

Review article**Ayurveda study on churna kalpana**Deepak R. Patil¹, Shrikant S. Bagul^{2,*}Professor & HOD¹, Associate Professor²Department of Rasashastra & Bhaishajya Kalpana^{1,2}¹Dadasaheb Surupsing Naik Ayurved College, Dhule, Maharashtra, India-424004²Smt. KC Ajmera Ayurved Mahavidyalay, Deopur, Dhule, Maharashtra, India-424002*** Corresponding Author:** Dr. Shrikant S. Bagul, **E-mail:** drshreekanth.bagul@gmail.com

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ABSTRACT:

Churna Kalpana is a basic Kalpana in Ayurveda medicines preparation. It is an up-Kalpana of Kalka Kalpana. It is nothing but a single drug or combination of more than one drug that pluralised and mix with homogeneously and then passed through particular sieves. Explain in various Samhita, also having dose 1 karsha & anupan with Guda, Sharkara etc. used in basically Grahani, Amavikara, Vrana etc.

KEY WORDS: Kalka Kalpana, Karsha, Anupan, Amavikara etc.**INTRODUCTION:**

Ayurveda is the applied science, which is still in the practice having the unbroken continuity. It represents the totality of life and gives the total knowledge required to maintain the holistic balance of the functioning of mind and body. The richness of Ayurvedic therapy is with the drugs of natural resources, lack of side effects, uses compatibility, elimination of vitiating body humors and maintenance of normal metabolic activities, in addition to curative and preventive aspects.

The Ayurvedic drugs may be categorized in three group's viz. 1) herbal, 2) animal and 3) mineral, metals, gems, precious stones. Metals are known and used as Rasayana and as therapeutic agents since ancient time i.e. since the time of Charaka Samhita. Though, use in therapeutics was very limited, probably due to their non-conversion to suitable pharmaceutical form i.e. these are used in the form of fine powder which was made by treating those to red hot state and quenching into some of the herbal extractives.

AIM & OBJECTIVES:**Aim** - Ayurveda Study on Churna Kalpana.**Objectives-**

- 1) To Study the Churna Kalpana as per Ayurveda classical.
- 2) Focus on Ayurveda Review Churna Kalpana.

MATERIALS & METHODS:**Materials:**

Source of Data-

- a) Yoga Ratnakar
- b) Ayurveda Prakasha
- c) Sharangadhara Samhita
- d) Rasa Tarangini
- e) Dhallan Commentary

Methods:

- A) To compile available literature on Churna Kalpana.
- B) To compile the importance of Bhaishajya Kala in appearance of literary research study. In this articles all the references from Ayurveda Samhita and respective commentaries regarding Churna Kalpana.

Ayurveda Literature Review-**Churna Kalpana-**

According to Ayurvedic formulary of India Churna is fine residue of medicines. The term Churna may be applied to the powder to a single drug or a mixture of two or more drugs, which are powdered distinctly preceding to their being mixed to homogeneousness.

- (Ref-Ashtang Sangraha)³

"शुष्कपिष्टः सुक्ष्मतन्तवपटच्युतश्चूर्णः !

तस्य समस्तद्रव्यापरित्यागादिप्लुतोपयोगाच्चकल्कादभेदः !!"

(अ.स.क.अ.८)

A dry powder, sieved through a fine fabric is called as churna.

• (Ref- Sharangadhara,)

"अत्यंतशुष्कं यदद्रव्यं सुपिष्टं वस्त्रगालितम् !

तत्स्याच्चूर्णं श्वजः क्षोदस्तन्मात्रा कर्षसंमिता !!" (शा.सं.म.खं.अ.६)

It is a nicely powdered dry drug, which is filtered through a cloth. Rajaha or Ksoda are the synonyms described for Churna. It is supposed to be directed in the dose of 1 Karsa Pramana.

• (Ref-Acharya Kashayapa)⁴

"सुक्ष्मचूर्णीकृतं चूर्णं नानाकर्मसु यदज्यते !

ग्रहण्यामविकोशेषु व्रणवर्त्यतननादिषु !! " (का.सं.खि.अ.३,६)

The component which is made in to fine pulverise form, is called chruna. This chruna is used for Grahani roga, Amavikara, Vrana and for the purpose of Anjana etc.

Types of Churna:

Table No. 1: Types of Churna as per Sukshmatva

Sr. No.	Type	Particular	Sukshmatva
1.	Sthula	Bharada Churna	10-44
	Use	For Kwatha, Hima, Fanta	
2.	Pruthu	Smaller than Bharada Churna	20-60
	Use	For Aasava, Fanta	
3.	Pata	Smaller than Pruthu Churna	60-85
	Use	For Kalka, Lepa	
4.	Sukshma	Smaller than Pata Churna	85-100
	Use	For Gutti, Vati, Parpati	
5.	Sukshmatam	Smaller than Sukshma Churna	100-120
	Use	For Bhasma, Pishti, Anjana	

A) As Per Ingredients Types-

a) Single Drug Churna- It is having only one contain in this type. e.g. Sunthi Churna, Amalaki Churna, Haritaki Churna, Shatavari Churna.

b) Multiple Drug Churna- It is having more than one contain 2, 3, 4 & so on. e.g. Triphala Churna, Trikatu Churna etc.

Praksepaka dravyas and their quality:¹

"चूर्णो गाअनददः समो देयः शर्कश्च द्विगाअनदणा भवेत !

चूर्णह्रेषाअनद भर्जितं हिन्गाअनद देयं नोत्क्लेदकुद्रवेत !!

लिहेच्चूर्णं द्रवैः सर्वैर्धुताद्यैर्द्विगाअनदणोन्मितै !

पिबेच्चताअनदगाअनदणैश्चैव चूर्णमालोडितं द्रवैः"

(शा.सं.म.खं.६२/३)

These are similar to that Kalka Kalpana.

- 1) Guda - Equivalent to that of Churna
- 2) Sarkara - Double times of that of Churna.
- 3) Hingu - Quantity which does not cause any Nausea and must be used after frying.
- 4) Liquids - Ghee, oil, honey etc. Twice parts
- 5) Milk, water – quarter parts.

As per Dosha-

- a) Vatavyadhi - 3 Pal (150gm) (12 Tola)
- b) Pittajavyadhi - 2 Pal (100gm) (08 Tola)
- c) Kaphaja Vyadhi - 1 Pal (50gm) (04 Tola)

Vernacular names:

- ◆ Sanskrit: Suska Kalka, Suska Pista, Ksoda, Raja
- ◆ Hindi: Churna
- ◆ English: Powder
- ◆ Marathi- Churn

Process of preparation:

The preparation mentioned in the Churna yoga are cleaned and withered. They are powdered by drubbing in with mortar and pestle and sieved through a thin layer of fabric. In a prescription in where there are a numeral of constituents, the best method is to powder the drug distinctly, weigh the required quantities of the drugs and mix then all composed.

The reason for isolated powdering of different drugs in chruna Kalpana is that different drugs will have different types of consistency as soft, medium and hard. If they are miscellaneous and pounded together first soft dravyas get powdered easily; hard dravyas remain as it is, hence while doing separation difference in the proportion constituents mentioned in chruna formulary may take place.

Further drugs, which comprise volatile oil, may disappear easily and cooked occasionally before hard dravyas get powdered homogeneously. In the large scale construction in pharmacies disintegrators, pulverisers and ball mill etc. are employed for powdering. The sieving is done by automatic shifters, which handle large quantities of material in a short time.

Modern Instruments -

- 1) Grinding Machine
- 2) Palvelizer & Micropalvelizer Machine.
- 3) Disintegrator Machine.

Preservation:

Churna should be packed in airtight container.

Important uses of Churna:

1. Used as main medicament in the treatment of many diseases e.g. Talisadi Churna, Hingvastaka Churna, Sankhapuspi, Kalka etc.
2. Churnas could be used as adjuvants
 - a. Suvarna Bhasma with Trikatu Churna
 - b. Abhraka Bhasma with Talisadi Churna.
3. Churnas are used to prepare Vati, Avaleha, Arka, Kasaya, Hima, Phanta, Snehas as Ksirapaka, Asavarista preparations etc.
4. Powders are used externally: For Avadhulana (sprinkling), lepana in wounds & skin diseases.

Modern aspect of Churna (powders)

Powders are the solid dosage form of medicament, which are meant for internal and external use. They are available in crystalline or amorphous form. Though, the drugs are prepared many different physical forms and types but many of them are prepared using powders in one way or the other.

Advantages of Powders -

1. Fixation of the dose is easier when the pharmaceutical is in powder form.
2. The minor particle size of powder yields more rapid suspension in the body than other solid dosage form of medicament e.g. tablets, capsules.
3. They are more cost-effective compared to other preparations.
4. Incompatibility is less in case of powder than liquids.

Disadvantages -

1. Drug which weakens on acquaintance to atmospheric condition is not suitable for

dispensing in powder forms.

2. Unpleasant, corrosive and indigestible drug cannot be dispensed in powder form.
3. Deliquescent and hygroscopic drugs cannot be dispensed in powder form.
4. Volatile drugs are not suitable for dispensing in powder form.

Shelf life:²

(Ref-Sarangadhara) - 2 months

"मासद्वयात् तथा चूर्णं हीनवीर्यत्वमाप्राप्तमनद्यात्" -- (शा.सं. १/५१)

Dose:

1 Karsa - 10-12 gm. approx. (1 Tola)

"तन मात्रा कर्षं सम्मिता!" ---- (शा.सं. ६/१)

RESULTS & DISCUSSION:

Ancient times herbal drug formulations are used which later on developed with many different angles like progressive development of instrument for different types of formulations etc. Reason behind this development was some shortcomings of basic formulations like less availability, less shelf life, palatability no sufficient and difficulty in dispensing. To overcome all these problems invention of some new formulations came in existence. Churna is popular because of its properties like fewer doses with palatability, quicker action and long shelf life.

CONCLUSION:

To conclude the following one the points derived from the above data-

- 1) Vedic period basic formulations given in the form of Churna Kalpana are used as a medicine to treat the disease condition of man and animals.
- 2) In the field of drug development Samhita is found most ancient, which described systematically most of the Churna Kalpana.

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