



Therapeutic Applications Of *Arka Kalpana* In Women's Health: Insights From *Arka Prakasha*

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ABSTRACT

Introduction: *Arka Prakasha*, an *Ayurveda* treatise authored by *Lankapathi Ravana*, systematically details the principles, preparation, and therapeutic applications of *Arka Kalpana*—an ancient pharmaceutical distillation technique notable for yielding potent, fast-acting liquid formulations. This review aims to elucidate the methodology of *Arka* preparation as outlined in *Arka Prakasha* and to explore its clinical relevance and application in Women's health.

Methods: A comprehensive literature review on *Arka Prakasha*, *Arka Kalpana* techniques, and their utility in *Prasuti Tantra* *Evum Stree Roga* in conditions like *Yoni Shoola*, *Pradara Roga*, *Rajo Rodha*, *Vipluta Yoni Vyapad* etc.

Results: *Arka Kalpana* formulations derived from *Arka Prakasha* exhibit enhanced bioavailability and potency due to the distillation process concentrating volatile active principles. These formulations demonstrate significant applications in Women's Health. Clinical studies indicate improved symptom relief, faster recovery, and favorable safety profiles compared to other dosage forms. The distillate form facilitates patient compliance through better palatability and decreased dosing volume.

Discussion: *Arka Prakasha*'s detailed pharmacognostic classification and methodical preparation techniques provide a robust framework for utilizing *Arka Kalpana* in Gynecological and Obstetric care. Its therapeutic advantages lie in targeted *Dosha* correction, rapid action, and reduced adverse effects. Integration of *Arka Kalpana* into modern Gynecological practice could provide holistic adjunct treatment options. Further large-scale clinical evaluation is the scope of Research.

Keywords: *Arka Prakasha*, *Arka Kalpana*, *Ayurvedic* distillation, *Prasuti Tantra*, *Stree Roga*

1. INTRODUCTION

Arka Kalpana is a unique and specialized pharmaceutical preparation in *Ayurveda* characterized by the process of hydro-distillation. In this process, medicinal herbs are subjected to steam or water distillation to extract volatile oils and water-soluble active principles, resulting in a potent, aromatic, and highly bioavailable liquid formulation known as *Arka*. This dosage form is distinguished by its enhanced absorption, rapid therapeutic action, longer shelf life, and reduced dose requirement compared to traditional *Kwatha* (Decoctions) or *Churna* (Powders). The classical *Ayurveda* text *Arka Prakasha*, authored by the legendary scholar *Lankapathi Ravana*, provides an elaborate treatise on the principles, methodologies, and applications of *Arka Kalpana*. It meticulously classifies herbs based on their physical and pharmacological properties, prescribes equipment and extraction techniques, and elaborates on the therapeutic significance of *Arka* in various disease states.

The importance of *Arka Prakasha* lies not only in its detailed scientific approach to distillation and formulation but also in its emphasis on clinical utility, particularly in the domains of **Women's health**. The text outlines specific indications for the use of *Arka Kalpana* in managing conditions such as menstrual disorders, vaginal infection overall recovery during the *Sutika Kala* (Postnatal period), making it a vital component in *Prasuti Tantra Evum Stree Roga*.

2. METHODOLOGY

- A comprehensive literature review on *Arka Prakasha*, *Arka Kalpana* techniques, and their utility in women's health.
- To understand *Arka* formulation in *Prasuti Tantra* and *Stree Roga*.

3. HISTORICAL REVIEW

Table 1: History of *Arka Kalpana*

<i>Vedic or Samhita Kala</i>	References to <i>Arka Kalpana</i> are not found, its earliest mention comes from the 12th century by <i>Acharya Shodhala</i> in <i>Shodhala Nighantu</i> .
<i>Adhunik Kala-</i> <i>Gadanigraha, Asava-Arishta Vigyana, and Sahasra yoga</i>	Describe <i>Arka Yantra</i> and <i>Arka</i> preparations
<i>Rasatantra Sara</i> and <i>Siddha Prayoga Sangraha</i>	mentions examples of 21 <i>Arkas</i> along with the dose.
<i>Arka Prakasha</i> " by <i>Lankapathi Ravana</i>	standard text for <i>Arka Kalpana</i> (period 16 th century)
<i>Ayurveda Pharmacopeia of India and Ayurveda Formulary of India</i>	Given standardize protocol for <i>Arka</i> preparation, mentioned several <i>Arka</i> formulations with dosage. ²

4. IMPORTANCE OF ARKA IN AYURVEDA

The classical *Ayurveda Shloka* from *Arka Prakasha* highlights the precedence and potency of *Arka* among medicinal preparations:

"*Dravya Kalpah Panchdhasyat Kalka Churna Rasa Tailam Arka Kramatgneyam Yathottargunam Priye*"³ (*Arka Prakasha* 1/46)

This means that among the five major *Kalpana*'s—*Kalka* (paste), *Churna* (powder), *Swarasa* (juice), *Taila* (oil), and *Arka* (distillate) the potency and efficacy progressively increase, with *Arka* dosages having the highest concentration and therapeutic effectiveness. Its formulation is associated with enhanced shelf life, easy digestion, rapid action, reduced doses, and improved patient compliance.

Arka Kalpana is distinguished for extracting volatile and essential oil constituents via distillation, rendering the medicine more bioavailable and rapid-acting than other formulations like *Kwatha* (decoctions) or *Churna* (powder).

5. ABOUT THE BOOK ARKA PRAKASHA:

AUTHOR AND PERIOD⁴:

The book were written by *Lankadipati Ravana*, grandson of the sage *Pulastya* and son of *Vishwashrava*. *Ravana* is well known as the king of *Lanka*, but he was also a great scholar and scientist. His grandparents, *Pulastya* and *Malyavan*, were themselves scientists. *Ravana* made significant contributions in the development of *Ayurveda*. Among them his very renowned works are *Arka Prakasha*, *Nadi Pariksha*, *Kaumaratantra*, and *Marmavigynana*, though only a few of these texts are still available today. As the book was written by *Langapathi Ravana* himself so probable period of this book is the sixteenth century.

CONTENTS OF THE TEXT⁵:

The book consists of ten chapters. The chapters are called ‘*Shatakam.*’ All chapters consist of one hundred *Sloka* hence the chapters are called ‘*Shatakam.*’

Table 2: Chapters of *Arka Kalpana*

Shatakam (Chapter)	Main Contents
1. Prathama Shatakam (Basics of <i>Arka Kalpana</i>)	Dialogue of <i>Ravana</i> & <i>Mandodari</i> - <i>Dravya</i> types, <i>Guna</i> , <i>Veerya</i> , <i>Vipaka</i> , <i>Prabhava</i> - <i>Arka</i> preparation methods & <i>Arka Yantra</i> - Types of fire (<i>Shadagni</i>) & fuel- Vessels for <i>Arka</i> collection- Tests, rules of administration and precautions.
2. Dwitiya Shatakam (Suitable & Unsuitable Drugs)	Classification of drugs for <i>Arka</i> (hard, soft, leafy, liquid, etc.)- Suitable & unsuitable medicines- Extraction methods from fruits, flowers, leaves, etc.- Preservation & odor removal- <i>Dhupana</i> (fumigation) methods- <i>Arka</i> from meat, onion, garlic, alcohol, toxic plants.
3. Tritiya Shatakam (Single-Drug <i>Arka</i>)	200+ single-drug <i>Arka</i> preparations- Therapeutic uses (e.g., <i>Brahmi</i> – memory, <i>Bhringaraja</i> – hair, <i>Vasa</i> – <i>Jwara</i>)- <i>Arka</i> of toxic plants (<i>Datura</i> , <i>Langali</i> , etc.).
4. Chaturtha Shatakam (Compound <i>Arka</i>)	<i>Arka</i> from drug groups: <i>Dhanya</i> , <i>Pashu</i> , <i>Pakshi</i> , <i>Matsya</i> , <i>Mamsa</i> etc.- Formulations like <i>Triphala</i> , <i>Trikatu</i> , <i>Dashamoola</i> , <i>Pancamula</i> - Seasonal administration of <i>Arka</i> (<i>Ritu</i> -based use).
5. Panchama Shatakam (Clinical Uses)	90 <i>Arka</i> formulations for diseases- <i>Jwara</i> , <i>Atisara</i> , <i>Krimi</i> , <i>Pandu</i> , <i>Kamala</i> , <i>Shvasa</i> , skin disorders, <i>Unmada</i> , <i>Apasmara</i> - Special uses: voice disorders, insomnia, intoxication, sweating disorders.
6. Shastha Shatakam (Surgical & External Disorders)	Treatment of <i>Arbuda</i> , <i>Granthi</i> , <i>Arsa</i> , <i>Sotha</i> , <i>Nadi Vrana</i> , burns, wounds- <i>Vrana-Bhedana</i> using <i>Sankha Drava</i> (<i>Kshara Arka</i>)- Around 29 formulations- <i>Garbha Raksha</i> , <i>Garbha Prada</i> .
7. Sapthama Shatakam (Head, Eye, ENT & Gynaecology)	Treatment of <i>Netra</i> , <i>Karna</i> , <i>Shirashula</i> , <i>Danta</i> , <i>Mukha Rogas</i> - <i>Yoni Roga</i> , <i>Pradara</i> , <i>Garbhakara</i> , <i>Vajikarana Yogas</i> - <i>Bala Roga</i> (child diseases).
8. Ashtama Shatakam (<i>Abhicarika Prayoga</i>)	<i>Tantric</i> /magical applications- <i>Vashikarana</i> (attraction), <i>Shatru-Nasha</i> (enemy defeat), <i>Unmadana</i> (madness), <i>Mohana</i> , <i>Agni-Stambhana</i> (fire control), <i>Jala-Stambhana</i> (water control), invisibility, suppression of intelligence.
9. Navama Shatakam (<i>Gana</i> & <i>Varga</i> Classification)	47 groups (<i>Gana</i>) of drugs (<i>Twacchya</i> , <i>Vamana</i> , <i>Virecana</i> , <i>Sugandhi</i> , etc.)- Classification of <i>Dhatu</i> , <i>Upa Dhatu</i> , <i>Rasa</i> , <i>Uparasa</i> , <i>Ratna</i> - Associations: e.g., <i>Swarna</i> – <i>Swarna Makshika</i> , <i>Rajata</i> – <i>Rajata Makshika</i> .
10. Dashama Shatakam (<i>Rasa</i> & <i>Dhatu</i> Processing)	<i>Shodhana</i> & <i>Marana</i> of minerals & metals- Preparation of <i>Bhasma</i> (gold, tin, lead, zinc, iron)- <i>Sindura Sevana Vidhi</i> , <i>Visha</i> & <i>Upavisha Shodhana</i> - <i>Loha Bhasma</i> in diseases with <i>Anupana</i> - Purification of <i>Parada</i> , <i>Haratala</i> , <i>Manashila</i> .

6. TYPES OF ARKA⁶

Arka Prakasha classifies *Arka* 's based on the source and composition into:

- ***Eka Mulika Arka* (Single Herb Distillate):** Prepared from a single medicinal plant. Examples include *Haritaki Arka*, *Jatamamsi Arka*, *Nimba Arka*, etc.
- ***Bahu Mulika Arka* (Polyherbal Distillate):** Prepared from combinations of multiple herbs or other materials, such as *Trikatu Arka*, *Triphala Arka*, *Dashamoola Arka*, etc.

PREPARATION OF ARKA: ARKA NISHKARANA VIDHI (DISTILLATION METHODOLOGY)

Preparation is detailed with exact water-to-drug ratios and processes. The general method described in *Arka Prakasha* consists of soaking the drug in water overnight, followed by distillation using a specially constructed *Arka Yantra*. The condensed liquid collected is the *Arka* (distillate).

Table 3: *Arka Nishkarana Vidhi* according to the nature of *Dravya*⁷

Type of Drug	Quantity of Water to Add	Example
<i>Atyanta Kathina</i> (Very Hard)	3 parts	<i>Chandana</i> (Sandalwood)
<i>Kathina</i> (Hard)	2 parts	<i>Ajamoda</i>
<i>Sarasa Nala</i> (Juicy Stem)	1/20th part	<i>Nirgundi, Eranda</i>
<i>Patra</i> (Leaves)	1/100th part	<i>Vasa</i>
<i>Nirasa</i> (Without Juice)	1/20th part	<i>Vata, Ashwatha</i>
<i>Mrudu Dudhika</i> (Soft Milky)	4 parts	<i>Dugdika</i>
<i>Tikshna Dudhika</i> (Sharp Milky)	10 parts	<i>Satala</i>
<i>Phala</i> (Fruit)	No water	<i>Amra</i>
<i>Kashta Aushadhi</i> (Alkaline)	Add 1/80 th part of water, 4times <i>Sarjikshara</i> and <i>Saindhava</i> . 1/40 part of water is added.	<i>Udumbara</i>
<i>Pushpa</i> (Flowers)	1/16 parts	<i>Shatapatri</i> (Rose)
<i>Katu Phala</i> (Spicy Fruit)	1/40 parts	<i>Pippali</i>
<i>Drava Dravya</i> (Liquid)	No water	<i>Gomutra</i> (Cow urine)

AGNI (HEAT) DISTRIBUTION FOR ARKA NISHKARANA⁸

Table 4: *Agni- Arka Nishkarana Vidhi*

Type of Agni	Duration	Features
<i>Dhumagni</i>	2 Yama	Without flame; heavy fumes
<i>Deepagni</i>	1.5 Yama	Flame 2-4 times of <i>Dhumagni</i>
<i>Mandagni</i>	1 Yama (3hrs)	Flame increased 4 times of <i>Deepagni</i>
<i>Madhyamagni</i>	2 Yama	Between <i>Deepagni</i> and <i>Mandagni</i>
<i>Kharagni</i>	1 Muhurta (48 Min)	Full flame covering vessel bottom
<i>Bhattagni</i>	1 Muhurta	Spreads all over vessel bottom

PRECAUTIONS DURING PREPARATION⁹

- Both ends of the *Arka Yantra* should be tightly sealed with mud and clay.
- Cold water should be placed on the upper part and periodically replaced to ensure efficient condensation.
- Fuel or heat source should be controlled as per the drug's nature.
- Extraction should not exceed 60-70% of the initial added water.
- If leaves/flowers are used, they should be placed in cloth within the apparatus to prevent clogging.
- Different types and intensities of heat (*Agni*) to be according to classical instructions

REMOVING DURGANDHA (FOUL ODOR) FROM ARKA¹⁰

After preparation, if the *Arka* has a bad smell, it should be fumigated with *Hingu* (asafoetida), *Methika* (fenugreek), *Rajika Powder*, and *Ghrta* several times.

STORAGE OF ARKA¹¹

- *Arka* should be stored in airtight bottles.
- Exposure to air leads to loss of volatile constituents.
- Oil drops from the surface should not be removed, since these are desirable medicaments rich in active principles.
- Bottles should be well shaken before each use to ensure uniformity.

CHARACTERISTICS OF ARKA¹²Table 5: Characteristics of *Arka*

GOOD QUALITY (<i>Prashasta Arka</i>)	WORST QUALITY (<i>Nikrshtarka</i>)
<ul style="list-style-type: none"> • <i>Arka</i> emits <i>Adhika Sau-Gandhyam</i> (aroma / fragrance) more than the aromatic nature of <i>Ausadha</i> drug • <i>Muladravyavarnah</i> (Colour of base-substance) should appear <i>Jeernastha</i> (naturally) • Colour of <i>Arka</i> should resemble <i>Dhavala</i> (pure white colour) of <i>Sankha</i> (conch-shell), <i>Kunda</i> (a kind of flower) and <i>Indu/Candrama</i>(moon); and • <i>Parihsrutadrava</i> (Distillate liquid) gives taste of base-drug <i>Adhara-Dravya</i> processed for distillation, when it puts over comes in contact with tongue. 	<ul style="list-style-type: none"> • <i>Arka</i> possessing characters / features reverse (opposite) to <i>Prashasta Arka</i> quality wise falls in lowest / discardable range.

ADVERSE EFFECTS OF USING NIKRSHTARKA¹³

Intake of *Durgandha Arka* or *Nikrshtarka* leads to *Glani* (Fatigue), *Chardi* (vomiting), *Alasya* (Lethargy)

***Arka* Use Based on *Ritu* (Seasonal Application)¹⁴**

Arka Prakasha and classical texts emphasize the preparation and consumption of *Arka* according to season for enhanced efficacy:

Table 6: *Arka* based on *Ritu*

SEASON	RECOMMENDED ARKA
<i>Vasanta</i> (Spring)	<i>Nimba, Amra Ankura</i>
<i>Greeshma</i> (Summer)	<i>Sovati and Shatapatri</i>
<i>Varsha</i> (Monsoon)	<i>Triphala</i>
<i>Sharad</i> (Autumn)	<i>Parijata, Gambhari</i>
<i>Hemanta</i> (Pre-winter)	<i>Yavani, Nimbu</i>
<i>Shishira</i> (Winter)	<i>Yavani, Nimbu</i>

7. DISCUSSION:

The modern view of distillation describes it as a scientific process used to separate or purify substances based on differences in their boiling points. Distillation involves heating a liquid mixture to produce vapor and then condensing the vapor back into liquid to isolate desired components.

Discussion on Modern Distillation

- **Evaporation and Condensation:** Distillation separates the components of a mixture by selective evaporation (turning to vapor) and condensation (returning to liquid).
- **Types of Distillation:** Modern chemistry recognizes multiple methods, including simple distillation, fractional distillation, steam distillation, vacuum distillation, molecular distillation, and fractional distillation under reduced pressure. Each technique addresses different purification needs, such as removing volatile or temperature-sensitive compounds.
- **Applications:** Distillation is used for water purification, extraction of essential oils and flavours, production of alcoholic beverages, purification of chemicals, and industrial-scale separation of gases and solvents.

Distillation in current practice thus underpins many fields from pharmaceuticals to industry by enabling efficient, reliable separation and purification of substances using heat and condensation principles.

7.1. EKAMULIKA ARKA MENTIONED IN ARKA PRAKASHA RELATED TO WOMEN'S HEALTH¹⁵

Table 7: Ekamulika Arka

NAME OF ARKA	INDICATIONS / USE	PROBABLE MODE OF ACTION ¹⁶
<i>Amalaka Arka</i> (<i>Emblica officinalis</i>)	<i>Tridosahara, Raktapitta and Prameha Hara</i>	<ul style="list-style-type: none"> • <i>Amalaki</i> has <i>Hridhyam, Mutrakrichhra</i> hara property. • Contains Gallotannins is a potent antioxidant that may regulate lipid metabolism and glucose lowering action. • Gallic acid may reduce inflammation of the endometrial tissue and control Abnormal uterine bleeding.
<i>Parasikayavani Arka</i> (<i>Hyoscyamus niger</i>)	<i>Sangrahi, Garbhashaya Shodhakrit</i>	<ul style="list-style-type: none"> • <i>Katu, Tikshna</i> and <i>Ushna Guna</i>, Regulates <i>Apana Vata</i>. • Contains Hyoscine, tannins, Flavonoids having Anti- Spasmodic and Anti-Cholinergic properties helping in regulating parasympathetic nerves and smooth muscles of Uterus may help in relaxing the muscles of the uterus.
<i>Jeeraka Arka</i> (<i>Cuminum cyminum</i> Linn).	<i>Garbhashaya Vishudhikrit</i>	<ul style="list-style-type: none"> • Due to its <i>Deepaka Pachaka</i> property, <i>Ushna Veerya</i> regulates <i>Vata</i> and <i>Kapha</i>. • Contains Cuminaldehyde, Phenolic acid, Terpenes and Flavonoids having Anti-Spasmodic, Menstrual flow regulator and has Estrogenic effects may promote Uterine health and reproductive function.
<i>Misreya Arka</i> (<i>Foeniculum vulgare</i> Mill.)	<i>Agni Mandhya, Yoni Shoola, Krimi-roga</i>	<ul style="list-style-type: none"> • <i>Deepaniya, Hridhya, Yoni Shoolahara</i> property. • Contains Anethole, phenolic and volatile compounds having Anti-spasmodic action may act on prostaglandins and relieves uterine cramps during menstruation.
<i>Meda Arka</i> (<i>Polygonatum verticillatum</i>)	<i>Balya, Vrishya, Sthanyajanaka</i>	<ul style="list-style-type: none"> • Contains Flavanoids, Alkaloids acts as Galactagogue, can modulate uterine tissue morphology¹⁷

<i>Vridhhi Arka</i> (<i>Habenaria intermedia</i> D. Don)	<i>Garbhaprada</i>	<ul style="list-style-type: none"> Nourishes <i>Sapta Dhatu</i> and leading to <i>Praja Sthapakam</i> Potent antioxidant and uterine tonic effects are potentially improving fertility and uterine endurance.
<i>Pashana Bheda Arka</i> (<i>Bergenia ligulata</i>)	<i>Yoni Roga, gulmahara</i>	<ul style="list-style-type: none"> Having <i>Bedhana, Basti Shodhana</i> properties regulate <i>Vata</i> and <i>Kapha</i> Tannins and Bergenin have Uterotonic, and astringent effects may reduce uterine bleeding and promote tissue contraction. Beta-sitosterol modulate hormone functions
<i>Kantakari Arka</i> (<i>Solanum xanthocarpum</i>)	<i>Garbhakara, Pachana</i>	<ul style="list-style-type: none"> <i>Vata Kapharam, Pachakam</i>, helps in <i>Sroto Shodhakam</i>. Gluco-Alkaloids exhibits Anti-inflammatory, Estrogenic effects may cause possible uterine modulation thus can promote fertility.
<i>Kovidara Arka</i> (<i>Bauhinia purpurea</i> Linn)	<i>Pradara, Kshaya Roga</i>	<ul style="list-style-type: none"> As it is <i>Brimhaniya</i> and <i>Balya</i>, it helps in <i>Vata</i> predominant conditions. Kaempferol and its galactosides function as antioxidants and estrogenic effects promote hormone balance, may reduce inflammation and bleeding in uterine disorders.
<i>Kapikacchu arka</i> (<i>Mucuna pruriens</i>)	<i>Vrishya, Brimhana, Vajikarana</i>	<ul style="list-style-type: none"> <i>Kapikacchu</i> is best <i>Vrishya Dravya</i> – improves sperm motility, count, and overall male fertility. Contains L-Dopa, Alkaloids, Flavonoids, Amino acids, may help in regulating hormones, neurotransmission, Aphrodisiac, and fertility promotion.
<i>Mamsarohini Arka</i> (<i>Soymida febrifuga</i>)	<i>Vrishya</i>	<ul style="list-style-type: none"> Indicated in <i>Rasayana, Kshaya Roga</i> thus improves nourishment of all dhatu. Contains methyl angolensate, lupeol, and sitosterol help in sexual rejuvenation and improving reproductive health.
<i>Vetasa arka</i> (<i>Salix caprea</i> Linn)	<i>Yoni Roga, Vrana, Shotha</i>	<ul style="list-style-type: none"> Acts as <i>Vedanasthapaka, Kushtaghna</i> and has anti-inflammatory properties. Contains salicin, salicartin, glucosides have Analgesic effect, haemostatic property, Anti-inflammatory properties may help in controlling uterine bleeding and cyst formation.
<i>Asthisamharika arka</i> (<i>Cissus quadrangularis</i> Linn)	<i>Bhagnasandhanakrit</i>	<ul style="list-style-type: none"> Acts as <i>Vata Kaphaharam, Madhura Rasa, Balyam</i>. Contains Calcium oxalate, β-carotene, ascorbic acid, β-sitosterol, Flavonoids like quercetin and kaempferol, Phenols and tannins having anti-inflammatory, analgesic, antioxidant, anabolic, and androgenic activities, may help in hormone

			regulation, ovarian function, and uterine tissue health.
<i>Nagini</i> (<i>Ipomoea sagittifolia</i>)	Arka	<i>Yoni Dosha, Krimiroga</i>	<ul style="list-style-type: none"> • Acts as <i>Vishagna</i> and <i>Vata Kaphahara</i>. • Contains Flavonoids, Steroids, Saponins, Coumarins, Tannins may function as antioxidant, antimicrobial, anti-sterility.
<i>Somavalli</i> (<i>Sarcostemma acidum</i>)	Arka	<i>Ksheerakrit</i>	<ul style="list-style-type: none"> • Having rejuvenative property helps in nourishing <i>Sapta Dhatu</i>. • It is traditionally used as a galactagogue as it contains sucrose, malic acid, alkaloids, triterpenes (e.g., β-amyrin), phytosterols, flavonoids, and saponins.¹⁸
<i>Patalagarudi</i> (<i>Cocculus hirsutus</i>)	Arka	<i>Vrsya, Pavana Nashaha</i>	<ul style="list-style-type: none"> • Having cyclopeptide alkaloids, beta-sitosterol may help in improving vigor.
<i>Vatapatri</i> (<i>Bryophyllum pinnatum</i>)	Arka	<i>Yoni Roga</i>	<ul style="list-style-type: none"> • It is mainly <i>Vatahara</i> and improves overall health exhibits uterine relaxants and antispasmodic effects as it contains Flavonoids, Alkaloids, Glycosides, Tannins, Beta-sitosterol may help in relieving pain and inflammation in uterus.
<i>Lajjalu</i> (<i>Mimosa pudica</i> Linn)	Arka	<i>Bhagaruk</i>	<ul style="list-style-type: none"> • Has <i>Kashaya, Tikta Rasa, Sandhaniya, Yoni Doshahara</i> property. • Contains Gallic acid, Leucoanthocyanidins, Stigmasterol, Flavonoids, Alkaloids, Phytosterols exhibits significant anti-inflammatory, antiseptic, astringent, and antibacterial properties. • Clinically proven to reduce uterine bleeding, pain, strengthen uterine muscles.¹⁹
<i>Dugdhika</i> (<i>Euphorbia hirta</i>)	Arka	<i>Vrishyasthambhi</i>	<ul style="list-style-type: none"> • Contains Polyphenols including gallic acid and protocatechuic acid having adaptogenic property may help in reducing premature ejaculation conditions.
<i>Suryamukhi</i> (<i>Helianthus annuus</i>)	Arka	<i>Yoniroga, Krimi, Pandu</i>	<ul style="list-style-type: none"> • <i>Srotoshodhaka, Shothahara</i> action. • Contains Essential oils including α-pinene, camphene, terpenes, and borneol, Polyphenolic compounds, Sterols such as β-sitosterol provide antioxidant and anti-inflammatory effects that support uterine health and may help in managing uterine disorders.
<i>Vataphala</i> (<i>Ficus benghalensis</i>)	Arka	<i>Bhagasugandhakrit</i>	<ul style="list-style-type: none"> • <i>Vataphala</i> is widely practiced for <i>Krimi</i> and <i>Kaphaja Vikaras</i> and is also mentioned as <i>Sugandha Dravya</i>, so it helps in reducing <i>Durgandha</i> caused by infections. • Contains Peptides and amino acids, Tannins, Anthocyanins having aromatic property may provide anti-septic and antimicrobial property in infections and leucorrhoea conditions.

<i>Kamalabija Arka</i> (<i>Nelumbo nucifera</i>)	When taken during <i>Ritudina</i> leads to <i>Kuchastambhanam</i> (firmness of breast).	<ul style="list-style-type: none"> • <i>Sheeta Veerya</i> and <i>Rasayana</i> properties, <i>Kapha Kara</i>, <i>Stambhana</i> properties might help in tightening the muscles. • Contains flavonoids, alkaloids (notably nuciferine), tannins, and polyphenols that collectively provide uterine astringent, anti-inflammatory, hormonal regulatory, and antifertility actions. • Nuciferine have estrogenic effects, which can promote the development and maintenance of breast tissue, contributing to improved firmness and tone.
<i>Tinduka Arka</i> (<i>Diospyros lotus</i>)	<i>Prasute Vivedhanam</i> (can deliver without troublesome)	<ul style="list-style-type: none"> • Components such as diterpenoid glycosides and alkaloids present in <i>Tinduka</i> may exert uterotonic effects, stimulating coordinated and effective uterine contractions essential for normal labor progression.

7.2. BAHUMULIKA ARKA MENTIONED IN ARKA PRAKASHA RELATED TO WOMEN'S HEALTH²⁰

Table 8: Bahumulika Arka

NAME OF ARKA	INDICATIONS / USE	PROBABLE MODE OF ACTION ²¹
Dashamoola Arka <i>Bilva (Aegle marmelos)</i> <i>Agnimantha (Premna integrifolia)</i> <i>Shyonaka (Oroxylum indicum)</i> <i>Patala (Stereospermum suaveolens)</i> <i>Gambhari (Gmelina arborea)</i> <i>Brihati (Solanum indicum)</i> <i>Kantakari (Solanum xanthocarpum)</i> <i>Shalaparni (Desmodium gangeticum)</i> <i>Prishniparni (Uraria picta)</i> <i>Gokshura (Tribulus terrestris)</i>	<i>Sutika Roga</i>	<ul style="list-style-type: none"> • <i>Dashamoola</i> helps pacify aggravated <i>Vata Dosha</i> and supports tissue regeneration. • Contains Alkaloids, Flavonoids, Triterpenoids (e.g., taraxasterol, β-amyrin, and β-sitosterol), Essential oils, Lignans and phenolic compounds, Various glycosides, Volatile oils may provide Pain Relief and Anti-inflammatory, Tissue Strengthening and Healing, Immunomodulation, Lactation Support
Dugdha Kanda Gana <i>Ashwagandha (Withania somnifera)</i> , <i>Musali (Chlorophytum borivillianum)</i> , <i>Vidari (Pueraria tuberosa)</i> , <i>Shatavari (Asparagus racemosus)</i> , <i>Ksiravidari (Ipomoea digitata)</i>	<i>Riransurbalaya Saha</i> , <i>Sodasavarisikam</i>	<ul style="list-style-type: none"> • All drugs having <i>Rasayanam</i>, <i>Vajikarana</i> properties may help in nourishing from <i>Rasa Dhatu</i> level. • All drugs containing alkaloids, saponins, flavonoids (rutin, quercetin), polysaccharides providing Adaptogenic, may reduce cortisol, reduce cellular oxidative stress, and protect DNA from damage, helping mitigate age-related decline and promote longevity.

7.3. ARKA KALPANA MENTIONED FOR PRASUTI TANTRA AND STREE ROGA IN SAPTHAMA SHATAKAM²²

Table 9 : ARKA KALPANA

NAME OF ARKA	MAIN INGREDIENTS	INDICATIONS / USE	PROBABLE MODE OF ACTION ²³
Masarka	<i>Maṣa</i> (Vigna mungo), <i>Sita</i> (sugar), <i>Dugdha</i> (milk), <i>Ghrita</i> (ghee)	<i>Pradara</i> (leucorrhoea)	<ul style="list-style-type: none"> • <i>Masha</i>, <i>Dugdha</i>, <i>Ksheera</i> supports blood formation, acts as haemostatic. • Its flavonoids and phenols possess antioxidants and anti-inflammatory properties that may help in strengthening uterine walls and reduce bleeding.
Asokarka	<i>Ashoka Bark</i> (<i>Saraca indica</i>), <i>Ghrita</i> , <i>Ksheera</i>	<i>Rakta Pradara</i> (metrorrhagia)	<ul style="list-style-type: none"> • Tannins and phenolic compounds render <i>Ashoka</i> astringent properties, may help in constricting uterine blood vessels and reduce bleeding.
Darvyadya rka	<i>Darvi</i> (<i>Berberis aristata</i>), <i>Rasanjana</i> , <i>Vasa</i> (<i>Adhatoda vasica</i>), <i>Kirata</i> (<i>Swertia chirata</i>), <i>Arka Pushpa</i> (<i>Calotropis gigantea</i>), <i>Raktacandana</i> (<i>Pterocarpus santalinus</i>), <i>Bilva</i> (<i>Aegle marmelos</i>), <i>Madhu</i> (honey)	<i>Asṛgdara/Rakta Pradara</i> (metrorrhagia)	<ul style="list-style-type: none"> • Berberine and related isoquinoline alkaloids (in <i>Darvi</i> and <i>Rasanjana</i>) provide antimicrobial, anti-inflammatory, and vasoconstrictive effects. • Tannins and Flavonoids present in <i>Bilva</i> and <i>Raktachandana</i>, these compounds have astringent properties that may help in constricting blood vessels and decrease bleeding.
Kadaliyady arka	<i>Kadali</i> (<i>Musa Paradisiaca</i>), <i>Dhatri</i> (<i>Emblica Officinalis</i>) juice, <i>Madhu</i> (honey), <i>Sharkara</i> (sugar)	<i>Somaroga</i>	<ul style="list-style-type: none"> • Astringent & <i>Stambhaka</i> Effect in <i>Amalaki</i>, with its high tannin content and antioxidant properties, has strong tissue-tightening and fluid-regulating effects that may help in reducing excessive discharge and burning sensation associated with <i>Soma Roga</i>. • Nourishing and Rejuvenating effects of <i>Kadali</i> fruit may help balance <i>Apana Vata</i>, supporting smooth downward energy flow essential for proper elimination and reproductive tract health.
Cakramard akarka	<i>Cakramarda</i> root (<i>Cassia Tora</i>), <i>Tandulambu</i>	<i>Bahumutra</i> (polyuria/excessive urination)	<ul style="list-style-type: none"> • <i>Chakramarda</i> contains anthraquinones, flavonoids, and tannins that together exert diuretic, astringent, anti-inflammatory, and antimicrobial actions.

			<ul style="list-style-type: none"> • These effects may help in managing excessive urination by normalizing urine flow, reducing inflammation, and strengthening urinary tract tissues.
<i>Jyotiṣmaty adyarka</i>	<i>Jyotiṣmati (Celastrus Paniculatus), Ghana (Cyperus Rotundus), Raji (Brassica Juncea), Vaca(Acorus Calamus) Nimba (Azadirachta Indica)</i>	Menstrual complaints: <i>Rajo Rodha</i> (dysmenorrhoea/amenorrhoea)	<ul style="list-style-type: none"> • <i>Jyotismati</i> Contains alkaloids, flavonoids, and essential oils acts as an <i>Artavapravartaka</i>. • <i>Vaca</i> Contains β-asarone, α-asarone, and other volatile oils which may help in regulating hypothalamic-pituitary-ovarian axis dysfunction that can cause amenorrhea, and anti-spasmodic properties may be beneficial for alleviating uterine cramps during dysmenorrhea. • <i>Nimba</i> is in Rich in limonoids, flavonoids, and tannins. • Exhibits anti-inflammatory, anti-microbial, and hormonal regulatory effects.
<i>Ashwagan dha Arka</i>	<i>Ashwagandha (Withania Somnifera), Ksheera (milk), Ghrita (ghee)</i>	<i>Garbha Dhathathi</i> (Promotes conception)	<ul style="list-style-type: none"> • Contains Withanolides, alkaloids, Flavanoids supports hypothalamic-pituitary-ovarian axis normalization, improving menstrual regularity, ovulatory function, and fertility enhancement.
<i>Jaya Yoga</i>	<i>Jaya/Japa flowers (Nyctanthes Arbor-Tristis), Aranala (Calotropis Gigantea)/Kanjika (sour gruel), Purana Guda (old jaggery)</i>	Used as oral post-menstruation	<ul style="list-style-type: none"> • <i>Japa</i> and <i>Aranala</i> are <i>Garbhanirodhaka Dravya</i>. • Contains phenolics, flavonoids, alkaloids, and sterols with antifertility and uterotonic actions may disrupt embryo implantation and may function as abortifacients by altering endometrial receptivity.
<i>Navavarta kyadi Arka</i>	<i>Nava-Vartaki, Kusṭha (Saussurea Lappa), Saindhava (rock salt), Devadaru (Cedrus Deodara)</i>	<i>Viplutayoni</i> (vaginal laxity: local application) by <i>Yoni Sankochana</i> .	<ul style="list-style-type: none"> • <i>Nava-Vartaki</i> is <i>Kashaya Rasa</i> predominant helps in tissue tightening by stimulating collagen synthesis and strengthening mucosal tissues, when combined with <i>Kusta, Saindhava, Devadaru</i> may act as osmoregulatory, supports tissue repair.

- Most *Ayurveda* Drugs used in *Arka Kalpana* is rich in flavonoids and volatile compounds. The distillation process concentrates these bioactive constituents, which helps preserve their therapeutic properties for a

prolonged duration. As a result, *Arka* Formulations have a longer shelf life, ensuring sustained potency and efficacy over time.

- This preparation method allows for better storage stability of the active principles compared to other forms, making *Arka Kalpana* an effective and durable dosage form.
- As *Arka* preparations are *Laghu*, *Vyavayi* and *Vikasi*, it is very risky to use in pregnancy, further scope of study is needed.

7.4. ANUBHOOTA YOGAS COMMONLY PRACTICED:

Table 10: *Anubhoota Yogas*

<i>ARKA KALPANA</i>	INDICATED DISORDERS	MODE OF USE
<i>Panchavalkala Arka</i>	<i>Kaphaja Yoni Vyapat</i> , Leucorrhea, Vaginitis	Vaginal Wash/Douching
<i>Erandamoola Arka</i>	Primary dysmenorrhea	Oral
<i>Gulma Hara Arka</i>	Fibroids, Cyst, Tumors	Oral

7.5. PUBLISHED ARTICLES ON *ARKA KALPANA* IN *PRASUTI TANTRA* AND *STREE ROGA*

Table 11: Published Articles on *Arka Kalpana* in *Prasuti Tantra* and *Stree Roga*

<i>Navavartakyadi Arka Yoni Pichu</i> in <i>Vipluta Yoni Vyapat</i> with special reference to <i>Pruritis Vulvae</i> ²⁴	<i>Navavartakyadi Arka</i> had significant results in case of <i>Yoni Kandu</i> and improved results observed in high vaginal swab.
<i>Chaturbeeja Arka</i> in Primary Dysmenorrhea ²⁵	Significantly reduced symptoms of pain in Primary Dysmenorrhea.
<i>Erandamoola Arka</i> in Primary Dysmenorrhea ²⁶	The treatment showed clinically and statistically significant outcomes in relieving the main symptoms of dysmenorrhea. There was a significant reduction in the duration of pain, as well as in the severity of lower abdominal pain and lower back pain.
<i>Kaphaja Yoni Vyapat</i> Management with <i>Panchavalkala Arka</i> ²⁷	The case report concluded that local therapies like vaginal washing with <i>Panchavalkala Arka</i> are a potent and convenient treatment for <i>Kaphaja Yoni Vyapat</i> (vulvovaginal candidiasis)

7.6. DISTILLATION IN AROMA THERAPY

Distillation is the cornerstone of aromatherapy, as it is the primary method for extracting and concentrating the volatile aromatic compounds, known as essential oils, from plant materials. This process delicately separates the plant's therapeutic essence, shaping its final chemical profile, aroma, and efficacy. The most common method, steam distillation, involves passing hot steam through plant matter to rupture its oil glands and release the aromatic compounds.

8. CONCLUSION:

Arka Kalpana, as meticulously categorized in *Arka Prakasha*, offers a rational, patient-centric, and potentially transformative approach for managing clinical conditions in *Prasuti Tantra* and *Stree Roga*. The distillate form's pharmacokinetic advantages rapid action, reduced dosing, and superior palatability align well with the needs of modern patients and clinical scenarios, particularly in women's health.

The preparation's robust theoretical framework, versatile applicability, and alignment with both classical *Ayurveda* doctrine and modern pharmaceutical science underscore its relevance for current practice. Nonetheless, further well-structured research and clinical evidence are necessary to validate and optimize *Arka*'s use in *Prasuti Tantra* and *Stree Roga*, paving the way for its integration as a safe and effective adjunct or alternative in Gynaecological and Obstetric care.

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