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

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ABSTRACT
Parpati Kalpana is one of the four major pharmaceutical preparations having Parad used in Rasa Shastra. It is one of the 25 Rasa Bandhas which helps to remove the Chanchalatva and Durgrahatva of Parad because by having these two properties, Parad cannot be used internally. Parad and Gandhak are the essential constituents to make Parpati as the Bandha word derived to bind the Parad particle with Gandhak. Parpati is a unique mercurial preparation involving different processes like Murchana, Sagandha/ Nirgandha (presence and absence of sulphur), Sagni (process with heat) Pota Bandha of Parad. The difference of heat provided also differ its therapeutic properties. A detailed literature review regarding Rasa Parpati is collected here. This paper aims the general concept of Parpati with method of preparation of Rasa Parpati and its detailed study. This paper also aiming at new therapeutic values of different Parpati as mentioned in different references. Parpati is mainly used to treat Grahani because of its unique property to dissociate at the intestinal level but during the course of time different Acharyas came with different Parpati having differences in ingredients but having same method of preparation. Thus all Parpati generally have same method of preparation but the differences in ingredients make Parpati having wide range of therapeutics. These wide ranges of Parpati with their therapeutic values are described in this paper.

KEYWORDS: Parpati, Rasa parpati, Bandha, Pota Bandha, Kajjali, Rasa Aushadha.

INTRODUCTION
Rasashastra is a science which deals with the pharmaco-therapeutics utilization of minerals, metals and the most powerful substance ‘Parad’. As Parad remains in liquid form so it is difficult to handle and moreover it is highly toxic alone. For eliminating its toxic effects, it is subjected to so many processes like Murchana, Sagandha/ Nirgandha etc., changing its liquid state to solid, powder or bolus form is called Rasa Bandha. Parpati is Agnisthayi Murchhita Parad Bandha; Pota Bandha[¹] where Kajjali is base material after exposure to heat becomes light in nature hence named Parpati. Because of this Laghutva property it can be used in all disorders from paediatric to geriatric.[²] Parpati is indicated when a low dose of Bhasma is to be administered and that should be dissociated directly into the intestine. Parpati is very mild preparation amongst other Agni Sanskarit preparations like Kupipakva Rasayana.

Etymology
Parpatra being masculine and by adding ‘ee’ as suffix, it becomes feminine i.e., Parpatra. The Sanskrit word Parpata denotes a thin crisp wafer.[³] Parpati is a preparation which is thin, brittle and has a shape of thin crisp wafer. Kajjali is transformed into crisp wafery preparation by heating. Though in practice, it is used in powdered form. Rasatarangini also mentioned Parpati as Parpatika[⁴] which means the same but Bharat Bhaisajya Ratnakar explained Parpatika as the fragments left in vessel during preparation of Parpati. So this is known with various names; Parpatra, Parpatra, Parpatika.

Nomenclature of different Parpati Kalpanas

1. Parpati prepared with Parad and Gandhak only is called Rasa Parpati.
2. If Parad, Gandhak mixed with any other Dhatu/Lauh, hence named on the basis of Dhatu e.g. Lauh Parpati.
3. If Parad- Gandhak are mixed with any Kashta Aushadhis like Bola so named accordingly- Bola Parpati.
4. Depending upon ingredients no. e.g. Panchamrit Parapatra.
5. Depending upon the efficacy- Kushthanta Parpatra indicated in skin disorder.
6. Depending upon the color – Shweta Parpatra
7. Depending upon the person who prepared it e.g. Bhairavnatha Parpatra.[⁶]

There are some examples of Parpatras which are devoid of mercury and sulphur. Mall Parpatra and
Kshara parpati are two examples which do not contain mercury and sulphur at all. Shital Parpati[^7] does not contain mercury. The Parpati preparation wherein sulphur is not used other substances like Rala namely Malla Parpati which liquefy by heating and get solidified after cooling, are used. Bhallataka Parpati[^8] and Shweta Parpati are two examples which are devoid of sulphur.

### History

Rasendra Mangal in 8th century by Acharya Nagarjun has mentioned use of Parpati in Kushtha Roga. Later in 11th century Acharya Chakraptani Dutt in Chakradutt mentioned its use in Grahani Roga. In 12th century Acharya Dunduknath has mentioned Kramagni[^9] (increasing heat). Bhaishajya Ratnavali in 18th century has explained many Parpaties and Rasa Parpati made by Shrivatsanka Vinirmit[^10] is considered to be best. Later on with development different Acharyas added different Dravyas with Parad and Gandhak to enhance its therapeutic actions. Table is showing different Parpati.

<table>
<thead>
<tr>
<th>Reference</th>
<th>Parpati Name</th>
<th>Ingredients</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raschandashu</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogaratnaka</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Sidhh Bhaishaj Manimala</td>
<td></td>
<td></td>
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<tr>
<td>Bhaishajya Ratnavali</td>
<td></td>
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<tr>
<td>Siddha Yoga Sangrah</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Mandur Parpati[^23]</td>
<td>Parad, Gandhak, Mandur Bhasma</td>
<td>Mandagni, Grahani</td>
</tr>
<tr>
<td>Rasa Yoga Sagar</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Rasa Yoga Ratnakaramu</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>17.</td>
<td>Rasabhippati Parpati[^27]</td>
<td>Parad, Gandhak, Hingul, Rasa Sindoor, Hartaan, Manahshila</td>
<td>Jwara, Pandu</td>
</tr>
</tbody>
</table>
Materials and methods used in Parpati preparation

1. **Specific Raw Material**: Parad, Gandhak with any Dhatu or Kashtha Aushadhi as per need.


3. **Agni**: It plays a very important role in making Parpati. Low heat is required to liquefy Kashtha. Paka is done till Kashtha attains muddy appearance (Pankasamam) as mentioned in Rasatrange.

4. **Ghrita**: Iron pan is smeared with Go-Ghrita[30] to prevent any adherence of Kashtha with the pan. It also adds Saumya Guna to Parpati.

5. **Gomaya**: It is used as a cushion for spreading Kashtha and to fasten the cooling of hot molten material to make thin flakes. It is rich in biliary products[31] which get absorbed in the making of Parpati and hence Parpati is used in Pittaja Vyadhis. Mahishi Mall[32] is also used in making Rasa Parpati.

6. **Patra**: Kadali Patra, Eranda Patra or Arka Patra[33] are usually used as the sandwich over cow dung. Kadali Patra gives the Kashaya[34] property hence enhance the potency of Parpati.

Methods of preparation

Firstly Kashtha is prepared by triturating Shudh Parad and Shudh Gandhak till it becomes black fine powder and all Kashtha Pareeksha are achieved. Then as per the requirement of formulation of the Parpati to be prepared, all ingredients are mixed together and triturated. Then the mixture is then transferred into an iron vessel which is coated with a thin layer of Ghee from inside and the vessel is then heated. The Ghee melts and gets spread the vessel. Then the mixture containing Kashtha is poured in the vessel and heated slowly. When the drug substance melts, it is poured on a banana leaf which is coated already with a thin layer of Ghee placed over cow dung. Another similarly coated leaf is kept on the spread substance and the pressure is applied in one direction once unilaterally. On cooling on its own, the upper banana leaf is removed and the thin crisp wafer i.e., Parpati is collected. It is finally washed with hot water to remove excess Ghee, dried and powdered and kept in a bottle.[35]

While giving a slow heat, a wooden or Lauh Shalaka[36] is used. Badri Kashthha[37] or Khadir Kashthha[38] is preferred as fuel. The amount of heat given determines the consistency of the final product and accordingly three types are formed viz., Mridu Paka, Madhyama Paka and Khara Paka.[39]

1. **Mridu Paka**: The final end product after heating is obtained from the drug substances containing Kajjali by giving mild heat. The black color of the drug changes to turquoise (Mayur Chandrika Varna)[40] during heating. The Parpati formed is brittle and breaks without crackling sound. The chemical bondage between mercury and sulphur is not permanent. Still Mridu Paka Parpati is used for medicinal purpose.

2. **Madhyama Paka**: The final end product is obtained by heating moderately. The melted Kajjali attains Tail[31] consistency the Parpati formed is crisp and breaks with a crackling sound. The edges of broken parts are silvery-whitish[42] in color. But the Parpati is generally black. The ingredients acquire a good bondage in the type and hence rich in medicinal property.

3. **Khara Paka**: severe heat is the reason of this type of Parpati due to which Parpati becomes dry, coarse and reddish in color[43]. It becomes heavy to digest and is not recommended therapeutically except Rudra Parpati[44] which is recommended in Khara Paka.

**Types of Parpati Prayoga**

There are two types- Samanya Prayoga and Kalpa Prayoga

1. **Samanya Prayoga**: Parpati is use in 1 to 2 Ratti dosage twice or thrice a day. There is no rule to be followed during its administration.

2. **Kalpa Prayoga**: in this, Parpati is started from dose 2 Ratti and increased to 12 Ratti by during daily increment of 1 Ratti thereafter followed the same rule and decreased to 1 Ratti by daily reducing 1 Ratti Matra as mentioned in Chakradutt.

Usually Kalpa Prayoga is done for 40 days but depending upon the severity of disease. Different Kalpa are used like 36 days, 40 days, 60 days and 96 days. One cycle is called Chakra or Mandal. Pathyas and Apathayas are to be strictly followed during Kalpa Prayoga.

Pathyas- Apathayas followed during Parpati intake in Kalpa Prayoga:

1. **Pathyas**: Kakamachi, Pugaphal, Patola, Adrak, Kadali Pushpa, Shalidhanya, Godugdha with Shankara.

2. **Apathayas**: Amla Sevana, Shital Jala Sevana, Shital Vayu Sevana, Krodhha, Chinta, Ushna Dravya, Tikta Dravya, Stree Sevana.

Betel nut should be chewed after Parpati intake on 1st day. On 3rd day patient is allowed to take meat, Ghee and milk.[45]

**Rasa Parpati**

**Ingredients**: Parad- 1 part, Gandhak- 1 part
**Method of preparation:** The Kajjali is prepared with Shudh Parad and Shudh Gandhak is heated till molten, spread on the banana leaf and compressed to form a crisp, thin wafer is known as Rasa Parpati. The Parpati prepared with Shudh Parad and Shudh Gandhak is recommended to be taken along with honey\(^{[46]}\) as a vehicle (Anupana).

**Rasa Parpati Preparation**

**Parad Shodhan**  
**Shudhha Parad**  
**Gandhak Shodhan**  
**Shuddha Gandhak**

**Kajjali**

**Kajjali Preeksha**

**Parpati Preparation**

**Organoleptic characters of Rasa Parpati (Madhyam Paka)**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Property</th>
<th>Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Color</td>
<td>Shiny black</td>
</tr>
<tr>
<td>2</td>
<td>Shape</td>
<td>Flakes</td>
</tr>
<tr>
<td>3</td>
<td>Taste</td>
<td>Tasteless</td>
</tr>
<tr>
<td>4</td>
<td>Test of completion</td>
<td>Crackling sound on breaking</td>
</tr>
<tr>
<td>5</td>
<td>Touch</td>
<td>Smooth</td>
</tr>
<tr>
<td>6</td>
<td>Odour</td>
<td>Odourless</td>
</tr>
</tbody>
</table>

**Rasa Parpati uses:** Though it is mainly used to treat Grahani, it also works well in many diseases when used with different vehicles as in given table\(^{[47]}\)

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Media of intake (Anupana)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unmade</td>
<td>Rasna Mool with Ghrita</td>
</tr>
<tr>
<td>Apasmara</td>
<td>Brahmi juice</td>
</tr>
<tr>
<td>Sangrahani</td>
<td>Hing with Jeerak</td>
</tr>
<tr>
<td>Udarashula</td>
<td>Castor oil</td>
</tr>
<tr>
<td>Vata-jwara</td>
<td>Dashmool Kwath</td>
</tr>
<tr>
<td>Kaphaja-jwara</td>
<td>Trikatu powder</td>
</tr>
</tbody>
</table>
According to *Bhaishajya Ratnavali*, with suitable *Anupanas* to the particular diseases, *Rasa Parpati* can be used to treat Arsha, Amadoshaj Sanhragani, Shula, Atisara, Kamla, Pandu Roga, Plevhavridhi, Gulma, Jalodara, Bhasmak Roga, Amavaat, 17 types Kushta and all types of Shotha.

**Dose:** 2 Ratti - 10 Ratti (in increasing order by increasing 1 Ratti daily upto 10 then decreasing to 1 Ratti) for 21 days.[48]

**Anupana:** Bhrishta Jeerak, Hing and Madhu.

**CONCLUSION**

*Parpati* preparations possess the hot potency and thus stimulate appetite and improve digestion. Because of these properties it stokes the *Agni* and mitigates *Ama*, the toxic metabolites in the gastrointestinal tract and hence used in diseases caused by *Ama* in the gut like anorexia, colitis, gout, piles, diarrhea, dysentery etc.

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