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Review Article

A REVIEW OF PARPATI KALPANA W.S.R TO LOHA PARPATI

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ABSTRACT:

Rasa Shastra, incorporates many of the inorganic, herbo-mineral and metallic pharmaceutical preparations namely Khalviya Rasayana, Parpati Rasayana, Pottali Rasayana and Kupipakwa Rasayana. Parpati Rasayanas are one among the Rasaoushadhis mentioned in the Ayurvedic classical texts. Parpati Rasayana Kalpanas are the most popular among the Mercury based formulation and are widely used. These are therapeutically effective mineral and metallic formulations; including both Sagandha and Nirgandha Parada Yukta yogas. The name "Parpati" is given to this preparation because of its form and the method of preparation as it is made in the form of thin flakes (Papada). This process dates back to 11th century and is found widely in Ayurveda literature. Parpati Rasayanas have high therapeutic value, potent, less toxic and cost effective medicines. Loha Parpati is one of the formulations used in Grahani (Malabsorption sprue syndrome), Anemia, Puerperal fever, colicky pain of abdomen etc. Hence the Parpati kalpanas are enumerated with special reference to the preparation of the Loha Parpati.

KEY WORDS: Rasashastra, Parpati kalpana, Loha Parpati.

INTRODUCTION:

It has been a practice for many years to combine Mercury and Sulphur with other drugs or metals for enhancing their potency. It is also observed that when the vegetable drugs combined with mercurial compounds or with Sulphur their activities may last very longer period. The Rasagranthas clearly indicate that Mercury on account of its very powerful yogavahi properties, when mixed with other substances, increases their properties immensely and their shelf life period for indefinite period. Parpati Kalpana (Flakes) is a well-known and successfully used preparation for the management of Grahani (Malabsorption sprue syndrome). The use of Parpati was found beneficial for alleviating associated symptoms of Grahani as well as various other diseases like Rajayakshma, Kustha, and Gulma etc. In the chronic phase of Grahani where the need of antitubercular therapy arises there Gold alone or along with Silver, Copper, Iron etc. proves highly beneficial. With the above idea a number of Parpatis are derived in subsequent periods such as a Tamra Parpati (Rasa Prakasa Sudhakar), Panchamruta

Parpati (Rasendra Sara sangraha), Swarna Parpati (Rasapaddhati), Loha Parpati (Rasa paddhati), Vijaya Parpati (Bhaisajya Ratnavali) etc. were developed by different scholars by adding one or the other ingredients like gold, silver, Iron, copper, Mica, Pearl and other Precious stones etc.

Derivation of the term "PARPATI"

The name "Parpati" is given to this preparation because of its form and the method of preparation as it is made in the form of thin flakes. It is also said about it that because of its similarity of Papada it is called Parpati. Parpata, Parpati and Parpatika are its synonyms and emphasize its lightness (Laghutwa).

Types of Parpati:

Type I: Basing upon the Kajjali and other ingredients, it is of three types

1. Parpati containing only Kajjali of Parada and Gandhaka.

E.g.: Rasa Parpati

2. Parpati containing Kajjali with one or more loha / dhatu.
E.g. : Swarna Parpati, Panchamrita Parpati, Loha Parpati, Vijaya Parpati, Gagan Parpati, Mandoor Parpati, Mani Parpati.
3. Parpati containing kajjali and one or more vegetable drugs.
E.g. : Pranada Parpati, Bola Parpati.

Type II: Again on the basis of ingredients Parpati is of 2 types:

1. Sagandha Parpati: Containing Parada and Gandhaka
E.g. Rasa Parpati, Gagan Parpati, Tamra Parpati, Swarna Parpati, Loha Parpati, Bola Parpati, Panchamrita Parpati, Vijaya Parpati, Mandoor Parpati, Mani Parpati, Pranada Parpati etc.,
2. Nirgandha Parpati: Without Parada and Gandhaka
E.g. Sweta Parpati, Malla Parpati, Sital Parpati etc.,

General method of Preparation of Parpati:

Purified Mercury (Parada) and Sulphur (Gandhaka) are taken in a mortar (Khalwa) in equal proportion and are ground well till it becomes as Kajjalabhasa (Just like kajjali), Slakshnata (smoothness), Anjana sadrusa sukshma (minute as anjana), Rekhapurnata, Jala pareeksha (Floating on water), Loha pareeksha (If Kajjali is mixed with lime juice color of Swarna will not turn to white if it is properly prepared) and Agnipariksha (Fumes will come out and there will not be any ashes). Other drugs mentioned in the formula depending upon type of Parpati Kalpana are added one by one and mixed well by trituration in the mortar (Khalwa) till it becomes as homogeneous mixture. Later a little cow-dung is placed over the floor and is made into a pit. A piece of plantain leaf or Eranda leaf is placed over the pit. The total triturated mixture is taken in a ghee smeared spoon and is melted over sikata yantra. When it is converted into liquid state, it is taken off from the fire and poured carefully on the plantain leaf placed over cow-dung pit. Another plantain leaf is covered over the melted Kajjali and a little amount of fresh cow-dung is spread over it and gently pressed. After it is allowed to cool and the flakes of the Parpati are taken out, powdered and preserved.

Parpati pakas:

While describing Parpati preparations, 3 pakas have been mentioned in the texts i.e., Mrudu, Madhyama and Khara paka. In these pakas Mrudu & Madhyama paka preparation are the best to be used in therapeutically.

Mrudu paka: In this paka, Parpati remains safe and may not break easily on bending.

Madhyama paka: In this paka Parpati is broken easily and glitters like roudya (silver) in the broken place.

Khara paka: In this stage the product cannot be converted in to Parpati form and powder form. It loses its actual luster. It is not indicated for therapeutic purpose.

Properties of Parpati:

In general Parpati will be dark in color, easily breakable, glittery and flack like in appearance. It preserves its potency indefinitely and is kept in glass bottles. It increases Lustre, strength and appetite. It is beneficial in Antrasodha, Antravrana, and Durgandha pureesha. It strengthens intestines and regulates intestinal movements.

Anupana:

Honey, Ghee, Milk, Buttermilk, Fried jeeraka, sugar and Dadima swarasa are indicated.

Matra and Prayoga:

The Parpati prayoga is of 2 types i.e., Samanya prayoga and Kalpa or Vardamana prayoga.

Pathya and Apathya:

1. Pathya:

Kakamachi, Patola, Pugiphal, Ardrak, Vastuka, Kadalipuspha, Brinjal (black and without seeds), old shalidhanya, Godugdha with sarkara are considered congenial during Parpati prayoga (R.T.6/155). 2.

2. Apathya:

- a. One should not drink river water or well water immediately for quenching the thirst during Parpati Kalpana therapy as it leads to production of disease or increase the severity of disease. Patient is advised to drink plenty of butter milk. (R.T. 6/154)

- b. During Parpati prayoga following things are contraindicated. Amla sevana, Snan(bathing) with cold water, cool breeze (sita vayu sevana) anger, chinta, usna dravya sevana, tikta dravyas like Nimba, Guda (Jaggery), Anupa mamsa, stree sambhasana (R.T. 6/161)

Use of Parpati in diseases along with Anupana:

1. Unmada – Rasna mool churna and Goghrita.
2. Apasmar – Brahmi swaras and Trikatu churna
3. SanGrahani – Sweta Jeeraka Churna and Hingu.
4. Udara soola – Oil of Eranda beeja
5. Pandu with sotha – Guggulu churna
6. Kustha – Nimba panchanga, Bakuchi and Bhringaraj churna
7. Vatajwara – Dasmool Kwatha
8. Kasa – Trikatu Churna (R.T.6/14 – 153)

Details of Loha Parpati:

Shodhit Parada, Shodit Gandhaka and Loha Bhasma are the main constituents of Loha Parpati as described in Bhaishajya Ratnavali Grahni Chikitsa.

First Kajjali is prepared with Parada and Ghandhaka. Then Loha Bhasma is added and mixed well. This mixture is taken in Ghee smeared Iron ladle, melted and poured on the Banana leaf kept over cow dung cake and pressed with another Banana leaf and plate. After self cooling it is collected in the bottle.

CONCLUSION:

There are several types of scaly preparations of Mercury. Where mercury and Sulphur has been used as the base and one another substances have been added to have different action. In addition, there are some scaly preparations which do not contain Mercury and Sulphur, i.e Shweta Parpati and Malla Parpati, these are also grouped under Parpati preparations because these are used in scaly form. Nomenclature of the Parpati is done mainly after the chief ingredient added to Rasa parapti, for example if iron is added then it is called Loha Parpati and if copper is added, it is Tamra Parpati etc. Mercury and Sulphur are the primary ingredients of Parpati Kalpana, Later on Iron, Copper, Tin, Zinc, Lead, Silver and Gold have been added out of the metals from time to time in different preparations. In addition precious stones and Jewels have been also included as ingredients of the Parpati. A large number of herbs have been also used as ingredients in the preparation of different Parpatis having special indication. Most commonly used herbals are Trikatu, Bhringaraj,

Shigru, Nirgundi, Chitraka, Zeeraka, Dhatura, Bakuchi, Vacha, Kupilu SwaRasa or decoction. In addition to that many herbs have been advised to be taken as Anupana depending upon the disease to be treated. The therapeutic action of Parpati is concerned, basically it has been recommended for the ailment of the G.I.T e.g. Agnimandya, Amlapitta, Atisara, Grahani and worms of G.I.T. However, with the addition of few minerals and herbs it has been indicated for the disease of hematopoietic system, respiratory system, uro-genital system and metabolic disorders. It has been also claimed to be useful for every disease if used with different type of Anupana.

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