

## A BIRD VIEW OF POTTALI KALPANA – IN CURRENT TRADITIONAL PRACTICE

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### ABSTRACT

*Pottali kalpana* is one among *Chaturvidha rasayana kalpana* of *Parada*. *Pottali kalpanas* are unique and strong *bandha* or hard consolidation process of *Parada*. *Pottali kalpanas* are explained as most potent form formulations which can be carried easily and also preserved easily. In this regard there were 70 *Pottalis* are explained in *Rasagranthas* among which 2 – 3 *Kalpas* are in use. In other part in traditional practice 86 *Pottali* forms of medicines are explained in Jain Granthas, which are seen in day today practice by traditional healers (*Paramparagat Vaidyas*). These formulations are more effective in the management of acute conditions of diseases.

**Keywords:** *Pottali Kalpana*, Traditional System, Jainism