

A REVIEW ARTICLE ON *PARPATI KALPNA*Dr. Neelam Kumar*¹ and Dr. Kalpna²

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ABSTRACT

Ras Shastra deals with *Parada* and it is considered better than herbal medicines because these are the herbo-mineral compounds. Different formulations of *Parada* in *Ayurveda* particular in *Ras shastra* can be divided into four parts^[1] *kupipakva Rasayana* (medicines prepared in heat resistant bottles), *kharaliya Rasayana* (medicines which are prepared by grinding), *Parpati Rasayana* (medicines in which flakes are prepared) *Potali Rasyana* (medicines which are prepared in *potali*). A unique property of *Parpati* among four is that the form of the compounds has been changed completely from powder form to crystal form to enhance the effect of the drug. *Parpati kalpana* is described in the *Grahani roga* and its complications most of times. The constituents

of different *Parpaties* vary according to complications of *Grahani* with its different dose (*vardhaman prayog*). The pharmaceutical phase of *Parpati kalpana* is special. The drugs are melted in *ghrit* smeared earthen/iron pot and then it is spread on the plantain leaves which are placed on thick layer of fresh cow dung smeared on ground uniformly this make it special manufacturing method. According to *Ayurveda* the *grahani roga* is due to reduced *pitta* with This manufacturing technique of *parpati*, some part of *Pitta* get absorbed from *gomaya* through smeared banana leaves. The crystals of *Ras Parpati* do not get digested at stomach level and it produces a local effect on the *Grahani* organ which is the place of *shashti pitdhara kala*.^[2] In *grahani/ malabsorption* syndrome there is huge loss of potassium ions in the stool, to overcome this loss the use of *kadli patra* in manufacturing of *Parpati* is signified. The reduce *pitta* in *grahani roga* is fulfilled from the cow dung which is rich in *pitta*. Other *Parpaties* are also described according to the complications of *grahani/malabsortion* syndrome. These *parpaties* have high therapeutic value with high potency, less toxicity and

are cost effective preparations. Considering the detail in this paper an honest attempt has been made to have a systemic review.

KEYWORDS: *Parpati, grahani, Parad, Rajyakshma, Purvakarma, Paschat Karma.*

INTRODUCTION

Mercury is the unique metal in metallurgy due to its liquid state it is termed as *Ras* in *Ayurveda*. *Hinguloth Ras* was triturated with *suddh gandhak* till the *chanchalatva* and shining property of *parad* get ended. The *parada* get physically binded with *gandhak* and was transformed into black powder form termed as *kajjali*,^[3] there must be no free visible particles of *parad* in the *kajjali*, this process is also described as *potbandh* of *parad*^[4] and *sagandha murchhna*^[5] of *parda*. This *Kajjali* was exposed to mild indirect heat in *ghrit* smeared heavy base pot and *Parpati* was prepared. *Parpati* become lighter (*Laghu*) and shows its local effects on *grahani* (organ) on internal use.

Etymology

The word *Parpati* is derived from word *parpat/Papad* which means the solid thin flaks on breaking with crackling sounds. Because the powder of drug (*kajjali*) changed into thin flakes so it is named as *Parpati*.^[3]

Synonyms:- Parpat, Parpatika Parpati.

History

Parpati word was first time used by *Nagarjuna* in *Rasendramangla* in 8th century in *kustha roga prkrana* then *Acharya Chakrapani* in 11th century in *Grahani Roga*^[6] then *Ras Ratan sammuchya* in 13th century in *Rajyaksma* and *vidadhi chikitsa vangsena*^[7] in 15th century and *rasnder saar sangrah* in 16th century in *Atisaar chikitsa*,^[8] *bhaishjaya Ratnavali* in 20th century *vijay Parpati*^[9] and in *Ras Jal Nidhi* in 20th century, and in *Ras Tarangani* 19th century and further *Ras Garantha* elaborate it in the similar way.^[10]

Definition:- Parpati is a rasa preparation. The name is derived from the method by which flakes of the compound are obtained *Parpaties* are dark in color they preserve their potency indefinitely and are kept in glass bottles.^[11]

Classification of Parpati^[12]

- *Sagandha* e.g. *Ras Parpati, swaran Parpati, Lauh Parpati*

- *Nirgandhan* e.g. *Shweta Parpati*.

Method of preparation

1. *Purva Karma* (Pre operative)
2. *Pradhan Karma* (Operative Procedure)
3. *Paschat karma* (Post operative procedure).

Purva Karma (Pre operative)

Apparatus Used:- *Lauh Darvi*, spatula, Gas stove fresh cow dung, *kadli patra*.

Ingredients:- *Parad*, *Gandhak*, *Ghrit*, *Bhasma* (According to disease).

Procedure:- A main platform of thick layer of fresh cow dung smeared uniformly on earth was prepared and it was covered with *kadali patra*, *Arka Patra*, *Kutaj Patra*, *erand Patra*, *Plash Patra* which is smeared with *go ghrita*, and other leaves of the same plants which was kept upon the *dravit kajjali*.

***Pradhan Karma*^[13] (Operative Procedure):-** The iron ladle was kept on gas stove and small amount of ghee was smeared on the whole inner surface of the ladle and *kajjali* was poured into the ladle and heated on mild heat till it becomes semisolid it must be stirred continuously so that the material could not catch fire, as it become liquid then it was poured cautiously on the *kadali patra* which was kept above smeared cow dung and then after keeping the another leaf upon this liquid material it was pressed with some round object uniformly in unilateral direction only and the subject was kept for some time for cooling or for some chemical reactions to occur between melted liquid and *kadali patra* for its transformation into *Parpati*.

Paschat Karama:- The covered *kadali patra* was removed and the transformed material was collected and tested for the parameters of *Parpati* according to the literature and then the *Parpati* was washed with *luke* warm water to expel out the fatty content from it.

Tests for *Parpati*:- two types of tests available for *Parpati*

- 1) *Paak kaalin Pariksha* (During manufacturing of *Parpati*)
- 2) *Paak Pashchat Priksha* (After manufacturing of *Parpati*).

Paka of *Parpati* is of three types *Mridu*, *Madhyam*, *Khar paka*.

Paak Kaalin Priksha:-It is after pouring of *kajjali* into the *ghrit* smeared ladle following observation according to *paka*.

Mridu Paka-*Mayurchandrikakaaram* like peacock like lusture (*Bh.Bh.Ratt*^[14]).

MadhyamPaka-*Tailabh* like oily lusture (*Ras Yog Saagar-Tamra Parpati*)^[15]

Khar paka-*Rakatvarnam* like red color (R.T 6/139)^[16]

Paak Paschat Priksha

Mridu Paka-Parpati don't get broken but it gets moulded (R.T 6/139).^[16]

MadhyamPaka-Bhangasach Raupyavat^[18] it is of silver color on breaking and get broken easily. (*Bh. Ratnawali* 8/467).

Khar paka-it becomes hard and red in color (R.T 6/139).^[16]

Precautions

- *Ghrit* should be smeared on ladle in small amount so that *kajjali* could not catch fire.
- If smeared *ghrita* quantity is more *then* the adhesions of *kajjali* take place to ladle and the *Parpati* will not be prepared.
- Mild heat should be given to avoid fire in the ladle.
- Cow dung should be smeared smoothly uniformly in thick layers and *kadali patra* should also smeared with *ghrit*.
- The round smooth object used uniformly for pressing of above placed *kadali patra* and it should be move uniformly in unilateral direction.

Organoleptic Character

Character	Parpat
Color	Black
Appearance	<i>Parpatvat</i>
Odour	Odorless
Taste	Tastless
Form	Thin flaky
Touch	Smooth
Breakability	crispy

Nirmit Parpati properties

1. Left silvery color streaks on breaking
2. Break easily
3. Shiny flaky appearance.

Analysis of *Parpati*

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

Tests

1. Chemical test (Group test)
2. Physico-chemical Parameters^[17]
 - Identification
 - A carbon disulphide extract free from all other materials yields the reactions characteristic of free sulphur(it is done for sagandha *parpati*)
 - Shows test for mercury and other element (According to *parpati*)
 - Loss on drying at 105⁰C
 - pH
3. Particle size
4. Assay for different elements like mercury, gold, silver etc. (According to *parpati*).

***Parpati* uses are of two types^[18]**

1. *Samanya prayog*
2. *Vardhman Prayog*

***Samanya Prayoga*:** - 125mg-250mg mixed with fried jeerak and hingu.

***Vardhman Prayoga*:**-in this dose should be started with 250mg and increased by 125mg daily subsequently up to 1.25gms-1.5gms and then this dose is to be tapered in similar manner up to 250mg (whole course should be completed in 21 days).

***Pathya/Apathya*:**-During the course of *Parpati* Anna, *lavan* and *Jala* should be restricted and cow's milk and *Takra* should be used.

DISCUSSION

1. Pharmaceutical Study:-*Parad* was extracted from *shuddh hingul*^[19] by using *damru yantra*^[20] having yield with 24% (500 gm *hingul* yeilds120gms *parad*) from *shuddh hingul*, *gandhak* was also purified^[21] from *ashuddh gandhak* with yield 90%(500gms yields 450 gms) then *parad* and *gandhak* was triturated for 96 hours and *kajjali* was prepared (200gms *suddh parad* and *suddh gandhak*) with 87.5% yield having specific characteristic of

nishchandrikaran in sunlight, after *potabandha* of *parad* it becomes very light and start to float on water and passed through 200 no sieve. The *Ras Parpati* of 45 gms weight was prepared from 70gms of *kajjali* with 64% yield.

2. Uses of Parpati:-*Parpati* is used almost in the *grahani roga* and its complications in addition to it certain other *Parpaties* are also described in the text which is not use in *grahani* e.g *shweta Parpati* in *mutrakriccha*, *bol Parpati* in *raktapitta*, *tamra Parpati* in *shwasa roga*.

Use of *Swaran Parpati* according to *Bhaishajya Ratnavali*^[22] in *grahani roga* it is used in *sangrahani*, *aruchi*, *arsha*, *rajyakshma*, *chhardi*, *atisara*, *jwara* *rakat pitta*, *kshaya*, *vrishya*, *valipalit* and *netra roga*. According to *Siddh yog sangrah*^[23] it is used as *bala pushti Karak*, *shukra varadhak*, *agni deepak*, *grahani rajyakshma*, *pandu tamak shwasa*. *Lauh Parpati*^[24] used in *asaadhya sangrahani*, *aamdoshaj shool*, *pandu*, *jwara*, *sootika roga*, *atisaar*, *agnimandya plihavidhi*, *bhasmak roga*, *aamvata*, *udavarta*, *sarvkustha*, *vishaj vikaro*, *kamala*. *Panchamrita Parpati*^[24] used in *Grahani*, *aruchi*, *arsh*, *chhardi*, *Atisara*, *jwara*, *rakatpitta* and *kshaya*. *Vijay Parpati*^[24] used in *Kashta Saddhya Grahani vikara*, *Aamaj shool*, *Atisara*, *arsh*, *Yakshma*, *Shotha*, *Kamala*, *Pandu*, *Pleeha*, *Jalodar*, *Parinaanshool*, *Amlapitta Vatarakta*, *Krimi*, *chhardi*, *Kustha*, *Prameha*, *Vishama Jwara*, *Rasayana* and *Vrishya* (*Bhaishajya Ratnavali grahani*). *Abhra Parpati*^[25] in *Ras tantrasaar va Siddha prayoga Sangrah-1* used in *kaphaj kaas*, *kshayaj janya atisara*, *sangrahani*, *Shwasa*, *aruchi*, *Pandu*.

IMAGES OF PARPATI KALPNA



Shodhan of Parad



Shodhan of Gandhak



Shodhan of Gandhak

**Suddh Gandhak****Mixing of Suddh Parad & Gandhak****Kajjali nirman****Kajjali nirman****Heating of Kajjali
PREPARED RASPARPATI****Prepared Parpati**

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