

A REVIEW ARTICLE ON *PISHTI* IN *AYURVEDA*

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ABSTRACT

The frequent use of *Bhasmas* and similar compounds are described in *Ras Shastra* because of the lightness property of the these compounds as they easily assimilate in the body and show their high therapeutic value, *Bhasma* is prepared with heat so there must be addition of some properties by heating and similarly some *niraagani* compound have also been described where no heat (*Agni*) is used called as *Pishties*. There are a number of *Pishties* described with their uses in the *Ayurveda* the use of these *Pishties* are mostly in *Paittik* diseases. Considering the detail in this paper an honest attempt has been made to have a systemic review.

KEYWORDS: Bhasma, Pishties, Paittik, niraagani, Agni.

Etymology: The word *Pishti* derives from *Dhatu 'Pish'* which literary means, to Pound, to Grind, to Pulverize, to Crush, to Rubbed together. The word "*Pishti*" is indicating the consistency of the product, which should be just like "*Pishta*" means a "thin-layered paste made out of rice flour".

Synonyms: *Pattavasaka, Pshtika, Ityamara, Pishta, Dhooliguchchhaka.*

Definition: *Pishties*^[1] are prepared by triturating the drug with the specified liquids and exposing to sun or moonlight. These are termed as *Anagniputa Bhasma* (*Bhasma* prepared without the medium of fire).

INTRODUCTION

Pishti is applied to those materials, which are vulnerable to heat. To bring these heat sensitive substances to micro fine particle size level without applying the heat. Liquid media is used for trituration which has dual effect for particle size reduction and for better therapeutic efficacy. *Sheeta guna* of *pishti* is enhanced by using *Sheeta virya* substances like *Gulab arka* etc. as liquid media for trituration. In *Ras Shastra Bhasma, pishti, Kupipakav etc* and various other mineral are used in various preparations formulations used for various ailments. Since *Bhasma* are prepared with help of heat at high temperature so *Bhasma* are little bit *ushna* in nature. *Pishties* are unique formulations in *Ras Shastra* due to their preparation without heat. *Pishtes* are *soumya* and as fine as *bhasma*. Because of their *saumya* and *sheet virya* nature the *pishties* are prepared of soft minerals like *Ratna* and *upratna* and other drugs which are soft in nature and prepared by trituration with liquid like rose water, *chandna ark* etc. *Pishties* are also called *Anagni bhasma*.^[1] *Pishties* are prepared by triturating the drug with specified liquids and exposing to sun or moonlight.

Concept of *Pishti*: *Ras drvyas* are given in different doases forms are suitable for quick absorption and assimilation. *Pishti* is the form of drug in which particle of the *Pishti* should be as that of *Bhasma*.^[1] Preparation of *Ratna bhasma* is prohibited and if it is prepared leads to loss of rourav^[2] (loss of wealth and peace). *Pishti* is mainly employed in the cases of *Ratnas* and other minerals which are soft (*mridu*) in nature. Ayurvedic literature in *Ras Shastra* many words come with the reference of *Pishti* e.g. *Yasad Pishti, Ras Pishti, Gandhak Pishti* etc. Detail description of *Pishties* are also available in *Unani* literature. Though these *Pishties* are not similar to the *Pishties* of *Ratnas*, but the formed material may be similar in appearance like thin-layered paste made up of rice flour layer. *Charka* in *Chikitsa Sathana* and *Sushurta* in *utara Tantra* have also advised to use *Mukta, Pravala* and *Sankha* in the fine powder form for internal administration.

These are then crushed to fine powder in mortar and sieved through fine cloth. This powder is then rose water or *kevada* water in very hard stone mortar, the grinding should be continued till the paste becomes so fine like that of collyrium, it is then dried and sieved through the cloth. It is known as *pishti*.^[3]

Minerals used in *Pishti* Preparation and their uses

| Sr No | Pishti Name | Mineral Used | Bhavna Dravya Used | Matra | Indications |
|-------|--|--------------------|---|--------------|--|
| 1. | <i>Maaniky Pishti</i> ^[4] | <i>Maanikya</i> | <i>Gulab Jal / Chandnadi Ark</i> | ¼-1/2 Ratti | <i>Dhaatu Kshinta</i> , Impotency, Cardiac Disease, <i>Kshya Roga</i> |
| 2. | <i>Mukta Pishti</i> ^[5] | <i>Mukta</i> | <i>Lemon/Gulab Jal /Chandanadi Arka</i> | 1-2 Ratti | <i>Kshya, Daah, Amalpitta, Vaatpittaj Vikara.</i> |
| 3. | <i>Praval Pishti</i> ^[5] | <i>Praval</i> | <i>Gulab Jal/ Chandnadi Ark</i> | 1-5 Ratti | <i>Jiran Jwar, Pandu Roga, Rakat Pitta, Amal Pitta, Kaas.</i> |
| 4. | <i>Taarkshya Pishti</i> ^[6] | <i>Taakshrya</i> | <i>Gulab Jal</i> | ½-1 Ratti | <i>Ojovardhak, Vish Vikara, Pandu, Samran Shakti Vardhak, Arsh, Shoth</i> |
| 5. | <i>Pokhraaj Pishti</i> ^[7] | <i>Pokhraaj</i> | <i>Gulab Jal</i> | ½-1 Ratti | <i>Balya, Soumaya Vish Vikara, Vaatprakop Naashak, Rakta Vikara Nashak</i> |
| 6. | <i>Neelam Pishti</i> ^[8] | <i>Neelam</i> | <i>Gulab Jal</i> | 1/8- ½ Ratti | <i>Tridoshghana, Vrishya, Balya, Deepan, Varanbardhak, Arshnashak, Kusth Nashak, Swas-kaasnashak, Vishamjawar Nashak</i> |
| 7. | <i>Gomeda Pishti</i> ^[9] | <i>Gomeda</i> | <i>Gulab Jal /Chandanadi Ark</i> | 1-3 Ratti | <i>Kaas, Kshya Roga,</i> |
| 8. | <i>Vaidurya Pishti</i> ^[10] | <i>Vaidurya</i> | <i>Gulab Jal</i> | 1/8-1 Ratti | <i>Medhya, Aayushya, Balya, Brihan</i> |
| 9. | <i>Triankant Pishti</i> ^[11] | <i>Triankant</i> | <i>Gulab Jal</i> | 2-6 Ratti | <i>Pravahika, Rakatissar, Rakat Pradar, Rakat Pitta</i> |
| 10. | <i>Akika Pishti</i> ^[12] | <i>Akika</i> | <i>Gulab Jal/Chandnadi Ark</i> | 1-2 Ratti | <i>Hridya Dourbalyata, Rakatpradar, Rakatpita, Brain Disorders</i> |
| 11. | <i>Jaharmohra Pishti</i> ^[13] | <i>Jaharmohra</i> | <i>Gulab Jal/ Chandnadi Ark</i> | 1-2 Ratti | <i>Hridya vikara, vaman, daah, ghabrahat, annvish, cholera</i> |
| 12. | <i>Sukti Pishti</i> ^[11] | <i>Sukti</i> | <i>Gulab Jal</i> | 2-4 Ratti | <i>Sheeta, Amalpitta Nashak, Udavarthara</i> |
| 13. | <i>Badrasham Pishti</i> ^[9] | <i>Badrasham</i> | <i>Gulab Jal/ Chandnadi Ark</i> | 4-8 Ratti | <i>Mutral, Pitta shamak, Ashmarishoolhar, Mutrashmari bhedak, vaman ko rokne k liye</i> |
| 14. | <i>Sangeyashav Pishti</i> ^[9] | <i>Sangeyashav</i> | <i>Gulab Arak 7days</i> | 2-4 Ratti | <i>Harit Dourbalyata, Shukrkshinata, Budhi Vardhak, Medhya</i> |
| 15. | <i>Rajavarta Pishti</i> ^[7] | <i>Rajavarta</i> | <i>Apple Juice Days</i> | 1-2 Ratti | <i>Kshya Roga, Arsh, Pandu, Unmmad, Daah, Insomnia in Alcoholism</i> |
| 16. | <i>Koushyasham Pishti</i> ^[8] | <i>Koushyasham</i> | <i>Gulab Jal/ Kewda Ark</i> | 2-4 Ratti | <i>Rakatpitta nashak, Rakat Satambhak</i> |
| 17. | <i>Vyomaasham Pishti</i> ^[14] | <i>Vyomaasha</i> | <i>Gulab Jal</i> | 1-4 Ratti | <i>Best Cardio tonic, Hrit Dourblyata, Ojaasav, Nidraalpta, Intestinal Ulcers</i> |

Method of Preparation

After purification (*Shodhana*), the drug is put in a *khalva* and triturated generally with rose water, unless otherwise mentioned. It is triturated with the liquid for a day and dried in the sun for another day. This process is generally continued for seven days or more till fine *pishti* in powder form is obtained.^[1]

Method of preparation of *Pishti* can be divided into three basic steps

1. Purva karma.

2. Pradhana karma.
3. Paschat *karma*.

1. *Purva karma*: In this process the *Shodhita* substances if hard then by means of pounding converted in to a coarse powder form for impending process of trituration.

2. *Pradhana karma*: In this process powdered are further triturated in a mortar with mentioned fluids for specific time span, or until it become thick or dry. Then dry it in the enamel trays, in some text there are references of drying *Pishti* at each night in the moonlight.

3. *Paschat karma*: In this process *Pishti* is allowed to dry in a shaded place and after drying again subjected to trituration without adding any fluid to bring it in a fine particle stage and sieved through 200 no sieve and tests which were performed for *Bhasma* were performed if it passes them then collected in air tight containers.

Characteristics and preservation

Depending upon the color of the drug *pishties* are of different colors. They are as fine as *bhasma* and have the characteristics of *bhasma*. They preserve their potency indefinitely. They are stored in glass stoppered bottles.^[1]

Precautions

- Care must taken to avoid the contamination of the drug by means of wearing gloves, mask and dress during trituration.
- After completion of the lavigation the material was collected in enamel tray and it was kept for drying and tested by passing through sieve No 200.
- The *Pishti* should be lavigated with proper constant pressure and frequency.
- The *pastle* and mortar should cover with cotton cloth to prevent contamination from insects and dust.

Tests for of *pishti*

Organoleptic test: - Sample A

Color, *Rasa*, *Sparsha*, *Gandha*, *Rekhapurnatva*, *Varitaratva*, *Nischandratva*.

Modren parameters

- Physical analysis.
- Chemical analysis.

Macroscopic and Physicochemical description

Appearance, Color, Odor, Taste, pH, Moisture content, Total Solid, Total Ash, Acid insoluble ash, Water Soluble Extractive, Methanol Soluble Extractive.

Chemical Parameters

- Heavy metal analysis of raw material and *Pishti*
- F.T.I.R.(Fourier-Transform Infrared Spectrophotometry)
- X-RD (X-Ray Diffraction).
- Particle Size estimation.
- S.E.M.(Scanning Electron microscope)

Tests for *Pishties*

Analysis of *Pishties*

1. Description Color, Odor and Taste.
2. Identification -Microscopy (wherever possible).

Tests

1. Chemical test (Group test)
2. Physico-chemical Parameters^[15]
 - Identification of elements
 - Loss on drying at 105⁰C
 - Ash value
 - Acid Insoluble Ash
 - pH
3. Particle size.

CONCLUSION

Pishti is the unique formulation in *Ayurveda* it is simple to prepare it and it is used in *Paitik* disorders because use of heat in the manufacturing process of the *Bhasma* in *Ayurveda*. *Bhasma* become slightly *ushna* in nature and other *sheet virya* drugs have been added to it in the *Paitik* disorders. But due to its non heat process it becomes a novel dosage form in the *Paitik* disorders. Though *pisti kalpna* incorporated from *Yunani* system of medicine but it become inevitable in *Ayurvedic* Pharmaceutics *Pishti* shows the additive effects of the drugs when triturated with the liquid media. There is also a specific method of preparation of *Pishti* also described e.g. *Chanderputi Pishti* which also suppradditive effect of moon light on *pisiti*,

likewise use of rattans in the *Pishti* preparation also shows its non reduction volume of *Ratnas* signifies because of its highly cost value. If *Bhasma* of rattan is prepared then the volume of the drugs gets reduced resulting in reduction of therapeutic value and cost effect enhancement as well.

So it is the best form of drug *doases* in the form of *Pishti*.

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