

A CRITICAL REVIEW OF PARPATI KALPANA

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ABSTRACT:

Parpati kalpana is one of the four major pharmaceutical preparation having parad used in rasa shastra, it is one of the 25 Rasabandha, Which helps to remove the chanchalatva and Durgandhatva of Parad because by having these two properties, Parad cannot be used internally. Parad and Gandhak are the essential constituents to make Parpati as the bandha word derived to bind the parad particle with Gandhak. Parpati is a unique mercurial preparation involving different process like Murchhana, Sagandha/ Nirgandha, Sagni (process with heat) pota bandha of parad, The difference of heat provided also differ its therapeutic properties.

Parpati kalpa is different from other doses form because of its dose mode, size, shape & process of manufacturing & also because of broad spectrum of action. Simply by melting the material over mild heat and sand which to make wafers has brought about this remarkable change.

This parpati kalpa is given in typical dose & administration form as in increasing pattern. It is then kept on the dose where optimal level of dose is reached. It is not suddenly stopped. The dose is taper off slowly after desirable effect. The parpati kalpana thus has more advantages than other form. The advantages are – less toxicity, good therapeutic value, high potency, cheaper than other dosage form & cost effective. To use parpati kalp, one needs to follow Pathya – Apathya. To make parpati KalpanaGhritya, Gomaya & Mrudu agni are required. The parpati is used in all disorders from child age till old age. For eg – Unmad, Apsmar, SanGrahini, Udara shool, Pandu Rog, Vat-jwar, Kushtha. It is also used in Daha, Aamvat, Amlapitt, Atisar, Vridhha dosh etc.

KEYWORD: Ayurveda, Rasashastra, Parad, Parpati, Rasayanas

INTRODUCTION:

Rasashastra is a science which deals with Mercury, Minerals, Metals, Gemstones, Calcium compounds, Herbo-mineral formulations etc. Parpati kalpanas are one of the important preparations which is indicated in Grahani, Prameha, & other diseases. Different example of Parpati kalpanas are selected in different texts. An effort is made in this regard to gather all the available references of Parpati kalpanas in this review article.

Parpati kalpa/Kalpana is that type of form of medicine which consists of Parad & Gandhak that is Sulphur & other drugs which are developed from Parad. The parpati which contains Sulphur is called 'Sagandha' & parpati which does not contain Sulphur / Gandhak is called 'Nirgandh'. Parpati is Agnisthaya murchita Parad Bandha, where kajjali is the base material which is Guru (heavy) in nature. After agni samakar (exposure to heat) it attains laghuta, hence name as Parpati, which indicates lightness. Because of this property it is useful in most of the disorder from paediatric to geriatric. This form of medicine though it is thin & flat in size & shape, it is powdered before use as medicine. In Ras-Tarangini, we will find terminology as 'Parpatika' which is same as Parpati but in Bharat Bhaishajya Ratnakar Parpatika denoted as fragment left in an iron vessel preparing Parpati. According to the author, it does not have same property as that of Parpati.

Synonyms—Parpata, Parpati, and Parpatika it indicates its Laghuta (lightness).

HISTORY

Acharya Nagarjuna treatise written in 8th Century named Rasendra Mangala explanations of Parpati in Kustha Roga. Chakradatta written by Acharya Chakrapani which is considered to be the treatise of 11th Century has explained Parpati and highlighted it as Rasa Parpati which is indicated in the Grahani Roga. Bhaishajya Ratnavali written by Acharya Govind das Sen which is the text of 19th Century explains many Parpatis and while explaining Rasa Parpati.

MATERIAL AND METHOD (General Method of Parpati Preparation)

Shuddha Parada (mercury) and Shuddha Gandhaka (sulphur) are taken in equal quantity in Khalva yantra and triturate it well to form Kajjali. The kajjali which is formed must have to under go certain test like, Loha pareeksha (If kajjali is mixed with lime juice & spread over Swarna then color of Swarna will not change to white, if kajjali is properly prepared), Jala pareeksha (Floating on water) and Agni-pariksha (fumes will come out and there will not be any ashes) and Kajjali must have the properties like Slakshnata (smoothness), Rekhapurnata, and Anjana sadrusa sukshma (minute as anjana). Then it is put in Palika yantra which is coated with Ghee. Apply slow heat directly to palika yantra or preferably through Valuka yantra. When solid state of kajjali changes into liquid state, heat is stopped and then it is poured on the Kadali Patra which is smeared with ghee and place on the cow dung mass. After that immediately another Kadali patra is used to cover the content and pressed it gently. After some time when it became cool, thin flakes of parpati are taken out (because its shape, it is named as Parpati). Physical properties of parpati depends on the content which are used to prepare it. After the completion of the procedure the impression of Kadali Patra should be seen on the Parpati prepared. The Parpati thus prepared is dried, powdered and stored in air tight glass & used as per need.

Parpati pakas:

On the basis on paka, Parpati are of three types which have been mentioned in texts namel

- 1) Mrudu paka
- 2) Madhyama paka
- 3) Khar paka.

Out of these pakas, Mrudu & Madhyama paka preparation are generally to be used therapeutically.

Parpati Paka Stages-

While preparing Parpati when kajjali converts in liquid stage, depending upon amount and duration of heat some changes are seen in kajjali which will tell us the type of kajjali is getting formed. Parpati Paka Pareeksha can be divided in further two part-

Paka Kalin Pareeksha -

- 1) Mrudu paka---When melted, Kajjaliattains Mayura Chandrika varna (like peacock feather).
- 2) Madhyamapaka---If melted Kajjali attains Taila (oily) consistency.
- 3) Khar paka---If melted Kajjali attains Rakta varna (Reddish colour),

Paka Paschata Pareeksha -

- 1) Mrudu paka--In this paka, Parpati does not breaks easily, it just bends , chemical bonding between parad and gandhak is not formed properly.
- 2) Madyama paka--- In this paka, Parpati looks like Roupya (silver) in the broken place and can be break easily, shiny, black, crispy proper binding of parad and gandhak is formed properly
- 3) Khar paka---In this stage, powdered form of parpati looks like Lohit (reddish) and it is rarely used.

Here kajjali burn in excess and get converted into carbon. It is dry and coarse in nature and poisonous in nature.

PRECAUTIONS-

- 1) Gandhaka is highly combustibile substance. Hence while preparing Parpati flames of fire must not be high (Teevragni) other wise it may catch fire.

- 2) While preparing parpati, heat is given till Kajjali becomes Pankavatta (like Mud).
- 3) Some Sneha is applied on iron pan (Lauha Darvi) and Kadali Patra so as to remove the final product- parpati easily.
- 4) When kajjali changes into liquid state it is poured on the Kadali Patra which is smeared with ghee and place on the cow dung mass, immediately another Kadali patra is used to cover the content and pressed it gently.

Types of Parpati :

I) Based upon the ingredients like different herbs, minerals and Kajjali Parpati is of three types---

1. Parpati which contain only Parada (Mercury) and Gandhaka (Sulphur). Eg. Rasa

Parpati.

2. Parpati which contain loha (metals) and Kajjali Eg. Panchamrita Parpati, Swarna

Parpati10 , LohaParpati,Vijaya Parpati.

3. Parpati containing herb drug as ingredientsEg: Pranada Parpati, Bol Parpati.

II) Again Parpatis are of 2 types:

1. Sagandha Parpati:- Parpaticontaining Gandhaka(Sulphur) Parada(Mercury) and eg: Rasa Parpati, Gagan Parpati,Panchamrit Parpati, Vijaya Parpati, Mandoor Parpati, Tamra Parpati, Swarna Parpati, Loha Parpati, Bola Parpati etc.

2. Nirgandha Parpati:-Parpati which are prepared in the absence ofParada(Mercury)and Gandhaka(Sulphur) eg: Sweta Parpati, Malla Parpati etc.

Properties of Parpati :

In general, Parpati is easily breakable, flaks like appearance and dark in colour. Its properties depend upon the ingredients from which it is prepared. Basically, it is used for Antrasodha, (intestinal problem). It regulates intestinal movements and gives strength to intestine. It increases Lustre, strength and appetite.

Importance of materials which are used in the Parpati Kalpana preparation—

1. Lauha Darvi (iron pan): - For preparation of Parpati, first step is to liquefy Kajjalion Agni. For this, certain type of vessel is selected in which procedure can be done without changing the properties of Parpati. For that Lauha Darvi(iron vessel) is generally used.In some text Tammra vessel (copper vessel) is mentioned.

2. Agni:-Without Agni Parpati cannot be prepared. Due to Agni Kriya (Heat), Kajjali get converted into liquid form. Agni can be given by electric heater, stove or by the traditionally used Angar Dhaneka (Furnace). Mridu Agni (low heat)is required to form Parpati. At 115 to120 degree Celsius, Kajjali is liquified and attains Pankvatta stage (Muddy appearance) (Sutam Panka samam vilapayam ruchiram paka kriya kovidamin Rasa Tarangini) .

3. Ghrita: - It is used to avoid adherence of Kajjalito the vessel as well asKadaliPatra.Rather than this due to its snehatya quality which comes in parpati, it become Vatta-Pitta shamak.

4. Gomaya (cow dung): - For the preparation of parpati liquified kajjali is poured on Gomaya (cow dung) to get hard and perfect form and to cool fast. Usually fresh Gomaya is used to increase thepotency of the parpati. As it is the end product, it contains many useful enzymes, biliary ailments which get absorbed by the Parpati through the medium of patra (Kadali). This is useful in Jatharagni mandya rogas (Diseases of Digestive fire) and other Pittaja Vyadhis (diseases of Pitta origin). Cow dung also contain mucus, salt, undigested diet comprising celluloseand lignin which is originating from the cell walls of the plants.

5. Patra: - In the preparation of parpati to avoid the direct contact with cow dung, patra is used.Like – Kutaj, Kamal, Erand, Kadali patracan be used. Out of this, Kadali patra is easily available and most of the time it is used. Chlorophyll

which is present in green leaves is one of the best anti-oxidant. It gets absorbed in formulation and have the great therapeutic effects on G.I.T. It is not only cleans the body toxins but also neutralizes the negative effects of free radical in the body.

6. Warm water– Once the procedure is complete, the parpati which is prepared, is washed with warm water to remove the Sneha (oil) from the surface of the parpati & then parpati is dried.

Therapeutic Aspect of Parpati:

1. The Parpati is specially used in G.I.T disorder. It is safe in old age as well as in childhood.

2. According to Chakrapanidatta the Rasa Parpati is commonly used in -- Kshaya, Arsha Grahani and Ajirna. 3. According to Rasa Tarangini, Parpati can be used in following diseases -- Grahani, Kshaya, Kamalaa, Pandu with Svayathu, Pliha Jalodara, Gulma, 18 types of Kushta, Atisara, Amlapitta, Jwara, Vridha dosha, Shotha and Vrishya.

Matra and Prayoga:

The Parpati can be taken in two ways i.e.

A) Samanya prayoga and B) Kalpa or Vardhamana prayoga.

A) Samanya Prayoga:

Samanya Prayoga of Parpati is 1-2 Ratti (120mg to 240mg) twice or thrice can be used. In this type, Pathya and Apathya is not consider. It is given with fried Jeerak powder and butter milk.

B) Kalpa Prayoga or Vardhamana Prayoga: -

According to many references, dose of Kalpa Prayoga are given below—

1. In Rasa Tarangini: Starting dose of parpati is 2 Ratti (250 mg) and it increased gradually up to 10 Ratti (2500 mg).

2. According to Acharaya Chakrapani Starting dose is 2 Ratti (250 mg) and then increased gradually up to 12 Ratti (3000 mg).

3. In this prayoga, Parpati is started from 1 Ratti initially and increased by 1 Ratti daily till it reaches upto 10 Ratti. This dose should be maintained till the disease get completely cured. After that the dose may be reduced by 1 Ratti daily. Then the treatment is stopped. Generally it takes 40 days to complete Kalpa Prayoga. But depending upon the strength of patient and disease, it can be taken for 36 days, 40 days, 60 days, 96 days.

This duration of Prayoga is called Mandal/Chakra. In one Chakra of 36 days 288 Ratti of Parpati can be used. In one Chakra of 40 days 310 Ratti of Parpati can be used, in one Chakra of 60 days 480 Ratti of Parpati can be used, for 96 days 768 Ratti of Parpati can be used. According to strength of patient and disease, physician have to decide the type of Mandal to be used in patient.

Pathya and Apathya:

1. Pathya: Tarangini has list of drugs mentioned which are to be taken during Parpatisevan, they are, Kakamachi (Black night shade), Patola (Pointed gourd), Pugiphal (Betel nut), Ardrak (Ginger), Kadalipuspha (Banana flowers), Brinjal, Old Shalidhanya, Godugdha with Sharkara

2. Apathya: River water or well water should be avoided during Parpati Kalpana prayoga, as there is a chance of increase in the severity of disease .

Butter milk is advised to drink in therapy period. Parpati prayoga, Amla sevana (Intake of Sour things), Shit Jal Snan (Bathing with cold water), shita vayu sevana (Exposure to cold winds), krodha (Anger), chinta (Tension/Stress), ushna dravya sevana (Intake of

hot substances), tikta dravyas (bitter drugs) like Nimba (Neem), sweet substance like Guda (Jaggery), Anupa mamsa (Aquatic/frozen meat), stree sambhasana (Sexual activities) etc. are contraindicated(R.T. 6/161).

Acharaya Chakrapani mentioned the used of betel nut during the treatment of Parpati Kalpana. During the 3 days of treatment patient is allowed to take meat, ghee, milk but avoid Vidahi anna, sexual intercourse, banana root, mustard oil, small fish and aquatic birds.

Use of Parpati in diseases along with Anupana:

1. Unmada –GoghritaandRasna mool churna
2. Apasmar – BrahmiSwaras and Trikatu churna.
3. SanGrahani –HinguandSweta Jeeraka Churna.
4. Udara shoola – Oil of Aeranda beeja.
5. Pandu with sotha– Guggulu churna.
6. Kustha –, Bakuchi, Bhringaraj churna,Nimba panchanga.
7. Vatajwara – Dasmool Kwatha.
8. Kasa – Trikatu Churna.

CONCLUSION ;

Out of four Murchita Parada YogasParpati Kalpana is one. It has great therapeutics use in all G.I.T problems. Kajjali is Sagandha, Niragnian Khalviy Rasayana. Parpati is Sagandha or Nirgandha & Sagni, Pota bandha. Agni Sanskar plays a vital role in parpati preparation. It helps in altering the physico-chemical properties. Parpati kalpana are classified on the basis of the ingredients which are used to prepare Parpati. Other material like Kadali Patra, Ghruta and Gomaya might enhance therapeutic properties. Parpati is commonly used for the management of Grahani and other various G.I.T diseases.The Parpati is basically recommended for the ailment of the G.I.T e.g. Agnimandya, Amlapitta, Atisara, Grahani, worms, Rajayakshma, Kustha and Gulma. It has been also claimed to be useful for every disease if used with different type of Anupan to manage Pandu, Kamala, Prameha etc rogas. Parpati kalpas or formulation is best with suitable Anupana.

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