

Literary Review on Different Methods of Swarasa Nirman as Described in Ayurvedic Samhitas

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Abstract: Swarasa Kalpana is considered the most potent among Panchavidha Kashaya Kalpana due to its rapid action and high therapeutic efficacy. Ayurvedic classics describe different methods of Swarasa preparation depending upon the nature of the drug and therapeutic requirements. To review various methods of Swarasa Nirman described in Ayurvedic Samhitas. Classical Ayurvedic texts including Charak Samhita, Sushrut Samhita, Ashtang Hridaya and Sharangdhar Samhita, Yogratnakar Samhita were reviewed along with modern literary sources. Different methods such as Pratyaksha Swarasa, Putapaka Swarasa, Swedana Swarasa and Indirect methods using dry drugs were identified. Each method demonstrated specific pharmaceutical and therapeutic importance. Pratyaksha Swarasa preserves maximum potency, while Putapaka and Swedana methods enhance extraction from hard and fibrous drugs. Indirect methods serve as practical alternatives when fresh drugs are unavailable.

Keywords: Swarasa, Bhaishajya Kalpana, Panchavidha Kashaya, Extraction Methods, Ayurveda

I. INTRODUCTION

Bhaishajya Kalpana is a fundamental branch of Ayurveda that deals with the preparation, processing, and standardization of medicinal formulations. The therapeutic efficacy of any Ayurvedic drug not only depends upon the selection of appropriate dravya but also significantly on the method of preparation.

Among various dosage forms described in Ayurvedic classics, Panchavidha Kashaya Kalpana holds prime importance, which includes Swarasa (fresh juice), Kalka (paste), Kwatha (decoction), Hima (cold infusion), and Phanta (hot infusion).^{i ii iii iv v}

Among these, Swarasa is considered the most potent dosage form due to its minimal processing and maximum retention of active phytoconstituents. It is prepared by extracting the juice from fresh plant material and is known for its rapid onset of action, high bioavailability, and better therapeutic response. Due to the absence of prolonged heating or processing, Swarasa preserves the natural properties and potency of the drug.

Classical Ayurvedic texts such as Charak Samhita, Sushrut Samhita, Ashtang Hridaya, Sharangdhar Samhita and Yogratnakar Samhita have described Swarasa Kalpana in detail. Interestingly, Acharyas have not limited Swarasa preparation to a single method but have elaborated multiple techniques depending upon the nature of the drug, availability of fresh material and therapeutic requirements. These include direct expression (Pratyaksha Swarasa), heat-assisted methods like Putapaka, steam-based extraction like Swedana, and indirect methods using dry drugs.

This variation in preparation methods reflects the advanced pharmaceutical understanding of ancient Ayurvedic scholars. Each method has its own significance in terms of extraction efficiency, preservation of active constituents, and suitability for different types of drugs.

In the present era, where standardization and scientific validation of Ayurvedic formulations are gaining importance, it becomes essential to critically analyze these classical methods in the light of modern pharmaceutical principles such as



solubility, temperature effect, and extraction efficiency. Therefore, this literary review aims to systematically compile and analyze various methods of Swarasa Nirman described in Ayurvedic Samhitas.

Materials and Methods

This is a literary review study. Data has been collected from classical Ayurvedic texts including Charak Samhita, Sushrut Samhita, Ashtang Hridaya, Sharangdhara Samhita, Yogratnakar, Bharat Bhaishjya Ratnakar and Bhaishjya Ratnavali. Relevant references regarding Swarasa Kalpana and its preparation methods were compiled and analyzed.

Definition of Swarasa:-

Swarasa is the fresh juice extracted from plant material by mechanical expression. It is considered the best among all liquid preparations due to its potency and rapid action.^{vi}

Methods of Swarasa Nirman :-

The preparation of Swarasa is not limited to a single method; rather, classical Ayurvedic texts describe multiple techniques depending upon the nature of the drug, its physical characteristics, and therapeutic requirements. These methods ensure maximum extraction of active principles while maintaining the potency of the drug.

1. Pratyaksha Swarasa :-^{vii viii}

Pratyaksha Swarasa is the most basic, commonly used, and highly potent method of Swarasa preparation. In this method, fresh plant material is collected, cleaned, and then subjected to mechanical processes such as crushing, pounding, or grinding. The crushed material is then pressed to extract the juice.

This method is particularly suitable for soft, succulent, and juicy plant parts such as leaves, stems, and tender roots. As it does not involve the application of heat or addition of water, the active constituents remain in their natural and unaltered state. This ensures maximum preservation of the drugs gun and potency.

Due to minimal processing, Pratyaksha Swarasa exhibits high bioavailability and rapid onset of action, making it ideal for conditions requiring immediate therapeutic intervention. It is therefore considered the best method among all Swarasa preparation techniques.

Example,

Tulasi Swarasa-Fresh Tulasi leaves are crushed and filtered to obtain juice. It is Used in Kasa (cough), Shwasa (asthma), Pratishtyaya (cold)

2. Putapaka Swaras:-^{ix x}

Putapaka Swarasa is a specialized method used when the drug is hard, fibrous, or does not yield juice easily through direct expression. In this technique, the drug material is first made into a bolus or wrapped in leaves (such as plant leaves) and then subjected to controlled heating, traditionally using fire.

The heating process softens the plant tissue and facilitates the breakdown of cell walls, thereby enhancing the release of intracellular contents. After adequate heating, the material is removed, cooled, and then crushed to extract the juice.

Although heat is applied in this method, it is controlled and indirect, ensuring that the essential properties of the drug are not completely destroyed. This method is particularly useful for drugs where direct extraction is difficult or inefficient. Thus, Putapaka Swarasa represents an intelligent adaptation of pharmaceutical techniques to overcome limitations in drug extraction.

Example,

Ripe pomegranate is processed by Putapaka method and its juice is extracted. Mixed with honey, it is useful in Atisara, Grahani, and Agnimandya.

3. Swedana Swarasa:-^{xi}



Swedana Swarasa involves subjecting the drug to steam or mild heat before extraction. In this method, the plant material is exposed to steam (Swedana) which causes softening of tissues and partial breakdown of cellular structures.

After the Swedana process, the softened drug is crushed and pressed to obtain the juice. Compared to Putapaka, this method uses milder heat, thereby minimizing the degradation of heat-sensitive active constituents.

This technique is particularly useful for moderately hard drugs where direct expression is not effective, but excessive heating is also not desirable. Swedana Swarasa provides a balance between efficient extraction and preservation of pharmacologically active compounds.

From a modern perspective, this method can be correlated with steam-assisted extraction techniques, which are known to improve yield while maintaining the integrity of bioactive molecules.

Example,

Vasa patra Swarasa -Vasa leaves are softened by mild swedana, then crushed and filtered to obtain Swarasa.

4. Indirect Method:-^{xii xiii}

In situations where fresh plant material is not available, classical texts suggest the use of dry drugs to prepare a substitute for Swarasa. In this method, the dried plant material is first powdered or coarsely crushed and kept soaked overnight and filter it through a cloth. The resulting liquid is then processed to obtain a concentrated extract resembling Swarasa.

When it is not possible to extract Swarasa from dry drugs, such substances are soaked in eight times water and boiled on fire. When the water reduces to one-fourth, it is filtered and used in place of Swarasa. Although this method does not produce true Swarasa, it serves as a practical alternative in the absence of fresh drugs. However, due to processes like drying, soaking, there may be partial loss or alteration of active constituents, leading to comparatively reduced potency.

Despite this limitation, the indirect method ensures the availability of therapeutic preparations and highlights the adaptability of Ayurvedic pharmaceuticals. It also reflects the importance of practicality in clinical application.

Example,

Shunthi Swarasa -Shunthi is soaked in water, triturated well, and filtered to obtain Swarasa.

Result:-

The literary review revealed that Ayurvedic Samhitas describe multiple methods of Swarasa Nirman based on the physical nature of the drug and therapeutic requirements. Among all methods, Pratyaksha Swarasa was found to preserve maximum potency due to the absence of heat processing and direct extraction from fresh plant material. Putapaka and Swedana methods were observed to improve juice extraction from hard and fibrous drugs through controlled heat and steam application. The indirect method using dry drugs was identified as a practical alternative when fresh drugs are unavailable, although comparatively less potent.

Comparative analysis showed that each method possesses distinct pharmaceutical significance regarding extraction efficiency, preservation of active constituents, and suitability for different plant materials. Correlation with modern extraction techniques suggests that ancient Ayurvedic scholars had advanced knowledge regarding drug processing, temperature control, and bioavailability enhancement.

Discussion:-

Different methods of Swarasa Nirman indicate the advanced pharmaceutical understanding of ancient Acharyas. Selection of method depends upon the nature of the drug, availability, and therapeutic requirement. Heat-based methods like Putapaka and Swedana enhance extraction in hard drugs, whereas direct expression preserves maximum potency. From a modern perspective, these methods can be correlated with extraction techniques based on temperature and solubility. However, shelf life and standardization remain challenges.



II. CONCLUSION

Swarasa Kalpana is a highly potent and rapid acting dosage form in Ayurveda. Various methods of its preparation have been described in classical texts to suit different conditions. Understanding these methods is essential for effective drug preparation and therapeutic use. Classical principles of Swarasa Nirman are scientifically relevant even in modern pharmaceutical context.

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