

Review Article**A review on Rasasindura**Aatiq Momin^{1*}, Swati Patil², Sunil C. Bakare³¹ P. G. Scholar, Associate Professor², Professor & HOD³, Dept. of Rasashastra and Bhaishajya Kalpana Yashwant Ayurvedic College, P. G. T and R. C., Kodoli, Kolhapur, Maharashtra, India.* Corresponding Author: Dr. Atiq Momin, E-mail: mominaatiq@gmail.com
Article Received on: 22/05/2018 Accepted on: 15/06/2018**ABSTRACT:**

Rasashastra deals with herbo-mineral preparations with their types, occurrence, physical properties and organoleptic characteristics. *Rasasindura* is type of *kupipakwa rasayana*. It is mentioned in ancient books of Ayurveda. The main ingredients in *rasasindura* is *shuddha parada* and *Shuddha Gandhaka* in 1: ½, 1:1, 1:2, 1:3, 1:4, 1:5, 1:6 proportion with different *bhavana dravyas*. *Kajjali* is made with *shuddha parada* and *Shuddha Gandhaka* and *bhavana* given to it. *Kajjali* is filled in *kachakupi* and placed in *valukayantra*. Then *mrudu*, *madhya* and *tivragini* is provided. Time to time *shalaka sanchalan* is done. When the bottom of *kupi* looks like red coloured rising sun then corking is done. After corking *tivragini* is given for about 1 *prahara* and later heating is stopped. Then *kachakupi* is allowed for self cooling. After cooling the *kachakupi* is broken to get the *Sindura* coloured *Rasasindura*.

KEY WORDS: *Kupiakwa rasayana, rasasindura, kajjali, valuka yantra.***INTRODUCTION:**

Rasashastra mainly deals with Parada. Parada is said to be the Shiva veerya. It is understood with its karma as *yogavahi, rasayana & Vajikara* etc. also *Gandhaka* pacifies toxic effect of Parada & enhance its therapeutic effect.

The initiation of Rasashastra is well known from *vedic* period. After doing lots of experiments & research it is found that *Parada* is a *dravya* which having all the quality of curing the diseases. *Parada* is very useful in *dhatuvada* as well as in *dehavada*. Basically, Rasashastra deals in metallic & herbo-mineral preparations with various *kalpanas* including *kupipakwa rasayana*. *Kupipakwa rasayana kalpana* is also known as *Sindura Kalpana*.

It is made up of four words that is *Kupi* – glass bottle, *Pakwa*- heating or paka, *Rasa- parada*, *Aayana* –sthan.

Kupipakwa method is special procedure in which *Kajjali* is main ingredients. The role of temperature is very important to get beneficial effect of final product. In this Mercury (Hg) known as Parada has been widely

used & other drug is sulphur known as *gandhaka* has been also used frequently.¹

Rasasindura is *kupipakwa rasayana* formulation. In 20th century AD – Rasastarangini refers seven preparations of *gandhaka jarita rasasindura*. Various Proportions of Mercury & Sulphur (starting from 1:½ to 1:6 that is from *ardhaguna to shadguna gandhaka*) have been prescribed to attain therapeutic attributes.²

MATERIALS AND METHODS:According to *Rasastarangini*³

Ingredients:

1. *Shuddha parada*2. *Shuddha Gandhaka**Bhavana* drugs – *Vatankura swarasa***Apparatus**

Kachakupi wrapped with mud smeared cloth for seven times, *Valukayantra*, Iron Mortar & Pestel, *Angarkoshthi*.