

METHODS OF SWARN BHASMA NIRMAN – A REVIEW

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ABSTRACT

Rasashastra and *Bhaishajya Kalpana* branch deals with the preparation of medicine by using herbal, animal and metal origin. Metals and minerals are in frequent use in Indian system of medicine since long back without any untoward effect. *Swarna Bhasma* (SB) (incinerated gold) is one of the most potent and popular medicine among all *Ayurvedic* Medicines. Several procedures of its preparation are mentioned in the classical texts of *Rasashastra*. Here we mentioned the various methods of *Swarna Bhasma* nirman.

KEYWORD: *Swarna Bhasma*, Various Classical Methods of SB Nirman.

INTRODUCTION

The history of gold is very ancient. From Vedic texts to *Upanishads*, *Puranas*, *Smritis*, and other scriptures, there are ample references to gold. In the texts as well, there are numerous examples of the use of gold in utensils and as medicine. During the time of *Charaka*, people were aware of its anti-poisonous properties.^[1] It is said that poison does not affect a person who has consumed gold. Both *Charaka* and *Sushruta* used gold for the treatment of various diseases and as a *Vajikaran*, enhancer of *Medha* and *Smriti*, and for increasing longevity (*Ayurvrudhi*). Ayurveda uses several metals and minerals as therapeutic agents. *Rasa Shastra* is a branch of *Ayurveda*, where metals/minerals are converted into therapeutic forms known as *Bhasma* by various chemical and physical processes. These metals and minerals are triturated with several herbs with intermittent heating and cooling as per a complex manufacturing process described in *Rasa*

Shastra, the texts of the *Ayurvedic* system of medicine. The Various methods of *Swarna Bhasma nirman* is mentioned in *ayurvedic* text here we collect and gather them together for better combine study of preparation of *Swarna Bhasma*.

Type of swarna^[2]: *Prakrut, Sahaj, Agnisambhav, Khanij, Rasendravadhaj* these are 5 types of *Swarna* (Gold).

Shodhan: Samanya Shodhan^[3]: As per *Samanya dhatu Shodhan* mentioned in text book

Vishesh shodhan

1. Take 1 tola of gold, make a thin sheet, and apply a mixture of *Saindhav Lavan* and *Swarn Gairik* on it. Let it dry. Now, seal it in a clay vessel and heat it for 1 1/2 hours over coal fire. This process purifies the gold and enhances its color, meaning the gold becomes brighter through this method.^[4]
2. Take 1 tola of gold, make a thin sheet and apply a mixture of *Saindhav Lavan* (rock salt) and ash of cow dung which is mix with lemon juice. Let it dry. Now, seal it in a clay vessel and heat it according to '*kukkutputa*'. This process purifies the gold.^[5]
3. *Valmik mitti, Gruhdhum, swarngairik, Ishtika Churna* and *Saindhav lavan* Take equal parts of *Panchmrutika* and mix it with lemon juice and *kanji* to make a paste. Apply this paste on a perforated gold sheet and leave it for 3 days. Then, place it in a clay vessel and heat it in '*Laghuputa*' fire. Once it cools down naturally, wash the sheets with clean water. This process completely purifies the gold.^[6]
4. Cut the thin, perforated gold sheet into small pieces using scissors. Place them in a glass vessel coated with clay, set the vessel on a tripod, and heat it using a spirit lamp. Gradually add a mixture of 1/3 part hydrochloric acid and 1/4 part nitric acid until the gold completely dissolves. To reduce the liquid, let it simmer for a while. Then, add a little water and let it simmer again. After that, add dilute oxalic acid until the fine gold particles settle at the bottom of the vessel. Carefully separate it from the heat, and rinse the gold particles thoroughly with water until all the acidity is completely removed. Finally, dry the gold particles and store them—this is purified gold.^[7]

Maran: Different methods of maran is explain as follow

1. Apply a paste of lemon juice and purified *Rasbhasma* (*Ras-sindoor*) on perforated sheets of pure gold and let them dry. Then, place the sheets in a clay vessel and heat them with a mild fire, known as *kukkutput*. After giving 10 such *putas* treatments, the gold undergoes complete calcination (*maran*).^[8]
2. Melt gold in a crucible and add an equal amount of *Parad bhasma*. Then, place this mixture in a mortar and mix in an equal amount of *hingul*. Knead it with juice from a bitter lemon to make small discs (*chakrika*). Dry these discs, seal them in a clay vessel, and heat them using the *kukkutput* method. After giving 12 such *Putas* treatments, the gold turns into a fine powder resembling the color of saffron.^[9]
3. Take one-fourth part *Parad bhasma* relative to the amount of gold and mix it with any acidic substance to form a paste. Apply this paste on the gold sheet and let it dry. Once dry, seal it in a clay vessel and heat it using the *kukkutput* method. After giving 8 such heat treatments, the gold undergoes complete calcination (*maran*).^[10]
4. Take one *karsha* of purified gold and one *karsha* of purified mercury (*Parad*), and grind them thoroughly in a mortar. Then, grind them well with lemon juice and wash the mixture with water. After that, mix one *karsha* each of purified *Hingul*, purified *Gandhak*, purified *Manshila*, and purified *Navsadar* with the gold-mercury mixture. Grind them with bitter lemon juice and dry the mixture in sunlight. Once dried, grind it into a fine powder, seal it in a small clay vessel, and heat it using *Laghuput*. Continue adding equal parts of *Hingul* and other substances after each *Laghuput* treatment until the gold turns into a shiny, fine powder (*bhasma*). By repeating this process for a few treatments, the gold transforms into superior *bhasma*.^[11]
5. Take equal parts of purified gold and purified mercury (*Parad*) and grind them into a paste in a mortar. Then, grind this paste with lemon juice and wash it thoroughly with water. Next, add an equal amount of purified *Manshila* and *Rassindoor*, along with one-fourth part of *Swarnmakshik bhasma* (golden mica), and mix well. After that, treat the mixture with *Arka dughdha* (*Bhavna Dravya*) until well combined. Dry this mixture and grind it into a fine powder. Finally, seal this powder in a small clay vessel and heat it using mild fire *Laghuput*. By repeating this process for 15 *Putas* treatments, the gold transforms into a fine *bhasma*.^[12]

6. Take purified gold sheets and mix them with an equal amount of purified Mercury (*Shuddha Parad*) in a mortar. Grind them well and wash the mixture with kanji and other acidic substances (*Amla Dravya*), then dry it. After that, mix an equal amount of *Gandhak* with the gold-mercury mixture, seal it in a container, and heat it using the Put method. By giving 14 such heat treatments, the gold transforms into *bhasma*. In this process, after the first treatment, gradually reduce the amount of mercury by one-sixteenth in each of the following 13 treatments.^[13]
7. Take equal parts of purified gold powder and Shwet mall, and first grind them with *Kanchnar* juice, then with *Tulsi* leaf juice for seven days each. Form the mixture into small discs (*chakrika*) and dry them. Seal the dried discs in a clay vessel and heat using mild fire *Laghuput*. For the second puta treatment, add one-fourth part of *Sankhiya*. By following this process, after 10 heat treatments, the gold transforms into a *Arun varniya bhasma*.^[14]

These above all the methods of *Swarn Bhasma nirman*.

DISCUSSION

There are many methods of gold calcination (*Swarn maran*) that are widely practiced. The term “Swarnchampak” is used to describe the color of gold bhasma, indicating its characteristic hue. Discussions have also been made regarding the *Pakva* (Properly processed) and *Apakva* (Improperly processed) states of the *bhasma*, addressing potential defects or qualities that may arise during its preparation.

Precaution

1. *Put* should be performed well.
2. During *puta Sharavsamput* close properly by using clay.
3. Where *bhavna dravyas* (Infusing substances) are used, they should be applied thoroughly and with care. Proper infusion ensures that the desired properties are absorbed effectively during the process.
4. The *bhasma* should be tested to verify whether it has been prepared according to the characteristics described in the texts. This ensures that the *bhasma* has the correct color and quality as specified in the traditional guidelines.
5. While collecting *bhasma*, care should be taken to avoid any loss or damage. Handling the bhasma carefully ensures that its quality is preserved and no part of it is wasted.

Apakva swarn bhasma dosh^[15]

1. Consumption of improperly prepared gold *bhasma* (*apakva*) leads to the loss of strength and vitality in a person.
2. It can cause various diseases in the body, leading to significant physical suffering.
3. In severe cases, the patient's condition may deteriorate to the point of death.

Suddha swarn bhasma ke guna

1. Rasa: *Swarna bhasma* has astringent (*kashay*), bitter (*tikta*), sweet (*madhur*), and pungent (*katu*) tastes.
2. Guna: It is heavy (*guru*), oily (*snigdha*), and sticky (*picchil*).
3. Virya: Its potency is cooling (*shit*).
4. Post-digestive effect Vipak: Its post-digestive effect is sweet (*madhur*).

CONCLUSION

Swarna Bhasma has been utilized as a therapeutic agent in *Ayurvedic* medicine for several clinical disorders. The action (*Karma*) of *swarn* is *Vrushya*, *Balya*, *Bruhan*, *Srasan*, *Rasayan*, *Netrya*, *Medhya*, *Dhi- Smrutiprad*, *Ayushya*, *krantiprad*, *Vagshuddhikar*, *Shiratva*, *Lekhan*, *Vishgarhar*, *Bhutavesh* *Prashantikar*, *Ruchya*, *Varnya*, *Pathya*, *Pushtikar*, *Ojovardhak*, *Vaysthapak*, and *Tritoshha*.^[16]

Swarna Bhasma enhances longevity, wealth, beauty, intellect, and memory. It helps eliminate both physical and mental disorders, purifies, and wards off negative influences. It increases the pleasure of desires, provides comfort and nourishment, promotes youthfulness, and alleviates conditions like *Prameh*. It strengthens weak individuals, sharpens the mind, and boosts vitality.^[16]

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