tolerate diseases generated from Viruddh Ahar, Adhyashan and

Ajirna, and loss of Dosha due to heat and Agni. Protect them from Vaat- Prakopa, don't use Sansodhana Aushadhi without diseased conditions.

In case of Atisnigdha person don't use Sneha Virechana. Use Ruksha Virechana in Utkleshan of Dosha due to Sneh.

So before giving Virechana always decide Desh, Kal and Dose of drug so that proper Virechana can easily achieved.

Vibhransha of Sansodhana (Asamyak Yoga of Vaman - Virechana) is harmful like Visha or Poison and Samyak Yoga is like Amrita or Nectar. So use these on proper time and in suitable persons.

20. A. Dravya - Maana is described properly and this Maana is for Madhyam Koshtha, change the dose according to Mridu or Krura Koshtha ie in lower dose or higher dose.

Maagadha Maana scale is defined from Dhwanishi to Tula, from lowest to highest amount.

B. Liquid item and green herbs should use in double amount in Yoga. If amount is described in Tula or Pal, then use in that amount only, no need to double it.

C. In case of Taila or ghrith Siddhai if no specific liquid is mentioned then use water in place of liquid. where Paada is not mentioned then take Chaturthansha.

D. In case of Sneh Siddhai, if amount is not mentioned then take Aushadhi, Sneh and water in ratio of 1:4:16 respectively.

E. Snehapaaka - 3 type: Mridu, Madhya and Kharapaaka.

If Kalk becomes like Niryas after Paaka then it is Mridu Paaka. If Kalk becomes like Sanyav and don't stick in Darvi then it is Madhyapaaka. If it breaks and doesn't form a shape or Vati then it is Kharapaaka.

F. Use of Sneha - Kharapaaka Sneha is used for Abhyanga or massage, Mridupaaka Sneha is used for Nasya and Madhyampaaka Sneh is used for Snehapaana and Basti.

I. 2 type of Maana is here one is Kalinga and other is Maagadha Maan. Maagadha Maana is better than Kalinga Maana.

## V. CONCLUSION

a. Different mode of preparations gives suitability to use in different patients in different situations of diseases with different parts available in different seasons too.

b. By thorough knowledge and Pratyaksha Karmabhyas of these Yogas in Kalp Sthana a good clinical practice achieved.

c. By these a clinician can easily manage Vyapad or complications during practice.

d. By Charak Kalp Sthanaa nice Panchakarm procedure can perform and promote Ayurveda in its higher form and gives new Horizon to Ayurveda Practitioner.

## REFERENCE

- [1] Charak Kalp Sthanaa (chapter 1 to 12) specially Chakrapani Teeka - Hindi Translation by Vaidya Harischandra Kushawaha - MD. Ayurveda Samhita.