

A REVIEW ON PARPATI KALPANA

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ABSTRACT

Rasashastra is important branch of *Ayurveda*. It deals with the physical and chemical properties of *parada* (mercury). Many of the inorganic, herbo-mineral and metallic pharmaceutical preparations namely *khalviya rasayana*, *parpati Kalpana*, *kupipakwa rasayana*, *pottali rasayana* details description of *Parpati kalpana* given in 11th century from *Chakradatta* written by Acharya *chakrapani*. The name *parpati* is given to this preparation due to its form and method of preparation it is similar like *papad* the thin flake form. It possesses high therapeutic value more effective. *Parpati kalpana* is useful in management of GIT disorders like *Grahani*. Basic ingredient is

Kajjali, which is melted in low temperature to prepare *Parpati*. Agni plays an important role in preparation of *Parpati*. This article elaborates the review of *parpati kalpana* with reference to *Grahani roga*.

KEYWORDS: *Parpati kalpana*, *Grahani roga*, *Rasashastra*.

INTRODUCTION

Ayurvedic formulation generally prepared by the use herbal, mineral and metals. *Rasashastra* is known as science of Mercury whole *Rasashastra*. Many herbo Mineral Metallic preparation are prepared from *Parada* Such as *Khalviya Rasayana*, *Parpati Kalpana*, *Pottali Kalpana*, *Kupipakwa*, *Rasayana*. *Parpati Kalpana* is a thin flake prepared by the use of *shudha parada* and *shudha gandhaka*. *Parada* is most important content of *Parpati*. *Parpati Kalpana* is used in the Management of *Grahani*. Mercury possesses toxic property. But in *Ayurveda* mercury is used for any formulation after purification (*shodhana sanskara*).

A) Etymology

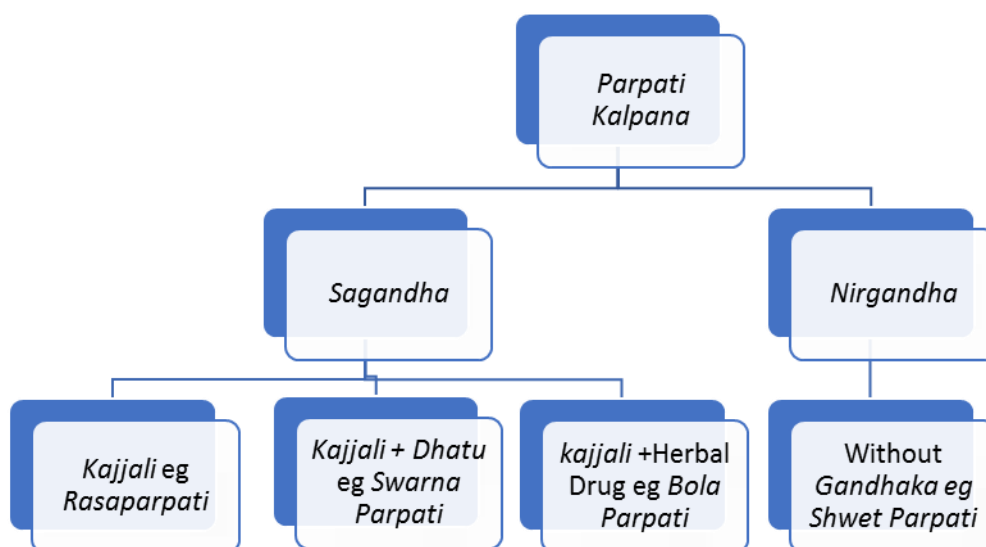
Parpati is the *Sanskrit* Word which denotes thin flake. It is thin, brittle and shape like *Papad*.

B) History**Table No.1**

Period	Writer	Book	Diseases
8 th Century	Acharya Nagarjuna	<i>Rasendra Mangala</i>	<i>Kushtha Roga</i>
11 th Century	Chakradatta	<i>Chakrapani</i>	<i>Grahani</i>
19 th century	Govindadas Sen	<i>Bhaisajya Ratnavali</i>	<i>Grahani</i>

A) Synonyms

Parpati, *Parpatika*, *Potabandha*, *Parpat*.

B) Classification**Table no. 2**

Sr. no	Classification	<i>Parpati</i>
1.	Depending upon colour	<i>Shwet Parpati</i>
2.	Depending upon number of ingredients	<i>Panchamruta Parpati</i> , <i>Saptamruta Parpati</i>
3.	Depending upon if <i>kajjali</i> is mixed with any dhatu <i>Dhatu</i>	<i>Louha Parpati</i> , <i>Swarna Parpati</i> , <i>tamra parpati</i>
4.	Depending upon disease	<i>KushtantaParpati</i>
5.	Depending upon ingredient only <i>parade</i> and <i>gandhaka</i>	<i>Rasa parpati</i>
6.	Depending upon the person who prepared	<i>Bhairavnath Parpati</i>
7.	Depending upon if any <i>kasthaushadi</i> like <i>bola</i>	<i>Bola parpati</i>

MATERIALS AND METHOD

A) Importance of Preparation

- 1) There are 25 *parada* bandha methods. *Parpati Kalpana* is one of them important method.
- 2) For this preparation heat is used, it may enhance its therapeutic effect in management of GIT diseases like Grahani, Atisara etc.
- 3) In preparation of Parpati kalpana Goghrita, Gomaya(cow dung) and kadali patra (banana leaf) are used. Goghrita is use to control secretion of digestive enzymes.

B) Basic Principles behind preparation of Parpati kalpana

- 1) *Samanya* and *vidhesh shodhana* of ingredients.
- 2) Preparation of *kajjali*.
- 3) Homogeneous mixture of this ingredients.
- 4) Main preparation of *Parpati kalpana*.

The requirements for classical parpati preparation

1. *Khalva yantra* (mortar and pestle made of stone or iron)

A *khalva yantra* of appropriate shape, size and depth made of either stone or iron is selected for titration of the drugs mentioned in particular to prepare *kajjali* out of *suddha parad* and *shudha gandhaka*.

2. *Loha darvi*

Lauha darvi is used to hold the drug at its bottom and with long handle is selected for liquefying the drug material in it.

3. Tea spoon

It used for stirring *kajjali* in the *loha darvi* while melting it.

4. Heat source

The amount of heat applied during the preparation leads us to *mrudu*, *madhyama* and *khara paka* of *parpati*. *Mrudu* Agni is used for preparation of *parpati*.

5. Gomaya (cow drug)

Gomaya used in the process of parpati preparation. *Gomaya* which is the output of alimentary tract. have some digestive enzymes and other additional secretions(*gopitta*) which trend very through the *kadali patra* and will have a good influence on the medicine prepared over it.

6. *Kadalli patra* (banana leaf)

Kadalli patra is used to prevent direct contact of ingredients. It contains chlorophyll which possess antioxidant property. it give *Kashay* quality to *parpati*.

7. *Goghruta*

Goghruta is used in the procedure to smear it in *loha darvi* and on *kadali patra* in order to prevent adherence of drug material.

C) METHODOLOGY

First performing the *Shodhana* of *Parada* and *Gandhaka* Then Prepare *Kajjali* in iron mortar till all *lakshana* are achieved. Then add the other ingredients depending upon types of *Parpati*. Prepare the homogeneous mixture with the help of an iron mortar (*Khalwa yantra*). Then mixture is taken in iron pan (*Darvi yantra*) which is smeared with *goghruta* and heated over *Mandagni* (Low fire). After melting uniformly immediately transfer this melted content s to the clean *Kadali Patra* (banana leaf). which is smeared with *Goghruta* placed over a bed prepared out of *gomaya*. Then Place another *kadali patra* over it and little amount of *gomaya* is allow to cool and thin flake of *Parpati* are taken out. Then observe and note the colour and appearance of *Parpati* which is depend upon the types of ingredients used. After the completion of the procedure the flakes are kept for dryness and powdered it. Then preserved it in an air tight bottle.

D) Precaution

- 1) *Parpati* should not be prepared on *tivragni* (high fire).
- 2) *Goghruta* is to be smeared to iron pan and *kadali patra*.
- 3) *Kajjali* is heated up to semisolid form till it become *pankwтта*.
- 4) Press *kajjali* fast after transforming on *kadali patra*.

Parpati Kalpana Paka Pariksha

Table no 3.

<i>Paka</i>	<i>Paka kalin pariksha</i>	<i>Paka paschata pariksha</i>	Temperature
<i>Mrudu</i>	Attain <i>Mayur chandrikabh</i> varna	Very soft smooth and black in colour shining less bend on breaking	250°C
<i>Madhama</i>	<i>Tailabha</i> Varna	Proper shin with black colour	500°C
<i>Tikshna</i>	<i>Raktabhvarna</i>	Blackish colour, observe in powder form	650°C

Uses of *parpati*

Parparti use in *Grahani, atisara, ajirna, agnimandya, udara, aruchi, amlapitta, jalodara, kushta, vatajwara, unmad, apasmara, kamla, pandu, pleeharoga, gulma, yakshma, pravahika.*

Dose

Samanya prayog- 1 to 2 *Ratti* (twice a daily)

Kalpa Prayog – *samanyatha* 1 *ratti* to 10 *ratti* then decrease dose upto 1 *ratti* (40 days)

Pathya

kakmachi, patol, kadalipushpa, brinjal, godugdha with sugar, old *shalidhanya, pugifal. Takra. jirak churna.*

Apathya

River water, *shita jala snana, amla sevan, krodh, stress, madhur rasatmak ahar, vidahi anna, musterd, sexual intercourse, small fish, aquatic birds.*

Parpati: Ingredients, Use, Dose, *Anupana*

Table no.4.

<i>Parpati</i>	<i>Rasa</i>	<i>Panchamruta</i>	<i>Tamra</i>	<i>Lauha</i>	<i>swarna</i>
Ingredient	<i>Parada</i> - 1 Part and <i>Gandhaka</i> 1 part	<i>Parada</i> 4 <i>Ghandhaka</i> 8 <i>Kantalauha</i> 2 <i>Krusha vajrabhrak</i> 1 part	<i>Gandhaka Parada Tamra</i> 3 <i>Vastnabh</i> 1 part	<i>Parad ghandhaka kanta lauha bhasma</i> all 1 part	<i>Parad</i> 4 <i>gandhaka</i> 4 <i>Swarna bhasma</i> 1 part
Use	<i>Grahani</i>	<i>Trushna</i>	<i>Kushtha</i>	<i>Sangrahani</i>	<i>Rajyakshma</i>
Dose	25- 250 mg	30-1000 mg	25-250mg	5-250mg	60mg
<i>Anupana</i>	<i>Madhu, Ghruta, Jeerak Churna</i>	<i>Takra, Ghrita, Jala with Jeerak churna</i>	<i>Jeerak Churna</i>	<i>Madhu, Ghruta,</i>	<i>Ghruta, Jeerak Churna</i>

Table no.5.

<i>Parpati</i>	<i>Shweta</i>	<i>Bola</i>	<i>Gagan</i>	<i>Kutaja</i>
Ingredient	<i>Suryakshar</i> 16part, <i>Sphatika</i> 2 part, <i>Navsadar</i> 1part	<i>Parada and Gandhaka</i> 1part <i>Bola</i> 2 part	<i>Parad</i> 1 part <i>Gandhaka</i> 2 part <i>Abhraka</i> 1 part	<i>Kutaja, shankha Bhasma Musta</i>
Use	<i>Mutravikar</i>	<i>Sangrahi</i>	<i>Grahani</i>	<i>Sangrahani</i>
Dose	125-1000mg	25-500mg	25-500mg	25-250mg
<i>Anupana</i>	<i>Ushnodaka Kwath</i>	<i>Madhu</i>	<i>Madhu, Ghruta</i>	<i>daka Takra</i>

DISCUSSION AND CONCLUSION

In 8 th century, *parpati* was first time formulated. *Parpati kalpana* always held important place in *Rasaushadhis*. *Parparti* preparation content *Gomaya, Goghrita, lauha darvi, mandagni, kadali Patra* all this ingredients have their own significant properties. There are 3

pakas of *Parpati* among them *mrudu* and *madhyam* are used and *khara pkaais tyajya*. *Parpatii* play very important role in management of *Grahani* can use it in childhood adults and old age patients. *Parpati* prepares hold be very carefully so it becomes very effective safe and beneficial for GIT diseases management with proper *anupana*.

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