

## CLINICAL IMPORTANCE OF PARPATI KALPANA IN GRAHANI ROGA

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### ABSTRACT

In daily practice, Grahani, one of the Ashta Maha Rogas, is mostly a sickness of the Annava Srotas (Gastro Intestinal Tract). The patient passes watery, dry, thin, and undigested feces with sound as a result of this chronic illness, which is caused by deficiency of the Agni (digestive fire). The primary symptom is frequent, occasionally dry, and occasionally wet movements. Fortunately, Grahani Roga (chronic gastrointestinal disease) can be treated with Parpati Kalpana. Grahani Roga was thought to be incurable before to the creation of Parpati, but it is now curable. Since the eighth or ninth century A.D., the description of Parpati (Parpati Ras) has likely been employed in medicine. In his work Rasendra Mangal, Charya Nagarjuna was the first scholar to discuss the

medicinal application of Parpati and other Rasa concoctions. In the eleventh century, Acharya Chakradutta provided a detailed account of Rasa Parpati in Grahani Chikitsa. Parpati was found to be beneficial in reducing the symptoms associated with Grahani and a number of other illnesses, including Rajayakshma, Kustha, Gulma, and others.

**KEYWORDS:** Grahani Roga, Parpati Kalpana, Agni, Agnimandya, Deepana-Pachana, Malabsorption Syndrome.

### INTRODUCTION

The secret to excellent gut health is a balanced diet and regular exercise. However, bad eating habits, such as consuming junk food or highly processed foods with preservatives, stress, and a sedentary lifestyle, are major contributors to poor absorption, poor digestion, and irritable

bowel, which can result in a number of digestive diseases. These digestive and absorption-related illnesses fall under the general category of "Grahani Dosha" in the Ayurvedic lexicon. One popular and effective treatment for Grahani Roga 1 (chronic gastrointestinal disease) is Parpati Kalpana (Flakes). Grahani Roga was thought to be difficult to cure prior to the creation of Parpati, but it became curable following its formulation. Many Parpati Kalpa, including Swarna Parpati (Rasa Paddhati), 3 Tamra Parpati (Rasa Prakahsa Sudhakar), Vijaya Parpati 5 (Bhaisajya Ratnavali), Panchamrita Parpati (Rasendra Sara 3 Sangraha), Loha Parpati (Rasa Paddhati), etc., are derived from the description of Rasa parpati in Grahani Chikitsa by Acharya 2 Chakradutta.

### **Parpati's Function at Grahani Roga**

Grahani Roga is a sickness where Ama Dosha (undigested waste material) builds up in the body and is expelled in the feces (persistent chronic diarrhea being the major symptom) as a result of Agni (the digestive fire) failing. The primary cause of Grahani Roga (gastro-intestinal disorders) is Mandagni.

Therefore, the administration of Grahani Roga's top priority is mending Agni. Agni provides a Sanskara for the preparation of Parpati. The characteristics that increase appetite are generated from the touch of Agni, Ushna guna, and Deepana. The primary symptom of Mala, Atipravritti, is changed to Samyaka Parvritti by reducing the vitiated Vayu. Because of Deepana, Pachana, and Ushna characteristics, the digestive channels open, allowing thoroughly digested Poshak Rasa to begin to be absorbed. Pandu, Shvayathu, Gulma, Jalodar, and other related symptoms develop in Grahani, Deepana, and Grahi due to inadequate nutrition; the property of Parpati enhances the absorption of nutrients, and iron, copper, and other supplements progressively alleviate the symptoms.

### **The significance of Parpati preparation**

Parpati Kalpana is part of the 25 Parada Bandha, which attempts to regulate the Parada's fragility and movement. Since heat is applied during the Parpati Kalpana technique, heat energy may increase its therapeutic efficacy in treating a variety of GIT disorders. Parpati can be readily scraped out with ghee-smearred leaves, and as ghee is helpful in relieving indigestion, it may work in concert with parpati. Gomaya's influence may improve Parpati's healing qualities (Prabhdev). Parpati is typically black in color, brittle, glittering, and resembles flakes. Parpati is good for Antra Vrana, Antra Shotha, and Durgandha Puresha. It also boosts vigor, luster, and hunger. From youth to old age, parpati is beneficial for a variety

of illnesses. Rasa Parpati is renowned for relieving Grahani, Arsha, Kshaya, and Ajirna, according to Acharya Chakrapani. Two Rasa Tarangini claims that Parpati is helpful in treating Grahani, Arsha, Kshaya, Kamala, Kasa, Pandu with Shvayathu, Jalodara, Bhasmaka, Gulma, 18 varieties of Kushtha, Amavata, Daha, Amlapitta, Atisara, Pliha, Jwara, Matibhrama, Vridha Dosha, Shotha, and is Vrishya.

Table (a) below lists the specific Parpati used in Grahani Roga that is referenced in our Classics. There are many distinct Parpati formulations mentioned in our Classics that have different ingredients and are used in different diseases.

**Table (a)- Specific Parpati used in Grahani roga mentioned in our Classics.**

S. No.	Name of Parpati	Ingredients and Quantity	Dose and Anupana	Indications	References
1.	Rasa Parpati 8	Parada-1 part and Gandhaka-2 parts	1-2 Ratti (125-250 mg) with Takra, Dugdha & Dadima swarasa	Grahani, Chronic Atisara, kasaya, Kasa, Daha, Shotha, Arsha, kamala, Pandu, Agnimandya	Rasa Tarangni (6/140-142)
2.	Panchamrita Parpati 9	Parada-4 Masha Gandhaka-8 Masha Loha Bhasma-2 Masha Abhrak Bhasma-1 Masha Tamra Bhasma-4 Ratti	2 Ratti (250 mg) with ghee, Ksheer, Madhu	Grahani, Aruchi, Chardi, Dushta Arsha, Atisara, Raktapitta	Bhaishajya Ratnavali- rahani (468- 479)
3.	Loha Parpati 10	Parada, Gandhaka, Kanta Loha Bhasma (All equal parts)	1-2 Ratti (125-250 mg) with Sheeta Jala, Dhanyaka and Jeerak kwath	Grahani, Ama Shula Atisara Pandu, Kamala, Pleeha Roga, Agnimandya Bhasmaka Roga, Kustha, Udavarta, Amavata	Bhaishjya Ratnavali-Grahani (444-452)

The duration of Parpati's therapeutic action is referred to as Mandal/Chakra. When used for 36 days, the suggested amount of Parpati is 288 Ratti for G.I.T. ailments, such as Agnimandya, Amlapitta, Atisara, Grahani, and worms of 40 days, 310 Ratti for 60 days, 480 Ratti for 90 days, and 768 Ratti for 90 days. G.I.T. However, it has been recommended for diseases of the hematological system, respiratory system, urogenital system, and metabolic disorders with the addition of a few minerals and herbs. Classics have said that parpati, when combined with the right Anupana, can treat any illness. Two particular Parpati for Chronic Grahani illnesses are Rasa Parpati and Panchamrita Parpati.

#### **Rasa Parpati's role**

If Grahani's morbid state is eliminated, it is the finest medication for all digestive diseases. It is administered in progressively larger quantities, ranging from 2 grams to 15 grams. The patient is only given butter milk or fruit juice as needed during this treatment. 11

### **Pachamrita Parpati's role**

This is an additional medication specifically designed to treat Grahani, particularly in chronic cases. This is an effective treatment for Sprue, chronic colitis, chronic gastrointestinal disorders (Grahani), and chronic diarrhea (Jeerna-Atisara). This eliminates anemia brought on by Grahani Roga, anorexia, and a lack of digestive strength. Malabsorption syndrome, dyspepsia, chronic cough, hemoptysis, arthritis, tuberculosis, and skin conditions are thought to be treated with Panchamrita Parpati. Take two to five grams twice or three times a day with honey, milk, and fried cumin powder (Jeeraka).

According to Acharya Yadav Ji, Panchamrita Parpati is less effective than Saptamrita Parpati, which is made by combining one part Vanga Bhasma and one part Yasadha Bhasma.

Parpati and can be used either by itself or in conjunction with gold preparations for "Antra Kshaya" (intestinal TB). 13. Loha parpati's hepatoprotective qualities include its ability to lower SGOT and SGPT enzyme activity. Therefore, a drug's hepatoprotective effect is probably caused by its capacity to activate microsomal enzymes, which speeds up the elimination of CCl<sub>4</sub>. The combined effects of Lekhaniya, Rasayana, Deepana, Pachana, Raktavardhaka, and Amahara characteristics are responsible for Loha parpati's demonstrated hepatoprotective efficacy. 14.

**Parpati administration:-** Samanya Prayoga and Kalpa or Vardamana Prayoga are the two varieties of Parpati Prayoga.

### **Prayoga Samanya**

- 1) Parpati is administered in divided quantities of 1-2 Ratti together with fried Jeeraka and Hingu. A dietary limitation is not required for these Prayogas.
- 2) The first dosage for Unmada and Apasmara is 8 Gunja daily.

### **Vardamana/Kalpa Prayoga**

1. Increase the dosage gradually to 10 Ratti from a starting point of 2 Ratti (250 mg). 15.
2. Chakrapani states that the initial dosage should be 2 Ratti (250 mg), then progressively raised to 12 Ratti. Two

3. Parpati should be administered in two Kalpa Prayoga sessions. Ratti dose at first, then raise it by 1 Ratti every day or every other day until you reach a daily dose of 10 Ratti. This dosage should be continued until the illness is resolved, at which point it should be lowered by 1 Ratti per day until it is 2 Ratti. The course of treatment may then be discontinued. This process, which takes 40 days to
4. Complete, is standard for all forms of Parpati when used as Kalpa Prayoga. It can be used for 36, 40, 60, or 96 days, depending on the severity of the illness and the patient's level of vigor.

The duration of this 36/40/60/96-day Prayoga is referred to as Mandal/Chakra in terms of Parpati's therapeutic function. The suggested dosage of Parpati for G.I.T. ailments, such as Agnimandya, Amlapitta, Atisara, Grahani, and worms, is 288 Ratti after 36 days, 310 Ratti after 40 days, 480 Ratti after 60 days, and 768 Ratti after 96 days.

**Table (b)**

<b>Kalpa Prayoga</b>	<b>Matra ( 1 Ratti=125 mg)</b>
36 days	288 Ratti
40 days	310 Ratti
60 days	480 Ratti
96 days	768 Ratti

Kalpa Prayoga Matra (Total amount of medication administered and number of days) Kalpa Prayoga Matra (1 Ratti = 125 mg) 36 days 288 Ratti 40 days 310 Ratti 60 days 480 Ratti 96 days 768 Ratti.

**Pathya-Apathya** (Dos and Don'ts) when taking Parpati medication.

### 1. Pathya

Rasa Tarangini lists the following medications that should be consumed during Parpati Sevan: Kakamachi (black night shade),

Patola (pointed gourd), Pugiphal (betel nut), Ardrak (ginger).

Brinjal, Old Shalidhanya, Godugdha with Sharkara, Kadalipuspha (banana flower) Takra (buttermilk) After taking Parpati, Charaya Chakrapani suggested consuming a lot of betel nut throughout the day. On the third day, the patient is permitted to consume meat, milk, and ghee, and they should drink water first thing in the morning.

### 2. Apathya

The following medications are not recommended during Parpati Sevan in Rasa Tarangini  
Drinking water from a river or well Amla Sevan (consuming sour foods) Shita Vayu Sevan (exposure to cold winds), Shita Jala Snana (cold water bath), and Krodha (anger) Chinta (Tension) Tikta Dravyas, such as Nimba (bitter medications), and Ushna Dravya Sevan (consumption of hot items) Jaggery and other sweet compounds ■ Stree Sambhashana (sexual activity) ■ Anupa Mamsa (frozen/aquatic meat)

## DISCUSSION

Since ancient times, metallic medicines have been widely used throughout the Indian subcontinent and have a prominent role in the Ayurvedic pharmacopoeia. Rasaushadhies are prepared with parada, which is an essential component of Rasa Shastra. It is safe and appropriate for therapeutic usage thanks to traditional processes like Shodhana (purification), Marana (incineration), etc. The Ayurvedic Lexicon has detailed instructions that can be used while making Rasaushadhies. When utilizing Rasaushadhies, a lot of focus has been placed on Anupana since without the right Anupana, negative reactions are likely to occur. Therefore, when produced according to traditional guidelines, Parpati Kalpana and other mercurial compounds can be administered efficiently. Jatharagni (digestive fire) resides in the organ Grahani. It takes in the meal and releases the food that has been broken down. across the lumen's sidewalls to the subsequent Ashaya, or Pakvashaya. Within strange circumstances brought on by Agni's malfunction, it gets vitiated, causing indigested food to be released and ferment. It functions in the body like poison, i.e. Ama. Ama Utpatti results in Dosha Grahani. Agnimandhya plays a significant role in the Grahani Roga's pathogenesis. This is consistent with symptoms such as Atishrusta Mala Pravritti and Vibaddha, Jwara, Udgara, Arochaka, etc. Being Parpati Kalpana prepared by fire, with Gomaya in its preparation makes it appropriate for fixing issues with Agni. Saptamrita, Panchamrita Parpati, and Rasa Parpati The Ayurvedic Lexicon describes parpati as a remedy for Grahani Roga.

## CONCLUSION

Under the name Rasa Parpati, Parpati was first developed in the eighth century. Particularly in Grahani Vikara, Parpati, a kind of Parada Moorchna, has the ability to alleviate illness. It is a prestigious Rasa Shastra preparation for Grahani management. Due to temperature and titration, numerous studies have demonstrated that sulfur and mercury are more free in Kajjali than in Parpati, making Parpati a safe, efficient, and advantageous medicinal substance.

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