

**REVIEW ON DIFFERENT PHARMACEUTICAL METHODS OF RASA  
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**ABSTRACT**

Rasa shastra explained about various Rasaoushadi's, contributed in treating numerous diseases, among such Aushadhis Rasa manikya is one of the popular medicines prepared from shoditha Haratala is one of the effective medicines, frequently used by Ayurvedic physicians for Vata-Kaphaja disorders like Kasa, Shwasa and Kusta (skin disorders). The patra Haratala is subjected to different shodhana procedure in different media and then used for the preparation of Rasa manikya. Various preparatory methods of Rasa manikya are in practices which are prepared both classical and adopted methods with different techniques. Present article emphasizes different methods of preparations of Rasa Manikya mentioned in classical texts of rasa shastra and other newly adopted methods.

**KEYWORDS:** Classical method, Adopted method, Rasa Manikya.**INTRODUCTION**

Ayurveda is considered as one of the traditional systems of medicine accepted worldwide. Amongst the many concepts of Ayurveda, the concept of rasa shastra is one of the prime importance which helps in the management of different diseases. Rasashastra merely deals around mineral, metal and herbomineral formulations.<sup>[1]</sup> Rasa manikya is one of the famous rasaoushadi described in various rasa classics, made out of suddha Haratala. It is named such as its final product colour resembles like manikya (Ruby). Haratala is one such drug which is categorized under uparasa varga dravya and is considered as toxic as it is an arsenic

compound.<sup>[2]</sup> Haratala is used in the field of Rasa Shastra especially in the treatment since the beginning of pre-historic period. There are not many controversies regarding the identification of 'Haratala' as it is equated with the 'Orpiment' from the aspect of modern mineralogy. Haratala is widely used in various forms (Shodhita, Bhasma and Rasamanikya). There are many preparations in Rasa Shastra prepared just by changing the nature of a compound, yields different and better results than the original drug. One among them is Rasa Manikya which is a light micro fine powder, prepared by processing Haratala.<sup>[3]</sup>

### **Classification of haratala according to classical texts**

- 1. Patra haratala-** The patra Haratala will have the shade of golden colour (Suvarna varna); it will be dirt-free (vimala), heavy (guru) and lustrous (mahojjvala); it possesses noticeable thin layers (tanu-patra) and will be soft (snigdha) to touch. This variety of haratala is fit for therapeutic use.
- 2. Pinda haratala-** The pinda haratala will be lustreless (nisprabha); it possesses very less or no sattva (essence); it does not contain any layers but comes in the form of 'Pinda' (single mass); it will not be heavy but light in weight. This variety of haratala is unfit for therapeutic purposes.

### **Shodana of haratala mentioned in classical text books of rasa shastra**

#### **1. According to rasa ratna samucchaya**

The roughly pounded 'Patra Haratala' is tied in a pottali and subjected for 3 hours (one yama) of swedana in dolayantra by keeping kusmanda swarasa or tilaksara jala or curnodaka as liquid media. Later the drug is dried and stored in airtight container as suddha Haratala.

#### **2. According to rasa tarangini**

The fine powder of the Patra Haratala is subjected for 7 bhavanas with curnodaka to purify haratala. Later the drug is dried and stored in airtight container as suddha Haratala.

## **MATERIALS AND METHODS**

### **Different methods of preparation of rasa manikya**

#### **1. Classical methods**

Many methods have been explained in our texts for the preparation of Rasa Manikya in different ways.

**Table No. 1: Classical methods of rasa manikya preparation.**

Sl. No.	Reference	Method of rasa manikya preparation
1	Rasendra Chintamani (Ra.Chin 9/128-133)	Sharava samputa
2	Rasendra Sara Sangraha (Ras.Sa.San 1/182)	Sharava samputa
3	Rasa Tarangini (Ra.Ta 11/83-89)	Keeping Abhrakapatra in Valukayantra
4	Rasa Tarangini (Ra. Ta 11/90-93)	Keeping in between Abhrakapatra

## 2. Adopted methods

Later during the course of time many acharyas of rasa shastra depending on their experience developed some other methods of preparation of rasa manikya prepared out of shodhita patra haratala which are easy and better to prepare in terms of resemblance to classically prepared one.

**Table No. 2: Adopted methods of rasa manikya preparation.**

Sl. No.	Methods	Reference
1	Glass Bottle method	Commonly practiced (Rasendra Sara Sangraha)
2	Kupipakwa method	Bharatiya Rasa Shastra
3	Electric Bulb Method	IPGT&RA, Jamnagar

### 1. Rasa manikya preparation as mentioned in rasa tarangini

- A. 2 karsha of shodhita patra haratala churn is subjected to bhavana with kushmanda swarasa for 3-7 times, followed by 3-7 times bhavana with amla dadhi. Then it is washed with hot water and dried well. After drying churana is placed in between two wide abhraka patras and sealed properly all around. These sealed abhraka patras are then placed in sharava samputa and sandhi bandhan is done with badara patra kalka. After proper drying this sharava samputa is placed in valuka yantra and madyamagni is given for 3 hours. After swanga sheeta, rasa manikya is collected in between the abhraka patras.<sup>[4]</sup>
- B. In this reference shuddha patra haratala churana is subjected to bhavana of kushmanda swarasa for 3-7 times followed by the same numbers of bhavanas with amla dadhi and then washed with hot water. After complete drying, 2 mashas of shodhita patra haratala churana is placed between two abhraka patras and placed over charcoal fire and mild heat is given by blowing the coal with the help of vankanala. When the colour of haratala inside abhraka patra turns to manikya varna, patras are then taken out of the fire and rasa

manikyā is collected between the abhraka patras. According to the commentator here the quantity to be used is 2 mashas for proper paka.<sup>[5]</sup>

## 2. Rasa manikyā preparation as mentioned in rasendra chintamani

- A. For the preparation of rasa manikyā shodhita patra haratala churna is taken and is kept in sharava and samputikarana is done which is sealed with the help of badara patra kalka. This sharava samputa is kept on fire and heated till the lower sharava turns aruna varna (red hot). After swanga sheeta rasa manikyā is collected from the lower sharava.<sup>[6]</sup>
- B. The reference is same as mentioned in the text, with the difference of opinion in the interpretation of shloka in the context of haratala shodhana, as here mentioning of word kshipeta is there which means dipping of patra haratala in kushmanad swarasa and amla dadhi for 3-7 times. The preparation of rasa manikyā as bhanda method is explained in the text as shodhita patra haratala churna is taken in sharava samputa and sandhi bandhana is done with badara patra kalka. This sharava samputa is then placed over the fire and heat is given until the lower sharava becomes red hot. After self-cooling the rasa manikyā is collected from the sharava.<sup>[7]</sup>

## 3. Rasa manikyā preparation as mentioned as adopted method in rasendra sara sangraha

This glass bottle method is explained in the text as an anubhoota vidhi by hindi commentator Dr. Satyārtha prakasha. It is commonly practiced preparation. in this method shuddha patra haratala churna is placed in a glass bulb or small injection vial up to 3/4th part and is placed over charcoal fire. Its mouth should not be closed allow air to pass in it. After few minutes of heat yellow fumes start to come out, allow these fumes to pass out of the bulb. After sometimes the whole of material inside the bulb melts and dark reddish colour can be appreciated. Then the glass bulb is taken out of fire and is rolled in the cloth dipped in the water as it breaks easily and then rasa manikyā is collected.<sup>[8]</sup>

## 4. Rasa manikyā preparation mentioned as adopted method in bhartia rasa shastra

Kacha kupi method is explained by Dr. Vishwanatha dwivediji. Here in this method kacha kupi is prepared by covering the bottle with mud smeared cloth which is then dried properly. After drying shodhita patra haratala churna is placed in that bottle. Initially mouth of kacha kupi is closed with a cork with the help of a paper plug and then it is placed in the valuka yantra. Paper plug is removed and heat is given until the haratala melts. After sometimes

fumes starts coming out of kupi then a shalaka is inserted inside the kupi and if red coloured tantu is seen it indicates the completion of process, then heat is stopped and again the mouth of kupi is closed with a paper plug. After swanga sheeta the ruby coloured rasa manikya is obtained.<sup>[9]</sup>

#### **5. Rasa manikya preparation as mentioned in siddha bhesaja manimala**

2 masa (2gms) of purified patra haratala curna is now placed in between two selected abhraka patra (mica sheets, wide enough to hold the drug) and the edges on all sides are clamped. This abhra-samputa is now held firmly with holders (sandamsa yantra) and the sandwiched drug inside is exposed to modern heat. When the colour of the drug inside abhra-samputa appears like that of manikya (blood-red colour), the heating is stopped. The manikya coloured compound in between sheets of mica is collected as Rasa manikya.

#### **6. Rasa Manikya preparation as adopted in I.P.G.T & R.A, Jamnagar I.P.G.T & R. A, Jamnagar**

Gujarat has developed this adopted method. In this method shodhita patra haratala churna is taken in an electric bulb, which is heated on the mild fire until the colour of haratala changes to manikya varna. After swanga sheeta the bulb is broken and rasa manikya is separated carefully from the glass pieces.<sup>[10]</sup>

### **DISCUSSION**

Haratala is considered as Dhatu visha.<sup>[11]</sup> Different media were used for shodhana. Haratala subjected to shodhana in curnodaka which is a basic media, it neutralizes acidic impurities of Haratala, then haratala was kept in kushmanda rasa and amladadhi, which are acidic media, neutralize the basic impurities of Haratala.

#### **Some of the Advantages and Disadvantages mentioned about different methods of preparation of rasa manikya<sup>[12]</sup>**

Preparation of Rasa Manikya by Abhraka Patra method

##### **Advantages**

1. It takes a very short time to prepare
2. Characteristic Manikya varna can be appreciated.

##### **Disadvantages**

1. Only little quantity of Rasa Manikya can be prepared

2. Shweta abhraka patras are not easily available.
3. Repeated process is required to achieve large quantity and moreover same Patras cannot be used as they leave their layers and becomes blackish on repeated heating

### **Preparation of rasa manikya by sharava samputa method**

#### **Advantages**

1. Large quantity of Rasa Manikya can be prepared in a single Sharava.

#### **Disadvantages**

1. The criteria mentioned in the classics, that heat is to be given till the lower Sharava turns to aruna varna was appreciable but the duration taken is long so the method has to be modified as badara patra kalka is not sticky enough to sustain the heat.
2. After opening of sharava it is observed that most of the Haratala remained as it is in sides of lower Sharava without any colour change.
3. Less yield of Rasa Manikya and no appreciation of manikya varna.

### **Preparation of rasa manikya by modified sharava samputa method**

#### **Advantages**

1. A shallaka can be inserted in the sharava through the hole in order to assess the Tantupaka which was taken the criteria for the completion of the preparation.
2. Compared to the above method the yield is more and time taken is less.

#### **Disadvantages**

1. Some quantity of Rasa Manikya remains adhered to the Sharava.

### **Preparation of rasa manikya by glass Bottle and Electric bulb method**

#### **Advantages**

1. Small quantity of Rasa Manikya can be prepared very easily in the bulb.
2. The appearance is exactly like ruby coloured with the shape of bottom of electric bulb.

#### **Disadvantages**

1. This method is little tedious while taking out the coil of the fuse bulb.
2. Less yield of Rasa Manikya.
3. Holding the bulb on fire is difficult.

## Preparation of rasa manikya by kupi method

### Advantages

1. A Shallaka can be passed into the glass bottle to assess Tantu Paka.
2. More quantity of Rasa Manikya can be prepared.

### Disadvantages

1. There is chance of mixing of glass pieces with Rasa Manikya during collection.
2. Require Purva Karma and Paschat Karma with laborious procedure, time and fuel.

## CONCLUSION

Hartala is the 5<sup>th</sup> mineral drug of uparasa group. It is identified as ‘Orpiment’ or yellow arsenic, chemically identified as ‘Arsenic trisulphide ( $AS_2S_3$ )’, Arsenic is one of the most toxic elements that can be found. Rasa Manikya is such yoga which is derived out from only one single drug Haratala rather it can be said as a modified form of Haratala obtained from the Shuddha Patra Haratala. Rasa manikya indicated various diseases like vata-kaphaja jwara etc. The different methods mentioned both classically and adopted for preparation of Rasa Manikya may be due to their utilization in different indications. The proper preparation of Rasa manikya with special reference to manikya varna, intensity of heat and other lakshanas is different in classical references and adopted methods, therefore in recent times so many other methods have come up and became popular considering the time and yield factor. Moreover, the preparation requires proper care, critical understanding and computed technology to get the desired character of Rasa Manikya.<sup>[13]</sup>

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