

A REVIEW ON KUPIPAKWA RASAYANA IN THE MANAGEMENT OF DYSPNOEA

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ABSTRACT

Ayurveda pharmaceuticals deals with a branch termed as Indian alchemy where metal, mineral and other origin drugs are employed for preparation of formulations. These formulations are basically divided as Khalviya yoga, Parpati yoga, Kupipakwa yoga and Pottali yoga. These Kupipakwa yogas are also termed as sindura kalpa owing to the colour of the end product. A literary search through the literature of Rasashastra has put light on the use of Kupipakwa yoga for management of shwasa. Kupipakwa rasayana are murchita parada yogas that act as rasayana and also useful in managing an array of ailments including shwasa (dyspnoea). Different sindura kalpas are indicated in shwasa (dyspnoea) like Shadguna Rasasindura, Malla sindura, Tala sindura, Shila sindura, Sameerapannaga rasa, etc. These

sindura kalpas not just act as vyadhi nivarakata (relieving the disease) but also have dhatu poshaka (nourishment to tissues), and rasayana property. Due to the combination of purified mercury and sulphur i.e., kajjali with other calyx of metals the formulations will be effective in alleviating the aggravated constituents of the body and also replenish and repair the body tissues.

KEYWORDS: Kupipakwa rasayana, Shwasa, Rasashastra, Parada.

INTRODUCTION

Kupipakwa rasayana are one of the murchita parada yoga that have wide therapeutic indications and are safe as they are jarita parada preparations. The terminology 'Kupipakwa' itself denotes the pharmaceutical processing that is involved in these preparations by heating

in glass bottle. The products thus obtained are preferred and frequently used remedy by the Ayurveda physicians.^[1]

Shwasa roga is classified into five subtypes by Charaka, Sushruta, Astanga Hrudaya, Astanga Sangraha and Madhava Nidana as Maha shwasa, Urdhwa shwasa, Chinna shwasa, Tamaka shwasa and Kshudra shwasa. Shwasa roga is characterized predominantly with difficulty in breathing. Majority of causes are related to vata and kapha aggravation. These nidanas causes aggravation of Kapha, in turn causing obstruction to movement of Vata resulting in Shwasa kruchratha manifesting as Shwasa roga. Prana and Udakavaha srotas are chiefly involved in pathogenesis.^[2]

A literary review through the literature of Rasashastra has put light on various Kupipakwa rasayana indicated for the management of Shwasa.

Table 1: Kupipakwa yoga indicated in Shwasa.

Sl. No.	Name of the Yoga	Name of the ingredients	Dose	Indications with Anupana
1	Rasa sindura (Shadguna) ^[3]	Shuddha Parada (Purified Mercury)- 1 part Shuddha Gandhaka (Purified Sulphur)- 6 parts	1-2 ratti (125mg to 250mg)	Kasa (cough), Shwasa (dyspnoea) along with Madhu (honey)
2	Siddha Makaradhwaja ^[4]	Shuddha Swarna (Purified Gold)- 4 parts Shuddha Parada (Purified Mercury)- 8 parts Shuddha Gandhaka (Purified Sulphur)- 16 parts	½ -2 ratti (62.5mg to 250mg)	Kasa (cough), Shwasa (dyspnoea), Yakshma (Tuberculosis)
3	Swarnavanga ^[5]	Shuddha Vanga (Purified Tin)- 1 part Shuddha Parada (Purified Mercury)- 1 part Shuddha Gandhaka (Purified Sulphur)- 1 part Shuddha Navasagara (Purified Ammonium chloride)- 1part Kalmisora (Potassium Nitrate)- 1/8 th part	1-2 ratti (125mg to 250mg)	Kasa (cough), Shwasa (dyspnoea), Dhatuksheenata (emaciation of body tissues)
4	Sameerapannaga rasa ^[6]	Shuddha Parada (Purified Mercury) Shuddha Gandhaka (Purified Sulphur) Shuddha Somala (Purified Arsenious oxide) Shuddha Haratala (Purified	½- 2 ratti (62.5mg to 250mg)	Kasa (cough), Shwasa (dyspnoea), Jwara (fever) with Ardraka rasa (juice of <i>Zingiber officinale</i>), Nagavalli swarasa (juice of <i>Piper betle</i>)

		Orpiment) Shuddha Manashila (Purified Realgar)- all equal parts		
5	Malla sindura ^[7]	Shuddha Somala (Purified Arsenious oxide) - 1 part Shuddha Parada (Purified Mercury) - 2 parts Shuddha Gandhaka (Purified Sulphur)- 2 parts	¼- ½ ratti (31.25mg to 62.5mg)	Kasa (cough), Shwasa (dyspnoea) along with Madhu (honey), Pippali (<i>Piper longum</i>)
6	Tala sindura ^[8]	Shuddha Parada (Purified Mercury)- 2 parts Shuddha Gandhaka (Purified Sulphur)- 2 parts Shuddha Tala (Purified Orpiment) - 1 part	1-2 ratti (125mg to 250mg)	Kasa (cough), Shwasa (dyspnoea), Kshaya (Pthisis), Urahkshata along with Madhu (honey), Ghrita (ghee)
7	Shila sindura ^[9]	Shuddha Parada (Purified Mercury)- 2 parts Shuddha Gandhaka (Purified Sulphur)- 2 parts Shuddha Shila (Purified Realgar) - 1 part	1-2 ratti (125mg to 250mg)	Kasa (cough), Shwasa (dyspnoea) along with Madhu (honey)
8	Manikya rasa ^[10]	Shuddha Parada (Purified Mercury) Shuddha Gandhaka (Purified Sulphur) Shuddha Shila (Purified Realgar) Naga bhasma (Calyx of lead)- all equal parts	½- 1ratti (62.5mg to 125mg)	Kasa (cough), Shwasa (dyspnoea), Dhatuksheenata (emaciation of body tissues)
9	Swarnabhupati rasa ^[11]	Shuddha Parada (Purified Mercury)- 1 part Shuddha Gandhaka (Purified Sulphur)- 2 parts Tamra bhasma (Calyx of Copper)- 1 parts Abhraka bhasma (Calyx of Mica)- 1part Loha bhasma (Calyx of Iron)- 1part Kantaloha bhasma (Calyx of Iron)- 1part Rajata bhasma (Calyx of Silver)- 1part ShuddhaVatsanabha (Purified <i>Aconitum ferox</i>)- 1part	1-1½ ratti (125mg to 187mg)	Kasa (cough), Shwasa (dyspnoea), kshaya (Pthisis) with Ardraka rasa (juice of <i>Zingiber officinale</i>), Pippali (<i>Piper longum</i>), Madhu (honey)
10	Panchasuta rasa ^[12]	Shuddha Parada (Purified Mercury)- 2 parts Shuddha Hingula (Purified Cinnabar)- 4 parts Shuddha Somala- 1 part Shuddha Gandhaka (Purified Sulphur)- 2	½ ratti (62.5mg)	Kasa (cough), Shwasa (dyspnoea), Phupphusavarana Shotha (inflammation of lung tissues) with Madhu (honey), Tulasi rasa (juice

		parts Rasasindura (Sulphide of Mercury)- 3 parts Rasa Karpura (Per chloride of Mercury)- 4 parts		of <i>Ocimum sanctum</i>), Vasa patra swarasa (juice of <i>Adhatoda vasica</i>)
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DISCUSSION

The sindura formulations are said to be highly potent. Rasasindura, due to the action of it especially on the lungs and trachea, giving it with kaphaghna (anti-phlegm) medicines, the dushita kapha (phlegm), which has accumulated, comes out easily. Therefore, the use of rasasindura is beneficial in case of phlegm-predominant diseases, pneumonia, influenza, respiratory disease, chronic phlegm.

Mallasindura is sharp and fiery. It has a stimulating effect on the lungs, air ducts and heart. This rasayana is used on doshas and vataprakopa caused by kapha (phlegm) and ama vrudhi. Mallasindura reduces phlegm and ama also gives relief in the disease.

Tala Sindura has Kaphaghna and Jantughna properties, this rasayana helps in the purification of lungs and srotas, quenching of heat and destroying germs, in the first or second stage of shwasa, kasa and kshaya.

Shila sindura, the main drug in this rasayana is Manashila. Manashila is guru (heavy), varnya, saaraka (movement), ushna (hot in potency), lekhana (scraping action), with katu, is bitter, and snigdha and is the destroyer of poison, shwasa, kasa, bhuta badha and blood disorders. Due to these qualities and kaphaghna guna it dries up the kapha in nadi and reduces shwasa and kasa.

Sameerapannaga, without irritating the mucous membrane inside the trachea and pleural sacs, secretes phlegm and helps to strengthen the components of that place when the dosha is removed. The use of Sameerapannaga destroys the ulcers or wounds produced in the trachea, if it becomes phlegmatic or vatya, by causing phlegm. For this reason, Sameerapannaga is used well when there is predominance of vata and kapha in chronic or kapha-adhesive disorders.

In cases of restriction in exhalation due to accumulation of phlegm in the airways; by giving Panchsuta rasa in case of sluggishness of breath, broken breathing, abnormal pulse rate, etc., it easily purifies the nadi by drying the phlegm collected in the airways.

But Sameerapannaga's work is just the opposite. Sameerapannaga helps in giving power to the trachea to induce phlegm and to throw out the phlegm. Apart from this, the work of Sameerapannaga is also done on the air vessels.

Panchsuta rasa is used in phlegmatic respiratory disease. But it is harmful to use it in the respiration of dry kasa. The absorption of phlegm from Panchsuta increases breathing. By opening the phlegm from Sameerapannaga, the speed of breathing decreases. If there is a symptom of excessive cough and jadata in sleepiness and unconsciousness, then giving Panchsuta is beneficial.

CONCLUSION

These rasayanas act as vyadhinivarakata (relieving the disease condition) and dhatu poshaka (nourishment to tissues), ayuvardhaka (increases life span). Due to the combination of purified mercury and sulphur i.e., kajjali with other calyx of metals with different properties like gold, etc. the formulations will be effective in alleviating the aggravated constituents of the body and also replenish and repair the body tissues.

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