

**A CRITICAL REVIEW ON ROLE OF PANCHAMRIT PARPATI IN  
MANAGEMENT OF GRAHANI ROGA WITH SPECIAL REFERENCE  
TO IRRITABLE BOWEL SYNDROME**

**Bharti R. Shinde\*<sup>1</sup>, G. G. Asati<sup>2</sup> and G. H. Kodwani<sup>3</sup>**

<sup>1</sup>P.G. Scholar, Dept. of Rognidan and VikritiVigyan, Govt. Ayurved College, Nagpur,  
Maharashtra, India.

<sup>2</sup>Associate Professor, Dept. of Rognidan and VikritiVigyan, Govt. Ayurved College, Nagpur,  
Maharashtra, India.

<sup>3</sup>HOD and Professor, Dept. of Rognidan and VikritiVigyan, Govt. Ayurved College, Nagpur,  
Maharashtra, India.

Article Received on  
28 Feb. 2021,

Revised on 21 March 2021,  
Accepted on 12 April 2021

DOI: 10.20959/wjpr20215-20343

**\*Corresponding Author**

**Dr. Bharti R. Shinde**

P.G. Scholar, Dept. of  
Rognidan and  
VikritiVigyan, Govt.  
Ayurved College, Nagpur,  
Maharashtra, India.

**ABSTRACT**

*Grahani* is very important organ of *Annavaha Strotas* (Gastrointestinal tract). As *Aahar-paka* (Digestion) is greatly dependent upon its functioning. In Ayurveda, "*Rogah sarve api manda agneh.*" – *Vagbhata*. That is most probable cause for manifestation of diseases is *Mandagni*. Which leads to improper digestion thereby leading to the formation of *Ama* which is the root cause for manifestation of diseases. The treatment of most of the diseases including *Grahani Roga* is mainly targeted towards the *Agni* thereby correcting the *Ama*. The *Agni* is primarily located in *Grahani (Pittadhara kala)*. Impairment of *Agni* leads to *Grahanidosha*. So, in this study we primarily focussing on management of *Grahani Roga*. *Parpati kalpana* is one of the *Rasaushadhi* used in management of *Grahani Roga*. *Deepan* and

*Grahi* property of *Parpati* improves the absorption of nutritive materials and supplementation of vitamins & various minerals gradually relieves the associated symptoms. As there are various references of *Panchamrit Parpati*. Here we are considering the method of Bhaishajya Ratnawali as this book is mentioned in schedule book of Drug and Cosmetic Act.

**KEYWORDS:** *Grahani Roga, Agni, Panchamrita Parpati, Irritable bowel syndrome.*

## INTRODUCTION

In present era, *Grahani roga* is common GIT disorder affecting normal lifestyle of individual. Change in dietary habits, timings and also the sedentary lifestyle, another major problem along with these, is a tremendous stress in day to day life. Due to all these, 1<sup>st</sup> affected one is Digestive system, which results into many diseases. The traditional science of medical systems i.e. Ayurveda considered *Mandagni* as main cause of various disease.

“*Rogah sarve api mande agneh.*”<sup>[1]</sup>

All diseases are due to *Mandagni*. One of them is *Grahani* which is most prevalent and difficult to treat (*Kashtasadhya*) disorder.

The description of *Grahani Roga* in Ayurvedic texts may be correlated with IBS (Irritable bowel syndrome). About 10-15% of people in the developed world are believed to be affected by IBS. It is estimated that 15-45% of people globally are affected by IBS.<sup>[2]</sup> Hence, it indicates prevalence in the society & demands for the study. But there is no known cure for IBS till today.<sup>[3]</sup>

Where as in Ayurvedic system of medicine we select the drugs which act on *Agni*, which is the main cause for *Grahani roga*. The drugs are selected for its management also to prevent its recurrence. In Ayurved system of medicine, different drugs are available which acts on *Agni* and corrects its functioning. The drug which I selected for this particular disease is *Panchamrita Parpati* described under *Grahani roga chikitsaadhyaya* in *Bhaishajyaratnawali*.

## MATERIALS AND METHODS

For present study we have collected information from various *Samhitas* like *Brihatrayi*, *Laghutrayi*, modern books of medicine and published papers and also information available on internet.

### Grahani

*Grahani Roga* is a chronic disease of *Annavaha* and *Purishvaha Strotas* developed due to alteration of *Agni* and *Manas* (Mind). Ayurveda considers *Grahani* as *tridoshatmaka* disorder of digestive system which occur due to vitiation of *Agni* that is *Jatharagni*, *samanvayu*, *pachakpitta*, *kledakkapha*.

*Sushrutacharya* considers *Pittadhara kala* as *Grahani*, which is located between *Aamashaya* and *Pakwashaya*.<sup>[4]</sup> He has mentioned *Grahani* as seat of *pachakpitta* which receives and retains food substances.

*Grahani*, *Arsha*, *Atisara* manifests mainly due to the improper *Agni* and related *Dosha-dushyadushti*. *Grahani*, *Arsha* and *Atisara* are considered as *Nidanarthakararoga* of each other.<sup>[5]</sup>

*Grahani roga* is one of the *Kashtasadhya vyadhi* also it is mentioned in *Ashtamahagada* by *Acharya Vagbhata*.<sup>[6]</sup>

*Grahani* can be considered as a syndrome with persistent chronic diarrhoea as the predominant feature. Also, clinical features of *Grahani Roga* include abdominal pain, passage of foul smelling, semi-solid or liquid stools, evacuation of mucus stools after taking meals, painful defecation, *hasta pada shoth*, *karshya* and *daurbalya* etc. Its etiopathogenesis include the main etiological factor as taking of non-beneficial diet by persons recovering from diarrhoea (*Atisare nivrutte-api*) with poor digestive capacity.<sup>[7]</sup> As *Mandagni* is mostly responsible for *Grahani Roga*, its restoration is the principal concern in the management of *Grahani Roga*.

## IRRITABLE BOWEL SYNDROME

IBS is characterized by recurrent abdominal pain in association with abnormal defecation in the absence of any structural abnormality of gut. The most common presentation is that of recurrent abdominal discomfort. This is usually colicky/ cramping in nature. Most patients alternate between the episodes of diarrhoea and constipation.<sup>[8]</sup> That is *Muhurbaddha Muhurdrava Malapravritti*.<sup>[9]</sup>

**Table no. 1: Showing the Comparison between *Lakshana* of *Grahani Roga* and IBS.<sup>[10]</sup>**

<b>Grahani roga</b>	<b>IBS</b>
<i>Atisrishtam vibaddham va</i>	Altered bowel with diarrhoea and constipation
<i>Punah punah srijet varcha</i>	Frequent defecation
<i>Shoola</i>	Abdominal pain
<i>Amameva vimunchati</i>	Passes mucus along with stools
<i>Jeerne jeeryati adhmanam</i>	Post prandial fullness
<i>Parshva vankshana hritpeeda</i>	Pain on right and left sides (flanks), epigastric and hypogastric pain
<i>Chirat mala pravritti</i>	Delay in delivery of stools
<i>Dukhena mala pravritti</i>	Impaired rectal sensation and hence painful defecation

<i>Tiktamlodgar</i>	Dyspepsia
<i>Shabda phena mala</i>	Gas, flatulence
<i>Hrillasa</i>	Heartburn
<i>Chardi</i>	Vomiting
<i>Shiroruk</i>	Headache
<i>Manasaha sadanam</i>	Abnormal psychological behaviour

### WHAT IS PARPATI KALPANA?

*Parpati* is a mercurial preparation & effective medicine especially for treatment of *Grahani roga*<sup>[11]</sup> along with promoting health of an individual. The process of *Parpati* preparation is a *sanskara* provided through *Agni*.

*Parpati Rasayana kalpana* are the most popular among the processings of mercury and are widely used. These are therapeutically effective mineral and metallic formulations. The name *parpati* is given to this preparation because it is made in the form of thin flakes (*papada*). *Parpati Rasayana* have high therapeutic value, potency, less toxic and are cost effective medicines.

**PANCHAMRIT PARPATI:** is a metallic drug of Ayurveda system of medicine. A method of formulation preparation in which metallic flakes is formed by pouring molten metal over the leaves of plants is called as *Parpati*.

According to Ayurveda the properties of *Panchamrita Parpati* includes *Deepana* (stimulation of *Agni*), *Pachana* (Digestive), *Grahi* (Carminative), *Laghu* (decrease *Ama*). *Ushna Guna* and *Deepan* properties increases appetite, *Grahi* property improves absorption of nutritive material.<sup>[12]</sup>

**Table no. 2: Ingredients, Dose and Indications of *Panchamrita Parpati*.**

Name of the <i>Parpati</i>	Ingredients and quantity <sup>[13]</sup>	Dose and <i>Anupana</i> <sup>[14]</sup>	Indications <sup>[15]</sup>
<i>Panchamrit Parpati</i>	<i>ShuddhaParada</i> (Purified mercury) <i>ShuddhaGandhak</i> (Purified Sulphur) <i>Lauhbhasma</i> (incinerated iron) <i>Abhrakabhasma</i> (incinerated mica) <i>Tamrabhasma</i> (incinerated copper) Are used as ingredients in the ratio of 16,8,4,2,1 Respectively.	2 <i>Ratti</i> (250mg) Indicated with <i>Ghrit, Madhu</i> .	Along with <i>Grahani</i> , it is the drug of choice for <i>Aruchi, chardi, Dushta Arsha, atisara, Raktpitta, kshaya, vali-palit-roga, netra-Roga</i> . Also having <i>Agnideepak, vrishya</i> and <i>sthulatahar</i> properties.

**Method of preparation of PanchamritParpati<sup>[16]</sup>**

- 1) *Shuddha Parada* & *Shuddha Gandhak* are taken in *khalwa* (mortar) in prescribed proportion and are triturated well it becomes as *kajjalibasa* (Just like *kajal*, blackish in colour)
- 2) Other drugs like *Lauhbhasma*, *Abhrakabhasma* and *Tamrabhasma* are added one by one and mixed well by triturating in the *khalwa* (mortar) for 3hrs.
- 3) Later a cow dung is placed over the floor and is made as platform.
- 4) A piece of *kadali* leaf or *Eranda* leaf is placed over it.
- 5) The total triturated mixture is taken in *Lauh Darvi* (Iron vessel) and is melted over wood fire (mild heat). When it is converted into melted state, it is taken off from the fire and poured carefully on the leaf placed over cow dung. Another leaf is covered over the melted mixture and spread it with gentle pressed.
- 6) After cooling the flakes of *Parpati*, are taken out, powdered and preserved.

**DISCUSSION**

This is a formulation from *BhaishajyaRatnavali Grahaniroga-adhikara*. It is indicated in *Aruchi*, *Chardi*, *Dushta arsha*, *Atisara* and all types of *Grahani*. *Mandagni*, *Aamotpatti* is the main *Samprapti* in *Grahani roga*. As mentioned in *Bhaishajyaratnawali*, *Panchamrit Parpati* has *Agnideepan* property also *ParpatiKalpa* itself has *Deepan* and *Grahi* property due to formulation effect. So, it very well satisfies the criteria for administration of Medicine in *Grahani*. Many research works proved the ability of *Parpati* in management of IBS. Hence this particular *Yoga* was selected for the study, as it directly satisfies the necessity *Gunas* and *Karmas* of the *Aushada* for the *Grahanichikitsa*, it can be considered as a *Vyadhipratyanikaushada*.

*Grahani* being a disorder of GI tract with its association with *Agnimandya* and *Ajeerna*, it has to be treated collectively keeping the other two also in consideration. This formulation predominantly acts on *Agni*, it does both *Amapachana* and *Agni deepana*

**Table no. 3: Showing Guna and Karma of individual drugs.**

Sr. No.	Ingredients	Guna	Karma
1.	<i>Shuddha Parada</i> (Purified Mercury) <sup>[17]</sup>	<i>Shadarasa, Snigdha, Sara, Guru, Ushna Virya</i>	<i>Yogavahi, Rasayana, Balya, Sarvarogahara</i>
2.	<i>Shuddha Gandhak</i> (Purified Sulphur) <sup>[18]</sup>	<i>Mahan-Ushno</i>	<i>Hareta rogan, Agnikari</i>
3.	<i>Lauha Bhasma</i> (Incinerated Iron) <sup>[19]</sup>	indicated in <i>Pavankshinatwa, Pittamaya, Arsha Grahani Chikitsa.</i>	<i>Pradipi, Sarvavyadhihar, Rasayana,</i>
4.	<i>Abhraka Bhasma</i> (Incinerated Mica) <sup>[20]</sup>		<i>Tridosh-shaman, vanhi-sandeepan, Kruchradirogapaham,</i>
5.	<i>Tamra Bhasma</i> (Incinerated Copper) <sup>[21]</sup>	<i>Tikta-kashaya Rasa, Madhur-vipak, Ushna-veerya,</i>	<i>Jathar-ruk, Aam-jantughna, Urdhwa- adhah Parishodhanam.</i>

When *Agnisanskar* occurs on this ingredients during the preparation of *Parpati*, it becomes more beneficial.

**Table no. 4: Showing Guna and Karma of Anupana indicated with Panchamrita Parpati.**

Sr. No.	Anupana Indicated	Guna	Mode of Action
1	Ghrita <sup>[22]</sup>	Shita, Madhura	Agnivivardhanam, Vatpittapaham.
2.	Kshaudra <sup>[23]</sup>	<i>Madhur-kashaya rasa,</i>	<i>Agnideepak, Sangrahi and Yogavahi property</i>

By these all the major *Lakshanas* like "*Muhurmuhur mala pravritti, Muhurbaddha, muhurdrava malapravritti, Amayukta mala pravritti, Udarashoola* and Gas or flatulence" are subsided. Some of the other *Lakshanas* like *Manosadana* etc. *Manasikalakshanas* are due to vitiation of *Pranavayu*. To control psychological alteration in IBS patients, mental relaxation techniques like meditation are also advised for management of IBS (*GrahaniRoga*)

*Panchamrita Parpati* is the best *Parpati Kalpa*.<sup>[24]</sup> All the *Gunas* of the ingredients used in *Parpati* preparation are observed in that *Parpati* as *Parpati* is *Yogavahi* in nature.<sup>[25]</sup>

It is observed in day to day practice that, *Panchamrit Parpati* when prescribed along with *Kapardikabhasma, Sanjeevanivati* and *Bilwadichurna* it is more beneficial.

**Table no. 5: Showing Anubhuta Yoga used in patient along with its quantity.**

Sr. No.	Kalpa	Quantity
1.	Panchamrita Parpati	10gm
2.	Sanjivani Vati <sup>[26]</sup>	10gm
3.	Kapardika Bhasma <sup>[27]</sup>	10gm
4.	Bilwadi Churna <sup>[28]</sup>	50gm

**CONCLUSION**

*Grahaniroga* represents a group of digestive disorder. It is closely linked with *Agnimandhya*, *Ajeerna* and *Atisara*. Impaired *Agni*, *Samanavayu*, *Pranavayu*, and *Apanavayu* are the most predominant factors in the pathogenesis of *Grahani*.

Ingredients present in *Panchamrit Parpati* target the *Agni*, *Pitta* and *Vatadosha* in *Grahaniroga*. By the *Deepan*, *Pachan* and *Usna* properties of the drugs the intestinal ducts are opened and properly digested *Poshak Rasa* absorption gets started. It also satisfies the *chikitsasutra* of *Grahani* explained by *Vagbhatacharya* in *Grahani roga Chikitsa*.<sup>[29]</sup>

**REFERENCES**

1. Dr. TripathiB., Ashtanghridayam, Nirmalahindi commentary, Chaukhamba Sanskrit pratishthandelhi, nidansthanam, adhyay-12, verse-01, 197.
2. [https://en.m.wikipedia.org/wiki/irritable\\_bowel\\_syndrome](https://en.m.wikipedia.org/wiki/irritable_bowel_syndrome).
3. [https://en.m.wikipedia.org/wiki/irritable\\_bowel\\_syndrome](https://en.m.wikipedia.org/wiki/irritable_bowel_syndrome).
4. Dr. ShastriA., Sushrut Smhita, vol.2, Ayurveda tantraSandipika, chaukhamba Sansritsanthan, Varanasi, 2016, Uttartantra, adhyay-40, verse-169, 306.
5. Dr. TripathiB., Ashtanghridayam, Nirmalahindi commentary, Chaukhamba Sanskrit pratishthandelhi, chikitsasthanam, adhyay-8, verse-164, 270.
6. Dr. TripathiB., Ashtanghridayam, Nirmalahindi commentary, Chaukhamba Sanskrit pratishthandelhi, Nidanstanam, adhyay-8, verse-30, 188.
7. Dr. Shastri A., Sushrut Smhita, Ayurveda tantraSandipika, chaukhamba Sansritsanthan, Varanasi, 2016; 2: Uttartantra, adhyay-40, verse-167, 305.
8. Davidson's principles and practice of medicine, 21<sup>st</sup> edition, Elsevier publication, 2010, 824.
9. Dr. ShastriA., Sushrut Smhita, vol.2, Ayurveda tantraSandipika, chaukhamba Sansritsanthan, Varanasi, 2016, Uttartantra, adhyay-40, verse-172, 307.



10. Rajani Kancharla, N.Satyaprasad, A.Swarupa. The Effect of Chavyadi Churnam and Mustakarishtha in Management of Grahani w.s.r. to Irritable Bowel Syndrome. AYUSHDHARA, 2017; 4(4): 1211-1223, 1212.
11. Austluxmi & Gopi Krishan: Role of Parpati Kalpana In Grahani Roga. International Ayurvedic Medcal Journal {online} 2018 {cited July, 2018}, 1460.
12. K.Desai, Ayurvedic management of Grahani (IBS): A case study, WJPPS, 2018; 7(6): (www.wjpps.com): 1493.
13. Govinddas Sen, Hindi commentary by AmbikadattaShastri, Bhaishajyaratnawali, Grahani Roga Chikitsa Adhyay, Chaukhamba Sanskrit Sansthan, Varanasi., 2004; 278.
14. Govindda Sen, Hindi commentary by AmbikadattaShastri, Bhaishajyaratnawali, Grahani Roga Chikitsa Adhyay, Chaukhamba Sanskrit Sansthan, Varanasi, 2004; 278.
15. Govinddas Sen, Hindi commentary by AmbikadattaShastri, Bhaishajyaratnawali, Grahani Roga Chikitsa Adhyay, Chaukhamba Sanskrit Sansthan, Varanasi, 2004; 278.
16. P.K. Prajapati et al/ Standardization & Qualitative Parameters for Large Scale Production of Panchamrita Parpati: An Ayurvedic drug, JJPBA, 2013; 4(2): 348-349.
17. Dr. P.S. Bhadauria, A Critical Review of Parada (Mercury) And its Toxicity, WJPMR, 2018; 4(4): 82.
18. Vagbhatacharya, Rasaratna-samuccaya, Vijnanabodhini Hindi commentary, Meharchand lachhamandas publication, delhi, 2010; 3/48: 67.
19. Vagbhatacharya, Rasaratna-samuccaya, Vijnanabodhini Hindi commentary, Meharchand lachhamandas publication, delhi, 2010; 5/133,37: 168.
20. Vagbhatacharya, Rasaratna-samuccaya, Vijnanabodhini Hindi commentary, Meharchand lachhamandas publication, delhi, 2010; 2/2: 30.
21. Vagbhatacharya, Rasaratna-samuccaya, Vijnanabodhini Hindi commentary, Meharchand lachhamandas publication, delhi, 2010; 5/63,67: 155.
22. Dr. Shastri A., Sushrut Smhita, Ayurveda tantra Sandipika, chaukhamba Sansritsanthan, Varanasi, 2016; 1: Sutrasthana, adhyay-45, verse-96, 228.
23. Dr. Tripathi B., Charaksamhita, charak-chandrikahindi commentary, chaukhamba Surbharati Prakashan, Varanasi, 2013; 1: sutrasthan, adhyay-27, verse-231-232, 528.
24. Aushadhi Gundharma Shastra by G.P. Gune, Reprint-2008, part-3, Kalpa no.64, 383.
25. Aushadhi Gundharma Shastra by G.P. Gune, Reprint-2008, part-3, Kalpa no.64, 380.
26. Dr. Shastri L., Yogaratnakara, part-2, vidhyotini hindi commentary edited by Bhashagratanabramhasaskarsastri, chaukhamba prakashan, Varanasi, Ajeernanidan, 319.



27. Aushadhi Gundharma Shastra by G.P. Gune, Reprint, 2008; part-1, Kalpa no.2: 39.
28. Govinddas Sen, Hindi commentary by AmbikadattaShastri, Bhaishajyaratnawali, Atisara Chikitsa Adhyay, Chaukhamba Sanskrit Sansthan, Varanasi, 2004; 228.
29. Dr. TripathiB., Ashtanghridayam, Nirmalahindi commentary, Chaukhamba Sanskrit pratishthandelhi, chikitsasthanam, adhyay-10, 01: 277.