

**PARPATI KALPANA: A REVIEW ARTICLE****\*<sup>1</sup>Vd. Anuja Shinde and <sup>2</sup>Dr. D. D. Bhise**<sup>1</sup>(PG Scholar, Dept. of Rasashastra, Govt. Ayurved College, Dharashiv, Maharashtra 413501).<sup>2</sup>(Asst. Prof. Dept. of Rasashastra, Govt. Ayurved College, Dharashiv, Maharashtra 413501).Article Received on  
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The Parpati kalpana is one amongst four types of Parada Murchana, unique in the field of Rasashastra. The general method of preparation is similar for all parpatis, yet difference in ingredients. Parpati Yoga is a unique thin flake like preparation consisting of Parada (mercury), Gandhaka (Sulphur), other metals, minerals and herbal drugs. The therapeutic significance of Parpati Yoga is very high owing to its minimal dose, no unwanted taste and cost effectiveness. Parpati Kalpana is one of the four major pharmaceutical preparations having Parada used in Rasa Shastra. It is one of the 25 Rasa Bandhas which helps to remove the Chanchalatva and Durgrahatva of Parada because by having these two properties, Parada cannot be used internally. Parada and Gandhak are the essential constituents to make Parpati as the Bandha word derived to bind the Parada particle with Gandhak. Parpati is a unique mercurial preparation involving different processes like Murchana, Sagandha/ Nirgandha (presence and absence of sulphur),

Sagni (process with heat) Pota Bandha of Parada. Rasaparpati is a sagandha sagni type of kalpa.

**KEYWORDS:** Parpati, Parada, Gandhak.**INTRODUCTION**

The golden period of Rasashastra is claimed during medieval (11th to 15th century) period as the therapeutic utilization of metals and minerals through unique alchemical procedures were at its epitome during this period. Various procedures are imposed on Parada which induces definite therapeutic property in Parada. These procedures are demarcated as Parada Murchana. Without Murchana, Parada can not attain "Vyadhinashakatva" property.<sup>[1]</sup>

Parada Murchhana can be classified in four categories; such as Kharaliya Rasayana, Parpati Rasayana, Kupipakva Rasayana and Pottali Rasayana.

Rasashastra is a science which deals with the pharmaco-therapeutics utilization of minerals, metals and the most powerful substance 'Parad'. As Parad remains in liquid form so it is difficult to handle and moreover it is highly toxic alone. For eliminating its toxic effects, it is subjected to so many processes like Murchana, Sagandha/ Nirgandha etc., changing its liquid state to solid, powder or bolus form is called Rasa Bandha. Parpati is Agnisthayi Murchhita Parad Bandha; Pota Bandha.<sup>[2]</sup> where Kajjali is base material after exposure to heat becomes light in nature hence named Parpati. Because of this Laghutva property it can be used in all disorders from paediatric to geriatric.<sup>[3]</sup> Parpati is indicated when a low dose of Bhasma is to be administered and that should be dissociated directly into the intestine. Parpati is very mild preparation amongst other Agni Sanskarit preparations like Kupipakva Rasayana.

### Etymology

Parpata being masculine and by adding 'ee' as suffix, it becomes feminine i.e., Parpati. The Sanskrit word Parpata denotes a thin crisp wafer.<sup>[4]</sup> Parpati is a preparation which is thin, brittle and has a shape of thin crisp wafer. Kajjali is transformed into crisp wafery preparation by heating. Though in practice, it is used in powdered form. Rasatarangini also mentioned Parpati as Parpatika<sup>[5]</sup> which means the same but Bharat Bhaisajya Ratnakar explained Parpatika as the fragments left in vessel during preparation of Parpati. So this is known with various names; Parpata, Parpati, Parpatika.

Parpati has a distinctive pharmaceutical preparation in which molten Kajjali is converted into thin and flake form through mild heating and this flattened form is known as Parpatika, said the author of Bhaishjya Ratnavali.<sup>[6]</sup> The author of Rasatarangini mentioned the synonym of Parpati as Parpatika.<sup>[7]</sup> So Parpata, Parpati and Parpatika are considered as the synonym of Parpati.

### History

Rasendra Mangal in 8th century by Acharya Nagarjun has mentioned use of Parpati in Kushtha Roga. Later in 11th century Acharya Chakrapani Dutt in Chakradutt mentioned its use in Grahani Roga. In 12th century Acharya Dunduknath has mentioned Kramagni.<sup>[8]</sup> (increasing heat).

Bhaishajya Ratnavali in 18th century has explained many Parpaties and Rasa Parpati made by Shrivatsanka Vinirmit<sup>[9]</sup> is considered to be best. Later on with development different Acharyas added different Dravyas with Parad and Gandhak to enhance its therapeutic actions.

Materials and methods used in Parpati preparation

1. Specific Raw Material: Parad, Gandhak with any Dhatu or Kashtha Aushadhi as per need.
2. Lauh Darvi: Kajjali is first liquefied in a Lauh Darvi.<sup>[10]</sup> to make Parpati. In some texts Tamra Darvi<sup>[11]</sup> is also mentioned.
3. Agni: It plays a very important role in making Parpati. Low heat is required to liquefy Kajjali. Paka is done till Kajjali attains muddy appearance (Pankasamam) as mentioned in Rasatrangini.
4. Ghrita: Iron pan is smeared with Go-Ghrita<sup>[12]</sup> to prevent any adherence of Kajjali with the pan. It also adds Saumya Guna to Parpati.
5. Gomaya: It is used as a cushion for spreading Kajjali and to fasten the cooling of hot molten material to make thin flakes. It is rich in biliary products<sup>[13]</sup> which get absorbed in the making of Parpati and hence Parpati is used in Pittaja Vyadhis. Mahishi Malla<sup>[14]</sup> is also used in making Rasa Parpati.
6. Patra: Kadali Patra, Eranda Patra or Arka Patr<sup>[15]</sup> are usually used as the sandwich over cow dung. Kadali Patra gives the Kashaya<sup>[16]</sup> property hence enhance the potency of Parpati.

### Methods of Preparation

Firstly Kajjali is prepared by triturating Shudh Parad and Shudh Gandhak till it becomes black fine powder and all Kajjali Pareeksha are achieved. Then as per the requirement of formulation of the Parpati to be prepared, all ingredients are mixed together and triturated. Then the mixture is then transferred into an iron vessel which is coated with a thin layer of Ghee from inside and the vessel is then heated. The Ghee melts and gets spread the vessel.

Then the mixture containing Kajjali is poured in the vessel and heated slowly. When the drug substance melts, it is poured on a banana leaf which is coated already with a thin layer of Ghee placed over cow dung. Another similarly coated leaf is kept on the spread substance and the pressure is applied in one direction once unilaterally. On cooling on its own, the upper banana leaf is removed and the thin crisp wafer i.e., Parpati is collected. It is finally washed with hot water to remove excess Ghee, dried and powdered and kept in a bottle.<sup>[17]</sup>

While giving a slow heat, a wooden or Lauh Shalaka<sup>[18]</sup> is used. Badri Kashtha<sup>[19]</sup> or Khadir Kashtha<sup>[20]</sup> is preferred as fuel. The amount of heat given determines the consistency of the final product and accordingly three types are formed viz., Mridu Paka, Madhyama Paka and Khara Paka.<sup>[21]</sup>

1. Mridu Paka: The final end product after heating is obtained from the drug substances containing Kajjali by giving mild heat. The black color of the drug changes to turquoise (Mayur Chandrika Varna)<sup>[22]</sup> during heating. The Parpati formed is brittle and breaks without crackling sound. The chemical bondage between mercury and sulphur is not permanent. Still Mridu Paka Parpati is used for medicinal purpose.
2. Madhyama Paka: the final end product is obtained by heating moderately. The melted Kajjali attains Tail<sup>[23]</sup> consistency the Parpati formed is crisp and breaks with a crackling sound. The edges of broken parts are silvery-whitish<sup>[24]</sup> in color. But the Parpati is generally black. The ingredients acquire a good bondage in the type and hence rich in medicinal property.
3. Khara Paka: severe heat is the reason of this type of Parpati due to which Parpati becomes dry, coarse and reddish in color<sup>[25]</sup> It becomes heavy to digest and is not recommended therapeutically except Rudra Parpati<sup>[26]</sup> which is recommended in Khara Paka.

### Rasa Parpati

Ingredients: Parad- 1 part, Gandhak- 1 part

Method of preparation: The Kajjali is prepared with Shudh Parad and Shudh Gandhak is heated till molten, spread on the banana leaf and compressed to form a crisp, thin wafer is known as Rasa Parpati. The Parpati prepared with Shudh Parad and Shudh Gandhak is recommended to be taken along with honey.<sup>[27]</sup> as a vehicle (Anupana).

Organoleptic characters of Rasa Parpati (Madhyam Paka).

Sr. No	Property	Sample
1	Colour	Shiny Black
2	Shape	Flakes
3	Taste	Tasteless
4	Taste Of Completion	Crackling Sound On Breaking
5	Touch	Smooth
6	Odour	Odourless

Rasa Parpati uses: Though it is mainly used to treat Grahani, it also works well in many diseases when used with different vehicles as in given table.<sup>[28]</sup>

Diseases	Media of intake (Anupana)
Unmada	Rasna Mool with Ghrita
Apasmara	Brahmi juice
Sangrahani	Hing with Jeerak
Udarashula	Castor oil
Vata-jwara	Dashmool Kwath
Kaphaja jwara	Trikatu powder

Dose: 2 Ratti - 10 Ratti (in increasing order by increasing 1 Ratti daily upto 10 then decreasing to 1 Ratti) for 21 days.<sup>[29]</sup>

## DISCUSSION

Parpati Kalpana is an anomalous pharmaceutical dosage form about apropos of its preparation and therapeutic practice. This unique dosage form is not in practice since Vedic or Samhita period. The author of Rasendra Mangala (8th century) has firstly mentioned Parpati Yoga as Parpati Rasa indicated in Kustha Roga with apparent pharmaceutical procedure. Even as Parpati Rasa has a prime influence in the chronicle of Parpati. The detailed pharmaceutical procedures with dietary regimen are first time identified in the text namely Chakradatta (11th century). After that the Rasagrantha like Rasa Prakasha Sudhakara, Rasa Ratna Samuchchya, Rasendra Chintamani, Rasendra Sara Samgraha, Bhaishajya Ratnavali, Yoga Ratnakara, and Siddha Yoga Samgraha have described new Parpati Yoga.

Ingredients used in Parpati preparation- Mostly Kajjali prepared from Shuddha Parada and Gandhaka is used for the preparation of Parpati. In order to achieve the Chief Desired Characteristic (CDC) in finished product, different Pharmaceutical principles such as Shodhana, Marana, Bhavana, Amritikarana and so on have been mentioned in the treatise of Rasashastra.

## CONCLUSION

Parpati preparations possess the hot potency and thus stimulate appetite and improve digestion. Because of these properties it stokes the Agni and mitigates Ama, the toxic metabolites in the gastro intestinal tract and hence used in diseases caused by Ama in the gut like anorexia, colitis, gout, piles, diarrhea, dysentery etc.

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