

A literary survey on indications and preparations using Lavana Panchakaya according to Carakasamhita

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Abstract

Lavana Panchakaya stands for five types of salts which are clinically used in Ayurvedic Medicine. Sauvarchala, saindhava, audbhida, vida, and samuddra are the five types and their properties are unctuous, hot, sharp, best promoters of Agni and they are used in purgative, emetic, enema, massage, suppositories, surgical measures and collyriums. This study is based on clinical applications of five salts according to Carakasamhita. Data were collected according to indications and preparations of Panchalavana mentioned in Carakasamhitha and analyzed with proper variations. According to Carakasamhita, gritha preparations which contain any type of panchalavana contained 52% of saindhava, 35% of vida, 29% of sauvarchala, 12% of samuddra and 6% of audbhida and 6% of gritha contain lavana panchakaya. Choorna which contain any type of panchalavana contain 32% of sauvarchala, 24% of saindava, 16% of audbhida and samuddra from each and 16% contain all types together. Vasti preparations which contain any types of lavana contain 94% of saindava and 5% of sauvarchala. 75% of saindava, 12.5% of audbhida and sauvarchala equally are contained in thaila preparations which contain any type of panchalavana. The medicinal preparations with lavana panchakaya are used for Arshas, Gulma, Udara, Atisara, Grahani, Chardi, Thrushna, Pliha, Visha and Thrimarma cikitsa. Triushnadi churna, Thakra prayoga Dasamooladi gritha, Citrakadi gutika, Panchamooladi thaila, Pippalyadi churna, Thakraarista, Ksharagrita, Mukthadi churna, Hingvadi yawagu, Thejovyathadi gritha are some of the preparations which include panchalavana. Vasti, Virechana, Vamana are the common shodhana procedures that indicate panchalavana and they are commonly used in disorders of pachanavyuha.

Keywords: Lavanapanchakaya, indications, preparations

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