



Review Article

LITERARY REVIEW ON APPLICATION OF *PARADI GUNAS* ON *AAROgyAVARDHINI RASA* IN PRE-PROCESSING, PROCESSING AND THERAPEUTIC STAGE

Gulhane Vedanti S^{1*}, Chikurte Sharada²

*1PG Scholar, ²Professor & HOD, Department of Rasashastra Evam Bhaishajya Kalpana, PDEA's College of Ayurveda and Research Centre, Akurdi, Pune, Maharashtra, India.

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ABSTRACT

Background: Ayurveda is a highly evolved and codified system of life and health science based on its own unique and original fundamental concepts and principles. One of them is the *Paradi Gunas* (properties). *Paradi Gunas* (properties) are ten in number and have a wide application aiming at the success of treatment in which, choice of medicine and dietary rules play vital role. For success in the treatment understanding the role and action of a medicine is important, and this can be achieved by the use of *Paradi Gunas* (properties). **Objective:** To apply the concept of *Paradi Gunas* (properties) on *Aarogyavardhini Rasa*, a ployherbo-mineral medicine during different stages of processing. Data Source: This literary review has used the data source from various online portals as well as books in Ayurveda. **Conclusion:** The use of *Paradi Gunas* was studied on the pre-processing, processing and the therapeutic stages of *Aarogyavardhini Rasa* and its applications were noted. This can be a primary step towards deeper understanding of its role in therapeutics.

INTRODUCTION

Ayurveda a lifestyle science was born as a result of consequence of philosophies. The objective of the science being maintaining the health of the healthy and curing the diseased. Ayurveda has given the greatest emphasis to knowledge of herbal and mineral drugs including identification, procurement, processing, preservation and dispensing of prepared drug under a broad heading known as *Rasashastra* and *Bhaishajya Kalpana*. It also deals with substances of mineral, metal, and also of animal origin.

Ayurveda's principles and philosophies are its unique strength and for utilization of these strengths, application of the philosophies is required. In Ayurveda, *Gunas* are described as an attribute without which any action cannot be possible, as properties should be associated with *Dravya* (substance) [1].

These set of properties start with *Para Guna*, hence are named *Paradi Guna*. Significance of every *Guna* (properties) is mentioned in the classical texts so that they can be useful in the field of research and clinical practice. According to *Charaka Samhita* these are the basic rules to understand the dietary course and medicine plan along with the disease progress [2]. The knowledge of the *Paradi Gunas* (properties) is required by the physician, researcher and a pharmacist. For the betterment in the skill of clinical practice and research *Paradi Guna* (properties) are curtail in selection, modification and use of medicine according to the disease and the patient condition. These properties are interrelated to each other but have a wide application.

There have been previous studies on the *Paradi Gunas*, these studies focus on the literary feature of its use in the treatment mode.[3,4] The studies on *Aarogyavardhini Rasa* have focused on the use of the medicine in the treatment and its pharmacological aspect.[5] There has been no study which focuses on the *Paradi Gunas* (properties) and its use in any *Kalpa* (medicine) during its pre-processing, processing and therapeutic stage. *Aarogyavardhini Rasa* is a well known polyherbal- ploymineral *Kalpa* (medicine) for its effect in *Kushta* (skin disorders) treatment. [6] For this present topic this medicinal preparation was

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selected for its spectrum of diseases covered though being pioneer in *Kushta* (skin disorders) treatment.

This present article includes the review on the concept of *Paradi Gunas* individually, and its utility in the three different stages of the *Kalpa* (medicine) preparation and use. The review is carried out with the help of various online databases and classical texts.

MATERIALS AND METHODS

For the present review, a literature review was conducted (up to March 2022), using Google Scholar, Pubmed like online portals. The search included the following keywords: "*Paradi Guna*", "*Guna*", and "*Aarogyavardhini Rasa*" and were cross-referenced with the keywords: "treatment" and "application".

Classical *Ayurveda* texts were also referred for the core concept of *Guna*, *Paradi Guna* and *Chikitsa Upaya*.

Kalpa Review

Aarogyavardhini Rasa is a *Kharaliya* medicine, a type of medicine, which has main effect on *Kushta* (skin disorders) [6] along with its other uses. *Kharaliya Rasayana*, is a type of medicine made from mercury and other ingredients of the formulation which are grinded in mortar and pestle known as *Khalva yantra* hence termed as *Kharaliya Rasayana*. The effect of *Kharaliya Rasayanas* comes mainly from its ability to reduce the particle size of the ingredients and binding multiple particles together which reduces the dose. [7]

Contents of Aarogyavardhini Rasa

S.No.	Name of the Ingredients	Latin Name / English Name	Useful Part	Proportion	%
1	<i>Shuddha Parada</i>	Processed Mercury	-	1 Part	2.78
2	<i>Shuddha Gandhaka</i>	Processed Sulphur	-	1 Part	2.78
3	<i>Lauha Bhasma</i>	Calcinated Iron	-	1 Part	2.78
4	<i>Abharaka Bhasma</i>	Calcinated Mica	-	1 Part	2.78
5	<i>Tamra Bhasma</i>	Calcinated Copper	-	1 Part	2.78
	<i>Triphala Churna</i> a. <i>Haritaki</i> b. <i>Bibhitaka</i> c. <i>Amalaki</i>	a. <i>Terminalia chebula</i> Retz b. <i>Terminalia bellirica</i> Roxb. c. <i>Embllica officinalis</i> Gaertn.	Dried fruits pericarp	2 Part	5.55
6	<i>Shuddha Shilajatu</i>	Processed Black Bitumen	Processed product	3 Part	8.33
7	<i>Shuddha Gugguluu</i>	<i>Commiphora mukul</i> Hook ex stocks	Processed Resinous gum	4 Part	11.11
8	<i>Chitraka Moola</i>	<i>Plumbago zeylanica</i> linn	Dried Root	4 Part	11.11
9	<i>Katuki</i>	<i>Picrorhiza kurroa</i> Royle ex Benth.	Dried Rhizome	18 Part	50
10	<i>Nimba Patra Swarasa</i>	<i>Azadirachta indica</i> A. Juss	Leaf Juice	Q.S (for wet Levigation)	-

Paradi Guna Concept Review

Paratva – Aparatva

Paratva means superiority or being first. It also means predominance and importance. *Aparatva* means inferiority or is opposite to *Para guna*. [2] These are relative terms, if one object is said to be *Para* when compared to another object, the later becomes *Apara*. *Acharya Chakrapani* has defined *Para* as *Pradhana* (excellence) and *Apara* as *Apradhana* (non-excellence).

Yukti

The word *Yukti* means reasoning or logic. *Acharya Charaka* has described it as source of knowledge; it is the intellect that perceives things. It is important for selection of proper therapy with regards to the nature of vitiated *Doshas*. *Acharya Chakrapani* has commented on it as proper usage of medicine on the basis of *Dosha*, *Dooshya* (body tissues) like

factors.[2] The word *Yukti* has different interpretations one of them is proper application.

Samkhya

It provides accurate knowledge regarding numbering and counting. The word translates to number. It is a property by which one can make the calculations, *Samkhya* has been mentioned by *Charaka* as *Ganita* i.e., counting.[2] It is used in the field of Pharmaceutics, while preparing a multidrug formulation for the number of ingredients.

Samyoga

Combination or conjunction of two different substances is called *Samyoga*. *Acharya Charaka* mentioned the word *Yoga* (union) for *Samyoga*. [2] This combination results in formation of new entities. It can be produced by two or many substances.

Types- According to Charaka Samhita

- *Eka karmaja*- combination of one operational and one non- operational substance
- *Dvandva karmaja*- combination of two operational substances
- *Sarva karmaja*- combination of more than two operational substances

Vibhaga

The attribute which destroys the combination is known *Vibhaga*.^[2] It is division or disjunction. It is regarded as absence of combining factors. It can also be produced by either two or many substances.

Types- According to Charaka Samhita

- *Eka karmaja*- division of one operational and one non-operational substance
- *Dvandva karmaja*- division of two operational substances
- *Sarva karmaja*- division of more than two operational substances

Prthkatva

The property of discrimination or separation is *Prthkatva*. When there is a sense that this object is separate from other object or is different from other that is called as *Prthkatva*.^[2] It is the property of dissimilarity and distinctness in various objects.

Types- According to Charaka Samhita

- *Asamyoga*- two substances always remain separate
- *Vailaksanya*- having distinctness or distinguishing marks
- *Anekata*- based on specialty and peculiarity

Parimana

The attribute through which measurement is made is *Parimana*. Lightness or heaviness or size comes under this heading. The *Vimana Sthana* in *Charak Samhita* is dedicated to this *Maana Vijnana*^[8]. There are different *Mana* used in the Ayurvedic texts like *Magadha mana* and *Kalinga mana*, with whose help measurement used to be done.^[9]

Samskara

The technique or tool by which substance can be altered according to the requirement is termed as *Samskara*. The transformation quality of any substance happens after the attribute *Samskara*. *Acharya Chakrapani* while commenting on the word *Samskara* uses three words which are;

1- *Guna* meaning properties, 2- *Antara* meaning in between or amongst, 3- *Adhana* meaning putting or infusing.^[2] Thus placing or imparting of newer *Gunas* in between *Gunas* which are already present is called as *Samskara*.

Types of Samskara^[10]

- *Toya Sannikarsha* - Processing with water
- *Agni Sannikarsha*- Processing with heat
- *Shaucha* - Cleaning
- *Manthana* - Churning
- *Desha* - Processing with help of *Desha*
- *Kala* - Processing by time
- *Bhavana* - Trituration
- *Kalaprakarsha* - Processing with specific time exposure
- *Bhajana* - Processing with specific utensils

Abhyasa

Repetition of same action is called as *Abhyasa*. Repeated and continuous administration of a particular *Bhava* or *Kriya* (action) is called as *Abhyasa*.

Application of Paradi Properties on Aarogyavardhini Rasa**Para- Aparā**

S. No	Stages	Specifics
1	Pre-processing	a) The raw material quality- The quality depends on the method of collection, storage and the environmental conditions. The materials collected according to the rules laid in the texts like from a <i>Prashasta bhumi</i> (desirable land), in specific season ^[11] and stored according to the GMP approved regulation is <i>Para</i> . b) Selection of minerals- The minerals like <i>Abhark</i> etc, when selected according to the classical texts which state the <i>Graahya- agrahyatva</i> (desirable- non desirable) are considered <i>Para</i> . ^[12] c) The foreign matter and extraneous matter contain materials are considered <i>Apara</i> . d) The parameters of physical analysis of raw materials given in the government approved databases like API & AFI; raw materials fulfilling these criteria are <i>Para</i> .
2	Processing	a) The medicine prepared by the GMP certified standards ^[13] is <i>Para</i> . b) The <i>Bhasma</i> used in the <i>Kalpa</i> (medicine) should fulfill the criteria of <i>Bhasma Pariksha</i> (examination of <i>Bhasma</i>) ^[14] is called <i>Para</i> .
3	Therapeutic	a) The <i>Kalpa</i> (medicine) can be said to be excellent or <i>Para</i> for <i>Kushta Chikitsa</i> (skin disorders).

Yukti

S. No	Stages	Specifics
1	Pre- processing	a) The quality of the raw materials is assessed by the <i>Yukti Guna</i> . b) <i>Bhasma pariksha</i> needs <i>Yukti</i> to certify the completion of the process. ^[15]
2	Processing	a) The use of modern equipments for the processing needs <i>Yukti</i> , such as furnace for <i>Bhasma</i> preparation, juice making machine for <i>Swarasa</i> (juice) preparation, dryer for finished product drying. ^[16]
3	Therapeutic	a) Selection of the proper <i>Matra</i> (dose) and <i>Kala</i> (time) according to the <i>Prakruti</i> of the patient and <i>Awastha</i> of the <i>Roga</i> (disease stage) for administrating the drug. ^[17]

Samkhya

S. No	Stages	Specifics
1	Pre- processing	a) The <i>Samkhya</i> property is used to measure the number of ingredients, in this case it is 9 ingredients.
2	Processing	a) Number of <i>Bhavana</i> (wet trituration) given to the medicine needs to be measured. b) The batch numbering is an important aspect in the manufacturing process; this can be done with the help of <i>Samkhya</i> property.
3	Therapeutic	a) Number of tablets during dose administration is measured with help of <i>Samkhya</i> property. b) Number of days of the dose administration is calculated with the help of <i>Samkhya</i> .

Samyoga

S. No	Stages	Specifics
1	Pre- processing	a) The combination of nine different ingredients with each other is an example of <i>Sarvakarmaj Samyoga</i> .
2	Processing	a) The <i>Samyoga</i> or union of ingredients with the instruments used in the process of medicine making. b) Addition of excipient and its union or <i>Samyoga</i> with the other ingredients.
3	Therapeutic	a) <i>Samyoga</i> with <i>Pathya</i> – union or <i>Samyoga</i> of <i>Aarogyavaradhini Rasa</i> with <i>Pathyakara ahara dravya</i> (diet) like <i>Mudga yusha</i> , <i>Mansa rasa</i> is helpful in the line of treatment. b) <i>Samyoga</i> with <i>Apathy</i> - <i>Samyoga</i> of the <i>Aarogyavaradhini Rasa</i> with <i>Amla rasa</i> (sour) is strictly against instructions. c) <i>Samyoga</i> of <i>Aarogyavaradhini Rasa</i> with its <i>Anupana</i> like lukewarm water, or medicinal decoction according to the therapy advised. ^[18]

Vibhaga

S. No	Stages	Specifics
1	Pre- processing	a) The reduction of various ingredients into smaller size, like the herbal ingredients are made into powder form is an example of <i>Vibhaga</i> or division.
2	Processing	a) If the formed tablets are friable than they tend to break easily causing <i>Vibhaga</i> , in this case it is not acceptable.
3	Therapeutic	a) the disintegration of the <i>Aarogyavaradhini Rasa</i> into human body is attributed to <i>Vibhaga</i> property.

Prthkatva

S. No	Stages	Specifics
1	Pre- processing	a) The <i>Prashata</i> (desirable quality) of <i>Abhrak</i> is distinct from <i>Aprashata</i> (undesirable quality), same with all the minerals content.
2	Processing	a) The mixture of <i>Aarogyavaradhini Rasa</i> has a black colour and a specific odor while being made; this sets it apart from few other medicines.
3	Therapeutic	a) The ingredients of <i>Aarogyavaradhini Rasa</i> are different from other medicines used for <i>Kushta Chikitsa</i> (skin disorders). ⁽¹¹⁾

Parimana

S. No	Stages	Specifics
1	Pre- processing	a) The measurement of every ingredient is done with the help of <i>Parimana</i> .
2	Processing	a) The measurement of the <i>Bhavana dravya</i> , even though required in wavering quantities is measured by application of <i>Parimana</i> property.
3	Therapeutic	a) Amount of dosage ⁽¹⁰⁾ is done by utilization of the <i>Parimana</i> property.

Samskara

S. No	Stages	Specifics
1	Pre- processing	a) <i>Toya Sannikarsha</i> - Ingredients are washed or soaked for further processing; they come in contact with water thus transforming them. b) <i>Saucha Samskara</i> - Action of cleansing is a type of <i>Samskara</i> which is required before any drug preparation. Cleaning of not only ingredients but also the vessels to be used.
2	Processing	a) <i>Kala Samskara</i> - The time required for the trituration process, the drying, the packaging and the distribution all add upto <i>Kala Samskara</i> . b) <i>Mardana Samskara</i> - While giving the <i>Bhavana</i> (wet trituration), the grinding process is going on which is responsible for reduction of the particle size of the medicine.
3	Therapeutic	a) <i>Kala Samskara</i> - The period of time the treatment is given can be considered as <i>Kala Samskara</i> . Excessive of <i>Kala Samskara</i> , can lead upto the medicine to expire and not be to its fullest potency.

Abhyasa

S. No	Stages	Specifics
1	Therapeutic	a) <i>Acharya</i> have advised to use it for a time span of one <i>Mandala</i> or 42 days in <i>Kushtha</i> treatment and to increase the quality of life. ^[7]

DISCUSSION

Paradi Gunas is a basic principle; hence it can be applied to all the substances which are to perform any sort of action. According to Acharya Charak they decide the success of the treatment. It can be said that understanding and being able to apply these principles on any treatment modality can lead towards better outcome of the therapy.

For practitioners as well as researchers *Aarogyavrdhini Rasa* is a popular medicine. The study of *Kalpa* (medicine) can be said to be insufficient without the knowledge of preparation of that medicine along with the knowledge of its usage. The ultimate goal of the therapy is promotion of health and prevention of diseases; deeper understanding of

medicines helps us achieve it. The ten properties of *Paradi* properties are immensely useful in treatment. The use of these attributes is quite common in the assessment of patient and his disease, but its application on treatment is equally important for successful treatments. In pharmaceutical area proper knowledge and use of *Paradi* properties can be beneficial to make medicines which can be disease specific.

These attributes are interrelated and mostly dependent on one another. In simpler terms one attribute cannot be completely used as an individual entity. For instance, when a certain object is said to be *Para* the other object in the same class are

automatically *Apara*. The *Para* object is distinct or has *Prthakatva* attribute than the *Apara* object. When *Parimana* is being measured it is with the help of *Samkhyā* attribute. For selection of *Para* raw materials, instruments, techniques *Yukti* properties is used. The *Samyoga* attribute is a part of *Samskara* attribute, the *Bhavana Samskara* is a *Samyoga* of the two ingredients with a purpose of wet levigation.

CONCLUSION

In this literary review the fundamental concept of *Paradi Guna* is applied on a much more complex concept like a *Kalpa* processing and its use. The knowledge of the pharmaceutical stages is also important along with pharmacological knowledge of a medicine. This knowledge can be gained through *Paradi Guna*. This article highlights the importance of *Paradi Guna* and its utility along with study of concepts of *Aarogyavardhini Rasa*.

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*Address for correspondence

Dr. Gulhane Vedanti S

PG Scholar,

Department of Rasashastra Evam
Bhaishajya Kalpana

PDEA's College of Ayurveda and
Research Centre, Akurdi, Pune,
Maharashtra, India.

Phone no-+91 8007008779

Email: vedanti.gulhane@gmail.com

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