

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

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ABSTRACT

Rasashastra a boon of *Ayurveda*, mainly deals with therapeutic utilization of metals and minerals, numerous formulations are prepared out of *Parada* namely *Khalviya Rasayana* (medicine is prepared by grinding the ingredients in *khalva yantra*), *Parpati Rasayana* (thin flake like medicine), *Pottali Rasayana* (medicine prepared in cloth), *Kupipakwa Rasayana* (medicine prepared in bottle). The historical evidence of *Parpati kalpana* having reference from Chakradatta written by Acharya Chakrapani. *Parpati kalpana* is known for its distinct and uniform method of preparation, these formulations are named based on the shape and appearance in which we obtain the end product (*parpatakrti* = papad shape). All the *Parpati kalpana* generally have same method of preparation but the difference in ingredients makes *Parpati* having wide range of uses. *Parpati Rasayanas* have high therapeutic value, potency, Less toxicity and cost effective preparation. A detailed literature review regarding *Parpati Kalpana* and *Tamra parpati* is collected here.

INTRODUCTION

Rasashastra is a science which deals with the Pharmacotherapeutics utilization of metals, minerals and the most powerful substance *Parada* and It has *Shadrassa* (6 taste) and balances *Tridoshas*. As *Parada* 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 *Agnisthaya Murchitha Parada Bandha*, *Pota Bandha*, 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 Pediatric to Geriatric. *Parpati kalpana* is a well known and successfully used preparation for the management of *Grahani* and other diseases like *Rajayakshma* (Tuberculosis), *Kushta* (Skin disease), *Gulma* (tumour) etc.

A. Etymology

Parpati being masculine and by adding *ee* as suffix, it becomes feminine i.e., *Parpati*, the Sanskrit word “*Parpati*” denotes a thin crisp wafer. *Parpati* is a preparation which is a thin brittle and has a shape of thin crisp wafer, though in practice it is used in powdered form, “*Rasa Tarangini*” also mentioned “*Parpati*” as “*Parpatika*” which means the same but “*Bharata Bhaishajya Ratnakar*” explained “*Parpatika*” as the fragments left in vessel during preparation of *Parpati*. So this is known with various names; *Parpata*, *Parpati*, *Parpatika*. *Parpati* is a thin flake like preparation which is developed from *Pota bandha*, consisting of *Parada*, *Gandhaka* and other drugs.^[1]

B. History

Acharya Nagarjuna's treatise written in 8th century named *Rasendra Mangala* explains *Parpati* in *Kushta Roga* is found. Later, *Chakradatta* written by Acharya Chakrapani which is considered to be the treatise of 11th century has explained *Parpati* and highlighted it as *Rasa Parpati* which is indicated in *Grahani Roga*. Thereafter *Bhaishajya Ratnavali* written by Acharya Govind Das Sen which is the text of 19th century explains many *Parpatis* and while explaining *Rasa Parpati* he has mentioned that *Shivatsanka Nirmita Rasa Parpati* is considered to be the best showing the invention of *Parpati*.^[2]

C. Nomenclature of different *Parpati kalpanas*

✧ *Parpati* prepared with *Parada* and *Gandhaka* only is called *Parpati*.

- ✧ If *Parada*, *Gandhak* mixed with any other *Dathu*, *Loha* hence named on the basis of *Dhatu*. E.g, *Lauh Parpati*.
- ✧ If *Parada*, *Gandhaka* mixed with any *Kasthoushadhis* like *Bala* named accordingly-*Bala parpati*.
- ✧ Depending upon ingredients number. E.g, *Pancamrit Parpati*.
- ✧ Depending upon the efficacy-*KushtagnaParpati* indicated in Skin disorder depending upon the color-*Shwetha Parpati*.
- ✧ Depending upon the person who prepared it. E.g, *Bhairavanath Parpati*.
- ✧ Some examples of *Parpati* which are devoid of *Parada* and *Gandhaka* are *Malla Parpati*, *Kshara Parpati*.
- ✧ *Parpati* which are devoid of *Gandhaka* are *Malla Parpati*, *Shwetha Parpati*, *Ballataka Parpati*.^[3,4]

MATERIALS AND METHODS

Use of materials and their importance in preparation.

1. **Specific raw materials:** *Parada*, *Gandhaka* with any *Dhatu* or *Kashtoushadhi* as per need.
2. ***Lauh Darvi*(Iron pan):** *Kajjali* is first liquefied in a *Lauh darvi* to make *Parpati*.
3. ***Agni*:** *Mridu agni* (less heat) is required to liquefy *Kajjali*. Paka is done till *Kajjali* gets molten state.
4. ***Ghruta*:** Iron pan is smeared with *Go Ghruta* to prevent any adherence of *Kajjali* with pan. It also add *Soumya guna* to *Parpati*.
5. ***Gomaya*:** It is used as a cushion for spreading *Kajjali* and to fasten the cooling of hot molten material to make thin flakes. It is rich in Biliary products which gets absorbed in the making of products which gets absorbed in the making of *Parpati*.
6. ***Patra*:** Use of *Patras* like *Kadali Patra*, *Eranda Patra* or *Arka Patra* are usually used as the sandwich over Cowdung, *Kadali Patra* gives the *Kashaya* property hence enhance the potency of *Parpati*.^[5]

METHODOLOGY

(General method of parpati preparation)

Firstly *Kajjali* is prepared by triturating *Shudha Parada* and *Shudha Gandhaka* till all *lakshanas* are achieved for E.g,-physical signs like *Kajjalabhasa*(Blackish), *Slakshna*(smooth), *Rekha poornatva*(Grooves in lines of fingers), *Anjana Sadrusha*(like

collyrium), *Sukshma*(minute), Chemical signs like *Jala pareeksha*, *Agni pareeksha*, *Loha pareeksa* etc, 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 inside and the vessel is then heated. Then the mixture containing *Kajjali* 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 and allowed it to cool and flakes of *Parpati* are taken out. With the pressing of *Kadali Patra*, the impression should be seen on the *Parpati* prepared. After the completion of the procedure, flakes are kept for drying and powdered and preserved in an air tight glass bottle.^[6]

Precautions

- *Parpati* should not be prepared on *Teevragni*(high grade fire).
- *Sneha* is to be smeared to the Iron pan and *Kadali Patra* used for the preparation.
- Press *Kajjali* immediately after transferring on to the *Kadali Patra* which is spread over bed of *Gomaya*.

Parpati paka

The amount of heat given determines the consistency of the final product and accordingly three types are formed i.e, *Mridupaka*, *Madyama paka*, *Khara paka*.

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(*Mayura chandrika varna*)during heating. The *Parpati* formed is smooth, breaks without crackling sound and shining is less.
2. *Madhyama paka*: The final end product is obtained by heating moderately. The melted *Kajjali* attains *Taila* consistency. The *Parpati* formed is crisp and breaks with crackling sound. The edges of broken parts are silvery whitish in colour. But the *Parpati* is generally black. The ingredients acquire a good bandage 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 colour. It becomes heavy to digest and is not recommended in *khara paka*.^[7,8]

Dose and rules for intake of *Parpati kalpana* intake

Basically there are 2 types of *Parpati* preparation

1. *Samanya prayoga*(General use)
2. *Kalpa prayoga*(Gradual use)

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

2. *Kalpa prayoga*: *Parpati* should be administered in 2 *ratti* dose initially and then increased it by 1 *ratti* daily or alternate days till 10 *ratti* is reached. This dose is continued till the ailments is cured and then the dose may be reduced by 1 *ratti* daily till it becomes again 2 *ratti*. In this way it takes around 40 days for a *Kalpa prayoga usage*. *Pathyas* and *Apathyas* are to be followed during *Kalpa prayoga*.^[9,10,11]

Pathyaand Apathyas *Parpati* intake during *Parpati* intake

***Pathyas*:** *Kakamachi, Pugaphal, Patola, Ardrak, Kadali, Kadali pushpa, Shalidhanya, Godudgha* with *Sharkara*.

***Apathya*:** *Amla sevana, Sheetha Jala Sevana, Shital Vayu sevana, Krodha, Chinta, Ushna dravya, Tiktha dravya, Stree sevana*.^[12]

Uses of *Parpati* preparations in different disease along with various *Anupanas*(vehicle)^[13,14]

- *Unmada Roga - Rasnamula churna and Goghrita.*
- *Apasmara Roga -Brahmi swarasa and Trikaru churna.*
- *Sangrahani Roga - Shwetha jeeraka churna and Hingu.*
- *Udara shula -Eranda Beeja taila.*
- *Pandu with Shotha - Guggulu churna.*
- *Kushta-Nimba Panchanga, Bakuchi and Bhringaraj churna.*
- *Vatajwara - Dashamula kwatha.*
- *Kasa- Trikatu churna.*

TAMRA PARPATI

Tamra parpati Rasa is *Parpati Rasayana* explained in *Rasa Chandhamshu* having *Tamra Bhasma* as a prime ingredient.^[15] To fortify the medicine *Shudha paradais* used in the preparation as it is *Rasayani* and has *Sarva Rogahara* property. *Tamra* is an essential element that plays a vital role in our healthy life style. *Tamra* itself is a *paramlekhana*.^[16] having

Kashaya, Tiktha, Madhura, Amla Rasa, Katu vipaka, Ushna virya helps in alleviating *Pitta* and *Kaphaja dosha*, stimulates the immune system and helps to repair injured tissues and neutralize free radicals which can cause damage to the cells. *Shudha Gandhaka* having *Jara Nashaka* and *Shudha Vatsanbha* is *Rasayana, Yogavahi, Grahi, Vyavahi, Vikasi*.^[17]

Method of preparation

Shodhitha Parada and *Shoditha Gandhaka* triturated together to prepare *Kajjali* and the prepared *Kajjali* to be taken in a ghee smeared *loha darvi* and allowed to melt, continuous stirring should be done.

Once the *Kajjali* melted to a semisolid consistency, required quantity of *Tamra Bhasma* and *Shoditha Vatsanabha* to be added and stirred, this mixture is heated till molten, spread on the Banana leaf and compressed to form a crisp, thin wafer is known as *Tamra Parpati*.

Indications and its *Anupama*^[18]

1. *Tamra parpati* to be given along with 2-2 *rathi* of *Pippali* and *Madhu* daily for 21 days cures *Rajayakshma*.
2. Along with *Ardraka rasa* cures *Sannipataja Roga*.
3. Along with *Triphala* cures *Pandu*.
4. Along with *Eranda taila* cures all types of pain.
5. Along with *Kumarirasa* acts as *Vatapittahara*.
6. Along with *Bakuchi* cures *Dadru roga*.
7. Along with *Triphala* and *Madhu* cures *Prameha*.
8. Along with *Khadira kwatha* cures all 18 types of *Kushta*.
9. *Tamra Parpati* cures *Yakruth Roga, Pliha vruddi* and *Udara roga*.

Dosage: 1-3 *ratti*

CONCLUSION

Parpati kalpana always held a unique place in *Rasousadhi* and it is a *Murchana* variety and it has a *Vyadhihara* property. *Mandagni, Gomaya, Kadali, Parpatakara* have their own significance in *Parpati nirmana*. *Mridu* and *Madhyama Paka* are to be used and *Khara paka* is discarded. As classic states that medicine prepared out of *Bhubhukshita parada* is capable of curing chronic disease. *Mandagni* is mainly responsible for *Grahani Roga*. *Parpati* is one such preparation in *Rasashastra* for the management of *Grahani roga*. It becomes safe, effective and beneficial for therapeutic purpose. *Tamra parpatirasa* explained in *Rasa*

chandhamshu. *Tamra* also acts as *param lekhaniya* and has also been claimed to be useful in many disease like *Rajayakshma*, *Yakruth Roga*, *Pleeha Roga*, *Prameha*, *Kushta* etc if used with different types of *Anupana*.

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