

Arka: An important dravya kalpana lost with time

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We all are very familiar to ayurvediya panchavidha kashaaya kalpana. Many of the practitioners use these kalpana in the daily clinical practice. But there is one more kalpana which is least used these days. It may be because of unawareness about it or less available references. One more thing adding into it is the lack of knowledge about this procedure because of unavailability of those who practice and can teach this method. This procedure is known as Arka kalpana.

We seldom see the use of Arka kalpana in the practice. Except for the gomootra, some of the drugs with volatile content, we find no Arka being used. It is a misconception that Arka is meant only for volatile components. Arka is not considered in kashaya kalpana whereas in Ravanakruta Arkaprakaash, Arka has been described as one among the pancha dravya kalpana. In fact, it explains Arka kalpana as the best kalpana among all. This text also explains about amazing techniques to obtaining Arka from different dravya. It also gives us the idea about its marvellous results. It is not worth using such method which is considered to be the best. The knowledge of Arka may definitely improve the field of aushadhikarana and in return field of Ayurvediya medicine. It is an attempt to review Arka kalpana from a different angle and find its utility in better way.

Biography

Amit Pal has completed his B.A.M.S. from GAM & RC Goa, India and currently doing M.D. (Ayu) in Samhita from S.D.M. College of Ayurveda, Udupi, Karnataka, India.

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