Journal of Innovations in Pharmaceuticals and Biological Sciences www.jipbs.com

ISSN: 2349-2759

Review article

Review of Panak kalpana in Grishma ritu

Priyanka Kherade*, Deepali Manore

Department of Swasthavritta and Yoga, CARC, Akurdi, Pune, India.

Abstract

Ayurveda mentioned that happiness; health and longitivity may be acquired by following swasthya-rakshana karmas like; dinacharya, ritu-charya, sadvruta, rasayana etc. Ritucharya is the considered diet and regimen according to the seasonal changes. Ayurveda divides a year into two kala; uttarayana and dakshinayana, each is formed of three ritus and a year consisted of six ritus which are; shishira, vasanta and grishma in uttarayan and varsha, sharada and hemanta in dakshinayana. Grishma ritus is considered in uttarayana. In grishma ritu sun rays becomes powerful day after day and appears destructive, shleshma decreases and vat increases consequently which leads daha, trushna, klama lakshanas, hence the food consumed in these ritus should be madhur, laghu, shit and drava gunatmak. Kruttan varga panak kalpana is explained by traditional text of ayurveda, which are pittashamak, trushanahar, shit, klamhar, prinan, mutral, hrudya in gunas. Ayurveda samhitas signifies importance and suggested consumption of panak kalpana as pathyapatya in grishma ritucharya. This article reviewed aspect of panak kalpana as pathyapatya in grishma ritu.

Key words: Ritucharya, Uttarayana, Dakshinayana, Grishma Ritu, Panak Kalpana.

*Corresponding Author: Priyanka Kherade, Department of Swasthavritta and Yoga, CARC, Akurdi, Pune, India.

1. Introduction

Ayurveda is the science of traditional medicinal system, which mentioned treatment protocol of disease along with maintenance of the healthy condition and rejuvenator therapies. Ayurveda not only mentioned treatment of disease but also emphasizes significant of swasthvarakshana karmas like; dinacharva, ritucharya, sadvruta, rasayana etc. to maintain happiness, health and longitivity. Ritucharya is the traditional concept of ayurveda which deals with the consideration of diet and regimen according to the seasonal changes. *Ritucharya* is prominently discussed in the first of most of the *samhitas* of ayurveda [1-3]. The year according to ayurveda is divided into two periods called *ayana* depending on the direction and movement of sun these *ayana* are *uttarayana* and *dakshinayana*, each is formed of three *ritus*. As per ayurveda the diet regimen of an individual must involve consideration of *ritus* variation which are; *shishira*, *vasanta*, *grishma*, *varsha*, *sharada* and *hemanta ritu*.

Uttarayana indicates the ascent of the sun or northward movement of the sun and termed as *aadan kal*, in this period the sun and the wind are powerful, heat and dryness in the environment increased, which causes dryness in the body and thus reduces *bala*. *Dakshinayana* indicates the descent of the sun or movement of the sun in southern direction. In this period, the wind is not very dry; the moon is more powerful than sun. The earth becomes cool due to the clouds, rain and cold winds. The strength of person enhances during this period. It is also called *visarga kala* [2-4].

Grishma Ritu and Panak kalapana

Grishma ritu is considered in the uttarayana. In grishma ritu the intensity of sun-rays increases as day becomes powerful which decreases shleshma, increases vat and leads daha, trushna, klama and lakshanas, hence in these season madhur, laghu, shit and drava gunatmak food need to be consumed. Kruttan varga panak kalpana is expaind by acharyas; these are the pittashamak, trushanahar, shit, klamhar, prinan, mutral, hrudya in gunas. Ashtang Hruday also mentioned use of panak kalpana in grishm ritucharya [5,6].

Definition of Panak kalpana

भ्रुण्णं द्रव्य पलं साध्यं----- पाने भक्तादिसंविधौ ॥ (Sh.S.ma.2/158)

One part of fine powder of *dravya* and sixty four parts of water boiled up until only half part of the total mixture is remaining. The liquid obtained as a result is known as *panak kalpana*. This mixture should be used for purpose of drinking and cooking. Ayurveda mentioned use of this *panak kalpana* in *grishm ritu*.

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पानकं पच्चसार ----- साम्ल मृन्मयशुक्तिभि॥
(A.H.su. 3/31)
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Ayurveda also suggest that *panchasar panak* is kept inside a fresh mud pot, along with leaves of coconut trees and made sour should be drunk.

Drakshapanak

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द्राक्षापरुषकखर्जुरसार -----क्षुनृट्श्रमक्लमहरं यथाद्रव्यगुणच्च तत् ॥
(Ka.ni.5/117)
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Ingredients

Draksha, parushak, khajursar, kol, gud, chaturjat, karpur, marich.

Benefits

Kshudha, trusha, shramhar, santarpanjanya, hrudyakar, mutral, vishtanmbhi.

Mrudvikapanak

मार्द्वीकाम्बु श्रमहरं मुर्च्छादाहतृष्णापहम्	11	(Ka.ni.5/118)
मार्दीकं तु श्रमहरं मुर्च्छादाहतृष्णापहम्	Ш	(Su.sa.su.48/390)

Ingedients: *Madhuk*.

Benefits: Shramhar, murcha, daha, trushnahar.

Pancchasarpanak:



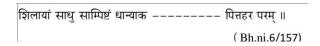
Ingredient

Draksha,madhuk,gambhari,khajur,karpur.

Benefits

Shukravardhak, dahahar, trushnahar.

Dhanyakpanak



Ingredient

Dhanyak, sharkara, karpur.

Benefits

Shigrhapittahar.

Aamrapanak



Ingredient

Aam, sita, karpur or marich churna.

Benefits

Ruchikar, balakarak, indriyatarpan.

Conclusion

In grishma ritu, due to the heat, air becomes hot and drains the coolness of

earth. Due to this, people get dehydrated and weakened. From the above review, it can be said that, panak kalpana behaves as a dahahara, trushnahara and balya for human body. Also agnimandya occurs in grishma ritu and some of the above mentioned panak kalpana are referred as ruchikar, agnidipan and pachan. Hence it can be concluded that, consumption of panak kalpana in grishma ritu is beneficial for promotion of healthy life.

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