

RASA BANDHA – AN EXCOGITATION

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ABSTRACT

The Mercury after being obtained from its ores is subjected to various purification processes. But it cannot be used internally as a medicine in spite of these purification processes because of its two basic traits – *Chanchalya* (quickness / fickleness) and *Durgrahatwa* (not coming to grip). As it does not get absorbed in the body easily, it is often changed to a powder or some other solid form, so that the particles of Mercury are in bound form or in cohesion. This conversion of Mercury into cohesive form is called *Bandha / Rasa Bandha* (binding of Mercury). The term *Rasa Bandha* embraces any preparation from an amalgamation of Mercury to a miracle bead of Mercury. Tall claims have been made for its therapeutic qualities and a considerable amount of money has been spent on this by many enthusiasts with a considerable degree of success or failure. The close study of this subject reveals that this is a simple phenomenon pertaining as well as contributing to 'ethical manufacturing practice'

Keywords: *Chanchalya, Durgrahatwa, Rasa Bandha*

INTRODUCTION

The word *Bandha* is derived from the verb *bandhana* which means to bind. The connotation of word *bandha* appears to have been stretched far beyond its scope. It may be taken to denote the state of Mercury where it is rendered suitable for indication as medicine for the benefit of humanity. Though the therapeutic efficacy and the suitability of Mercury as medicine are highly appreciated and elaborated in

different *Rasa Shastra* classics, it cannot be used internally as a medicine as such because of its two basic traits – *Chanchalya* (quickness / fickleness) and *Durgrahatwa* (not coming to grip). The therapeutic suitability is of some relevance, only when it is suitable for indication. This particular and most important need of making Mercury physically fit for therapeutic usage is satisfied by *Rasa Bandha* process. Mercury