

DOI:

Review Article

UNVEILING PISHTI KALPANA: AN IN-DEPTH EXPLORATION IN AYURVEDIC PHARMACOLOGY

Shrutika Sarode^{a*} | Mrunali Bhosale^a | Preet Bang^a

AFFILIATIONS:

^aResearch Associate, ICRO

CORRESPONDENCE:

Shrutika Sarode, Research Associate,
ICRO, Pune

EMAIL ID:

shrutikasarode2018@gmail.com

FUNDING INFORMATION:

Not Applicable

How to cite this article:

Sarode S, Bhosale M, Bang P., Unveiling Pishti Kalpana: An In-Depth Exploration In Ayurvedic Pharmacology. 2024;1(1):4-5.

ABSTRACT:

The production of various medications and formulations, such as Bhasmas, Kharaliya Rasayanas, Kupipakwa Rasayanas, etc., is the focus of Rasa Shastra. The various kinds of raw materials that will be utilized as the main ingredients in these formulation sections likewise vary. Since ancient times, Rasa Shastra has prepared these medications in a wide range of ways, allowing for safer usage. Pishti is one such category of formulations that is mostly utilized in situations when the raw materials are extremely effective without heat treatment but cannot withstand heat. In Rasa Shastra, specific Pishtis are prepared by levigation or trituration of medications derived primarily from animals or valuable stones in a designated medium. Pishti literally translates as something that has been coarsely triturated and ground into a powder that is akin to flour. Mukta Pishti and Prawal Pishti are two notable instances.

KEYWORDS: Mukta, Pishti, Prawal and Rasa Shastra

INTRODUCTION:

The manufacture of remedies, known as rasa shastra or better still the ancient Indian alchemy, has been a source of benefit to humanity for thousands of years. The ancient alchemists of Rasa Shastra were primarily interested with the element of Rasa, which means Mercury. In addition to the long-standing safe application of mercurial preparations as medications, Rasa Shastra handles the synthesis of additional herbo-mineral compounds utilizing a variety of medications with both plant and animal origins. Additionally, there are sections with step-by-step procedures for making formulations, such as Bhasmas, Kharaliya Rasayanas, Kupipakwa Rasayanas, etc^[1]. These formulation portions also rely on the various kinds of raw materials that will be used as their main constituents. One such category of formulations, known as Pishti, is primarily used in Rasa Shastra and may become less helpful after burning or in situations where the raw ingredients are heat-sensitive. Even in the absence of heat treatment, these materials are quite effective. Pishti literally translates as something that has been coarsely triturated and ground into a powder that is akin to flour. In Rasa Shastra, specific Pishtis are prepared by levigation or trituration of medications derived from animals or valuable stones in a given medium^[2,3].

Concept of Pishti

Pishti refers to something that has been finely powdered using a certain media's trituration process. They do not have heat treatment like Bhasmas, yet they are just as fine. Soft medications are typically used to treat pistis. Compared to other formulation sections, they have more cooling properties^[6].

Method for Preparation

The medication in its raw form is first put through a purifying process called Shodhana and then dried. With the aid of a mortar and pestle, it is ground after drying and then triturated in the designated medium (Bhavana). This procedure is repeated either seven days in advance or a predetermined number of times^[4].

Principally desired attributes of Pishti

Pishti is that which is pounded into a fine powder after being triturated with Ketaki Arka. The primary attribute of Pishti is its delicate and delicate texture. A given Pishti's color changes depending on the color of the raw material. Usually, the color is a paler version of the original raw material. Glass bottles are typically used to store pisti^[5].

Utilizing liquid media during trituration

For trituration, common ingredients include cow's milk, rose (*Rosa centifolia*) water, lemon juice, and distilled Kevada (*Pandanus odoratissimus*) water.

Unprocessed medications beneficial for Pishti

Precious stones such as Gomeda (Cinnamon Stone), Vaidurya (Cat's eye), Trunakantamani (Amber), Tarkshya (Emerald), Mukta (Pearl), Praval (Coral), Manikya (Ruby), Neelam (Sapphire), Pushkaraj (Topaz), etc. Silicate mixtures such as Akika, Sangeyashma, Badarashma, etc. substances high in calcium, such as oyster shell (Mukta Shukti)^[4].

Pishtis usage in general

Pishtis are typically utilized when a cooling effect is needed or in Pittaja diseases. Additionally, Ojakshaya and Daurbalya use it^[7].

CONCLUSION:

One of the key formulas in Rasa Shastra is for pishitis. To create a smooth and fine powder, the powdered raw medication is triturated in specified media for a predetermined amount of time. Typically, Pishti is not subjected to heat treatment or burning. Pishtis have cooling qualities and are gentle in nature. However, they are thought to be particularly helpful in treating a number of illnesses. It should be noted that certain medications, such as Mukta and Akik, have greater potency in their Pishti form than in their Bhasma form. Certain Pishtis, including Praval Pishti, are also used to treat mental illnesses. Manodaurbalya. Although there hasn't been much research done on Pishtis, there is still a lot of room for growth in this field.

REFERENCES:

1. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part I pg 199
2. Yadavji Trikamji Acharya, Dravyaguna Vignana, Uttardha, first edition, Bombay, 2003, pg 84.
3. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part I pg 199
4. Yadavji Trikamji Acharya, Siddhayoga Sangraha, 11th Edition, Nagpur, Shri Baidyanath Ayurved Bhavan, 2000, pg 167.
5. Joshi Ramdayal, Ayurved Sara Sangraha, Kolkata, Baidyanath Ayurved Bhavan Ltd, 2002, pg 743.
6. Yadavji Trikamji Acharya, Siddhayoga Sangraha, 11th Edition, Nagpur, Shri Baidyanath Ayurved Bhavan, 2000, pg 166.
7. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part I pg 233