

TALASINDURA – A LITERARY REVIEW**Dr. Sumana Patavardhan K. S.^{*1}, Dr. Sangeeta Rao² and Dr. Vikram S.³**

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ABSTRACT

Ayurveda, the “science of life” includes herbal, mineral and animal products in the treatment of diseases. These products may also contain certain toxic elements, which when prepared with certain methods, turn as miraculous drugs devoid of their toxicities. One such preparation is Talasindura, whose main ingredient is Shodhita Haratala. It is prepared with a special procedure called Kupipakwa method where due to the sublimation process, the end product is collected at the neck or the base of the specially prepared glass bottle. Usually, the procedure is carried out for 36 to 48 hours of closed heating since Haratala has a high boiling point and requires time to sublime. The end product is the Sindura Varna Talasindura, which is a very good Rasayana as well as Kasashwasahara, Kushtaghna and

Vishaghna. An attempt has been made here to enumerate the different types of Talasindura mentioned according to the classical texts of Rasashastra.

KEYWORDS: Talasindura, Kupipakwa, Haratala, Kachakupi, Rasasindura, Talachandrodaya.

INTRODUCTION

Ayurveda is known as the “science of life.” Apart from dealing with a huge number of diseases along with their causes and treatments, it also teaches the “art” of living physically,

mentally and spiritually. On the therapeutic front, it explains about preparing medicines from the locally available herbs, metals and minerals and even animal products.

Rasa Shastra is a part of Ayurveda dealing with formulations using compounds of metals and minerals. These metals and minerals are subjected to various pharmaceutical processes to get rid of their toxicities and make them therapeutically more potent. Based on the method and the instruments used for preparing them, these medicines are classified into four main categories as Kharaliya, Parpati, Pottali and Kupipakwa Rasayanas.

Talasindura is one such example of a Kupipakwa Rasayana preparation.

MATERIALS AND METHODS

The first reference of Kupipakwa method of preparation may be traced from a 13th Century book, “Rasaprakasha Sudhakara” written by Yashodhara. Here, a Kajjali of Shuddha Parada and Shuddha Gandhaka or other Rasadravyas is kept in a specially prepared glass bottle and sublimated to get a product known as Sindura.

Talasindura is one such product whose main ingredient is Shuddha Haratala. In the classical compiled text of “Rasayoga Sagara”, around nine references of Talasindura have been described. Although all the nine preparations are Kupipakwa preparations and use Valuka Yantra as their main instrument, the difference lies in the ingredients, their proportion and the Bhavana Dravya used. An attempt is made here to enumerate all these nine types of Talasindura along with their ingredients and indications:

Table I: Compilation of various references of Talasindoor(TS).

Sl. No	NAME/ Synonym	Ingredients and Quantity	Method of Preparation	Yantra and duration	Indications
1	TS-1/ Manikya Rasa ^[1]	Sh.Darada, Sh.Gandhaka, Sh.Haratala	Kajjali – Mardana with Kumari Rasa and Palashapushpa Swarasa – 7 days each	Valuka Yantra – 3 days	Kushta, Atisara, Vataroga, Gridhrasi, Apachi, Samsargaja Roga
2	TS-2 /Rasa Sindura ^[2]	Equal parts of Sh.Parada, Sh.Gandhaka, Sh.Haratala, Sh.Tankana with equal parts of Sh.Navasagara	Kajjali, 7 Bhavana each with Nagavalli Rasa, Arkamula, Ardraka, Chinchamula, Lashuna, Triphala Sara and Nagavalli Sara. Tied in two	Valuka Yantra – 5 days DOSE: 2 Ratti	Kushta, Sannipata Kasa, Udaraja Vyadhi, Pancha Gulma, Jwara, Grahani, Pandu, Vataroga.

			layers of cloth and dried in shade.		
3	TS-3 /Rasa Sindura ^[3]	Sh. Parada – 6 parts, Sh.Malla – 1 part, Sh.Gandhaka – 1 part	Blue coloured Kajjali	Kacha Kupi – 2 days	Pavana Kaphahara
4	TS-4 ^[4]	Sh.Haratala – 1 part, Sh.Manahshila – 1 part	Mardana with Raktakarpasadrva for 3 days	Musha – 7 times Putra – Indragopa Samaprabha Sindura	With Narikela Rasa – Vatashleshma; With Hareetaki Churna – Swasa, Kshaya; Unmatta Sara- Krimi, Kushta
5	TS-5 ^[5]	Sh.Parada – 4 parts, Sh.Gandhaka – 4 parts, Sh.Haratala – 1 part, Sh.Manahshila – ½ part, Sh.Tankana – ½ part, Sh.Navasagara – ¼ part	Kajjali – Mardana in Khalwa Yantra, then Mardana with Raktavarna Shaaka Vriksha Drava	Valuka Yantra – 48 hours. Dose: 1 Gunja	With Sharkara, Madhu and Pippali - Panchakasa, Panchaswasa
6	TS-6 /Tala Chandroda ya ^[6]	Sh.Haratala (Shodhana by Swedana with Kushmanda), Mardana with equal parts of Sh.Parada which is Bubhukshita with Jeerna Swarna, Sh.Gandhaka – 2 parts, which has undergone Shodhana with Ghrita.	Mardana – Kajjali for 3 days	Sthaliantra or Valukayantra – 3 days - Teekshnagni	Kushtadi Roga, Atula Prabhava
7	TS-7 /Tala Chandroda ya ^[7]	Shadguna Gandhaka Jaarita Parada, equal part of Sh.Gandhaka, equal part of Sh.Haratala	Nilavarna Kajjali	Kachakupi – 1 day (from Suryodaya to Suryasta), Teekshnagni	Dose – 1 Ratti in Gnaata or Agnata Vyadhi
8	TS-8 /Tala Chandroda ya ^[8]	Parada which has undergone 100 times Jarana with Shadguna Gandhaka, equal parts of Sh.Gandhaka and Sh.Haratala	Kajjali	Kachakupi – Teekshnagni for 4 hours.	Dose: 1 to 2 Ratti, in all diseases.
9	TS-9 /Tala Chandroda ya ^[9]	Bhallataka Taila Shodhita Haratala, Gandhaka cooked in Bhallataka Taila - equal quantity	Nilavarna Kajjali	Kachakupi, Valuka Yantra – 4 days	Dose: 1 Ratti Vatapitta Janita Roga and Samasta Kushta

DISCUSSION

Kupipakwa products outstand other methods of Rasa preparations in terms of their quicker action, smaller dosage, higher potency and increased shelf life.

Talasindura is a Kantastha, Bahir Dhuma method of Murchita Parada Yoga wherein the Kajjali is placed in Mritvastralepita Kachakupi and subjected to graded heat for a specified period of time. The resulting reddish coloured product is called as Talasindura.

On reviewing the ingredients of different Talasindura preparations, almost all the nine types commonly contain Sh.Parada, Sh.Gandhaka and Sh.Haratala. Arsenic in the form of either Sh.Haratala, Sh.Manahshila or Sh.Malla is present, which is well known for its Ushna, Teekshna Guna. When given along with Sh.Parada and Sh.Gandhaka, the formulation acts as very good Kasashwasahara, Kushtaghna, Vishaghna and Rasayana.

Overall, Talasindura is a very good Rasayana because of its main ingredient Sh.Haratala, so wherever the Talabhasma or Talapushpa is indicated, Talasindura can be used instead since it is less Ugra compared to them. Usually, it is recommended to consume more of Ghrita in the diet when taking Talasindura and to avoid oily, salty, spicy, sour and sweet foods.

The only precaution to be taken while administering Talasindura is the dosage and also, it is not advisable to use at the initial stage of Kshaya where there is still dry cough. If at all it is to be used at this stage, it should be given with Pravala Pishti. Once the Kaphasrava starts, it can be given with Shrunga Bhasma and Mishri.^[10]

Talasindura can also be used instead of Mallasindura in cases of Vrukka Vikara due to Vata Prakopa and Kapha Prakopa.

In addition to these different references of Talasindura, one important Kupipakwa preparation of the same combination of ingredients, i.e., Sh.Parada, Sh.Gandhaka and Sh.Harata, is Talaka Rasayana. But the difference here is that instead of Valuka Yantra, Lavana Yantra has been indicated. Also, it is to be given with Jatiphala, Lavanga, Pippali and Madhu.

Here, the process of Kupipakwa method can be understood as sublimation of Sh.Parada and other components while Sh.Gandhaka will escape as fumes, even though it imparts its therapeutic properties to the preparation.

CONCLUSION

From the above table, we can see that there is variations in the names of the same preparation “Talasindura” as Manikya Rasa, Rasasindura, Talachandrodaya, etc., These names describe the colour of the final product in the Kachakupi, i.e., Manikya Rasa because it is of the colour

of Manikya and Rasasindura because of the colour of Sindura. Talachandrodaya is the name given to the preparations containing Suvarna Bubhukshita and Gandhaka Jarita Parada predominantly. Also, most of the references of Talasindura use Kachakupi and Valuka Yantra for the process and minimum duration is for 2 days. It can be noted that the TS-4 variety of Talasindura does not contain any Kajjali of Sh.Parada and Sh.Gandhaka and uses just the Musha and Puta method for the process. Even with Valuka Yantra and Kachakupi also, the duration of the Paka differs. Based upon all these factors, i.e., the ingredients, the proportion of the ingredients, the Bhavana Dravyas used, the duration of Mardana, the Yantra used, the duration of Paka and type of Agni, Acharyas have specified different indications for each type of Talasindura. Hence, it depends on the Yukti of the Vaidya to use the respective preparation method of Talasindura while treating that particular Vyadhi indicated against it.

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