



## METHOD OF PREPARATION OF RASAUSHADHI WITH SPECIAL REFERENCE TO PARPATI KALPANA

**Nayakude Shubhangi Shivling**

(MD- Rasashastra)

H.O.D and Associate professor,

Dr. J. J. Magdum Ayurved Medical College, Jaysingpur, Maharashtra, India.

Email ID- [shubhanginayakude@gmail.com](mailto:shubhanginayakude@gmail.com); Mobile no. 09579739518

### ABSTRACT

*Rasa Shastra*, one of the Pharmacotherapeutic branches of Ayurved, incorporates many of the Herbo-mineral-metallic pharmaceutical preparations prepared out of the *Parada* namely *Khalviya Rasayana*, *Parpati Rasayana*, *Pottali Rasayana* and *Kupipakwa Rasayana* respectively. This research article is try to focus on this *Parpati Rasayanas* or *Parpati Kalpana* *Parpati Rasayanas* are one among the *Rasaoushidhis* mentioned in the *Ayurvedic* classics and the therapeutically effective mineral & metallic formulations. These are the most popular among the processing of Mercury. In the various *Rasasamhitas* clearly indicate that *Parad* Having very powerful *yogavahi* properties, when mixed with other substances, increases their properties immensely and their shelf life period for indefinite period. When the compounds prepared with *Parad* are considered to be the best. It has been a practice for many years to combine *Parad* & *gandhak*, Also other Drugs / metals helps to enhancing their potency.

**Key words** – *yogavahi*, formulations, *Rasaushidhi*, *Rasayana*, pharmaceutical preparations.

### INTRODUCTION

*Parpati Kalpana* (Flakes) is a well known and successfully used preparation for the management of *Grahani*. 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*, so it is called as *Parpati*. These are therapeutically effective mineral and metallic formulations; including both *Sagandha* and *Nirgandha Parada Yukta yogas*. This process dates back to 11th century and is found widely in Ayurveda literature.

### AIM AND OBJECTIVES

- To Review on *Parpati kalpana* with help of *samhitas* & classical texts .

### Synonyms

- Parpat:* - like *Papad*
- Parpati:* - thin flake

- *Parpatika*:- thin and brittle flake
- *Pota Bandha*: - adhesions or to give support

### Classification of *Parpati*

Classification of *parpati* According to basis of the *Kajjali* and other ingredients *parpati* containing only *Kajjali* of *Parada* and *Gandhaka*. Ex. *Rasa Parpati*

- I. *Parpati* containing *Kajjali* with one or more *loha* / *dhatu*. Ex. *Swarna Parpati*, *Panchamrita Parpati* etc .
- II. *Parpati* containing *kajjali* and one or more vegetable drugs. Ex. *Bola Parpati*

Classification of *parpati* According to basis of ingredients

- I. ***Sagandha Parpati***: Containing *Parad* and *Gandhaka* e.g. *Rasa Parpati*, *Gagan Parpati*, *Tamra Parpati* etc.
- II. ***Nirgandha Parpati***: Without *Gandhaka* e.g: *Sweta Parpati*,

Classification Of *parpati* According to *Paka*.

- ***Mridu paka***: In this *paka*, *Parpati* remains soft and may not break easily on bending.
- ***Madhyama paka***: In this *paka* *Parpati* is broken easily and glitters like *roupya* in the broken place.
- ***Khara paka***: In this stage the product can not be converted in to *Parpati* form and powder form. It loses its actual luster.

### Preparation of *Parpati* –

- *Shodhita Parada* and a *Gandhak* are taken in a *khalwa* (mortar pestle) in equal proportion

- Ground well till it becomes as *Kajjalabhasa*, *Slakshnata*, *Anjana sadrusa sukshma* , *Rekhapurnata*, *Jala pareeksha*, *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 *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 *swangsheet* the flakes of the *Parpati* are taken out, powdered and preserved.

### Precautions at preparation of *Parpati* –

- *Parpati* should not be prepared on *Teevragni* because *Gandhaka* is highly combustible substance as there are chances of catching fire.



- Some amount of *Sneha* is to be smeared to the iron pan and *Kadali Patra* used for preparation. *Kajjali* is heated up to semisolid form or till it becomes *Pankavatta*.
- Press *Kajjali* immediately after transferring on to the *Kadali Patra* which is spread over bed of *Gomaya*.

#### Dose of parpati –

- *Samanya Prayoga*: - 1-2 *Ratti* (125-250 mg) mixed with *bhurjit Jeerak* and *Hingu* in divided doses.
  - *Kalpa Prayoga* or *Vardhamana Prayoga*: -
- I. Acc. to *Rasa Tarangini*: - 2 *Ratti* (250 mg) *parpati* preparations is given as a starting dose and increased gradually up to 10 *Ratti* (2500 mg).
  - II. Acc. to *Acharaya Chakrapani*: - started from the dose of 2 *Ratti* (250 mg) and then increased gradually up to 12 *Ratti* (3000 mg).

#### Pathya after parpati Sevan

Acc. to *Rasa Tarangini* intake of following drugs is helpful -*Kakamachi*, *Patola*, *Pugiphal*, *Ardrak*, *Kadalipuspha*, *Brinjal*, *Old Shali dhanya*, *Godugdha* with *Sharkara* etc.

#### Apathya after parpati Sevan –

Patient is advised to drink plenty of *Takra*. Avoid *Amla sevana*, *usna dravya sevana*, *tikta dravyas* like *Nimba*, sweet substance like *Guda*, *Shita Jala Snana*, *sita vayu sevana*, *krodha*, *chinta*, *Anupa mamsa*, *stree sambhasana* etc.

#### DISCUSSION

- *Parpati Kalpana* is one such method described among the 25 other *Parada Bandha* methods, which means to control the movement and fragility of the *Parada*.
- In the procedure of *Parpati Kalpana*, heat application is conducted; therefore heat energy may enhance its therapeutic efficacy in treating many GIT disorders.
- *Parpati* is specifically indicated for diseases of GIT. Though the composition appears to be almost similar to other *Rasa yogas*, *Parpati* is particularly indicated in *Grahani*, *pravahika* etc.
- Application of *Gomaya*, which comes from the alimentary canal of the cow and may have some enzymatic activity.
- With the use of *Ghrita* smeared leaves we can easily scrap out the *Parpati*, and also ghee is useful in treating indigestion, hence may have a synergistic effect along with *Parpati*.

#### CONCLUSION

*Parpati Rasayanas* have high therapeutic value and are potent, less toxic and cost effective medicines.

#### REFERENCES

1. *Mishra Siddhinandan, Rasa Prakasha Sudhakara* of *Acharya Yashodhara*. Third Edition.



- |   |  |
|---|--|
| <p>Varanasi; <i>Chaukamba Orientalia</i>; 2004</p> <p>2. <i>Tripathi Indra Deva, Rasa Ratna Samucchaya of Vagbhatta Acharya; Delhi. Chaukamba Sanskrit Sanshthan; 2000.</i></p> <p>3. <i>Joshi Damodar, Rasamritam of Yadavji Trikamji Acharya. First</i></p> | <p><i>Edition. Varanasi; Chaukamba Sanskrit Bhavan; 1998</i></p> <p>4. <i>Sharma Shri Sadananda, Rasa Tarangini by Kashinada Shastri, 11th Edition Re-Printed 2000, Mothilal Banarasidas</i></p> |
|---|--|

---

***Cite article:***

METHOD OF PREPARATION OF RASAUSHADHI WITH SPECIAL REFERENCE TO  
PARPATI KALPANA

Shubhangi Shivlinga Nayakude

***Ayurlog: National Journal of Research in Ayurved Science- 2018; (6)(6): 1-4***

---

