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**SOP FOR PATHYAKALPANA---8.6.14**

- **MANDA** Acc to [ सु.सू.४६/३४४ ]
- Tandula + 14 parts of water Only supernatant liquid part is called as Manda Boiled over mandagni
- This Kalpana is prepared by using rice and water in 1:14 proportion. The rice is cooked in said proportion of water and then only water content of the prepared formulation is collected as Manda ( watery portion of rice gruel).  
Biological properties: Laghu (light in digestion),Sheeta( cold) Biological actions: Deepana (increase in appetite) ,Pachana (increase in digestive capacity),Grahi( reduces water cotent in faeces) ,Vatanulomaka ( maintains normal
- Few Examples for Manda: Ashtaguna manda, Laaja manda, yava manda/ vatyodana etc....



  
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**PEYA**

· पेया मसक्थसमषन्वता | [ सु.सू.४६/३४४ ] Tandula+ 14 parts of water Here the cooked rice will have equal portion of siktha ( solid portion) and manda ( liquid portion). This mixture of siktha and manda is called as peya. Boiled over mandagni cooked

· This Kalpana is prepared by using rice and water in 1:14 proportion. The rice is cooked in said proportion of water and then maximum watery content of the prepared formulation is collected with few grains of cooked rice is known as Peya( rice gruel) . Biological properties: Laghu, Pachana, Vatanulomaka, Dhatupushtikara( nourishes basic elements) Indications: Jwara,Atisara

· Compilations of References of Peya Preparation with Its Clinical Utility  
Expected Use/Indication Ingredients Classical Reference Aamatisara (Diarrhoea)  
Ativisha Shunthi Dadima Ch.Su.2/22 Atisara(Diarrhoea) Haritaki Bilva A.H.Chi 9/14  
Shwasa (asthama) Kasa (cough) Pippali Ajamoda Bilva A.H.Chi.3/20,21  
Kaphodara(Ascites) Shunthi Maricha Pippali Yavakshara A.S.Chi17/58 Jwara  
(fever), Trushna (excess thirst) Shunthi Dhanyaka A.S.Chi1/24-25

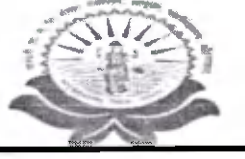


  
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**PRALEPI/ VILEPI**

- Acc to [ सु.सू.४६/३४४ ] प्रवलेपी प्रवरलद्रव । Rice + 4 parts of water Boiled over mandagni only solid part is taken Acc to [ शा.म.२/१६६-१६७ ] प्रवलेपी िनमसक्था स्याषत्सद्वा नीरे चतुर्ुाणे तपाणी र्ृंहणी हृध्या मिरा प्रपत्तनामशनी ॥ Rice + 4 parts of water Boiled over mandagni only solid part is taken
- वातवचोनुलोमनी । तपाणी ग्राहहणी लघ्वी हृध्या चाप्रप प्रवलेप्रपक ॥ [ च.सू.२७/२५०-२५१ ] It acts as vatanulomaka, tarpaka, graahi, laghu and hrudya.



*Shekhmur*  
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• **ANNA KALPANA**

• Derivation: अद् which means to eat. Preparation Ratio of water

• To prepare krushara, tandula and shimbi dhanya are taken in either 1:1/1:2 or 1:4 ratio as per the need. • Little amount of sneha, saindhava lavana, ardraka, hingu and haridra are added to the preparations. • The mixture is cooked in a vessel with 6 parts of water until all the rice particles are cooked and the preparation attains a solid consistency Properties: कफप्रपत्तकरी ल्या कृ

शराऽतनलनाशनी । [सु.सू.४६/३४५]



*Prashant*  
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**YUSH KALPANA**

• यूष कल्कद्रव्यपलं शुण्िी प्रपप्पली चािाकाप्रषाकी । वाररिस्थेन प्रवपचेत् स द्रवो यूष उच्यते ॥ [शा.म.२/१५४] • औषि द्रव्य कल्क - 1 पल • शुण्िी चूणा - 12 पल • प्रपप्पली चूणा - 12 पल • जल - 1 िस्था All the above said ingredients are taken in a clean stainless steel vessel and placed over mandagni and cooked until a thin gruel is obtained.

• Acc to [कै .तन.कृ तान्न वर्ा ५/६२] अटादशर्ुणे तोये श्रुतो यूषस्तु मशषबर्जेः । Shimbi dhanya like mudga,masha,masura etc..is taken in a vessel and 18 parts of water is added to it. The vessel is placed over mild fire and cooked until the grains are fairly cooked. Properties: यूषो ल्यो लुिः रुच्यः कण्िकिफापहः । [यो.२]

• Types of यूषः 1. अकृ त यूष 2. कृ त यूष 1. अकृ त यूषः Here the preparartion is not subjected to any samskarana with sneha or fine powders of other drugs. 2. कृ त यूषः The preparation is subjected to samskarana with sneha like ghritha and fine powders of selected drugs like tejapatra,twak,ela etc are added.



  
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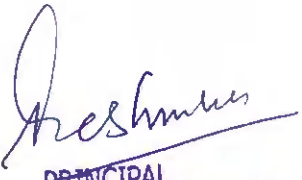


**YAVAGU** Acc to [ सु.सू.४६/३४४ ] यवार्ुराहुमसक्था स्यात् । यवार्ूं षड्ुणे पचेत् । •

It is prepared by boiling 1 part of tandula with 6 parts of water over mild fire until the rice particles are cooked . • It contains more portion of siktha than manda

- Indicated conditions: Before Siravedha, inGarbhini,Unmaada,Mandagni,Trushna In Ayurveda literature 3 types of Yavagu are described – i. Kalka Siddha Yavagu (Gruel Prepared with Paste Of Medicines) ii. Kwatha Siddha Yavagu (Gruel Prepared in Decoction Of Medicines) iii. Mamsarasa siddha Yavagu (Gruel Prepared in Meat Soup)
- Compilations of References of yavagu Preparation with Its Clinical Utility CLASSICAL REFERENCE BASIC INGREDIENTS PROPERTIES Su.utt.40/156 Tandula Laghu, Grahi, Basti shodhani ( Capable Of Removing Provoked doshas In Basti) Sha.ma.kh.2/164- 165 Tandula Mudga Tila Masha Balya, Vaatnashaka (Pacifying Vata dosha)
- Depicting Different Types Of Yavagu With Clinical Utility Classical Reference Type Of Yavagu Basic Ingredients Properties Cha.su 2/18 Kalka Siddha Yavagu Pippali, chitraka Shunthi Deepana, Udarashoola A.H.chi20/25 Vidanga ,shigru takra, maricha, swarjika Kshara Krumighna (anti helmentic) ,Deepana Cha.su.2/29 Kwatha Siddha Yavagu Haritaki, shunthi Vatanulomaka (Carminative) Cha.su.2/30 Takra Ghrita Ajeerna (indigestion of Ghrita) A.H.chi1/32 Aamlaki, Shunthi Khandasharkara Asweda, Anidra Cha.su.2/33 Mamsarasa siddha yavagu Dugdha Bhasmaka



  
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