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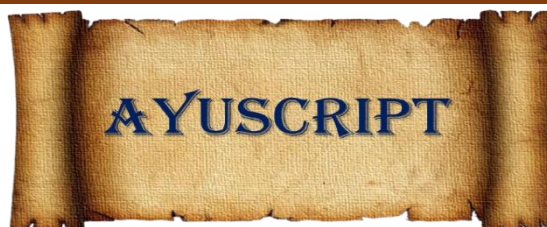
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ॐ नमो भगवते वासुदेवाय ॥ १ ॥ विश्वकर्मो एमादृष्टपुरीहाटकनि
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राः ॥ १३ ॥ यत्किंचित्त्रिषु लोकेषु सुंदरं न च दृश्यते ॥ स वा जित प्रज्ञेनाप्यो पु
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॥ हि देवोऽसुदृष्टो मां दिवाकरे ॥ ध्वंसकथमानोऽसौ दवदेवो दिवाकरः ॥ २० ॥
सिंहासने भिरजधरं सवाजिनं सवाजिनं ॥ चरं हि प्रसन्नोऽस्मि यत्नेन न सिं





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Arka Kalpana - A Review of Traditional and Modern Methods of preparation and uses of Different Arka according to Various reference

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ABSTRACT:

Arka Kalpana is an important Ayurvedic pharmaceutical preparation that has gained recognition because of its effectiveness, stability, and ease of administration. It is prepared through the process of hydro-distillation, in which medicinal herbs are heated with water to extract their volatile oils and water-soluble active constituents. The resulting distillate is a clear, aromatic, and palatable liquid that possesses enhanced therapeutic properties. Compared to traditional Ayurvedic preparations such as Kwatha (decoction), Arka offers higher bioavailability, faster absorption, improved potency, a longer shelf life, and requires a smaller therapeutic dose. These advantages make it suitable for both acute and chronic disease management while improving patient compliance due to its pleasant taste and convenient dosage form. The concept of Arka Kalpana is described in the classical Ayurvedic text Arka Prakasha, which explains the principles of preparation, therapeutic applications, and methods of administration. Traditionally, Arka preparations have been used for managing digestive disorders, respiratory ailments, urinary diseases, and various systemic conditions. In modern Ayurvedic pharmacy, the preparation of Arka is standardized using Good Manufacturing Practices (GMP), physicochemical analysis, chromatographic techniques, microbial limit testing, and quality control protocols. These scientific approaches ensure consistency, safety, purity, and therapeutic efficacy, thereby supporting the integration of traditional Ayurvedic knowledge with modern pharmaceutical standards and evidence-based healthcare practices.

Keywords: Arka kalpana, Arka preparation method ayurved modern, Parishrutha jala, Distillation and its uses and standardisation

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Introduction:

Ayurveda has got many branches one of the which is Bhaishjya kalpana. it deals with various formulation, pharmaceutical and therapeutic uses of the drug. Dosages are derived basically from panchvidha kashaya kalpana. They are Swaras, kalka, kwath, hima and phanta. According to Arka Kalpana has got more importance than other kalpanas because of its potency. Arka is a unique preparation in which modern distillation method. References of Arka kalpana were not found in either vedic period or in samhita period. Arka kalpana was foremostly mentioned by 'Acharaya Shodhala' during the 12th decade in the context of 'Kharjurasav' and in Sahasra yoga also described about Arka yantra and Arka preparation. Even though different books were written on Arka kalpana during the Modern era but Arka Prakash written by Ravan is considered as compressive referral book as far as Arka kalpana is concerned. As far as Rsa-Shastriya literature is concerned there is only a single reference in Rasatarangini that mention Arka-Kalpana.

Ayurvedic Method of preparation is common for all the Dravya:

1. **Dravya samgrah:** The fresh drugs (patra, mula, pushpa etc) are collected which should be shuddha (pure) and nirdosh (disease free) and clean
2. **Churnikaran:** The drugs are washed shade dried and made into coarse powder or paste
3. **Jalsanyog:** Generally 8 time is added to the drug (4-6 time if Tikshana). Mixture is kept overnight for proper maceration.

4. **Paka:** Next day the mixture is transferred to Arka Yantra and mild heat is applied. Vapors rise pass through condensor and are collected as arka
5. **Parishudhi:** The collected Arka is clear, aromatic and colorless. It is filtered through clean cotton cloth
6. **Sanrakshan:** Stored in airtight glass bottles. Away from sunlight (to preserve volatile constituents)

Modern Pharmaceutical Method:

1. **Raw material selection:** Fresh plant parts are cleaned & dried if required.
2. **Size reduction:** The drug is cut/ crushed into coarse powder to increase extraction efficiency.
3. **Maceration with water:** Generally 1:8 ratio of drug to water, soaked for 12-24 hrs.
4. **Distillation:** The soaked drug is subjected to steam / hydro distillation. vapors containing volatile constituents rise get condensed by cooling system into liquid form.
5. **Separation of distillate:** Distillation is collected in a receive if volatile oils separate they are carefully decanted. The aqueous portion is Arka.
6. **Filtration & storage:** Filtered through muslin cloth or filter paper. Stored in amber colored airtight bottles at cool temperature.

SHELF LIFE- 1 YEAR:**Standardisation Parameters:**

- . Organoleptic characters
- . pH
- . Refractive index
- . Assay of active constituents
- . Specific gravity

Chart of different arka kalpana with Active Principles, Dose, Anupana, and uses:

Arka	Indication	Active principles	Dose	Anupana	Useful parts
Jatamansi Arka (Arka Prakash)	Aruchi, unmad, Nidranash	Jatamansone Nardol	10-15ml Nasya 2-3 drops	Warm water Milk, Ghee	Mool (Root)
Bramhi Arka (Arka Prakash)	Medhya, unmad, apasmar Smutrivardhan	Bacosides Alkaloids	10-15ml	Warm water Ghee	Panchnag
Shankhpushpi Arka (Ayurvedsar sangrah)	Medhya, Anidra, Mansiknvikar	Convolvine Flavanoids	10-15ml	Warm water Milk	Panchang
Triphala Arka (Arka prakash,Gadnigr)	Rasayan, Netra, Anumolan, Prameh, Dipan	Tannins Gallid acid vit c	10- 40ml	Warm water	Phal (fruits)
Vasa Arka (Arka Prakash)	kaas, shwas, Rakta pitta	Vasicine Vasicinone	10-20 ml	Honey Warm water	Patra (leaf)
Yasatimadhu Arka (Arka Prakash)	Kusta Rog, Amala pitta, kaas	Glycyrhizin Liquiritin	10-20 ml	Milk water	Mool (Root)
Nimb Arka (Arka Prakash)	Kuṣṭha, Kaṇḍu, Rakta Doṣa, Kṛmi	Azadirachtin Nimbin	10-15 ml	Water	Patra (leaf)
Musta Arka (Sahsrayog)	Atisara, Jvara, Ajirṇa	Cypererine Mustakone	10-15 ml	Warm water	Kand/Root
Guduchi Arka (Ayurvedsar Sangrah)	Jwar,prameh, liver, Rasayan	Tinosporin Alkaloids	10-20 ml	Warm water	Kaand

Discussion:

Arka is a liquid dosage form prepared by the distillation of medicinal drugs or liquids using an Arka Yantra (traditional distillation apparatus) or any suitable modern distillation equipment. In this

process, the drug is either directly distilled or first soaked in water and then subjected to distillation. The resulting distillate contains the volatile and water-soluble active principles of the drug, making it a therapeutically effective preparation. Arka

is generally a clear to slightly turbid aqueous distillate. It may exhibit slight turbidity and a characteristic colour depending on the nature of the medicinal substances used. It also possesses the distinctive aroma and flavour of the predominant drug, as the volatile constituents are retained during the distillation process. These properties help preserve the medicinal value of the herbs while providing a stable and easily administrable preparation. Among the various dosage forms described in Ayurveda, Arka is considered one of the most potent preparations because the distillation process concentrates the active volatile principles and minimizes unwanted impurities. Due to its liquid form, Arka is rapidly absorbed by the body, resulting in quicker therapeutic action. In addition, it has better palatability than many traditional formulations, making it easier to administer, especially to children, elderly patients, and individuals who have difficulty consuming powders or decoctions. Other advantages of Arka include a relatively longer shelf life, ease of storage and transportation, accurate dosing, and improved patient compliance. Owing to these benefits, Arka remains an important pharmaceutical preparation in Ayurvedic practice and continues to be prepared using both traditional and modern distillation techniques to ensure quality, safety, and therapeutic efficacy.

Conclusion:

Arka Kalpana is a unique and important Ayurvedic pharmaceutical dosage form prepared by the process of distillation. It is considered one of the most potent, stable, and patient-compliant formulations because it contains concentrated volatile and water-soluble active constituents of medicinal drugs. These active principles are rapidly absorbed, resulting in quicker onset of action and enhanced therapeutic efficacy. Owing to its pleasant aroma, improved taste, and liquid form, Arka is easy to administer and is especially suitable for children, elderly patients, and individuals who have difficulty consuming powders or decoctions. It also offers accurate dosing, better patient acceptance, and a comparatively longer shelf life due to reduced microbial contamination. The pharmaceutical quality of Arka mainly depends on the proper regulation of Agni (heat) during the distillation process. Mild and controlled heat facilitates efficient extraction of volatile constituents, whereas excessive heat may destroy or evaporate active compounds, reducing the medicinal value of the preparation. Therefore, careful control of temperature is essential for producing a high-quality Arka. Arka Kalpana successfully integrates traditional Ayurvedic principles with modern pharmaceutical technology, enabling standardized production, quality control, and improved therapeutic outcomes while preserving the authenticity of classical Ayurvedic formulations.

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