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## Review on Ayurveda *Prakasha*

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### ABSTRACT

*Rasa Shastra* is an important branch of *Ayurveda* that is developed for achieving the alchemical and therapeutic benefits from Mercury and other minerals and metals. *Ayurveda prakasha* text of time period between 16-17 century deals with *dehavadha* and *lohavadha* both. That means the use of metals, minerals are for both alchemical and therapeutic purposes. This text has mentioned the 18 *sanskaras* of *parda*. We can rely more on this book as author of this text has stated in the starting itself that he had only wrote those facts and procedures that are authenticated by him. He had not wrote all the facts and theories that he learned from the *guru* or other *acharya* instead he firstly experimented them on himself and when found beneficial then it was noted in text.

### KEYWORDS

*Ayurveda Prakasha, Alchemical, Parad, Dehavada, Lohavada*



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## INTRODUCTION

*Rasashastra* is the branch of *ayurvedic* science that deals mainly with the *lohavada* and *dehavada*. *Lohavada* is a branch that teaches how lower metals such as *Naga*, *vanga*, *etc.* can be converted to precious metals such as *Swarna*, *rajat*. And *dehavada* is a branch that teaches the ways of living long and healthy life by use of formulations that are prepared from mercury and other metals and minerals. *Rasashastra* is an important branch of *Ayurveda*, which is specialized in chemical interactions with herbs, metals and minerals. Some texts comprised of *yogic* and *tantric* practices along with various alchemical operations. The goal of *Rasashastra* is not only to preserve and prolong the life, but also to bestow the wealth upon humankind. *Ayurveda prakasha* is a text of *rasashastra* that deals with both *lohavada* and *dehavada*. He had described various methods of conversion of lower metals into precious one and also had described *shodhana*, *marna* and other procedures that should be done on metals, minerals, poisonous drug, gems, mercury etc. before using them in the treatments of various diseases. And also various formulations of them are mentioned with their procedures and indications. He had started with the *parad*, then *ghandhak* and

then *hingula* and then other metals, minerals. And in last explained about *visha*, *upvisha* and *kshara*. There are 14 chapters in the form of *adhyay* in this book.

## ABOUT AUTHOR

From context of book it is clear that author of this book is Saraswath Bhramin Madhav Upadhyay who used to live in *Soorasthra Desha*.

## TIME PERIOD OF AUTHOR

This book is written in the time period between 16-17 century.

## BOOK AND CHAPTERS

*Vadiya vachaspati* Shri Gulraj Sharma mishra has wrote two commentaries on *Aturveda Prakasha*- one is Sanskrit and other Hindi commentaries. Sanskrit commentary is *Arthavighotini* and Hindi commentary is vast one and named as *Arthaprakashini*.

In the starting of the book itself the author has stated that, in this book only that matter is written which are authenticated by the author itself. The things that are not authenticated according to him are not written in this book. This show the valuabilty of this book, that all the principle, procedures that are mentioned in the book are not factious and possible to do as they are proved by the author in his experiences.



This book contains 14 chapters and 1580 of total verses in it. First chapter contains 545 verses, second chapter had 62, 3<sup>rd</sup> chapter had 16, 4<sup>th</sup> chapter had 78, 5<sup>th</sup> chapter had 34, 6<sup>th</sup> chapter had 11, 7<sup>th</sup> chapter had 27, 8<sup>th</sup> chapter had 33, 9<sup>th</sup>. Chapter had 17, 10<sup>th</sup> chapter had 57, 11<sup>th</sup> chapter had 280, 12<sup>th</sup> chapter had 131, 13<sup>th</sup> chapter had 179, 14<sup>th</sup> chapter had 120 verses. The name of the chapter along with the details of the context in it are presented below:

### Chapter1 (*Prathmoaadhyay*)

- The author of the book has started the context by explaining the importance of the worship of Lord Shiva. He has said that *Parada* is a *virya* of Lord Shiva and *Gandhak* is a *raja* of Lordess Parvati and compared the preparation of *Makardwaja* and *Hargorirasa* which is a combination of *Parada* and *Gandhak* with the *Ganesha* who is a son of Lord Shiva and *Lordess Parvati*.
- Also he has told that *Makardwaja* and *Hargorirasa* is obtained from the neck of bottle in the shape of a flower. Then has explained the importance of *Parada* in the treatment and also told that *Parada* even has the tendency of curing *Asadhya* diseases.
- Has explained the origin/occurrence, five types, importance, properties, 8 *doshas* (*Naga, vanga, mala,*

*vahina, Vishada, chaplya, giri and ashyaagni*), 12 *doshas* (which are further divided into three groups such as- *yogik, oopadika* and *nesargik*), *shodana*, importance of *shodhana, murchana, marana* and importance of *shadguna jarana* of *Parada*.

- Quantity for *sanskara* of *Parada* is told to be not less than 1 *pala* and not more than 100 *pala*. In contrast to it, in *rasa ratna samucchya*, it is said to take 2000 *pala*, 1000 *pala* and 100 *pala*.
- Has mentioned 18 *sanskaras* and their procedures. First eight are said to done for *dehavada* and other 10 for *lohavada*. Has given importance to both *dehavada* and *lohavada*. Also has mentioned the preparation of *kanjji* by *nagarmotha, Bhramin, gorakhmundi, etc.* which is to be used in *sanskaras* of *parada*. Has mentioned that, if, time period for *swedana sanskara* is not mentioned then it can be done for one day also and *dravya* should be taken 1/16<sup>th</sup> of *parada* for *shodhana*. After first nine *sanskara* of *parada*, it gets rid of the *saptakanchuka dosha* and it's quantity must get reduced to 1/8<sup>th</sup> of the original quantity. If the reduction in quantity doesn't take place to this mark that means *shodhana sanskara* procedures are not done properly. *Hingula niskashit parada* is told to be free



from all *saptakanchuka dosha*, thus there is no need of *astha sanskara* on it.

- For *jarana* of *parada*, firstly *ghandhak jarana* should be done then *swarana*, *abhraksatva*, etc. other *dhatu jarana* should be done.
- About properties of *Vridh parada* is mentioned.
- Has mentioned the alternative procedures of *astha sanskara* that, if, person can't do *astha sanskara* then at least this alternative procedure should be done and also *lakshana* of *parada* are mentioned on which this procedure can be followed.
- Method of preparation of *Tapta khalva yantra*.
- *Kacchapyantra* and *bhalukayantra* is said to be used for *parada jarana*. And two types of *bhalukayantra* are mentioned.
- For *deha siddhi*, *shadguna*(6times) *jarit parad* is needed and for *loha siddhi* *satadi*(100 times) *jarana* is needed. For the preparation of *kajjali*, *shadguna jarit parad* is said to be taken.
- Has mentioned the method of preparation of *ghandak vida*, *grasa* and *gharbdruti*. *Bheej* such as- *hemabheej*, *tarabheej*, *pratibheej*, *nagabheej* preparations and their uses are explained.
- *Ranjana taila*, *sarna taila*, *rajatbheej ranjana taila* method of preparation and their uses in *ranjana* and

*sarna karma* are explained. *Shatvedvidhi* and *sehastraveda vidi* are mentioned for the preparation of the *Swarna*. Has mentioned the various procedures of gold and silver production by the help of Sanskrit *parada* and other less costly *dhatu*s.

- *Parada bhanda*, its 25 types and its method of preparation are explained.
- *Swarna parpati*, *murchana*, different types of *parada bhasma*, *guna*, *rasa sindoor*, *rasa karpur*, *apathya* in *rasa Sevan*, *viddhi* of *parada sevana*, *khechhari gutika*, importance of *sharir suddhi* before using *parada kalpa* is told.
- *Matra* of *parada* for humans(3 *Ratti*), horse(6 *Masha*) and elephant(12 *Masha*) are mentioned.
- *Matra* according to *dhatu jarana* in it is given as- *Swarna jarit parad*(1 *Ratti*), *rajat jarit parad*(2 *Ratti*) and *Tamra jarit parad*(3 *Ratti*). Also merits of different doses of *parada* are mentioned.
- Only one *dosha* after taking of *parada* is mentioned i.e. person gets *kamanda*.
- Antidote in case of *assudha parada sevana* is told, i.e. take the root of *karela* with water and also mentioned the treatment in case of indigestion of the *parada* and *vidhi* of *aushadi ghran* are mentioned.



- *Ghandhamrita rasa, hemsundar rasa, mritunja rasa, pranikalpa drumgolrasa, trinetra rasa, shardhul rasa, amritarnava rasa, chaturmukho rasa* and *siddhlakshmishvar rasa* method of preparation, uses and dose are mentioned.

## **Chapter2 (Dwityoaaadhyay/ Athouprasa kathyantay)**

- *Gandhaka* occurrence, synonyms, properties, characteristics, *shodhana*, properties of *gandhak* for *shodhana*, merits of *shoddit Gandhak*, demerits of *asshodit Gandhak*, products which contains *Gandhak* in it are mentioned. Has said that *Gandhak* is only of one type but when heat is applied to it, it's characteristics changes and it is classified as of 4 types.
- It is told that for internal use, *shodhana* steps should be done for 3 times and if it is to be used in some other formulation, then step of procedure for one time only is sufficient. And *matra* of ghee for *shodhana* is to be taken in equal quantity of *gandhak*.
- *Gandhanashan viddhi* for *Gandhak* before using it in *kalpa* are mentioned. 2 methods of *gandhak taila* and 13 *Gandhak kalpas* are mentioned.
- *Gandhak, hingula, abharaka, hartal, manasheela, srotoanjana, tankan, rajavrutchumbako, shpatika, Shankar, khatika, garika, kasisa, rasaka, kapardika,*

*sikta, bhala, kankustha, soorasthri* are grouped under *uparasa varga* in this chapter.

## **Chapter3 (Trityoaadhyay/ Athahingulsya nama lakshana gunauttpati)**

- Synonyms, characteristics, *shodhana*, occurrence, properties and *marana* of *hingula*, demerits of *ashudha hingula*, two types of *hingula* – *khanija* and *kritama*.

- *Girisindur* (Mercury oxide *khanija*)

## **Chapter4 (Chathurtha/ Athaabhrakiyamdhay)**

- Synonyms, types, *shodhan, marana, satva patan*, importance, occurrence, uses, *dhanya abharaka, amrutikarana* of *abharak*. *Abhraka dhruti, mukta dhruti* and *abhraka kalpa* are mentioned.

## **Chapter5 (Panchamadhyay/ Athahartalsya nama lakshana guna shodhana maranaadhyay)**

- *Vanshpatri Hartala* is mentioned. *Hartala* occurrence, dissolvability, synonyms, properties, *shodhana, marana, ashudha* and *apkawa bhasma dosha, shudha* and *ashudha hartala* merits and demerits, *nirdhuma pariksha* of *hartala bhasma, dose* and *satvapatan* of *hartala* are mentioned in this chapter.



**Chapter6** (*Shastoaadhyay/ Athamanasheelanama lakshana guna shodhana Cha*)

- Properties, *dosha* of *ashudha manasheela*, *shodhana* and *satvapatan* of *manasheela* are mentioned in this chapter.

**Chapter7** (*Saptmoadhyay/ Athasrothoanjanasya namabhedgunashodhananani*)

- Six types of *anjana*, *lakshana*, synonyms, types, properties, *shodhana*, of *srotoanjana*, *soviryaaanjana*, *satvapatan*, method of preparation of *rasaanjana*, *rasaanjana* properties, *neelaanjan* and *pushpanjana* properties, *shodhana* and *kulthianjana* properties.

**Chapter8** (*Asthmoadhyay/ Athatankankshara*)

- Synonyms, characteristics, *shodhana*, *ashudha tankan* properties and *dosha*,
- *Rajavruit* two types, *shodhana*, *marana*, *satvapatan*,
- *Chambukh loha* properties, *shodhana*;
- *Shaphitika*, *shankha*, *khatika* and *garika* synonyms, characteristics, properties, *shodhana* and *marana* are mentioned in this chapter. Two types of *Kasisa* are mentioned.

**Chapter9** (*Navmoadhyay/ Atharasaka*)

- Introduction, properties, synonyms, *shodhana*, *marana satvapatan* of *rasaka* is mentioned in this chapter.

**Chapter10** (*Dashmoadhyay/ Atha kapardika*)

- *Kapardika*, *sikta*, *bhol*, *kankustha*, *sorashtri*, *kshudara Shankar*, *jalashukti*, *Krishna mritika*, *pankh*, *kampillak*, *goripashana*, *navsadar*, *agnijara*, *girisindur*, *mudarshrunga* synonyms, properties, *marana*, *guna*, *shodhana*, types.
- 6 *sadharana rasa* such as- *kampillak*, *chupal*, *goripashana*, *navsadar*, *vahinjara* and *girisindur*.
- General method of *shodhana* of *sadharana rasa* is mentioned.
- *Gandhaka*, *vajraabhraka*, *vekrant*, *sindur*, *bhol*, *geru*, *samudraphen*, *both khadiya*, *small Shankar*, *rasaanjana*, *hirakamis*, *kantapashan*, *kodhi*, *sip*, *hingula*, *kankustha*, *mahashanka*, *bhunagh*, *suhaga* and *shilajeet* are grouped under *uparasa varga*.

- *Parada* under the *maharasa varga*.

**Chapter11** (*Ekadashoadhyay/ Atha dhatunirnya*)

- Seven *dhatu* such as- *Swarna*, *rajat*, *Tamra*, *vanga*, *yasada*, *sessa* and *loha* are grouped under *dhatu varga*.
- *Dhatu* and there relationship with *graha*.



- *Swarnamakshika, rajatmakshika, tutha, kansya, pittal, sindur and shilajeet* are grouped under *updhātu*.
- Occurrence, synonyms, characteristics, *guna, anupana, shodhana, dhriti, marana*, doses and uses of *swarna, rajat, Tamra, vanga, Naga, loha. Pakwa and apakwa Swarna, rajat*.
- *Swarna* and *tamra* are said to be *vishanashak*.
- *Dhatu bhasma* made with the help of *rasa bhasma* is considered to be of best quality and *bhasma* made up of *kasthaaushadi* are of medium quality and *bhasma* made up of *gandhak* is of very low quality.
- *Vishesh shodhna* of *naga* and *vanga* are mentioned.
- Three types of *rajat- Sehaj, kritama* and *khanija. Pariksha* of best *rajat* and *Tamra*
- *Tamra* is called as *visha* and 8 *doshas* of *tamra* are mentioned. Also *somnathi Tamra bhasma* preparation is explained.
- *Ashudha* and *apakwa vanga, Naga, loha* properties.
- *Nageshwar* preparation
- 7 *dosha* of *loha*, types of *loha churna, niruthikarana* of *loha bhasma, druti* of *loha, pratinidi dravya* for *swarna* and *rajat bhasma* are *kanta loha*, for

*Swarna* is *Swarnamakshika*, for *Swarnamakshika* is *sonageru* and for *rajat* is *rajatamakshika*.

## **Chapter12 (Dwadashodhyay/ Athoupdhatu nirupanam)**

- Synonyms, characteristics, *shodhana, marana*, properties, *anupnaa, ashudha* and *apakwa bhasma dosha* of *Swarnamakshika, rajatmakshika, vimala, tutha, bhunaga, kansya, pittal, panchaloha, sindur, shilajeet* and *chapal*.
- *Bhasma* of *shilajeet* is also mentioned.
- 3 types of *vimala, tutha satva* and *bhunaga satva, shilajeet satvapatan, uttam shilajeet priksa, sorak shilajeet* explanation and *shodhana, chapal* types and properties are mentioned in this chapter.

## **Chapter13 (Tryadashodhyay/ Atha ratanoupratanonamutpattinam lakshana gunashodhanamaranani)**

- Nine types of *ratana – hiraka, munga, markat, vedurya, gomedha, manikya, indranila, pushparaja, etc*
- *Ratana* types according to *vishnu dharmuttar purana- mukta, vedurymani, hiraka, panchraga, gomeda, nilam, panna* and *prawala*.
- *Vekrant, suryakanta, chandrakanta, lajaavrit, lal, piroja, muktashukti, shankha,*



*kapuri* stone, *kacha* stone, *nili* and *pili mani* are grouped under *upratna*.

- *Ratana* names, their groups (*yonis*), characteristics, occurrence, eight *pariksha* of *ratana* are mentioned.
- Four types of *hiraka*, uses, *dosha*, *kakpad hiraka*, *yavabindu* characteristics, *mala*, *gunas*, *shodhana*, *marana*, *ashudha doshas* of *hiraka* are mentioned.
- 8 *yonis* of *mukta*, *gajamukta*, *varahmukta*, *varaj Mani*, *matsya mukta*, *meghamukta*, *shankaj mukta*, *sarpaj mukta*, *suktimukta* are mentioned.
- *Uttam prawal pariksha*, characteristics of low quality *prawala* and its *guna*.
- *Uttam* and *ashudha manikya lakshana*, 8 types of *manikya*, properties, *asshudha* and *uttam panna* and *vedurya* properties.
- *Gomeda* importance, properties, *ashudha gomeda lakshana*, *neelaanjan* colour, properties, *pariksha*, *pukraj* and *dosha yukta pukraj*, *uttam pukraj*.
- *Shpatika*, *suryakanta*, *chandrakanta*, *rajavrut* and *piroja* properties, synonyms, importance are mentioned in this chapter.
- All *ratana shodhana* and *marana*, uses of *upratana* in place of *ratana* when not available are also mentioned.

## Chapter14 (*Chaturdashodhyay/ Atha vishoupvishalakshana jatigunaseva pariharadhyay vyakhyasam*)

- Occurrence, synonyms, 8 types and properties of *visha* are mentioned.
- Qualities that should be present in the *visha dravya* that are to be used in pharmaceutical formulation.
- Also had told the name of 10 *vishas* that should not be used in the formulations.
- Also 4 types of *vishas* are mentioned according to the colour, properties, *shodhana*, *vidhi* of *visha sevana*, *marana*, dose, *pathya*, *visha pariksha* and treatment of *visha* by *mantras* are mentioned.
- *Arka*, *snuhi*, *dhatura*, *kalihari*, *kaneer*, *gunja* and *ahipena* are classified under *upvisha* group.
- *Shodhana* of *upvisha*.
- *Visha taila* preparation by *patana vidhi*.
- *Kshara kalpana* of *kshiri vriksha* such as- *arka*, *plasha*, *imali*, *muli*, *yava*, *apamarga* and *tila* are mentioned in this chapter.

## CONTENTS OF BOOK

1. First chapter of this book contains the detailed knowledge about *parada* and its formulation.



2. In second chapter names of the metals and minerals that are included in the *uparasa* group are mentioned and detailed explanation of *gandhak* is given.
3. Third chapter contains the detailed information on *hingula* and about *girisindur*.
4. Fourth chapter contains detailed information about *abhraka* and it's *kalpa*.
5. Fifth and sixth chapter contains detailed information about the *hartala* and *manasheela* respectively.
6. Seventh chapter contains information about different types of *anjana* and preparation of *rasaanjana*.
7. Eighth chapter deals with the information about the *Tankan*, *Rajavruit*, *Chambukh loha*, *Shaphitika*, *Shankha*, *Khatika*, *Garika* and *Kasis*.
8. In the ninth chapter, there is detailed information about the *rasaka*.
9. 10<sup>th</sup> chapter deals with information on *Kapardika*, *sikta*, *bhol*, *kankustha*, *sorashtri*, *kshudara Shankar*, *jalashukti*, *Krishna mritika*, *pankh*, *kampillak*, *goripashana*, *navsadar*, *agnijara*, *girisindur*, *mudarshrunga*. Also names of the *dravyas* that are included in *maharasa*, *uparasa* and *sadharana* rasa are mentioned. *Samanya shodhana* of *sadharana* rasa is also mentioned.
10. 11<sup>th</sup> chapter deals with detailed knowledge about *dhatu* and 12<sup>th</sup> chapter deals with *updathu*.
11. 13<sup>th</sup> chapter deals with detailed knowledge of both *ratana* and *upratana*
12. 14<sup>th</sup> last chapter of this book deals with *visha*, *upvisha* and *kshara* detailed information.



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