

A REVIEW ARTICLE ON RASATARANGINI

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RasaShastra is referred as the iatrochemistry of *Ayurveda*. The term "*Rasa Shastra*" defined as the science of "*Rasa dravya*," which primarily consists of mercury. *Rasa Dravya* and *Rasa Yoga* are formed by a variety of processes, such as *Sodhana*, *Jarana*, and *Marana*. *Rasatarangini*, the greatest literature on *Rasashastra*, has all the details on the multiple requirements in drug preparation. It is regarded as the last text related to the *Rasashastra* to have been composed during the classical era.

KEYWORDS: *Rasashastra, Rastarangini, Ayurveda.***INTRODUCTION**

Rasashastra is a branch of *Ayurveda* which holds an importance in *Ayurvedic* therapeutics. It is the branch of *Ayurvedic* science that deals mainly with the *Lohavada* and *Dehavada*. *Lohavada* is a branch that shows how lower metals such as *Naga*, *Vanga* etc. can be converted to precious metals such as *Swarna*, *Rajat*. *Dehavada* is a branch that shows how the ways of living a long and healthy life by the use of formulations that are prepared with the help of mercury and other metals and minerals. The definitive source on *Rasashastra* known as *Rasatarangini* has all the specifics on the various stages of preparing pharmaceuticals. It is considered to be the final classical text about the *Rasashastra* to be written in the modern era.

AUTHOR, TIKAKAR AND BOOK

Rastarngini book was written by *Acharya Sadanand Sharma* in the 20th century. He comes from a family of ethnic *Garhwali Brahmins* with the surname *Ghildiyal*. *Pandit Jeevananda*

was his father, and *Saraswati Devi* was his mother. Additionally, he claims to be the resident of *Khola Gram*, a place close to *Shrinagar* which is part of the *Grarhwal Mandala*. Currently, *Pauri Garhwal* district in the Indian state of *Uttarakhand* has a municipal board in *Shrinagar*. *Shrinagar*, a small village, is home to the *Shri Ashtavakra*, *Shri Nagarja*, and *Shri Bhiravnath* temples. This may help to clarify how the author came to write a book on *Rasashastra*.

His *Guru*, *Kaviraj Narendra Nath Mitra*, helped him write this book. Under his guidance, he studied *Rashastra* for three years. On this book *Shri Hariprasad Shastri Prasadini's* Sanskrit commentary and *Dharmanand Shastri's Rasavigyan* Hindi commentary are available. This has been edited by Professor *Shri Kashinath Shastri* and published by *Motilal Banarsidas*.

In this *Rasgranth*, along with *Gandhakdrav*, *Sorakdrav*, *Lavandrav*, *Mugdharas* etc. Oxygen, *Swarna mandal*, *Rajat mandal* have been described with their characteristics. In this, there is a systematic description of *Rasadravyas*. In this, along with new formulations, a detailed description of *Visha dravya* is also available.

TARANGA-VIVRAN

PRATHAMA TARANGA-RASASHALA VIGYANIYA – The first *Tarang* begins with a series of devotion Goddess *Parvati*. Then, he adores his parents and teacher. It continues with *Rasashala* (Pharmacy), its divisions, its machine tools and apparatus, the traits of pharmacy employees, their subordinates, *Rasacharya* (Chief Pharmacist), and his followers. 25 *Rasa Siddhas*, who should be worshipped, are also mentioned in this chapter by name.

DWITIYA TARANGA-PARIBHASHA VIGYANIYA -In the second *Taranga*, many terminologies used in the *Rasashastra* are explained, Such as *Ksharadwaya*, *Mutraashtak*, *Panchamrit*, *Madhuratirk*, *Kajjali*, *Parpati* and many others. A definition of *Dhanwantari Bhaga* and *Vishwasaghataka Vaidya* are also included, as well as *Mana Paribhasha* (measurements) are also described.

TRATIYA TARANGA-MUSHADI VIGYANIYA - The preparation and use of *Musha*(crucible) are covered in the third *Taranga*. This *Taranga* also includes descriptions of 10 types of *Puti* (traditional furnaces), 8 types of *Musha* (with the exception of *Samanya Musha*), and 2 *Kosthika*.

CHATURTHA TARANGA-YANTRA VIGYANIYA-The fourth *Taranga* contains information about the various *Yantra* (instruments and equipment), their *lakshana*, uses when

processing different formulations. This chapter contains descriptions of 19 *Yantras*. It provides information on the dimensions and purposes of numerous *Khalva Yantra* (Mortar and Pestle).

PANCHAM TARANGA –PARADASYA ASHTASAMSKAR VIGYANIYA – The fifth *Taranga* contains all details about *Parada*, including synonyms, characteristics of *Shuddha* and *Ashuddha parada*, all *Dosha* of *Parada* etc. Also this *Taranga* has six purifying procedures of *Parada*, extraction of *Parada* from *Hingula*, eight different ways of processing *Parada*, *Jarana*, *Shadguna Gandhak Jarana*, etc.

SHASHTHA TARANGA-MURCHANA VIGYANIYA – *Taranga* 6 discusses the steps involved in creating formulations that include *Parada* and *Gandhaka* (Sulfur). There have been expanded procedures for such preparation of *Mugdha Rasa*, *Rasa Pushpa*, *Rasa Pushpadya Malhar*, *Siktha Taila*, *Rasa Karpura*, *Kajjali*, *Rasa Parpati*, *Rasa Sindura* (made in variable proportions of *Parada* and *Gandhaka*), *Makaradhwaja*, and *Sarvanga Sundara Rasa*.

SAPTAM TARANGA-PARADA MARANA VIGYANIYA- The seventh *Taranga* covers a variety of *Parada* incineration (*Marana*) related processes. It also includes information on *Parada Bhasma's* posology. This chapter also focuses on the idea of *Kshetrikarana*, *Pathya*, *Apathya* in *Rasa Sevana*, and treatment of *Parada Bhasma* adverse consequences.

ASHTHAM TARANGA- GANDHAK VIGYANIYA- The eighth *Taranga* provides information on the types, appearance, *Shodhana*, properties, and dosage of *Gandhaka*. This chapter contains instructions on how to prepare the *Gandhaka Drava* (sulfuric acids) *Gandhaka Malhara*, and *Gandhaka Taila*.

NAVAM TARANGA-HINGULA VIGYANIYA- The ninth *Taranga* discusses the appearance and varieties of *Hingula* (HgS). It also explains how artificial *Hingula* is prepared. This includes descriptions of the *Shodhana* procedure for *Hingula* as well as the ways to prepare *Taranga Hinguladya Malhara*, *Daradamrita*, and *Hinguliya Manikya Rasa*.

DASHAM TARANGA-ABHRAK VIGYANIYA- 10th *Taranga* deals with synonyms, types, acceptable nature and processes of *Shodhana*, *Marana*, *Amritikarna*, *Sattvapata*, dose and indications of *Abhraka* (Mica).

EKADASH TARANGA-TALAKADI VIGYANIYA - The eleventh *Taranga* discusses *Haratala* (AS_2S_3) types, acceptable nature, methods, and synonyms as well as its dosage and indications. Additionally, it describes in detail the formation of artificial *Haratala*. This also contains similar descriptions of the substances *Manahshila* (arsenic disulfide), *Gauripashana* (arsenic trioxide), *Sphatika* (alum), *Khatika* (calcium carbonate), *Chuna* (lime), *Dugdha Pashana*, and *Godanti* (calcium sulphate). This *Taranga* also contains the preparation of *Talakodaya Malhara*, *Rasamanikya*, *Haratala Sattvapata*, *Churnodaka* (Lime water) etc.

DHWADASH TARANGA-SHANKHADI VIGYANIYA- The 12th *Taranga* discusses the definitions, varieties, permissible uses, doses, and indications of the *Shankha* (conch shell) *Shukti*, *Shambuka*, *Varatika*, *Mrigashringa*, and *Samudraphena*. This chapter also includes instructions on how to prepare *Shankha Drava*, *Trirekha Varti*, *Shankha Varti*, etc.

TRAYODASH TARANGA-KSHARATRIK VIGYANIYA- Details regarding the preparation process, dosage, and uses of *Yavakshara*, *Sarjjikshara*, and *Tankana* are provided in *Taranga* 13. This *Taranga* also provides descriptions of *Nimbukamliya Yavaja* (Sodium citrate), *Nimbukamliya Sarjika* (Potassium citrate), and *Tankanamla* (Boric acid).

CHATURDASH TARANGA-KSHARAVISHESHADIVIGYANIYA- Method of manufacture, dose, and indication of various alkalis such as *Navasagara*, *Suryakshara*, *Apamarga Kshara*, *Arka Kshara*, *Tila Kshara*, *Snuhi Kshara*, *Palasha Kshara*, and *Chincha Kshara* are discussed in *Taranga* 14 along with descriptions of *Shodhana*. This chapter discusses the characteristics of *Saindhava*, *Samudra*, *Bid*, *Saurvachala*, *Romaka Lavana*, and *Lavana Kalpana*, including *Narikela Lavana* and *Arka Lavana*. This also includes a list of the preparation process, dosage, and indications for the drugs *Soraka Drava* (nitric acid) and *Lavana Drava* (hydrochloric acid).

PANCHADASH TARANGA-SUVARNA VIGYANIYA-*Taranga* 15 starts out with a definition of a *Dhatu* before listing 7 *Dhatus* and describing their *Samanya Shodhana* and *Marana* processes. This *Taranga* latter sections provide information on synonyms, acceptable appearance, *Shodhana*, *Marana*, characteristics, dosage, and indications for *Swarna* (gold). Additionally, *Swarna Lavana* (gold salt) preparation is also included in this chapter.

SHODASH TARANG-RAJAT VIGYANIYA- *Taranga* 16 includes *Rajata's* synonyms, appropriate physical appearance, *Shodhana*, *Marana*, characteristics, dosage, and indications

(silver). Also included the methods of preparation, characteristics, and applications of *Navasadara vaspa Drava* (Liquor Ammonia) and *Sorakamliya Rajata* (Silver Nitrate).

SAPTADASH TARANGA TAMRA VIGYANIYA- This *Taranga* started with synonyms of *Tamra*. Later acceptable appearance, subtypes, *Shodhana*, *Marana*, *Amritikarana*, properties, dosage, and indications of *Tamra* (copper) are discussed in this *Taranga*. A brief discussion of few formulations containing *Tamra* is described. Here is also information provided about *Bhunaga Satva Patana* and *Mayura Piccha Sattva Patana*.

ASHTADASH TARANGA VANGA VIGYANIYA -The 18th *Taranga* includes *Vanga* (tin) synonyms, types, acceptable appearances, *Shodhana*, *Marana*, qualities, dose, and indications *Swarna Vanga* preparation, characteristics, and application are also described.

AKONVINSH TARANGA SEESAKADIVIGYANIYA -The 19th *Taranga* describes *Naga* (lead) synonyms, acceptable appearance, *Shodhana*, *Marana*, qualities, dosage, and indications. Additionally, the preparation, characteristics, and application of *Kanjikamla* (Acetic acid) and *Arnaliya Sisaka* (lead acetate) are described. Also, this *Taranga* includes synonyms, acceptable physical appearance, *Shodhana*, *Marana*, characteristics, dose, and indications of *Yashada*. In this chapter also explains how to make *Yashadmrita Malhara* and how to use *Gandhakamliya Yashada* (Zinc Sulphate).

VINSHAS TARANGA LOHADI VIGYANIYA- The 20th *Taranga* discusses the definitions, types, acceptable appearance, *Shodhana*, *Marana*, characteristics, dosage, and uses of *Lauha* (iron) and *Mandura* (iron oxide).

EKVINSHASTARANG UPDHATVADI VIGYANIYA - The twenty-first *Taranga* covers synonyms, appropriate appearance, *Shodhana*, *Marana*, *Sattva Patana*, as well as the characteristics, dose, and uses of *Swarna Makshika* (copper pyrite) and *Rajata Makshik* (iron pyrite). This chapter also includes a detailed explanation of *Tuttha* (copper sulphate), its characteristics, *Sattva Patana*, application, and synthetic preparation. This chapter contains additional details about *Sindoora*, *Mriddarasringa*, *Kharpara*, *Kanta Pashana* (load stone), and *Kasisa* (ferrous sulphate).

DHWAVINSH TARANGA MISHRALOHADI VIGYANIYA- The topic of alloys' therapeutic qualities and methods is covered in *Taranga* 22. Following descriptions of *Pittala*

(brass) and *Kansya* (bronze), *Anjana* (collyrium), *Shilajatu* (black bitumen), and *Gairika*(ochre) are described.

TRYOVINSHA TARANGA RATNAVIGYANIYA- The 23rd *Taranga* chapter discusses the therapeutic benefits and methods used in the *Shodhana* and *Marana* of the nine *MahaRatna* (gem stones), *Heeraka*, *Manikya*, *Mukta*, *Pushparaga*, *Neelam*, *Tarkshya*, *Vaidurya*, *Gomeda*, and *Pravala*. Also listed are the six *Kshudra Ratna*: *Vaikranta*, *Suryakanta*, *Chandrakanta*, *Rajavarta*, *Perojaka*, and *Sphatika*.

CHATURVINSHA TARANGA VISHOPVISHADIVIGYANIYA- The 24th *Taranga* discusses *Shodhana*, the therapeutic qualities and posology of several poisons of botanical origin in addition to Snake venom. A list of Herbal poisons is provided, including *Vatsanabha* (Aconite), *Kuchala*(*Nux vomica*), *Ahiphena* (*Papaver somniferum*), *Jayapala* (*Croton tiglium*), *Dhattura* (*Datura metel*), *Bhanga* (*Cannabia sativa*), *Gunja* (*Abrus precatorius*), *Bhallataka* (*Semecarpus anacardium*), *Karavira* (*Nerium indicum*), *Langli* (*Gloriosa superba*), *Arka Ksheera* (latex of *Calotropis gigantea*) and *Snuhi Ksheera* (latex of *Euphorbia neriifolia*). *Vatsnabha* and 11 *Upavisha*, among the nine *Vishas*, have been described. It discusses how to make the *Kshara Sutra*, the characteristics of snake poison, and the *Shodhana* of *Rakta Chitraka*, *Vridhha Daraka*, *Nimbu Beeja*, *Hingu*, and *Guggulu*. Different therapeutic preparations containing these toxic plants have been described.

In the last *Taranga*, the author provides a description of the time it took to finish this work. At the book's conclusion, later translators added a *Hindi Parishista* with a few formulations.

DISSCUSSION

When reading the text in its entirety, it is noticeable that *Acharya Sadananda Sharma* has only discussed processes that are practical and appropriate for the present situation. He exclusively included the procedures that he had learned from his tutor for this book. The text's unique characteristic is its detailed list of therapeutic applications, complete with the appropriate *Sahapana* and *Anupana* (dietary adjuvant). He left out the mythological elements of *Rasashastra*, such as the 18 *Samskaras*, *Divaushadhis*, *Bandhas*, and the turning of baser metals into gold. This presents a more realistic and practical approach to the topic. He also avoided mentioning extraneous variations of many *Rasa Dravyas*, for instance, only mentioning one kind of *Gandhaka*. He lists a huge number of *Rasa Dravyas*' synonyms. He did not characterise the pharmaceuticals under *Maharasa*, *Uparasa*, etc.

He has grouped all arsenicals together in *Taranga* 11, together with additional drugs that share a similar structure, such as *Khatika*, *Sphatika*, and *Godanti*. The 12th *Taranga* contains all of the *Dravyas* collected from the Sea (calcium preparations). *Mandura* has been added to the *Lauha* chapter to denote the iron content. *Ratna* and *Visha Dravya* are positioned independently. Iron containing *Kasisa* has been positioned beneath *Upadhatu Varga*.

The artificial preparation of *Hingula*, *Manahshila*, *Haratala*, etc. was also mentioned by *Acharya Sadananda Sharma*. A few present chemicals have been translated in *Sanskrit*, and he has extensively detailed how to prepare and use them in *Ayurvedic* principles. *Acharya Sadananda Sharma* has added *Kaviraj Narendra Nath Mitra's* advice in a unique chapter following the ninth *Taranga* titled *Chapala Nirnaya* as a gratitude to his *Guru*. It includes both modern and historical descriptions of *Chapala* that are concerned with the relation between bismuth or selenium. It is concluded, using a number of references that selenium has to be considered as *Chapala*.

CONCLUSION

One of the most accurate works on the *Rasashastra* with a practical perspective is *Rasatarangini*. It has given *Rasashastra's* practises a scientific perspective. Both research and population can benefit from the *Rasashastra* ancient science, which implements a thorough fundamental chemistry method as described in *Rasatarangini*.

REFERENCES

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