

## A REVIEW ARTICLE ON AYURVED PRAKASH

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India.**ABSTRACT**

Ayurveda Prakash is counted among the best texts of Ayurvedic Rasa Shastra. In the book, special importance has been given to the ability and seriousness of the *Guru* and the disciple, and the workability and utility of the work. 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 Prakash text of time period between 16-17 century deals with *Dehavadha* and *Lohavadha* both. This text has mentioned the 18 *Sanskaras* of *Parada*. 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.

**KEYWORDS:** Ayurveda Prakash, *Rasa Shastra*, *Lohavada*, *Dehavada*, *Shodhana*, *Marna*, *Parada*, *Ratana*, *Dhatu*.

**INTRODUCTION**

*Rasa Shastra* 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*. *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. Ayurveda Prakash is a text of *Rasa Shastra* 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*, *Marana* and other procedures that should be done on metals, minerals, poisonous drug, gems, mercury etc. before using them in the treatments of various diseases. Also various formulations of them are mentioned with

their procedures and indications. He had started with the *Parada*, then *Gandhaka* and then *Hingula* and then other metals, minerals. In last explained about *Visha*, *Upvisha* and *Kshara*. This is the best and most important text of Rasa Shastra. The subject has been covered with full experience in this book. In this book, special descriptions of *Mantra*, *Musa*, *Bhavna*, *Khalva*, *Taptakhalva*, *Gajaput*, *Bhashtri* etc. are found. There are 06 chapters in the form of chapters (*Adhyay*) in this book.

### **TIKAKAR AND BOOK**

*Vadiya vachaspati* Shri Gulraj Sharma mishra has wrote two commentaries on Ayurveda Prakash - one is Sanskrit and other Hindi commentaries. Sanskrit commentary is *Arthavidyotini* and Hindi commentary is vast one and named as *Suspashtarthaprakashini*. in this book only that matter is written which are authenticated by the author itself. 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 06 chapters and 1693 of total verses in it. 1<sup>st</sup> chapter contains 597 verses, 2<sup>nd</sup> chapter had 351, 3<sup>rd</sup> chapter had 296, 4<sup>th</sup> chapter had 140, 5<sup>th</sup> chapter had 184, 6<sup>th</sup> chapter had 125 verses. The name of the chapter along with the details of the context in it are presented below:

#### **Chapter1 (*Sutsadhnadhyay*)**

- In the chapter, the author has praised Lord Shiva and compared *Parada* and *Gandhaka* with Shiva's semen and Parvati's *Raja* respectively. The origin of *Makardhwaj* and *Hargauri Ras* has also been told with the cooperation of both.
- Has explained the origin/occurrence, five types, importance, properties, 8 *Mahadoshas* (*Naga*, *Vanga*, *Mala*, *Vahni*, *Visha*, *Chaplya*, *Giri* and *Asahyaagni*), 12 *Doshas* (which are further divided into three groups such as - *Yogik*, *Oupadik* and *Nesargik*), importance of *Shodhana*, *Murchhana*, *Marana* and importance of *Shadguna Jarana* of *Parada*.
- 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 *Kanji* 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 Dosh* 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. from all *Saptakanchuka Dosha*, thus there is no need of *Astha Sanskara* on it.

- Has mentioned *Jarana* of *Parada*, firstly *Gandhaka Jarana* should be done then *Swarna, Abhraksatva* etc. other *Dhatu Jarana* should be done.
- Has mentioned *Deha Siddhi, Shadguna* (6times) *Jarit Parada* is needed and for *Loha Siddhi Satadi*(100 times) *Jarana* is needed. For the preparation of *Kajjali, Shadguna Jarit Parada* is said to be taken.
- Has mentioned the method of preparation of *Gandhaka Vida, Grasa* and *Garbhdruti. Beej* such as - *Hemabeej, Tarabeej, Pratibeej, Nagabeej* preparations and their uses are explained.
- *Parada Bandh*, its 25 types ( *Hath Bandh, Aarot Bandh, Aabhas Bandh, Kriyahin Bandh, Pishti Bandh, Kshar Bandh, Khot Bandh, Pat Bandh, Kalka Bandh, Kajjali Bandh, Sajiv Bandh, Nirjiv Bandh, Nirbij Bandh, Sabij Bandh, Shrinkhla Bandh, Druti Bandh, Bal Bandh, Kumar Bandh, Tarun Bandh, Vridh Bandh, Murti Bandh, Jal Bandh, Agni Bandh, Susanskrit Bandh, Maha Bandh*) and it's method of preparation are explained.
- *Swarna Parpati, Murchana*, different types of *Parada Bhasma, Guna, Rasa Sindoor, Rasa Karpoor, Apathya* in *Rasa Sevan, Method (Vidhi) of Parada Sevana, Khechari Gutika*, importance of *Sharir Shuddhi* before using *Parada Kalpa* is told.
- Quantity (*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 Parada* (1 *Ratti*), *Rajat Jarit Parada* (2 *Ratti*) and *Tamra Jarit Parada* (3 *Ratti*). Also merits of different doses of *Parada* are mentioned.
- Antidote in case of *Ashudha 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 Grahan* are mentioned.
- *Gandhamrita Rasa, Hemsundar Rasa, Mrityunjay Rasa, Pranikalpadrumgol Rasa, Trinetra Rasa, shardul Rasa, Amritarnava Rasa, Chaturmukho Rasa* and *Siddhlakshmeshvar Rasa* method of preparation, uses and dose are mentioned.

## Chapter 2 (Rasoprasasadhanadyay)

- *Gandhaka, Hingula, Abharaka, Hartal, Manasheela, Srotoanjana (Kalasurma), Tankan (Suhaga), Rajavarta (Lajavarda), chumbak, Sphatika, Shankha, Khatika, Gairika, Kasisa,*

*Rasaka Khapariya*), *Kapardika (Koudi)*, *Sikta (Balu)*, *Bol*, *Kankustha*, *Sourashtri* are grouped under *Uparasa Varga* in this chapter.

- Occurrence, synonyms, *Swarupa*, merit of *Shudha Gandhaka*, demerit of *Ashudha Gandhaka*, characteristics, five type for *Shodhana* of *Gandhaka*, fourteen type of *Gandhak Kalpa* and two methods of *Gandhaka Tailam* are mentioned in this chapter.
- 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 *Ghrita* for *Shodhana* is to be taken in equal quantity of *Gandhaka*.
- Synonyms, characteristics, properties, occurrence, three types (*Charmar*, *Shukatunda* and *Hansapada*), properties, demerit of *Ashudha Hingula*, two type for *Shodhana*, *Marana* of *Hingula* and *Udharvapatana* method for *Hingula* formulation are mentioned in this chapter.
- *Girisindur* (Mercury oxide *Khanija*) also mentioned .
- Synonyms, four type according to *Varnabhed* (white, red, yellow and black), sixteen type according to *Namebheda*, properties, demerit of *Ashudha Abhraka*, characteristics, number of *Putra* for *Marana*, *Anupana* and dose (*Matra*), three methods for *Shodhana*, *Dhanyabharaka*, five methods for *Marana*, *Shataputi Abhraka Bhasma*, two method for *Amritikarana*, *Satvapatan* of *Abhraka*, *Abhrakadruti*, *Mukta Druti* and *Abhraka Kalpa* are mentioned.
- Occurrence, dissolvability, synonyms, properties, merits of *Shudha Haratala* and demerits of *Ashudha Haratala*, *Nirdhuma* examination of *Hartala Bhasma*, *Shodhana*, two method for *Marana*, dose (*Matra*), three methods for *Satvapatana* of *Hartala* and *Vanshpatri Hartala* are mentioned.
- Synonyms, characteristics, Properties, merit of *Shudha Manasheela*, demerit of *Ashudha Manasheela*, four methods for *Shodhana* and *Satvapatan* of *Manasheela* are mentioned.
- Synonyms six types, characteristics, properties of *Anjana (Surma)*, *Shodhana* of *Srotoanjana* and *Souviranjana*, *Satvapatan* of *Srotoanjana* and *Souviranjana*, method of preparation and properties of *Rasaanjana*, characteristics of *Neelanjana* and *Pushpanjana*, *Shodhana* of *Neelaanjan* and properties of *Kulthianjana* are mentioned.
- Synonyms, characteristics, merit of *Shudha Tankana*, demerit of *Ashudha Tankana*, *Shodhana* of *Tankana*; Properties, two type, *Shodhana*, *Marana* and *Satvapatana* of *Rajavarta (Lajavarda)*; Synonyms, properties and *Shodhana* of *Chumbuka Loha*; Synonyms and properties of *Sphatika* are mentioned.

- Synonyms, characteristics, properties, type and *Shodhana* of *Shankha*; Synonyms, type and properties of *Khatika*; Synonyms, type, properties and *Shodhana* of *Gairika*; Synonyms, type, characteristics, properties and *Shodhana* of *Kasisa*; Synonyms, type, properties, characteristics, demerit of *Ashudha Rasaka*, four type for *Shodhana*, *Marana* and *Satvapata* of *Rasaka (Khapariya)* are mentioned.
- Synonyms, properties, *Marana*, *Shodhana*, types of *Kapardika*, *Sikta*, *Bol*, *Kankustha*, *Sourashtri*, *Kshudra Shankha*, *Shukti*, *Krishnamritika*, *Panka*, *Kampillak*, *Gouripashana*, *Navsadar*, *Agnijara*, *Girisindur* and *Murdarsanga* are mentioned in this chapter.
- *Six Sadharana Rasa* such as *Kampillak*, *Chapal*, *Gouripashana*, *Navsadar*, *Vahnijara* and *Girisindur*; General method of *Shodhana* of *Sadharana Rasa* is mentioned.
- *Gandhaka*, *Vajrabhraka*, *Vaikrant*, *Sindur*, *Bol*, *Geru*, *Samudraphen*, both *Khadiya*, small *Shankh*, *Rasanjana*, *Hirakasis*, *Kantapashan*, *Koudi*, *Sip*, *Hingula*, *Kankustha*, *Mahashankha*, *Bhunagh (Kenchuve)*, *Suhaga* and *Shilajeet* are grouped under *Uparasa Varga*.
- *Parada* under the *Maharasa Varga*.

### Chapter 3 (*Dhatusadhnadhyay*)

- In this chapter mentioned Seven *Dhatu* such as - *Swarna*, *Rajat*, *Tamra*, *Vanga*, *Yasada*, *Sisa* and *Loha* are grouped under *Dhatu Varga*; *Dhatu* and there relationship with *Graha*.
- *Swarnamakshika*, *Rajatmakshika*, *Tutha*, *Kansya*, *Pittal*, *Sindur* and *Shilajeet* are grouped under *Updhatu*.
- Occurrence, synonyms, characteristics, properties, *Anupana*, *Shodhana*, *Druti*, *Marana*, *Matra* (doses) and uses of *Swarna*, *Rajat*, *Tamra*, *Vanga*, *Naga*, *Loha* are mentioned.
- Five types of *Swarna (Prakrit, Sahaj, Vahnij, Khanij and Rasvedhaj)*; Five method for *Shodhana* of *Swarna* and nine method for *Marana* of *Swarna* are mentioned.
- Three types of *Rajat (Sahaj, Kritama and Khanija)* and six method for *Marana* of *Rajat* are mentioned.
- 8 *Dosha*, Two method for *Shodhana* and with seven methods also *Somnathi Tamra Bhasma* is explained for *Marana* of *Tamra* are mentioned.
- *Ashudha* and *Apakwa Vanga* properties, *Vishesh Shodhna* and eight method for *Marana* of *Vanga* are mentioned.
- *Ashudha* and *Apakwa Naga* properties, *Vishesh Shodhna*, six method for *Marana* of *Naga (Sisa)* and *Nageshwar Ras* is mentioned.
- In this chapter mentioned *Swarna* and *Tamra* are said to be *Vishanashak*.

- 7 Dosha of Loha, Ashudha and Apakwa Loha properties, three types of Loha (*Mund, Tikshna and Kant*), three types of Loha Churna, Vishesh Shodhana of Loha, Vishesh Shodhana of Kant Loha, three method for Shodhna of Kant Loha, seven method for Marana of Loha, Niruthikarana of Loha Bhasma, Amritikaran of Loha, Druti of Loha, Pratinidhi Dravya for Swarna and Rajat Bhasma are Kanta Loha, for Swarna is Swarnamakshika, for Swarnamakshika is Sonageru and for Rajat is Rajatamakshika mentioned in this chapter.

#### Chapter 4 (*Updhatusadhnadhyay*)

- Synonyms, characteristics, properties, Ashudha and Apakwa Bhasma Dosha, Shodhana, Marana and Satvapatana of Swarnamakshika; Introduction, Shodhana and Marana of Rajatmakshika; Introduction, type, characteristics, properties, Shodhana, Marana and Anupan of Vimala; Occurrence, synonyms, characteristics, properties, three method for Shodhana, Marana and two methods for Satvapatana of Tutha; Occurrence, properties, four types and two methods for Satvapatana of Bhunaga; Occurrence, synonyms, properties, Shodhana, Marana and two types of Kansya; Synonyms, properties, two types, Shodhana and Marana of Pittal; Synonyms, properties, Shodhana and Marana of Panchaloha; Synonyms, properties and two methods for Shodhana of Sindur; Occurrence, synonyms, characteristics, properties (impure and pure shilajeet), Shodhana, Marana and Satvapatana of Shilajeet and Introduction and four types of Chapal are mentioned in this chapter.
- Uttam Shilajeet Priksha, Sorak Shilajeet explanation and Shodhana are mentioned in this chapter.

#### Chapter 5 (*Ratnoparatnasadhnadhyay*)

- Nine types of Ratna – Hira, Munga (*Prawala*), Markat (*Panna*), Vedurya, Gomeda, Manikya, Indranila (*Neelam*), Pushparaja (*Pukhraj*) etc. and Ratnas types according to Vishnu Dharmuttar Purana - Mukta, Vedurymani, Hira, Panchraga, Gomeda, Nilam, Panna and Prawala are mentioned in this chapter.
- Vekrant, Suryakanta, Chandrakanta, Lajavarta (*Rajavarta*), Lal, Piroja, Muktashukti, Shankha, Kapuri stone, Kacha stone, Nili and Pili Mani are grouped under Upratna.
- Ratna names, their groups (*Yoni*), characteristics, occurrence, eight Pariksha of Ratana are mentioned.



- Four types (*Brahman, Kshatriya, Vaishya* and *Shudra*), uses, five *Dosha* (*Bindu, Kakpad, Yava* and *Mala*) and their characteristics, properties, *Swarup*, examination method, *Uttam Hira* examination, *Amritopam* properties, *Doshas* of *Ashudha Hira*, four methods for *Shodhana* and six method for *Marana* are mentioned.
- Eight *Yonis* of *Mukta* (*Gaja, Varah, Vansa, Matsya, Megha, Shankh, Sarpaj (Naga)* and *Sukti*) and their characteristics are mentioned.
- Characteristics of *Uttam* and *Ashudha Manikya*, 8 types and properties of *Manikya*; Examination of *Uttam Prawal*, characteristics of *Ashudha Prawala* and properties of *Prawala*; Characteristics of *Uttam* and *Ashudha Markat (Panna)*; Characteristics of *Uttam* and *Ashudha Vedurya*, properties of *Vedurya*; Properties, characteristics of *Ashudha Gomeda*; Characteristics of *Uttam Indranila (Neelam)* and examination of *Uttam Neelam*; Characteristics of *Uttam* and *Ashudha Pukhraja* and properties of *Pukhraja* are mentioned.
- *Pukhraja, Neelam, Padmaraga, Hira* and *Markat* are called *Pancharatna* in this chapter.
- Eight *Manaya/Mani* (*Vaikranta, Suryakanta, Hira, Moti, Mani, Chandrakanta, Lajavarda* and *Panna*), synonyms, properties and characters are mentioned.
- All *Ratana Shodhana* and *Marana*, uses of *Upratana* in place of *Ratana* when not available are also mentioned.
- Occurrence, properties, types, *Shodhana, Marana, Satvapatana* of *Vaikranta* and *Satvapatana* of *Sourashtri* and *Sasyaka* are mentioned in this chapter.

#### Chapter 6 (*Vishopavishadsadhnadhyay*)

- Occurrence, synonyms, 8 types and properties of *Visha* are mentioned.
- Qualities that should be present in the eight *Visha Dravya/Soumya Visha* (*Saktuk, Mustak, Kourm, Darvik, Sarshap, Saikat, Vatsanabh* and *Shvetashringak*) that are to be used in pharmaceutical formulation and also had told the name with their characters, type and properties of 10 *Tyajya Visha Dravya* (*Kalkut, Meshashringi, Dardurak, Halahal, Karkot, Granthi, Haridrak, Raktashringi, Kesar* and *Yamadanshtra*) that should not be used in the formulations.
- Also 4 types of *Vishas* (white, red, yellow and black) 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, Kaner, Gunja* and *Ahiphena* are classified with their *Shodhana* under *Upvisha* group.

- *Visha Taila* preparation by *Patan Vidhi*; Method of *Vishavajrapat* and process of *Lavanabhedhi Sudhanidhirasa* are mentioned.
- *Kshara Kalpana* of *Kshiri Vriksha* such as - *Arka, Palasha, Imali, Muli, Yava, Apamarga* and *Tila* are mentioned in this chapter.

## DISCUSSION AND CONCLUSION

1<sup>st</sup> chapter of this book contains the detailed knowledge about *Parada* and it's formulation. In 2<sup>nd</sup> chapter there are included the *Uparasa* group are mentioned and detailed explanation of *Gandhaka, Hingula* and about *Girisindur; Abhraka* and it's *Kalpa; Hartala* and *Manasheela* different types of *Anjana* and preparation of *Rasaanjana; Tankana, Rajavruit, Chambukh Loha, Sphatika, Shankha, Khatika, Gairika* and *Kasisa; Rasaka; Kapardika, Sikta, Bol, Kankustha, Sourashtri, Kshudara Shankha, Jalashukti, Krishnamritika, Pank, Kampillak, Gouripashana, Navsadar, Agnijara, Girisindur, Murdarsanga*. Also names of the *Dravyas* that are included in *Maharasa, Uparasa* and *Sadharana Rasa* are mentioned.

*Samanya Shodhana* of *Sadharana Rasa* is also mentioned. In 3<sup>rd</sup> chapter deals with detailed knowledge about *Dhatu*. In 4<sup>th</sup> s chapter deals with *Updathu*. In 5<sup>th</sup> chapter deals with detailed knowledge of both *Ratna* and *Upratna*. In 6<sup>th</sup> last chapter of this book deals with *Visha, Upvisha* and *Kshara* detailed information.

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