



## HEMAGARBHA POTTALI - THE WONDER DRUG OF AYURVEDIC CRITICAL CARE

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### ABSTRACT

The *Pottali Rasayana* is one among the mercurial compound processed with the help of Sulphur. These *Kalpanas* are the best examples for *Sagandha Rasa Yogas*. The *Pottali rasayana* is a unique pharmaceutical preparation designed to achieve the better therapeutic efficacy by its special method of preparation which potentiate and stabilize the bonding between its ingredients. It is prepared in four different methods but the method of *Putapaka* and *Gandhadrava paka* are more popular and are in wide practice. *Hemagarbha Pottali Rasa* is the important *Pottali* preparation which is administered to the patient who is unconscious, in coma, or even at death bed, where the patient recover immediately by its administration and hence, it is regarded as medicine of choice in critical care and considered as an emergency medicine in Ayurveda. Although the preparation of *Pottali* is little bit difficult, but its effects are miraculous and hence administered in incurable cases and also in cases that are curable with difficulty. In spite of its status of being an emergency medicine of Ayurveda, now-a-days, it is used sparingly or rarely due to its high cost and difficult method of preparation. Different combinations and methods of preparing *Hemagarbha pottali* are discussed.

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### INTRODUCTION

The formulations prepared in the combination of mercury with sulphur are mainly divided in four categories viz. *Kharaliya Rasayan, Parpati Rasayan, Kupi pakva Rasayan & Pottali Rasayan*. Out of these four preparations, *Kharaliya, Parpati* and *Kupi pakva* are very popular and well accepted among *Ayurvedic* physicians. But the last one i.e. *Pottali rasayan* which is very potent because of the unique method of preparation and the way of administration, is still waiting to gain its previous glory.

Among the description of *Pottali* in *Ayurvedic* texts, the most described *Pottali* is *Hiranya-garbha pottali rasa / Hemagarbha Pottali* because of its efficacy. *Hemagarbha Pottali Rasa* is used in different diseases by changing the vehicle according to the disease. This *Pottali* is proved to be very costly due to its ingredients like gold etc. Here the use of *Varka* (thin flakes) or *Swarna Tantu* of purified gold is mentioned in text to give compactness to the *Pottali*. Purity of Gold is certified by the fact that if Gold is not pure *Swarna varka* cannot be prepared.

All *Pottali* preparations are not made in one particular method. The classics of *Rasa Shastra* have mentioned a variety of processing methods in the preparation of *Hemagarbha Pottali kalpa* and of those the following four methods stand out prominently.

1. *Bhavana* method
2. *Putapaka* method
3. *Varatika Poorana* method
4. *Gandhakadrava paka* method

In all these four methods, final product differs in shape, consistency etc. but they all are included in *Pottali kalpana*. Maximum number of references found in classics belongs to *Putapaka* method but *Gandhakadrava paka* method is more popular because of its increased efficacy, compact shape and easy method of administration to provide quick absorption of medicine.

### Types

Lots of references are available in *Rasashastra* for its preparation. Various types of *Hemagarbha pottali rasa* have been described in *Rasa Shastra* on the basis of composition, method of preparation, and the physical properties.

On referring the text books of *Rasashastra*, the number of *Pottali kalpanas* comes around forty. Considering the names and ingredients, the number may vary and hence the actual number could not be confirmed. Among different *Pottali kalpana* explained in *Rasa Shastra* Classics, almost 50 % are *Hemagarbha / Hiranyagarbha Pottali* yogas which signifies the importance of *Hemagarbha Pottali*.

**Table 1: References of Hemagarbha Pottali**

S.No.	Name	Method	Reference	Period
1.	<i>Hemagarbha Pottali</i>	<i>Bhavana</i>	Rasendra Sangraha	13 <sup>th</sup> Cent.
2.	<i>Hemagarbha Pottali-1 (Bhudara)</i>	<i>Putapaka</i>	Rasa Prakaasa Sudhakara	13 <sup>th</sup> Cent.
3.	<i>Hemagarbha Pottali-2 (Gaja Puta)</i>	<i>Putapaka</i>	Rasa Prakaasa Sudhakara	13 <sup>th</sup> Cent.
4.	<i>Hemagarbha Pottali (Varatika, Gaja Puta)</i>	<i>Putapaka</i>	Rasa Ratna Samucchaya	14 <sup>th</sup> Cent.
5.	<i>Hiranyagarbha Pottali</i>	<i>Putapaka</i>	Rasa Chintamani	14 <sup>th</sup> Cent.
6.	<i>Hiranyagarbha Pottali</i>	<i>Putapaka</i>	Rasa Kankaliya	14 <sup>th</sup> Cent.
7.	<i>Hemagarbha Pottali - 1</i>	<i>Varatika Purana</i>	Sarngadhara Samhitha	14 <sup>th</sup> Cent.
8.	<i>Hemagarbha Pottali - 2</i>	<i>Varatika Purana</i>	Sarngadhara Samhitha	14 <sup>th</sup> Cent.
9.	<i>Hiranyagarbha Pottali</i>	<i>Gandhadrava Paka</i>	Rasendra Chintamani	16 <sup>th</sup> Cent.
10.	<i>Hiranyagarbha Pottali</i>	<i>Putapaka</i>	Rasa Kamadhenu	17 <sup>th</sup> Cent.
11.	<i>Hemagarbha - 1</i>	<i>Putapaka</i>	Rasa Kamadhenu	17 <sup>th</sup> Cent.
12.	<i>Hemagarbha - 2</i>	<i>Putapaka</i>	Rasa Kamadhenu	17 <sup>th</sup> Cent.
13.	<i>Hemagarbha - 1 (Gaja Puta)</i>	<i>Putapaka</i>	Yoga Ratnaakara	18 <sup>th</sup> Cent.
14.	<i>Hamsagarbha Pottali</i>	<i>Putapaka</i>	Bhaishajya Ratnaavali	18 <sup>th</sup> Cent.
15.	<i>Hiranyagarbha Pottali</i>	<i>Putapaka</i>	Bhaishajya Ratnavali	18 <sup>th</sup> Cent.
16.	<i>Hemagarbha Pottali</i>	<i>Varatika Purana</i>	Bhaishajya Ratnaavali	18 <sup>th</sup> Cent.
17.	<i>Hemagarbha - 4</i>	<i>Gandhadrava Paka</i>	Yoga ratnaakara	18 <sup>th</sup> Cent.
18.	<i>Hemagarbha Ras</i>	<i>Gandhadrava Paka</i>	Yoga Ratnaakara	18 <sup>th</sup> Cent.
19.	<i>Hemagarbha Pottali- 2</i>	<i>Sikatha Yantra Paka</i>	Yoga Ratnaakara	18 <sup>th</sup> Cent.
20.	<i>Hemagarbha Pottali- 3</i>	<i>Paka in Bhugarta</i>	Yoga Ratnaakara	18 <sup>th</sup> Cent.
21.	<i>Hemagarbha Pottali - 1</i>	<i>Varatika Purana</i>	Nighantu Ratnakara	19 <sup>th</sup> Cent.
22.	<i>Hemagarbha Pottali - 2</i>	<i>Varatika Purana</i>	Nighantu Ratnakara	19 <sup>th</sup> Cent.
23.	<i>Hemagarbha Pottali</i>	<i>Gandhadrava Paka</i>	Siddha Bheshaja Manimala	19 <sup>th</sup> Cent.
24.	<i>Hemagarbha Pottali - III</i>	<i>Gandhadrava Paka</i>	Rasa Chandamshu	19 <sup>th</sup> Cent.
25.	<i>Hemagarbha Pottali</i>	<i>Varatika Purana</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
26.	<i>Hemagarbha Pottali</i>	<i>Varatika Purana</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
27.	<i>Hemagarbha Pottali - 1 (Bhudara Puta)</i>	<i>Putapaka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
28.	<i>Hemagarbha Pottali - 6</i>	<i>Putapaka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
29.	<i>Hemagarbha Pottali - 10</i>	<i>Putapaka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
30.	<i>Hiranyagarbha Pottali (Gaja Puta)</i>	<i>Putapaka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
31.	<i>Hemagarbha Pottali - 2</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
32.	<i>Hemagarbha Pottali - 3</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
33.	<i>Hemagarbha Pottali - 4</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
34.	<i>Hemagarbha Pottali - 5</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
35.	<i>Hemagarbha Pottali - 7</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
36.	<i>Hemagarbha Pottali - 8</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
37.	<i>Hemagarbha Pottali - 9</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
38.	<i>Hemagarbha Pottali - 11</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
39.	<i>Hemagarbha Pottali - 12</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.
40.	<i>Hemagarbha Pottali - 13</i>	<i>Gandhadrava Paka</i>	Rasayoga Saagara	20 <sup>th</sup> Cent.

**Table 2: Different Compositions of Hemagarbha Pottali**

S.No.	Text	Composition	Bhavana dravya	Indications	Dose
1.	Rasendra Chintamani & Rasa Kankaliya	Parada, Gandhaka, Swarna, Sighru patra, Badara patra, Vishnukranta patra	Nimbu rasa, Srikhand	Prameha, Samastha Jwara, Ajeerna, Atisara, Shula, Kamala, Pandu, Haleemaka, Vataroga & Vriddhapyaya	1 ratti
2.	Rasa Chandamshu	Parada, Gandhaka, Tamra, Swarna	Ghrita Kumari rasa	Kasa, Swasa, Kshaya, Vata-Kapha vikara & Grahani	4 ratti
3.	Rasayana Sangraha, Yoga Ratnakara, Nighantu Ratnakara & Vaidya Vilasam	Parada, Gandhaka, Tamra, Swarna	Nirgundi / Dhattura Swarasa	Kasa	1 ratti
4.	Rasayana Saara	Swarna, Tamra, Gandhaka, Vanga Bhasma, Kapharda, Shankha, Tankana, Mukta	Panchakola Kwatha	Grahani, Atisara, Kshaya, Jwara, Kasa, mandagni and Vardhakya	1 ratti
5.	Rasayana Saara	Shadguna-Gandhaka jarita Rasa Sindur, Swarna Bhasma, Mukta, Gandhaka, Tamra, Vanga, Naga	Arka dugdha Bhavana	Sangrahani, Raja Yakshma	Dose varies with clinical condition
6.	Yoga Ratnakara, Vaidya Chintamani, Nighantu Ratnakara, Rasa Chandanshu & Rasayana Sangraha	Swarna, Parada, Gandhaka	Chitraka Swarasa	Kasa & Raja Yakshma etc.	1 – 2 ratti
7.	Vaidya Chintamani	Parada, Gandhaka, Tamra, Swarna, Mukta & Pravala	Ghrita Kumari rasa	Kasa, Swasa, Kshaya, Vata-Kapha Grahani roga	1 ratti
8.	Rasayana Sangraha	Parada, Gandhaka, Swarna, Navasagara, Rasa Sindura	Arka Dugdha	Pakshaghata, Dhanurvata, Khanja vata, Danta bindu, Vata-Kapha roga, Drug of Choice in Raja Yakshma	1 ratti
9.	Rasayana Sangraha	Talastha Chandrodaya, Rasa Karpura, Naga Bhasma, Vanga Bhasma, Swarna Bhasma, Ala Bhasma	Arka Dugdha	Shwasa, Kasa, Maha Vata, Samastha Jwara, Danta Bandha, Shula, Arshas, Gulma	1 ratti
10.	Rasayana Sangraha	Parada, Gandhaka, Abhraka, Mukta, Pravala, Bhasma of Naga, Vanga, Tamra, Swarna, Rajata	---	Swasa, Kasa, Vata Roga, Shithilata, Amavata, Unmada	1 ratti
11.	Nutana Kalpa	Parada, Gandhaka, Swarna, Mukta, Hiraka, Tamra, Haratala, Kasturi, Amber	Ardraka Swarasa		1 ratti
12.	Rasayana Sangraha	Manahshila, Haratala, Swarna, Somala	Kesara Drava Bhavana	Vajikarana	1 ratti
13.	Rasayana Sangraha	Rasa karpura, Swarna, Somala		Sannipata	1 ratti

14.	Siddha Bhesaja Manimala	Parada, Gandhaka, Tamra, Swarna, Rajata, Mukta, Haratala, Praval, Abhraka, Loha	Chitramula Swarasa	Kshaya etc.	1 ratti
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### Precautions to be Taken During Preparation

- 1) It is better to use enamel vessel or iron vessel (ref. *Yogaratnakara*) because there may be a chance of breakage of *Mrit patra* (Earthen vessel).
- 2) Care should be taken in giving heat because *Gandhaka* is been used as a liquid part in *Dola yantra*. By overheating, flames may arise. So heat should be maintained in between 120 –185 degree Celsius.
- 3) Regarding time for *Pottali paka*, it should be subjected to heat till *Gandhaka* turns to sky blue colour. The exact time period was not mentioned in the texts. So heat is allowed till a hard sound is heard when the pot is tapped by *Pottali*. In the beginning of the procedure, a dull sound is heard when tapped.

### Administration

Administration of *Pottali* should be done by scratching a line over the stone with the help of either *Ardraka swasara* or *Nagavalli swarasa*. Some text also mentioned *Madhu* and *Ghrta* as *Anupana* for administering *Hemagarbha Pottali*.

### DISCUSSION

The *Pottali rasayana* is a unique pharmaceutical preparation to achieve the better therapeutic efficacy by its special method of preparation which potentiate and stabilize the bonding between its ingredients and *Hemagarbha pottali* is a popular dosage form of this group.

Although the preparation is little bit difficult, its effect is miraculous. *Pottali* like *Hemagarbha Pottali* is administered even in incurable and difficultly curable diseases. It could be used in different diseases by changing the vehicle according to the disease. It is the medicine described to use in *Sannipataj awastha*. The method of its administration helps its quick absorption directly from tongue to blood as the tongue has rich blood supply. It also escapes first pass metabolism which occurs in medicine through oral route. So, a little quantity is proved to be highly effective in controlling the emergency stages too.

This *Pottali* is proved to be very costly due to its ingredients like gold etc. Here the use of *Varka* (thin flakes) or *Swarna Tantu* of purified gold is mentioned in text to give compactness to the *Pottali*. Purity of Gold is certified by the fact that if Gold is not pure *Swarna varka* cannot be prepared.

### CONCLUSION

The *Hemagarbha pottali kalpanas* of *Rasashastra* are the miraculous medicines that have been neglected over the centuries may be for the cost and typical preparatory procedures involved. Due to this reason, they did not get the lime light they it should have got.

*Hemagarbha Pottali Rasa* could be proved as an alternative medicine in place of modern antibiotics as this medicine is also effective against Multi Drug

Resistant (MDR) bacterial strains. If this preparation is given proper attention, it could prove to be a mile stone in the field of Ayurvedic antibiotics. Therefore this miraculous medicine should be universally accepted and should be used liberally and frequently in serious conditions so that it can again attain its lost status and glory.

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