

REVIEW ON ARKAPRAKASH

Darshan D. Fursule^{1*}, Piyush K. Gandhi² and Rajesh K. Ingole³¹PG Scholar, Dept. of Rasashastra, Govt. Ayu. College, Nanded, Maharashtra.²Associate Professor, Dept. of Rasashastra, Govt. Ayu. College, Nanded, Maharashtra.³HOD, Professor, Dept. of Rasashastra, Govt. Ayu. College, Nanded, Maharashtra.Article Received on
21 Sept. 2021,Revised on 11 October 2021,
Accepted on 01 Nov. 2021

DOI: 10.20959/wjpr202113-22262

Corresponding Author*Dr. Darshan D. Fursule**PG Scholar, Dept. of
Rasashastra, Govt. Ayu.
College, Nanded,
Maharashtra.

ABSTRACT

Rasashastra and bhaishajyakalpāna is a branch of ayurveda science where there is mentioning about different medicine forms in metal, mineral, herbo-mineral etc. While *rasashastra* deals with metals and minerals, *bhaishajyakalpāna* deals with mostly preparation of herbal drugs or herbo-mineral drugs. In *bhaishajya kalpana* various medicinal forms (*Kalpanas*) are mentioned like *swarasa kalpana*, *kalka kalpana* etc. Similar *arka kalpana* also comes under the umbrella of *bhaishajyakalpāna*. *Arka kalpana* is thoroughly explained by *lankapati raavana* in the *arkaprakash samhita*. He has written various *arkas* of different herbal drugs and its therapeutical usage in various diseases. Present paper will highlight the framework of *arkaprakash* providing

the information about the author, text, peculiarities etc. It will also throw a light towards the contribution of *arkaprakash* in the field of *ayurveda*.

INTRODUCTION

Rasashastra is a branch of ayurveda which deals with the preparation of the formulations from metals and minerals origin. Whereas *bhaishajyakalpāna* is a branch of ayurveda which deals with the formulations from herbal or herbo-mineral origin. In *bhaishajyakalpāna* various *Kalpanas* or forms of medicine are written thoroughly. Among these *arka Kalpana* is used when there is need for *agni tatva* and *vaayu tatva* which gives *tikshnatva vyavayitva* and *vikasitva* property (Fast action & targeted action) to the drug which can be used in treating many a disease in short duration. *Arkaprakash* is a classical textbook in which *lankapati raavana* has described various methods to extract the *arka* from various herbal drugs and its therapeutic uses as well. If this text is written in *raavana kala* it gives the significance of *arka chikitsa* in (*Tretayug*) that period of time. Treating different diseases with the help of

different *arkas* is mentioned in this book. Sometimes *arka* as a main drug, sometimes as an *anupana* (Supporting) is also used. *Arkas* can also be used for the processes like *shodhana*, *marana*, *mohan*, *vashikarana* etc. According to this book.

About the author, Period and Chapters

Arkaprakash is basically the conversation between *lankaapati raavana* and his wife *mandodari* where *lankaapati raavana* is explaining the importance of *arkakalpna* to his wife *mandodari*. Hindi translation of *arkaprakash* was firstly written by pandit mukundraamji but he did not introduce himself or didn't gave any proof of his birth location and birth parents anywhere in the text.

This *Arkaprakash* hindi commentary is written by Dr. Indradev Tripathi by choukhamba krushnadas academy Varanasi.

Editor Publisher and Commentaries

The book is edited by Dr. Indradeva Tripathi and published by choukhamba krushnadas academy Varanasi. Its second edition was published in 2006 year. This particular edition is taken into granted for writing this article.

Contents of this text

Dr. Indradeva Tripathi has named each chapter in the name of *shatakam* (century). Total 11 *shatakas* encompasses in the *arkaprakash grantha*. The text sounds good as far as its grammatical and literary aspects are concerned, which reveals the authors great spirit in literary display. A list of detailed contents of *arkaprakash* is listed below as per the chapters.

Pratham shatakam

1 st chapter commences with the saluation to *bhagvaan mahadev*, followed by the conversation of *lankaapati raavana* and his pregnant wife *mandodari*. Where she asks *lankaapati raavana* about the reason behind her illness so that she was even unable to speak after the pregnancy. Author then explains classification of *aushadhis* (*lata*, *gulma*, *shakhi*, *vriksha*, *prasar*), its *lakshanas*, *prayojyangani*, *rasa*, *guna* etc. Further he explains 5 types of *aushadhi kalpa* and salience of *arka Kalpana*. He further explains the different types of methods to extract the *arka* from various drugs, *arkayantra nirmana vidhi*, he also told the method for preparation of *arkayantra* from *jirnaasthi* (Decomposed bones), *yantra nirmana* for extraction of *arka* from *visha*. He then elaborates concepts like *arka Vaidya prashansa*

(*Supremacy of arka Vaidya*), *prashasta arka lakshana* (Properties of perfectly prepared arka), *arkasevan vidhi* (Consummation of arka procedure), its *doshas*. He also explains *shat-agni* (Six types of agni), time to give *agni* for *arka-nissarana* (Time required for arka extraction), *arka panottar karma* (Procedures to perform after intake of arka), *rogoddharakchakra koshthakam* to decide *sadhyaasadhyata* of disease.

Dwitiya shatakam

2nd chapter contains explanation about *panchavidha aushadhi* (five types of drugs), dosage of *arka*, procedures to extract arka from hard /very hard/moist/*sadugdha dravyas*. He also explains procedures to extract *arka* from different *vargas* like *phalavarga*, *kashthavarga* etc., *shankhadrava*, *madya nirmanvidhi* from cereals etc. he has explained 11 types of *madya* from cereals. Further explains the method of onion & garlic *nirgandhikaran* (de-smelling). Properties of *arka* prepared from *madak dravyas*. He further tells the importance of *arka* *gandhakavaasanaa* (importance of *arka* *dhupanvidhi*) for *vatadi dosha* *prashaman* with *mahishakshadipanchaka*. (guggulu, raal, sarjaras, Krishna agaru, lavanga.)

Tritiya shatakam

3rd chapter contains the explanation about the different herbal drug *arkas* and its properties/*gunas*. He further tells their use in different *vyaadhis*/ diseases. Eg. *Hariytakyadi varga arkaguna*

Total 196 *dravyas* and their *arka gunas* are mentioned in this chapter.

Chaturtha shatakam

4th chapter contains the information about *shat-rasa* (six types of taste), *paribhasha* (definitions) 28 *vargas*, *dhanyavarga*, *pashuvarga*, *madhuvarga*, *pakshivarga*, *matsyavarga* etc. *Arka* and their uses while treating diseases. He further explains the 8 types of *madhu* (honey) 12 types of *ikshu* (sugarcane), *manushya mans arka guna* (*arka* prepared from human meat) etc. He also wrote procedure and rules for *arka sevana* (intake) as per different seasons (winter/summer/rainy).

Pancham shatakam

In 5th chapter explanation about many diseases and their treatment with *arka* is mentioned. eg. *Shitjwarahar arka*, *atisarhar arka*, *sannipathar arka* etc. like such total 91 diseases and their treatment with the *arka kalpana* is mentioned in this chapter.

Shashtham shatakam

6th chapter includes explanation about *arkas* in the treatment of 31 no of diseases like *galaganda*, *granthi*, *arbuda* etc. He also mentioned about the procedures about *garbhanashak karma*, *garbharaksha vidhi*, *shitala jwara* and its treatment through *arka*.

Saptam shatakam

In 7th chapter explanation about *keshroga*, *mukharoga*, *gudaroga* etc. and their treatment with the help of *arka* from different herbal drugs. Here he tells 54 no of *arka yoga* for treating different types of diseases. Further he explains *vishanashak arka* as well.

Ashtam shatakam

8th chapter contains the information about the *vashikarana vidhi*, *buddhistanbhan vidhi*, *vidveshana vidhi*, *adrishyakarana vidhi* etc. total 28 types of such *vidhis* comes under this chapter.

Navam shatakam

9th chapter is all about the information about all the *dhatuwarga*, *upadhatuwarga*, *ratnavarga*, *rasavarga*, *uparatnavarga*, etc. this chapter tells about different *ganas* like *vaman gana*, *Ranjan gana*, *netrya gana* etc. total 54 no of such *ganas* are also mentioned in this chapter.

Dasham shatakam

10th chapter concludes the *arkaprakashsammhita* with the information of *uttam Swarna lakshana*, *dhatu shodhana maarana vidhi*, *parada sanshodhan vidhi*, *daradasya sanshodhanvidhi*, *gandhakasya shodhan vidhi* etc. regarding *dhatu shodhan maranavidhi* different method of *shodhana maranba vidhi* of *dhatuwarga* is mentioned than other classical textbooks of *rasashastra*. We can understand that from the period of this book which is far long ago than other classical textbooks of *rasashastra*.

Tailawarga	Amla warga	
Takrawarga	Pushpa warga	
Dhanya kwatha	Rakta warga	Heating and quenching of metals in each of this for 10 times.
Mutrawarga	Phala warga	
Tailawarga	Dugdha warga	
Katuka rasa	Arka warga	

He further tells about aveshtan dravyas, abhrakasya guna, hartal shodhan maran vidhi, manashila shodhanvidhi, karpar shodhanvidhi, uparas shodhan vidhi, ratna marana vidhi, visha shodhan vidhi.

CONCLUSION

Arkaprakash can be considered as the most authentic book written on the *arkakalpana* and its practical approach while treating various diseases. The book throws the light on *arka Kalpana*, its uses in metallurgy, therapeutical use in various types of diseases.

REFERENCES

1. Dr. Indradev Tripathi. Arkaprakash. choukhamba krushnadas academy, Varanasi, 2006;
- 2.