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Review Article



CHATURVIDHA RASAYANA: A REVIEW

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ABSTRACT:

Literally translated, the Rasashastra means "Science of Mercury." This particular branch of Ayurveda works mostly with substances referred to as "Rasa Dravyas." Dravyas are often divided into four classes: Dhaatu, Rasa, Vish and Ratna. Rasaayana is mostly possessed by the class "Rasa." Rasa Kalpas are well-liked due to their rapid action and low dosage. Rasaoushdhis are a volatile mixture. Rasaoushadhi's unique properties come from the several ingredients that are incorporated into the formulation and then shrunk to a micro size. Rasaayana is mostly possessed by the class "Rasa." Rasa Kalpas are well-liked due to their rapid action and low dosage. Rasaoushdhis are a volatile mixture. Rasaoushadhi's unique properties come from the several ingredients that are incorporated into the formulation and then shrunk to a micro size. The addition of metals and minerals in formulations makes them more effective and fast acting at low doses. The medicinal and Rasayana effectiveness of Rasaoushdhi is demonstrated. The Rasaoushdhi has a longer shelf life. When taken internally in the proper dosage and regimen, rasaoushdhi has been shown to be useful in treating a wide range of illnesses and conditions as well as enhancing life and health. Rasaoushdhi also strengthen immunity and delay the start of illness.

KEYWORDS: Ayurveda, Chaturvidha Rasayana, Rasadravya and Rasashastra

INTRODUCTION:

Rasaayana is mostly possessed by the class "Rasa." Reference to "Lohaadi Rasaayana" preparation and "Ayaskruti" preparation made by "Susruta." Rasayana, according to Acharya Sharangdhara and Gopal Krishana Bhatt, is a medication that improves ojas, cures ailments, and delays the aging process. Separately, 1. Mercurials and 2. Non-mercurials. The name Parada, which is derived from the combination of the words Rasa and Ayana, was first used in medicine as a bio-enhancer. Considered the pioneer of mercury use, Nagaarjuna is credited with developing appropriate forms of metal and mineral remedies. The term "Rashayana" has two meanings in the Rasashastra medicinal literature. first for revitalization while outlining a substance's characteristics. Conversely, this term refers to Chaturvidha Rasayana, or Rasayana, which is a general term for a class of medicines containing mercury or another mineral. Gandhak and Parad are present in every Rasa Kalpa. For example, the chemical molecule cinnabar has been a part of traditional medicine for thousands of years. These conventional medications are being utilized today^[1].

"Kshipamarogyadyitvad Ausadhebyo Adiko Rasaha Alpmatraprayogitvad Aruchedaprasangatah"

Rasa Kalpas are well-liked due to their rapid action and low dosage. Rasaoushdhis are a volatile mixture. The most significant material in Rasa Shastra is pard. Hingulotha Parad's Sudha Parad is where Rasaoushdhi is made. Parad is treated with various ingredients to improve its quality. Rasaoushdhi's unique properties come from the several ingredients that are incorporated into the formulation and then shrunk to a micro size. The addition of metals and minerals in formulations makes them more effective and fast acting at low doses. The medicinal and Rasayana efficacy of Rasaoushdhi is demonstrated. The Rasaoushdhi has a longer shelf life. Here, though, the preparation of Rasaoushdhi follows the correct purification protocol. The materials go through many standard operating procedures^[1,2].

We will obtain a few Rasayanas based on their process in Rasashastra:

- a) Kapipakwa Rasayana
- b) Parpati Rasayana
- c) Karaliya Rasayana
- d) Pottali Rasayana

A) KUPIPAKWA RASAYANA

Sindhoo Kalpana is another name for Kupipakwa Rasayana.

Properties

- a. It needs a little amount.
- b. The potency of these medications doesn't change over time.
- c. Simple to administer and preserve.
- d. It lowers the dosage of other medications when combined with them.
- e. Kupipakwa Rasayana has stronger chemical bonding due to its rapid action, which augments its benefits.

Procedure

The three headings can be used to categorize the entire process, such as;

1. Poorva Karma: The things that come to mind are ingredient purification, Kajjali preparation, Bhavana, and Kupibharana
2. Pradhana Karma: The things that were mentioned were measurement of temperature, pattern of heating, and Shakla Sanchalana, Analysis of the furnace, smoke, and flame.
3. Paschat Karma: The deeds Kupi Uddharana, Pramanya, and Kupi Bhedana are covered by this karma^[3].

Classification of preparation for Kupi Pakwa

1. Sagandha: Gandhaka is employed in Rasa Sindhura and Makaradhwaja.
2. Nirgandha - There is no Gandhaka. Manikya's Ex Rasa and Vyadhiharana Rasa^[4]

B) PARPATI RASAYANA

The mixture of Gandhak and Parad, called "Kajjali," is processed with or without a certain metal Bhasma. The result is a thin powder that is consistently black in color. The powdered "Kajjali" is then heated in an iron pan until it melts into a molten mass. Then, the melted substance is rapidly poured over the smooth, flat surface of a banana leaf, making sure it is evenly distributed. This surface is frequently maintained on a soft platform composed of soil or newly moistened cow dung. Immediately after the Kajjali mass is poured, it is hand-pressed and covered with another banana leaf. After removing the covering banana leaf, a thin, flat sheet of substance similar to papad—referred to as "Parpati"—is found. In the eighth century, Acharya Nagarjuna wrote Rasendra Mangal, which provided an explanation of Parpati Kalpana. Chakrapani expounded on Parpati in Chakradatta during the 11th century. In Bhaishajya Ratnavali, Parpati is explained by Acharya Govinda Das Sen in the 19th century. The Sanskrit word parpati refers to a thin preparation that resembles flakes. has a thin papad-like form. Synonyms for parpati include Parpati, Parpatika, Parpati, and Pota Bandha.

Out of the twenty-five methods described by Parad Bandha, Parpati Kalpana is one. Since heat energy is applied, its therapeutic efficacy may be increased. Applying Gomay, which originates from the cow's alimentary canal, may have an enzymatic effect. Ghee is helpful in treating dyspepsia, therefore it might work in concert with parpati^[5].

Parpati Kalpana Preparation

Vishesh Shodhana or Samantha, Pour the mixture over Mandangani in an iron pan greased with ghee. Transfer the melted mixture to a Kadali Patra, cover it with another Patra and Gomaya, and press to form a homogenous mixture of the ingredients. After allowing it to cool, take off the parpati flakes^[5,6].

Significance

- a. Longer formulation shelf life
- b. Higher therapeutic efficacy
- c. Reduce dosage

C) KHARALIYA RASAYANA

To create a finely powdered medication, substances such as pard and gandhak, herbs, minerals, and/or metals are mixed together in a mortar called a Khalva. The formulation is referred to as "Kharaliya Rasayan" in Ayurvedic

nomenclature. Kharaliya Rasayana gained prominence because the formulation's other ingredients and mercury are ground in a mortar called a "Khalva," hence the name. Kharaliya Rasayana's unique selling point is its ability to bind several medication types into a single molecular structure, reducing dosage and increasing potency. The ingredients of Khalvi Rasa, also known as Kajjali, are mixed together and a powdered medication that includes sulfur, mercury, and plants, minerals, and metals. A surface phenomenon, such as rubbing between the mortar and pestle's surfaces, produces some heat, which raises the potential of a chemical reaction between the materials and media. Such a reaction could result in the production of new, desired traits. The Rasashastra describes how Rasa Kalpas utilized Khalvi Rasayana to manage the mercury's unsteadiness^[7].

Procedure

Compiling the necessary supplies, Kajjali Nirmana combining all components, Bhavana, Suitable for usage as Vati, Gutti, etc^[7].

Significance^[8]

- Longer shelf life
- Therapeutic efficacy
- decreased dosage
- shortened treatment time

D) POTTALI RASAYANA

The "Kajjali," which is made with the specified ingredients, is bundled together and called "Pottali" once it is wrapped with silk fabric. A wide-mouthed pan made of stainless steel is used to take the necessary amount of Shudha Gandhak. The Gandhak is allowed to melt while the pan is kept ablaze. For the "Pottali," the molten sulfur serves as a Gandhak bath. The Gandhak is heated to a high degree and then submerged in Pottali. Pottali Rasa is the name given to the rigid ball that is created when intense heating transforms "Kajjali" powder wrapped in fabric. The medicine formulation that acts the fastest, pottali rasa, is typically recommended in medical crises.

In the book Rasaratnakar, Nityanath Siddha first wrote about Pottali Kalpana in the thirteenth century AD. Pottali is defined as gathering disparate materials into a compact, all-inclusive size. Pottali is a crucial method of preparing mercurial.

Different methods, such as Putapaka Vidhi, and Pottali Paka Vidhi, are used to prepare Pottali Kalpana. There are several ways to create pottali preparations: some include trituration, some involve boiling liquefied sulfur, and yet others involve burning^[9].

Method of Bhavana

Bhavana technique: in this procedure, all materials are triturated in a Khalva Yantra with a liquid medium, then they are either formed into pills or kept in fine powder form for storage. This preparatory technique—which consists just of trituration without any Agni—is precisely the same as other Khalvi Rasayanas. For instance, Gandhakadi Pottali Rasa and Hamsa Pottali.

Method Putapaka (Musha)

This process involves triturating the components for Pottali with fresh juices, recommended liquid media, etc., and then putting the mixture through Puta to produce the finished result, which is often acquired in the form of Bhasma. As Bhavana Dravya, Divya Jala prepared the pottali, according to Rasayoga Sagara. Puta differs in kind from Kukkuta Puta to Gaja Puta, and depending on the ingredients used, it can take anywhere from one Yama (3 hours) to three days to prepare. Rasa and Mriganka Pottali are two examples^[9,10].

Procedure

1. *Purva Karma*- The process of identifying and gathering raw material, shodhaning raw material, preparing Kajjali, arranging the Valuka Yantra, gathering cloth, thread, mud pot, and burning gear, and preparing pottali.
2. *Pradhan Karma*- The Rasaoushadi paaka until Siddhi Lakshana
3. *Paschyat Karma*- Pottali was fired following Swangashita Gandhak removed the material that stuck to that Pottali, take out the silk fabric.^[10]

Significance

- Easy to administer
- long shelf life
- life-saving medication
- easy handling

DISCUSSION

Rasauli has been demonstrated to be effective in treating a variety of diseases and ailments and improving life and health when taken internally in the right dosage and regimen. Rasaoushadhis also boost immunity and postpone the onset of disease. The toxicological or pharmacological impact of the interaction between a metal or mineral and herbs may change during the formulation's manufacturing process. There are numerous potent formulations in Rasashastra, commonly known as Rasayana. Many of the chapters in Rasayanadhikar serve mostly as Rasayana when taken in connection with a nutritious diet and adjuvant utilized in conjunction with treatment.

Kupipakwa Rasayana

When compared to other formulations in Rasa Shastra, Kupipakwa Rasayan performs the best because of its faster action at the lowest dose. To maximize production and boost preparation efficacy without any negative or side effects, the pattern of heating and preparing kajjali is crucial. The best heating pattern to use when making Kupipakwa Rasayan is the Kramagni.

It is at Mrudu Agni that the vapors of Gandhak and Kajjali are released. At this point, the temperature is between 150°C and 250°C. Madhyam Agni begins with sulfur melting and then emits a lot of fumes. At this point, the glass bottle's mouth has been cleared using a hot rod. The temperature is in the 350°C to 450°C range. At this point, Tivra Agni is stopping its fumes and displaying a flame at the glass bottle's mouth. The glass bottle's temperature at this point varied from 450°C to 650°C.

Parpati Rasayana

Mercury and sulfur are the main ingredients in all Parpati Kalpana recipes. The most extensively utilized and well-liked

Parad processing is Parpati Rasayana. These preparations, which include the Nirgandha and Sagandha Parada Yukta Yogas, are mineral or metallic formulas with therapeutic efficacy. The Parpati Rasayanas are more potent and more economical, and have a great therapeutic benefit.

Kharaliya Rasayan

Heat is generated during the fraction between the mortar and pestle's surfaces, or surface phenomena, which raises the potential of a chemical reaction between the substance and the medium. Such a reaction could result in the production of new, desired traits. Changes in the body happen like.

- Reduced hardness: The hard material becomes softer with constant grinding.
- Reduction of particle size can be achieved by repeatedly and continuously rubbing the surface. It directly influences the rate of absorption in this way.
- A binder: a liquid medium serves as a binder. To achieve greater acceptance in the contemporary scenario, new formulations must be created in addition to the specific modifications made to the earlier formulation.

Potali rasayana

One type of medicine in particular is called Pottali Rasayana. In order to achieve maximum therapeutic efficacy, this Kalpana has been devised to help build and consolidate the interaction between the content. For ease of handling, transportation, and storage, the components of Pottali Rasayan are prepared into a compact state. But these days, it's hardly ever utilized in real life. Even though each preparation method has a different shape, consistency, and form, they are all combined in Pottali Kalpanas to ensure the drug's effectiveness after thorough processing.

CONCLUSION:

Rasayanas aid in achieving the best possible levels of physical strength, sensory organ function, Dhatus quality, lifespan, immunity and mental capacity. Rasayana nourishes the entire body and strengthens the immune system and which increases a person's inherent resistance to infection. The necessity of the moment in a changing environment with standardization during Rasa Chikitsa's development age, and it's more important now given the prevalence of diseases like AIDS, TB, and diabetes mellitus, among others. They remain out of control. Modern drug analysis tools and technology make it easier to verify the authenticity of Rasaoushdhi or Rasayana preparations as well as their health benefits.

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