



BOOK REVIEW

A CRITICAL BOOK REVIEW ON RASA PRAKASHA SUDHAKARA

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Abstract

There are various treasures of sciences in India which have made it popular in the world. Out of this Rasashastra (Indian Alchemy, Pharmaceutics and Therapeutics) is also one of them. There are various texts written on Rasashastra since from B.C to A.D. Out of many books written, few important books are Rasendrachudamani, Rasaprakashasudhakara, Rasachintamani, Rasachudamani, Rasendrachitamani, Rasapaddati, Rasasara, Rasendrasara, Rasamangala, Rasamanjari, Rasakamadhenu. These Rasagranthas (text books of Rasashastra) describe Dehavada (making the body healthy and strong), Lohavada (converting the lower metals into gold and silver) and Chikitsavada (Treatment) in detail. Out of these books, Rasa-Prakasha-Sudhakara is an important one, which describes Lohavada and Chikitsavada in detail.

Key Words: Rasashastra, Dehavada, Lohavada, Chikitsavada

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INTRODUCTION:

The literal meaning of the word “Rasa-Prakasha-Sudhakara” means splendor of the Rasas or well spring of Nectar. This text was written in 13th century A.D. by Acharya Yashodhara Bhatta son of Shri Padmanabha Bhatta who belonged to Gouda Brahmana Kula and resident of Junagad, a place in Saurashtra, Gujarat. As this text is written in 13th century, it is considered as more scientific and well arranged than other books. This text consists of 13 Adhyayas (Chapters).

First Adhyaya: This Adhyaya starts with prayer to Lord Shiva, Sharada Devi (Saraswati), Lord Ganesha and Parada (Mercury). Deals with the contents of the book. Explains Paradothpatti(Origin of Mercury) and importance of Parada in detail. Names the 18 Sanskaras of Parada. Mentions the Parada Doshas along with its ill effect. Explains the 18 Sanskaras in detail like Swedana, Mardana, Murchana, Utthapana, Patana, Rodhana, Niyamana, Deepana, Grasamana, Charana, Garbhadhruti, Bahyadhruti, Jaarana, Ranjana, Saarana, Kramana, Vedha and Sevana Samskara.

Second Adhyaya: deals with Parada Bandhas. Mentions four types of Parada Bandha along with its common features as Jalauka Bandha, Khota Bandha, Paata Bandha and Bhasma Bandha. Explains four tools and various types

of Parada Bandhana as Mulika(Herbal Drugs), Mani(Gems), Suvarna(Gold) and Putiloha(Naga and Vanga). The Bandha of Parada made by Mulika is considered as good, by Mani is considered as medium, by Suvarna is considered as low and by Putiloha like Naga-Vanga is considered as least.

Third Adhyaya: Deals with four types of Rasa (Parada) Bhasma on the base of colour as Shweta(White), Krishna(Black), Peeta(Yellowish) and Rakta Varna (Blood red). Explains the extraction of Parada from Hingula(Cinnabar). Method of preparation of Rasa Bhasma on the base of colour is explained in detail along with its uses as Parada Shweta Bhasma for Rasa Karpura which is used in treating all diseases, increases eye sight, increases body strength like elephant, increases vigour and vitality, and helps in curing all types of Skin diseases.

Fourth Adhyaya: This chapter deals with the Shodana and Marana of Dhatus, which are 8 in number. They are Gold, Silver, Copper and Iron are considered as Shuddha Loha. Naga and Vanga as Puti Lohas. Kasyam, Pittala and Varta are considered as Mishra Lohas. So totally 9 Dhatus, but author has wrongly told as 8 Dhatus. Explains in detail regarding types of Dhatus, there Shodana, Marana and uses.

Fifth Adhyaya: This chapter deals in detail with names of Maharasas, types on the base

of colour, there Satva and properties in detail. They are Gagana (Abhraka), Rasaka (Kharpara), Tapyā (Makshika), Vaikranta, Vimāla, Sasyaka, Shailasambhuta (Shilajatu) and Rajavarta.

Sixth Adhyaya: Deals with 8 types of Uparasas in detail as Talaka (Haratala), Tuvāri (Spathika), Gandhaka, Kankustha, Kunati (Manashila), Gairika, Anjana and Kasisa. Later part of this Adhyaya deals with the explanation of Sadharana Rasas.

Seventh Adhyaya: Deals with Navaratnas and its relation with Navagrahas. Types of Navaratnas and there Lakshanas, Doshas and properties is explained. Shodana and Marana of Hiraka along some Yogas of Hiraka is mentioned. Yogas of Hiraka Bhasma are Vajra Rasayana, Vajra Pottali Rasayani and Vajra Rasayana (Shad Guna Siddhi Pradha). Doshas of Ratna, Shodana, Marana, Dhruti Vidhana and Dhruti Lakshanas.

Eighth Adhyaya: This chapter deals with 100 Rasa Yogas which are useful in curing most of the diseases, which includes popular medicines like Jwarankusha Rasa, Jwarari Rasa, Anandabhairva Vati, Kanakasundara Rasa, Grahānikapata Rasa, Hemagarbha Pottali Rasa, Lokanatha Rasa, Suchikabharana Rasa, Icchabhedi Rasa, Talakeshwara Rasa, Agni Tundi Vati, Mehari Rasa, Mrityunjaya Rasa, Khechari Gutika etc. Author says that these

100 Rasa Yogas have been collected from different various Rasa texts after thinking and experiencing them. So an intelligent Rasa Vaidya should know all these 100 Rasa Yogas which will make him popular and respectful in the kingdom.

Ninth Adhyaya: This chapter consists of 64 Divyaoushadis whose most of the names are astonishing and no authors have revised it. These drugs are used for Parada Bandha. Most of the drugs are not in use. The drugs are Somavalli, Somavruksha, Somakala etc. It explains 64 Rasoushadis which are used for Maarana-Jaarana and Niyamana of Parada. It includes drugs like Jalautpala, Chinchika, Jaalapaamarga etc. Most of these drugs are not in use and controversial. It consists of 68 Mahoushadis like Ruddhi, Shoshini, Adhogupta etc, which are used for Parada Bandha-Marana etc Karmas. Most of these drugs are controversial and not in use. After this 68 Siddhaoushadis are explained which are used for Siddha of Parada which is used for Loha Siddhi and Deha Siddhi. These drugs are like Devilata, Kaalavarni etc which are more controversial are not known.

Tenth Adhyaya: This chapter deals with Yantras (instruments) which are used for Shodana, Marana and other Kriyas(procedures) of Parada. It explains 40 Yantras and there uses, which includes

Dolayantra, Palabhaliyantra, Urdhvapatanayantra etc. Synonyms of Musha(Crucible), 15 types of Musha along with their method of preparation has been explained. Kosthi, uses of Kosthi and 4 types of Kosthi has been explained. Puta, its types and size has been explained along with synonyms of Vanyopala as Upala, Pistika, Chhana, Utpala, Girinda, Chagana, Upalasari and Govara.

Eleventh Adhyaya: This deals with amazing acts of colouring the Dhatus. It includes 20 procedures of Hemakarana (Gold colour), 17 procedures of Roupayakarana (Silver colour), one procedure for preparing artificial Moti (Pearl), one procedure to make small Moti in to bigger size Moti and one procedure of preparing artificial Pravala(Coral).

Twelfth Adhyaya: This Adhyaya deals with various Vajikarana Yogas like Vajikara Gutika, Vajikaraleha etc.

Thirteenth Adhyaya: This chapter deals with various Veerya Stambana Yogas like Veeryastambakari Vatika, Lepa and Churna. Lastly the author explains the details of his family.

CONCLUSION:

There are various texts written on Rasashastra since from B.C to A.D. Out of these many books, Rasa-Prakasha-Sudhakara is an important one, which describes Lohavada and

Chikitsavada in detail. The literal meaning of the word “Rasa-Prakasha-Sudhakara” means splendor of the Rasas or well spring of Nectar. This text was written in 13th century A.D. by Acharya Yashodhara Bhatta, resident of Junagad, a place in Saurashtra, Gujarat. As this text is written in 13th century, it is considered as more scientific and well arranged than other books. This text consists of 13 Adhyayas (Chapters). It starts with the prayer to Lord Shiva, explains 18 Sanskaras of Parada and deals with Parada Bandhas. Mentions four types of Parada Bandha as Jalauka Bandha, Khota Bandha, Paata Bandha and Bhasma Bandha. Mentions four types of Rasa (Parada) Bhasma on the base of colour as Shweta(White), Krishna(Black), Peeta(Yellowish) and Rakta Varna (Blood red). Deals with the Shodana and Marana of Dhatus. Name the Maharasas, its types on the base of colour, there Satva and properties in detail. Explains 8 types of Uparasas in detail. Mentions Navaratnas and its relation with Navagrahas. Explains 100 Rasa Yogas which are useful in curing most of the diseases, which includes popular medicines like Jwarankusha Rasa, Jwarari Rasa etc. Mentions various drugs in the names of 64 Divyaoushadis, 64 Rasoushadis, 68 Mahoushadis and 68 Siddhaoushadis, where most of the drugs are controversial, not found and are not in use. 40 types of Yantras

(instruments) are explained which are used for Shodana, Marana and other Kriyas of Parada. 15 types of Musha and their use. 4 types of Kosthi has been explained. Puta, its types and size has been explained along with synonyms of Vanyopala as Upala, Pistika, Chhana, Utpala, Girinda etc. It explains amazing acts of colouring the Dhatus like Hemakarana, Roupyakarana etc. Mentions various Yogas for Vajikara and Veerya Stambana. Lastly the author explains the details of his family.

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