



Concept of avartana W.S.R. to sneh kalpana

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ABSTRACT

In Ayurvedic literature, various methods are described to potentiate the efficacy of a drug or Ayurvedic formulation. e.g. Bhawna, Ghana, Raskriya, etc. Avartana is a kind of "Sanskar" which means Gunanteradhan i.e. assimilation of newer properties in a product/ formulation. In our classical texts reference of avartana came in Carak Samhita in the context of sneha as Anu tail, Aamlakayadi ghrit, Bhallatak tail and in Sushrut samhita with reference of Shatpaki & shastra paki tail etc. In reference of Sneha kalpana, the avartana helps to potentiate the properties of the sneha by adding prescribed quantity of ingredients. It helps in drug absorption and delayed excretion on administration. Here the concept of avartana, its method and advantages are discussed in vivid way.

Keywords :Avartana, Gunanteradhan, Sanskar, Sneha kalpana.

INTRODUCTION

Ayurvedic medicines are of various varieties on the basis of their potency as kwath, churn, avleha, vati, asava-arista etc. The sneha kalpana is one amongst them, because they are used for all modes of drug administration as Pana, Abhyang, Bhojhan, Nasya and Basti. The oils act not only as base but also as a vehicle for medicine. The sneha can not be administered in larger doses for longer duration, so the technique of Avartana was invented. In our texts, there are lots of examples to potentiate the action of a particular medicine. Avartana is a kind of sanskar which helps to increase the properties of an ayurvedic formulation.

Avartana of a Sneha is a special pharmaceutical procedure in which prescribed quantity of ingredients are added and sneha paka siddhi is being carried out repeatedly till the desired quantity of potency is attained.

CONCEPT OF AAVARTANA

The meaning of the term avartana is repetition^[1], doing over and over again^[2], or stirring/churning anything^[3] so it is the adding of properties by continuously repeating a process.

In the process of avartana each time ingredients are added in kalka/kashaya form. It increases the chemical composition of formulae whereas the quantity of oil/ghrit remains same. Thermogenic changes may

simplify the compound of the medicaments and may help in providing maximum surface area of absorption, hence maximum bio-availability too.^[4] So avartana helps in

- Requirement of minimum dose.
- Increased drug absorption
- Early action
- More drug distribution
- Good clinical efficacy
- Easy drug administration
- Bio transformation
- Binding/localization/storage of drug
- Easy packing and marketing

MATERIAL & METHOD

Here, initially prescribed quantity of ingredients is taken along with the base of Taila or Ghrita and Snehapaka siddhi is carried out. The filtrate obtained is of 1st Avartana Taila. After filtration, if successive pakas are to be carried the previous Avartita Taila / Sneha is taken (in place of Sneha dravya) and other ingredients are added in prescribed ratio and Sneha paka siddhi is carried. Every time after paka siddhi, filtration is carried out.^[5] Sneha should not go beyond Madhyama paka, as the avartita Snehas are used for Oral intake or Nasya purposes, chances of loss of medicinal properties are there.

Examples

1. Dasha paka – Sata paka – Sahasra paka – Bala Taila (Ca.Ci.)^[6]
2. Satapaka Yastimadhu Taila (Ca. Ci.)^[7]
3. Sahstra paki tail – (Su.chi.)^[8]
4. Shat paki trivrit tail- (Su.Chi.)^[9]

DISCUSSION

As it is clear by the above explanation that repeated paka siddhi of a sneha with specific ingredients to enhance the properties of that sneha not only increase its potency but it's constituent become more complex and uttarottar laghu, which may help to penetrate at cellular level and balance the vitiated doshas. The changes occurring due to repeated paka provide the greater surface area to the formulation resulting in greater bio-

availability in a short duration. Also it is a matter of fact that the transformation of simpler structure to its complex-one help to maintain the required serum concentration of its active principle and in-turns delayed excretion. Due to continuous heat application and mixing of ingredients again and again to the filtrate obtained, convert it in a very concentrated form, therefore a little quantity is enough for palliation of the disease. Also due to its higher concentrated form, it is absorbed quickly due to concentration gradient.

Another wonderful achievement of doing avartana in a sneha kalpana is that the properties of non- lipid substances can be easily transferred to a lipid substance by repeating the process. Therefore this avartita sneha penetrate Blood- CSF barrier where the entry of non lipid soluble drugs is limited.

Although the Avartana process changes the formulation in a very different way to make it very potent and with lots of beneficial changes but some disadvantages is also with it, as repeated paka increases the cost of the medicine. The time of preparation is increased. There are chances of loss of quantity of oils/ghrit as well as their medicinal properties so much caution is required during paka siddhi till its madhyam paka stage is attained.

CONCLUSION

Avartana of Taila will help in minimizing the dose, increase the effect, quicker the action, easy drug administration as well as easy packing and marketing. Avartana technique was known since Samhita period itself; but, the application of Avartita Tailas were limited in due course of time period due to increased cost, long duration requirement for preparation and loss of quantity due to evaporation. But the avartana changes the molecular structure of the ingredient, making them more complex resulting in their increased penetration at tissue level. Avartana technique of Taila Kalpana helps to prepare a potent oleaginous formulation of desired potency. Such avartita medicines should be encouraged as these drugs could be highly beneficial in cases of neurological diseases, rheumatological diseases etc. where the optimum penetration of medicine through nasal mucosa and skin respectively help in curing the disease by working on vitiated Vata .

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