

A Comprehensive Review on Different Methods of Avartana

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ABSTRACT

Bhaishajya Kalpana is a branch of Ayurveda which deals with various pharmaceutical preparations. Avartana is one such Kalpana which is mentioned in accordance to sneha Kalpana. Avartana involves repeated extraction and taila paka to enhance the sneha's therapeutic properties and reduce the dose.

This review article is based on the efficient method among the different methods of avartana which are mentioned in ayurveda classics. It explores the classical and modern applications, highlighting the challenges faced during preparation of avartana sneha.

KEYWORDS: Avartana, Bhaishajya Kalpana, Sneha, Taila paka

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INTRODUCTION

Sneha Kalpana is one among the various Kalpana's mentioned in Bhaishajya Kalpana. It includes preparation of medicinal ghrita (ghee) and taila (oil). Medicinal ghee and oil are prepared to attain a greater therapeutic action by incorporating water soluble and lipid soluble active components into sneha. The different proportions and process of preparation of these sneha is mentioned in many classical texts. The widely used method is mentioned by Acharya Sharangadhara in his Samhita. Where Sneha is prepared by adding mainly 3 major ingredients i.e Kalka (paste of specific drugs), Sneha (taila or ghrita), Kashaya (decoction of the specific drug). The ratio of the kalka: sneha: kashaya is 1:4:16 respectively.

These ingredients are mixed in their specific proportions and are heated constantly on low flame till the taila attains the final stage. The final stage of assessing the completion of sneha is mentioned as taila siddhi lakshana, the criteria of sneha assessment.

Avartana-

The process involves repeated processing of any sneha to enhance its therapeutic efficacy and reduced dose. This is known as samskara which denotes enhancing the properties in any formulation. As similar to sneha preparation avartana is also

processed by the same set of ingredients i.e. kalka, taila and kashaya. In the process of avartana same sneha is subjected to repeated cooking by adding the Kalka and Kashaya. Example – a taila is subjected to repeated processing by adding specific kalka and kashaya for a given number of times. Dashapaka Bala taila mentioned in Chakradatta In vatarakta chikitsa.

It contains tila taila, bala mula Kashaya, bala mula kalka, ksheera. Here, the taila is prepared as per classics and after preparation the oil is collected and filtered. And the same tila taila is subjected for repeated processing by adding bala mula kashaya, bala mula kalka, and ksheera for 10 times. Hence the final obtained oil is considered as Dashapaka bala taila.

Benefits of avartana- The benefits of avartita sneha as compared to the other sneha's are

- Increased efficacy,
- Reduced dose,
- Greater therapeutic action,
- Increased bioavailability,
- Increases shelf life,
- More palatable and easy for administration.

Table no 1: Different opinions on the methods of preparation of avartita sneha:

Name of acharya	Opinion regarding preparation	Reference
Gayadasa	Process of repetition is done by adding new drava dravya each time.	Su.sa. chi. 4 Sahasrapaka bala taila.
Jejjata	The process of repetition is done by adding the drava dravya at once.	Nibandhasangraha Sahasra paka bala taila.
Chakrapani	Opines as that of Jejjata.	

ACCORDING TO GAYADASA:

Sahasrapaka bala taila which is mentioned in Sushruta Samhita Chikitsa sthana 4th chapter. Sahasrapaka bala taila is prepared using Bala mula kalka, Tila taila, Bala mula Kashaya and Ksheera. Gayadasa opines that the process of sneha preparation remains the same i.e. kalka: sneha: kashaya: ksheera. While process of avartana is achieved by adding the new Drava Dravya i.e. liquid media each time(1000 times). By adding the Drava Dravya each time the sneha attains greater therapeutic efficacy. And he also substantiates that the loss of sneha during paka of each avartana is compensated by adding ksheera which incorporates sneha guna to some extent.

ACCORDING TO JEJJATA:

Commenting on the Gayadasa opinion, Jejjata says that if the process is repeated for 100 or 1000 times there is more loss of sneha and hence the final yield of sneha is reduced. So the process of avartana is done by adding the drava dravya at once (100 or 1000parts).

FEW EXAMPLES OF SNEHA AVARTANA MENTIONED IN CLASSICS

CHARAKA SAMHITA	SUSHRUTA SAMHITA	ASHTANGA HRUDAYA
Shatapaka bala taila	Shatapaki taila	Shatapaka ksheerabala taila
Shatapaka madhuka taila	Shatapaki trivrit sneha	Sahasrapaka ksheerabala taila
Shatapaka bhallataka taila	Vacha shatapaki ghrita	
Shatapaka madhukaparni taila		
Sahasrapaki amalaka ghrita		
Shatapaki amalaka ghrita		
Dashapaki anutaila		

Challenges and difficulties faced during avartana by both methods .

Method 1-

This includes process of avartana by adding the new ingredients each time.

It is seen that there are many difficulties faced during the preparation as-

- The kalka and kashaya is to be prepared fresh each time,
- The oil is cooked on Madhyama paka for multiple times,
- Filtration of oil after each avartana makes handling difficult,
- Loss of oil during filtration and during each paka is more,
- There is more loss in final yield due to handling errors,
- The time taken to complete specific avartana is much higher compared to the other method,
- This method is most costly as it requires fresh ingredients each time,
- Tedious method compared to the other.

Method 2 –

This method involves avartana by adding all the ingredients at once.

Due to adding the ingredients at a stretch, this method is easier and simpler,

- Time taken is very less,
- Loss of oil is less and the final yield is more,
- More cost effective,
- Minimizes the handling errors and tedious work,
- Less fuel is required in this method,
- It is observed that the analytical parameters are more likely on the higher side in this method.

DISCUSSION

Avartana is a special pharmaceutical procedure which makes the formulations more efficient. Different sneha's have been mentioned in our ayurvedic classics and hence there are different methods of preparation involved.

The preparation of avartita sneha is process of attaining a greater pharmaceutical product. The water soluble and fat soluble active components are infused in the sneha. The avartita sneha is more efficient than

the basic Sneha Kalpana. Due to repeated processing of sneha it gains a minuteness which makes it more easily absorbable and faster in action. The active components are infiltrated in the smallest of small molecule in the avartita sneha hence it provides greater bioavailability. The avartita sneha also holds a greater potential hence can give better results even in smaller doses. It is more easy to consume by the patients. Sneha has been mentioned as a best medicine for many ailments, mainly vata disorders.

It holds the opposite gunas (medicinal properties) of that of vata dosha hence the need of prescribing sneha becomes more important. Therefore to make it the best and easiest way to prescribe sneha, Avartana gains a crucial role. The avartita sneha are best tools to treat many diseases. Due to their efficient qualities they are also mentioned in the context of rasayana and vajikarana. Henceforth, it becomes a need of an hour to prepare the avartita sneha in the best method.

The methods as mentioned above are having their own importance, but due to many factors the simpler method among the 2 methods is one which can be prepared easily by the vaidyas. The method mentioned by Gayadasa involves adding the drava dravya each time.

This method involves more amount of ingredients, less affordable, takes longer duration, and becomes a tedious process. It is also observed that this method is seen to have more loss and less final yield. Whereas the other method by acharya Jejjata involves adding the drava dravya at a stretch, hence it has more advantages. It is cost effective, time consumed is also less. There is less loss, more final yield. It is also observed that both the methods produce almost similar organoleptic characters. they do not have greater difference in their analytical parameters also.

CONCLUSION

Avartana, samskara is very efficacious and makes the sneha one among the important pharmaceutical formulations. It is possible to obtain any oil or ghee of desired potency by increasing the number of avartana. This method is used to obtain the maximum concentration of phyto-constituents of the drug into lipid extractive media. Here, the constituent particles of the drugs are embedded into the medium at microscopic level, thereby increasing therapeutic efficacy and reduction of dose.

Avartana of sneha mentioned in the ayurvedic classics holds good for treating diseases as well as rasayana and vajikarana. With the help of various pharmaceutical and analytical studies, it can be concluded as method 2 is better in overall view.

In reference with preparation, it is cost effective, less time consuming and has got better yield. Analytical studies also indicate that the method 2 is in par with method 1. Therefore it becomes clear that method 2 is more efficient.

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