

COMPREHENSIVE APPRAISAL OF RASASINDURA- A KUPIPAKVA RASAYANA IN INDIAN ALCHEMY

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ABSTRACT

Rasashastra is a treasury of pharmaceutical processings like *Shodhana*, *Jarana*, *Marana*, etc. *Rasasindura* is a herbo mineral preparation. It is being prepared by *Kupipakva* method. *Kajjali* prepared of *Shuddha Parada* (mercury) and *Shuddha Gandhaka* (sulphur) with or without *Bhavana* (Trituation) and filled in *Kupi* prepared with *Kappadmitti*. Through specific healing modalities *Kupi* is heated and *Rasasindura* is formed. The critical literary review reveals that the *Kupipakva Rasayana* came into light since 10th century onwards. In this present research work an attempt has been made to cover all the relevant material from ancient *Rasa Shastra* literatures, various classics, textbooks etc. to construct decisive

appraisal of different methods of preparation of *Rasasindura* as well as utilization in medicinal aspect.

KEYWORDS: *Rasasindura*, *Kupipakva*, *Shuddha Parada*, *Shuddha Gandhaka*

INTRODUCTION

Rasashastra is a treasury of pharmaceutical processings like *Shodhana*, *Jarana*, *Marana*, etc. *Rasasindura* is a herbo mineral preparation. It is being prepared by *Kupipakva* method. *Kajjali* prepared of *Shuddha Parada* (mercury) and *Shuddha Gandhaka* (sulphur) with or without *Bhavana* (Trituation) and filled in *Kupi* prepared with *Kappadmitti* (glass bottle layered with cotton cloth dipped in *multani mitti*/clay mixed water). With a specific heating

method i.e. *Kramagni*, gradual increment in temperature will give the end product *Rasasindura* in specific time period. The critical literary review reveals that the *Kupipakva Rasayana* came into light since 10th century onwards. The text *Rasa Prakash Sudhakara* in 13th century has introduced the *Kupipakva Rasayana* named *Udaya Bhaskar Rasa* which was a *Rasasindura* preparation in factual sense. The word *Rasasindura* appeared firstly in *Rasendra Sara Samgraha*.

MATERIALS AND METHODS

In this present research work an attempt has been made to cover all the relevant material from ancient literatures, various classics, textbooks etc. to construct decisive appraisal of different methods of preparation of *Rasasindura*.

Processing steps of *Rasasindura*

***Kupi Pakva Rasayana*:** The term is composed of four words *Kupi*, *Pakva*, *Rasa* & *Ayana*. A *Rasayana* product prepared from *Parada* in a glass bottle by applying heat for preparation of *Kupi Pakva Rasayana* in *ValukaYantra*.

***Kapadamitti*:** To enhance the heat susceptibility of *Kupi*, also to strengthen the glass bottle so that it will not break even when the inside vapor pressure increase. Almost 7-9 layers of *Kapadamitti* should be given.

***ValukaYantra*:** According to *Rasendra Chudamani* the vessel contains 5 *Adhaka* Sand. *Acharya Yadavaji* has given that 1 *Vitasti* depth vessel should be full with sand in *ValukaYantra*. In present scenario due to difficulty in measuring and maintaining temperature in *ValukaYantra*, vertical furnace is used for making *Rasasindura*.

Preparation of *Kajjali*: The quantity of *Rasa* & *Gandhaka* should be taken according to the reference and trituration should be done without using any liquid till the mixture becomes lustreless. *Bhavana* means trituration of *Kajjali* by liquid/ *Swarasa*/ Juice of herbs can be done if mentioned.

***Agnikrama (Heating Pattern)*:** The plan of Specific type of heating pattern depends upon the temperature required for heating of *ValukaYantra* and the constituents of the *Kajjali*. This specific type of heating is known as *Kramagni* in which the temperature is increased gradually.

Agnikala (Heating duration): In *Kramagni* pattern, heating should be of specific temperature according to the specific time. If the precise type and time of heating blueprint is maintained well, it results in the formation of medicines i.e. quantitatively & qualitatively supreme.

Swangashitakarana (Self Cooling): As the heating is over after corking & *Bhrastri* (furnace) left for self cooling, during this period forming *Sindura* compound starts to condensed in the neck portion of *Kupi*. Whatever is the temperature obtaining in this period is necessary for enhancement of qualities of *Sindura* by its complete *Pachanapaka* process.

Different Preparations of Rasasindura in Rasa Shastra Literature: following are the various methods of *Rasasindura* processing through text books along with their *Varna/color* appearances after formation.

1. **Rasa Bhasma (Talastha Rasasindura)^[1]:** Purified *Parada* & *Gandhaka* taken in equal parts Method of preparation: *Parada* & *Gandhaka* triturated for 9 hours to prepare *Kajjali*. *Kajjali* heated with *Kupipakva* method in *Valuka Yantra* by applying *Tushagni* for 36 hrs. -After *Swangashita* get *Talastha Rasasindura* of *Rakta Varna*.
2. **Rasa Sindura^[2]:** *Parada*-1 part, *Gandhaka*- 3 part, *Naga*-1 part, *Kajjali* of *Parada Gandhaka* & *Naga* is prepared. Fill this material in *Kachakupi* & seal the mouth. Then apply the *Kramagni* for 3 days through *Valuka Yantra* i.e. *Banduka Pushpa Varna* color of hibiscus flower.
3. **Rasa Sindura^[3]** - *Parada*-1part *Gandhaka*- 1 part *Vatankura Svarasa*- Quantity sufficient (Q.S.), Prepared *Kajjali* & apply *Bhavana* with *Vatankura Swarasa* for 3 times. Then fill the *Kajjali* in *Kachakupi* & apply *Mandagni* for 4 *Praharas* through *Valuka Yantra*; *Rasasindura* was obtained of *Tarunaditya Varna*.
4. **Rasa Beeja^[4]:** *Parada*-1 part *Gandhaka* -1/4 part Juice of *Niyamakagana* drugs- Q.S. Preparation of *Kajjali* -Trituration of *Kajjali* with *Niyamakagana* for 7 days -Heated in *Lauha Samputa* till vessel becomes red hot by applying *Tivragni*, Red in color.
5. **Rasasindura^[5]:** *Parada*-1 part *Gandhaka*-1 part *Vatankura Swarasa*-Q.S., Prepare *Kajjali* & apply *Bhavana* with *Swarasa* for 5 times. Fill the *Kachakupi* with *Kajjali* & keep in *Valuka Yantra* & apply *Mandagni* for 4 *Praharas*. *Tarunaditya Sannibham*
6. **Udaya Bhaskara Rasa^[6]:** *Parada*-1 part *Gandhaka*- 1 part *Jambira Nimbu* juice- Q.S. Prepare *Kajjali* & triturated with *Nimbu* juice. Fill the *Kachakupi* with *Kajjali* & applied *Atikris Agni* (3 days) through *Sikata Yantra*. *Kamala Varna*

7. **Rasasindura**^[7]: *Parada*-1part, *Gandhaka*-1 part, *Navsadara*-1 part, *Grihadhuma* -1 part *Nimbu Swarasa*-Q.S. Prepared *Kajjali* & add *Navsadara* and *Grihadhuma* to it -Then apply *Bhavana* with *Nimbu* juice for 1 *Prahara*. Resultant material placed in *Kupipakva* and corked the mouth. Then *Kachakupi* is heated in *Valuka Yantra* by applying *Kramagni* for 12 *Praharas*.
8. **Rasa Bhasma**^[8]: *Parada*-1 part, *Gandhaka*- 1 part, *Navasadara*- 1 part, *Nagarjuni*- Q.S. *Kakmachi*- Q.S., Triturate *Parada* with *Nagarjuni* and *Kakmachi* each for 1 day. Then add *Gandhaka* and *Navasadara* and fill it in *Kachakupi* and cork it well. Apply heat for 8 *Prahara*. *Balarka Sannibham* color
9. **Rasa Bhasma (Rasa Parpatika)**^[9]: *Parada*-1 part, *Gandhaka*- 1 part, *Navasadara*- 1 part, Prepare *Kajjali* with *Parada* and *Gandhaka* and add *Navasadara*. Then fill it in *Kachakupi* and apply *Mandagni* for 8 *Praharas*. *Rakta Parpati Samam* color
10. **Sindura Paka**^[10]: *Parada*-1 part, *Gandhaka*- 1 part, Prepare *Kajjali* and fill it in *Kupi*. Then *Kupi* is heated in *Valuka Yantra*.
11. **Sindura paka**^[11]: *Hingula*-1 part, *Gandhaka*- 1 part Prepare *Kajjali* with only *Hingula* and *Gandhaka*, filled in *Kupi* & *Sindura Paka* is prepared.
12. **Kamdev Rasa**^[12]: *Parada*-1 part, *Gandhaka*- 2 part, *Bahuphali Swarasa*-Q.S., Prepare *Kajjali* and apply *Bhavana* with *Bahuphali Swarasa*. Then fill it in *Kachakupi* and cork it with *Tankana*. Apply *Mandagni* for 4 *Praharas*, color obtained *Daradena Samam*.
13. **Rasa Bhasma**^[13]: *Parada*-10 tola (120gm), *Gandhaka*- 10 tola, Triturate *Gandhaka* with water and prepare a hollow ball. Place 10 tola of *Parada* inside it and cork it with *Gandhaka*. Apply heat for 12 hours in *Valuka Yantra*. Repeat this process for 7 times. *Padmaraga (Manikya) Colour*
14. **Rasasindura**^[14]: *Parada*-5 pala, *Gandhaka*- 5 pala, *Navasadara*-8 masha, *Sphatika*-1 tola, Prepare *Kajjali* out of the 4 ingredients and fill it in *Kachakupi*. *Paka* is performed for 3 days following *Kramagni*, *Vahnibhi Udbhavti Arunam* (red colour of sun)
15. **Hargauri Rasa**^[15]: *Parada*-1 part, *Gandhaka*- 2 part, Prepare *Kajjali* and fill it in *Kachakupi*. Cork it with *Eishtika* cork followed by 27 *Prahara Kramagni* heating, Colour similar to *Hansapada*.
16. **Shadguna Rasasindura**^[16]: *Hingulotha Parada*-1 part *Gandhaka*- 6 part, Prepare *Kajjali* and fill it in *Kachakupi*, *Kramagni* heat for 7 days. *Sindura colour*
17. **Rasasindura**^[17]: *Parada*-20 part, *Gandhaka*- 20 part, *Navasadara*- 1/40, *Sphatika*- 1/20 part, Prepare *Kajjali* out of the 4 ingredients and fill it in *Kachakupi*. *Paka* is performed for 3 days following *Kramagni*, *Arunabha* (red hot colour)

18. **Rasa Raja Rasasindura^[18]**: Parada-1 part Gandhaka- 1 part, Navasagara-1/4 part, Prepare Kajjali out of the 4 ingredients and fill it in Kachakupi. Paka is performed for 12 Prahara following Kramagni. Kumkum Pinjaram color
19. **Rasasindura^[19]**: Parada-3 Tola, Gandhaka- 3 Tola, Navasagara-1 Masha, Prepare Kajjali out of the 3 ingredients and fill it in Kachakupi. Paka is performed for 3 days following Kramagni Bandhuka Pushpa color.
20. **Sindura Rasa^[20]**: Parada-1 part, Gandhaka- 1/2 part, Prepare Kajjali and fill it in Kachakupi. Paka is performed for 4 Prahara following Kramagni. Sindura Sadrisha color.
21. **Rasasindura^[21]**: Parada-8part, Gandhaka- 8 part, Vatankura/ Musali/ Semala Swarasa-Q.S., Prepare Kajjali and apply 3 Bhavanas with one of the Swarasa. Then fill it in Kachakupi and apply Kramagni through Valuka Yantra. Raktakamala Sadrisha color.
22. **Talastha Rasasindura^[22]**: Parada-1 part Gandhaka- 1 part, Prepare Kajjali. Then fill it in Kachakupi and cork it well. Apply Kramagni through Sikata Yantra.
23. **Ardha Gandhaka Jarita Rasasindura^[23]**: Parada-8 part, Gandhaka-4 part, Navasagara-2 part, Bijora Swarasa-Q.S, Prepare Kajjali and apply Bhavana with Bijora Swarasa. Then fill it in Kachakupi and apply Kramagni through Valuka Yantra. Hingulabham color
24. **Samana Gandhaka Jarita Rasasindura^[24]**: Parada-8 Part, Gandhaka-8 part, Navasagara- 2 part, Nimbu Swarasa-QS, Prepare Kajjali and apply Bhavana with Nimbu Swarasa. Then fill it in Kachakupi and apply Kramagni through Valuka Yantra., Rakta Varna is obtained.
25. **Dviguna Gandhaka Jarita Rasasindura^[25]**: Parada-8 part, Gandhaka-16 part, Rakta Karpasa Puspas Swarasa-QS, Prepare Kajjali and apply Bhavana with Rakta Karpasa Puspas Swarasa. Then fill it in Kachakupi and apply Kramagni for 1 day through Valuka Yantra, Rakta Kamlavat color.
26. **Triguna Gandhaka Jarita Rasasindura^[26]**: Parada-8 part, Gandhaka- 24 part, Prepare Kajjali and fill it in Kachakupi and apply Kramagni for 1 day through Valuka Yantra, Rakta Kamlavat color.
27. **Shadaguna Gandhaka Jarita Rasasindura^[27]**: Parada-8 part, Gandhaka- 48 part, Kumari Swarasa- Q.S., Prepare Kajjali and apply Bhavana with Kumari Swarasa for 3 hours. Then fill it in Kachakupi and apply Kramagni, for 7 day through Valuka Yantra, color Sindura Samam.
28. **Rasa Sindura^[28]**: Parada-2 part, Gandhaka-2 part, Navasagara-1/4 part, Nimbu Swarasa-QS, Prepare Kajjali and apply Bhavana with Nimbu Swarasa. Then fill it in

Kachakupi and apply *Kramagni* for 8 *Prahara* through *Valuka Yantra.*, color *Sindura Sadrisha*.

Importance of Gandhaka Jarana: *Gandhaka Jarana* plays an important role in enhancing the potency of mercury. Mercury treated with the process of *Gandhaka Jarana*, becomes highly potentiated i.e. it acquires many pharmacological and therapeutic properties. Different proportion of *Gandhaka* was used to be mixed with *Parada* to gradually potentiate the preparation of *Parada*. In such experimentation of *Jarana*, with time the use of *Kupipakva* method was adopted.

Table no.1: Showing the properties of different amount *Gandhaka Jarita Parada*.^[29]

Sr. No.	Proportion of <i>Gandhaka</i> mixed in one part of <i>Parada</i>	Properties
1.	<i>Samaguna (equal)</i>	<i>Suddhata Sata Gunorasaha</i>
2.	<i>Dviguna (double)</i>	<i>Sarva Kushthahara</i>
3.	<i>Triguna (3 times)</i>	<i>Sarva Jadyata Vinashana</i>
4.	<i>Chaturguna (4 times)</i>	<i>Valipalita Nashaka</i>
5.	<i>Panchguna (5 times)</i>	<i>Kshaya Nashaka</i>
6.	<i>Shadaguna (6 times)</i>	<i>Sarvarogahara</i>

Various uses of *Rasasindura*: *Rasasindura* can be used in wide ranging diseases with various *Anupana* (adjuvants)^[30] mentioned in following table no. 2.

No.	Diseases	<i>Anupana</i> (Adjuvant)
1.	<i>Dhatukshaya</i>	<i>Abhraka Bhasma</i>
2.	<i>Garbhashaya Roga</i>	<i>Kakoli Churna & Narikela Taila</i>
3.	<i>Aruchi</i>	<i>Matulunga Swarasa</i>
4.	<i>Bhagandara</i>	<i>Triphala & Vidanga Kwatha</i>
5.	<i>Gulma</i>	<i>Ajmoda Churna & Vida Lavana</i>
6.	<i>Jirna Jwara</i>	<i>Guduchi Kwatha & Parpata</i>
7.	<i>Jwara</i>	<i>Jiraka, Pippali & Dhanyaka Kwatha</i>
8.	<i>Kamla</i>	<i>Daruharidra Kwatha</i>
9.	<i>Ajirna</i>	<i>Madhu & Musta Kwatha</i>
10.	<i>Apasmara</i>	<i>Vacha Churna & Shankha Pushpi Churna</i>
11.	<i>Arsha</i>	<i>Choti Haritaki Kashaya</i>
12.	<i>Kaphaja Roga</i>	<i>Chitraka Moola, Sunthi, Maricha & Pippali</i>
13.	<i>Kasa</i>	<i>Vasa Swarasa, Pippali & Madhu</i>
14.	<i>Madatyaya</i>	<i>Nimbu Swarasa & Sugar</i>
15.	<i>Murccha</i>	<i>Narikela Jala</i>
16.	<i>Mukhapaka</i>	<i>Sweta Chandana</i>
17.	<i>Mutrakriccha</i>	<i>Mishri</i>
18.	<i>Nava Jwara</i>	<i>Tulsi Patra Swarasa or Ardraka Swarasa</i>
19.	<i>Pandu</i>	<i>Loha Bhasma</i>

20.	<i>Pradara</i>	<i>Ashoka & Lodhra</i>
21.	<i>Prameha</i>	<i>Guduchi Swarasa & Hridra Swarasa</i>
22.	<i>Raktapitta</i>	<i>Draksha & Sugar</i>
23.	<i>Sannipatika Jwara</i>	<i>Nirgundi Swarasa</i>
24.	<i>Shotha</i>	<i>Punarnava Kasaya</i>
25.	<i>Swasa</i>	<i>Vasa Swarasa or Pippali Swarasa & Madhu</i>
26.	<i>Vajikarana</i>	<i>Mushli Churna and Milk</i>
27.	<i>Vamana</i>	<i>Ela Kwath or Madhu</i>
28.	<i>Pittaja Roga</i>	<i>Ela, Mishri & Kapur</i>
29.	<i>Rajyakshma</i>	<i>Ghrita</i>

DISCUSSION

The critical literary review revealed that the *Kupipakva Rasayana* was first introduced in 10th century in the literature *Rasa Hridya Tantra*.^[31] *Valuka Yantra* was firstly described by *Rasa Hridya Tantra*.^[32] The term and preparation *Rasasindura* was stated by *Rasendra Chintamani* in 15th century A.D. After reviewing the text different preparations resembling *Rasasindura* on the basis of chief contents *Parada & Gandhaka* along with prepared by *Kupipakva* method are mentioned i.e. *Udaya Bhaskar Rasa*, *Kamdeva Rasa*, *Hargauri Rasa*, *Sindura Rasa* etc. were presented in present article.

Rasa Tarangini had stated the amount of Agni/heat in form of *Mridu*, *Madhyam* & *Tivra*. During *Gandhaka Jarana* process in staring two *Yama* period (6 hours) *Mridu Agni* should be given. After that *Madhyam Agni* is given upto the clearance of fumes of *Gandhaka*. Then corking is done and *Tivra Agni* is given for two *Yama* to achieve the end product *Rasasindura*.^[33] *Ayurveda Prakasha* described about the cleaning/removing of obstructed mouth of *Kupi* by *Gandhaka* or *Navasadara* etc. fumes with the help of red hot iron rod.^[34]

CONCLUSION

For achievement of early recovery medicines especially *Rasaushdhis* i.e. *Kupipakva Rasayana* have an important role. In primeval *Rasa* texts there is plentiful exploit of *Rasasindura* i.e. *Samaguna Dviguna*, *Triguna*, *Chaturguna*, *Panchaguna Balijarita Rasasindura* and *Shadguna Rasasindura*. Hence in the therapeutic point of view the efficacy of *Rasasindura* increases in according order i.e. *Samaguna Rasasindura* has lesser therapeutic efficacy and *Shadaguna Rasasindura* has the maximum. *Rasasindura* entity is stated since 10th century onwards. Thus the present article is all about comprehensive review of *Rasasindura*, its methods of preparations, different uses in wide spectrum of diseases & properties through various literatures.

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