

## **AYURVEDIC FORMULATION, VATI KALPANA – A REVIEW**

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### **ABSTRACT**

*Vati kalpana* occupies major part in *Rasa shastra* and *bhaishajya kalpana* also known as Ayurved therapeutics and it plays important role in clinical practice of Ayurveda owing to many advantages like easy administration, palatability, convenient form for dispensing and transportation. *Vati* usually prepared with the combination of *kashtoushadhi dravya churna*, *Bhasma*, *Shudha rasa and uparasa*, *Sadharana rasa*, *Guda*, *Sharkara*, *Guggulu*, *Jala*, *Swarasa*, *Mutra* etc. drug combination, it may be *sagni* and *niragni* also. It was first mentioned by Acharya Sharangadhara who elaborately described about *Vati kalpana* as separate chapter in *Sharangadhara samhita*.

**Keywords:** *vati*, *sagni*, *niragni*.

### **INTRODUCTION**

Among the Causative factors, symptoms, and Remedy, to rescue people from miseries such as various diseases *Aushadha* plays a very important role by pacifying the *doshas* which are in imbalance state. Description of *Aushadha* and its various ways of formulations is dealt in detail in *Rasashastra* and *Bhaishajya kalpana*. Although the glimpses of *Rasa* drugs and different *kalpana* is found in various parts of different *samhitas*, Acharya Sharangadhar of 13<sup>th</sup> century AD was the 1<sup>st</sup> person who explained in detail about *Bhaishajya kalpana* in *Sharangadhara samhita*.

He explained various *kalpanas* like *swarasa*, *kalka*, *kwatha*, *hima* and *phanta* which are having different appearance and can be used in different disease conditions, *Vati* is such a formulation to which he kept chapter in *madhyama khanda* in which he explained about *vati paryaya*, and general method of preparation of *vati*<sup>1</sup> and various *vati*'s.

### **Materials and methods**

Classical text books, compiled text books and Journals were referred for the review

### Synonyms of Vati

*Vataka, Gutika, Vati, Modaka, Vatika, Pindi, Guda, Varti* are the synonyms explained by Acharya Sharangadhara<sup>2</sup>

Difference may prevail in the shape or size of the above said preparations but basic method of preparation remains the same.

*Vati, vataka, vatika, gutika* are almost similar in shape and size. These sizes may fall in the range of 500 mg to 1 gm as per present day scenario.

*Modaka* is also a round shaped pill, but its size is bigger and its size could be between 3 gms to 12 gms.

*Pindi* and *guda* are compared with the size of that of 'pea nuts' and a 'single bolus of food'

*Varti* are preparations of *yava* shape, they are thicker in the middle and having tapering ends. They are designed for ready introduction into one of the body orifices other than the oral cavity eg; rectum, urethra, vagina etc.

### General method of preparation<sup>3</sup>

In gross general method of preparation vati can be divided into 2

1. With the help of *agni*
2. Without the help of *agni*

#### 1. with the help of *Agni*

Desired quantity of base drugs like *guda, sharkara, guggulu* are taken in a clean wide mouthed stainless steel vessel of suitable size. It is added with required quantity of water, placed over mild fire and heated with frequent stirring, when *paka* of suitable consistency is obtained, the fine powder of medicinal drugs is added little by little into vessel and stirred well to roll the pills of desired size and shape.

The prepared pills are later dried in shade and stored in airtight containers.

### 2. without the help of *Agni*

a) Desired quantity of base drugs like *guggulu* and *guda* are pounded well in *khalva yantra* by adding fine powder of medicinal drugs little by little. When the drug mass attains the required consistency of rolling the pills of desired size and shape are rolled. They are later dried in shade and stored in airtight containers.

b) Fine powder of medicinal drugs is taken in *khalva yantra*. It is added with any of the specified liquids like *jala, godugda, swarasa kwatha* etc in required quantity. The mixture is triturated until drug mass attains the required consistency of rolling the pills. Later the pills of desired size are rolled, dried in shade and stored in airtight containers.

### Ratio of essential drugs in the preparation of *vati*<sup>4</sup>

The ratio of these essential ingredients in relation with fine powder of medicinal drugs is as follows.

*Sita* – 4 times

*Guda* – 2 times

*Guggulu* and *madhu* – equal

*Jala* or any other liquid preparation – 4 times

#### *Vati mana*<sup>5</sup>

1 *karsha* is the general dosage of the *vati*

#### *Anupana for vati*

Vati is administered along with water, honey, milk or any other suitable liquid preparation.

#### *Sauveeryata avadhi of vati*<sup>6</sup>

Two year is the shelf life of pills prepared from herbal drugs and indefinite time period for the pills of mineral drugs, provided pills

are preserved in airtight containers and provided they do not lose colour taste and form.

### **Analytical parameters for analysis of vati<sup>7</sup>**

#### **1. Description**

Colour

Odour

#### **2. Weight variation**

#### **3. Disintegration time –**

Not more than 15 minutes

Not more than 60 minutes- guggulu tablets

#### **4. Identification – TLC/HPTLC/GLC**

#### **5. Assay**

#### **6. Test for heavy/ toxic metals –**

Lead

Cadmium

Mercury

Arsenic

#### **7. Microbial contamination**

Total bacterial count

Total fungal count

#### **8. Test for specific pathogen -**

E.coli

Salmonella spp.

s.aureus

Pseudomonas aeruginosa

#### **9. Pesticide residue**

Organochlorine pesticides

Organophosphorous pesticides

Pyrethroids

#### **10. Test for Aflatoxins (B<sub>1</sub>, B<sub>2</sub>, G<sub>1</sub>, G<sub>2</sub>)**

### **Benefits of vati kalpana**

1. Vati preparation can be swallowed easily
2. Bitter taste and irritating odour of the drugs can be masked
3. Volatile principles of the drugs used can be retained long

4. Shelf life is enhanced compared to many other dosage forms like 1 year for herbal and indefinite time period for the pills of mineral drugs
5. Fixation of dosage is quick and easier
6. Vati preparation may be made attractive with different agreeable colours
7. Easy to pack and dispense
8. This dosage form suits better for large scale production

### **DISCUSSION**

Although basic *kalpanas* like *swarasa*, *kwa-tha*, *kalaka*, *hima* and *phanta* play important role in pacifying the imbalanced *doshas* it has certain limit when considering its shelf life period and convenience of the intake of *kalpana* by patient. Taking this all into account Acharyas came up with new dosage forms by keeping the *pancha vidha kashaya kalpana* as the base and without violating its principles like *vati*, which can be prepared easily, packed easily and transported easily which is also having many extra benefits compared to other *kalpanas* like it gives privacy to patients like which does not need much medical supervision.

### **CONCLUSION**

In Ayurvedic practice several formulations are used today, in those *Vati kalpana* stands 1<sup>st</sup> because of its easy administration, palatability and convenient transportation. As it can be manufactured in larger scale easily to fulfil the need of present era, it is the most adopted way by the pharmaceuticals companies and doctors community.

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