

## A BIRD EYE VIEW ON GAIRIKAM IN AYURVED CLASSIC

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Article Received on  
29 July 2020,

Revised on 18 Aug. 2020,  
Accepted on 08 Sept. 2020

DOI: 10.20959/wjpr202012-21777

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**ABSTRACT**

Gairika is exceptionally practical and effectively accessible medication in business sectors. It is artificially Fe<sub>2</sub>O<sub>3</sub> and one among the uparasa clarified in Rasashastra. According to the references there are three assortments of Gairika clarified in Rasashashtra works of art specifically Swarnagairika, Pashanagairika and Samanyagairika. Likewise according to the well-qualified suppositions, in Tamilnadu, Swarnagairika was known by the name 'ponkavi', which is generally polished in Siddha system. As per writing survey gairika was equivalently called as red ochre or haematite according to A.P.I. Definition: Gairikais Red Ochre, an oxide of Iron (Fe<sub>2</sub>O<sub>3</sub>). This for the most part hearty assortment of hematite mineral is otherwise called Reddle. Assay: Gairikashould not contain under 16% Fe or at the very least 21% Fe<sub>2</sub>O<sub>3</sub>. So an endeavor has been made in this article to

accumulate every one of the potential snippets of data in regards to Gairika clarified in Rasashashtra old style course books.

**KEYWORDS:** Rasashashtra, Uparasa, Gairika, A.P.I, Red Ochre, Haematite.

**INTRODUCTION**

Gairika is one of the eight uparasa clarified by different antiquated books of Rasashashtra.<sup>[1]</sup> It is considered as upadathu of loha having recipe Fe<sub>2</sub>O<sub>3</sub>.<sup>2</sup> While doing its satvapatana loha dhathu will be gotten as satvam.<sup>[2]</sup> Its swarnagairika assortment is hardly accessible in India and richly seen in United States of America and Germany. Any folklore references have not been found in Rasashastra reading material inferable from Gairika.

## History

While describing history of Gairika, ancient period can be divided in 4 groups.

1. Vaidikakaala
2. Samhithakaala
3. Sangarahakaala
4. Rasa kaala

### 1. Vaidikakaala

No description of Gairika has been found during this period.

### 2. Samhithakaala

#### a. Charaka

- Gairika is one among kushtahara pradeha.<sup>[3]</sup>
- Gairika in bhouma gana<sup>3</sup> & sonithaasthapanana gana.<sup>[4]</sup>
- Abhyantaraprayoga of Gairika is advocated in raktapitha<sup>[5]</sup>, chardi<sup>[6]</sup>, and visha.<sup>[7]</sup>
- External application in visarpa<sup>[8]</sup>, netra roga<sup>[9]</sup>, vrana<sup>[10]</sup>
- One of the ingredient in *Mahagandasthi agadam*<sup>[11]</sup>, *Khadiradi gudika*<sup>[12]</sup> & *Pushyanuga churnam*<sup>[13]</sup>

#### b. Susrutha

- External application of Gairika in pithapradhana vatharakta<sup>[14]</sup>, pithaja visarpa<sup>[15]</sup>, pithaja upadamsa<sup>[16]</sup> and vyanga<sup>[17]</sup>
- Also it is used as anjana in various netra roga<sup>[18]</sup>
- As one of the ingredient in *Gouryadi ghritam*<sup>[19]</sup>, *Dushivishari agadam*<sup>[20]</sup> & *Tarkshya agadam*<sup>[21]</sup>

### 3. Sangrahakaala.

Vagbhata

- first time explained the properties of Gairika
- विशदो गैरिकः स्निग्धः कषायमधुरो हिमः। (अ.स.सू. 12-20)
- In Ashtanga Hridaya Gairika is mentioned in kashaya skanda.<sup>[22]</sup>

#### 4. Rasa Kaala

**Table No. 1: Description about Gairika in various Rasashashtra Text Books.**

Sl. No	TEXT BOOKS	Time Period	Description about Gairika
1	Rasendrachudamani(11 <sup>th</sup> )	12 <sup>th</sup> century	Same as RRS
2	Rasarnavam (7 <sup>th</sup> )	12 <sup>th</sup> century	bhedam, shodhanam, satvapatana mentioned
3	Rasaratnasamuchayam	13 <sup>th</sup> century	types, identification, grahya-agrahyatvam,gunam, shodhanam, satvapatana detail.
4	Rasaprakasasudhakara	13 <sup>th</sup> century	Same as RRS
5	Rasa ratnakara	13 <sup>th</sup> century	Shodhana, satvapathana
6	Basavarajeeyam(25 <sup>th</sup> )		3 types, shodhan, satvapathana mentioned
7	Sharangadarasamhitha	14 <sup>th</sup> century	Shodhana mentioned
8	Rasendrasarasamgraha	16 <sup>th</sup> century	Shodhana mentioned
9	Rasa kaamadenu	16 <sup>th</sup> century	Synonyms, guna, shodhan cited from rasarnava
10	Brihatrasarajasundara	19 <sup>th</sup> century	Same as RRS
11	Bhavaprakasa		Synonyms and properties
12	Ayurveda prakasa	17 <sup>th</sup> century	Synonyms, properties, types, shodhan
13	Rasajalanidhi	20 <sup>th</sup> century	Most no. of synonyms, amayika prayoga and rest description similar as R.R.S
14	Rasatharangini (22 <sup>nd</sup> )	20 <sup>th</sup> century	Synonyms, types, swarupa, shodhan ,maatras, amayika prayoga
15	Rasayanasara	20 <sup>th</sup> century	Shodhan and properties mentioned
16	Rasamritham	20 <sup>th</sup> century	Synonyms of Gairika in different languages
17	Rasendrasambhavam		Shodhana mentioned
18	Yoga ratnakara	18 <sup>th</sup> century	Shodhana mentioned
19	Bhaishajyaratnavali	19 <sup>th</sup> century	Shodhana mentioned

#### Synonyms<sup>[23]</sup>

##### Rasatharangini /22-110

Gaireyam, girimruth, girimrittika, raktadhathu, lohadhathu.

##### Rasajalanidhi/2

Raktadhathu, gaverukam, gavedukam, giridhathu, surangadhathu, girimrithbhavam, gaireyam, vanalaktam, prathyashmam, giriija.

#### Vernacular names<sup>[24]</sup>

**Table No. 2: Vernacular names of Gairika.**

Language	Name
Bengali	Girima
English	Ochre, Reddle
Gujarathi	Geru, Sonageru
Hindi	Geru, Gerumitti
Kannada	Hojatha, Jajoo, Kaavi, Kemmannu

Malayalam	Kavimannu
Marathi	Geru, Sonakava
Punjabi	Geri
Tamil	Seemsikkavikkallu Kavikkal (SFI)
Telugu	Kavirayi, Kaavi
Urudu	Geru (Teen-e-Rumi) (N.F.U.M)
Arabic	Magraha, Magrata
Farasee	Gilesurkha, Mistri
Sanskrit	Kasayakkal, Kavi, SvarnaGairika

## Types

Most of the Rasa granthas—only 2 types – स्वर्णगैरिक & पाषाणगैरिक.

**Table No. 3: Types of Gairika as per different references.**

Sl no.	Name of text	Time period	Types	Chapter
1	Rasarnava	12 <sup>th</sup>	रक्त, हेम, केवलं	7/83-84
2	Rasendrachudamani	12 <sup>th</sup>	पाषाणं & स्वर्ण	11/80-1
3	Rasaratnasamuchaya	13 <sup>th</sup>	पाषाणं & स्वर्ण	3 <sup>rd</sup> /47
4	Rasaprakasasudhakara	13 <sup>th</sup>	पाषाणं & स्वर्ण	6/81-4
5	Bhavaprakasa/dhathvadi varga-146	16 <sup>th</sup>	“ “	14
6	Ayurvedprakasa	17 <sup>th</sup>	पाषाण, सामान्य, स्वर्ण	2/270-2
7	Brihathrasarajasundaram	19 <sup>th</sup>	“ “	29/ page no.163
8	Rasajalanidhi	20 <sup>th</sup>	पाषाण & स्वर्ण	2/107 page
9	Ayurvedachinthamani	20 <sup>th</sup>	“ “	7/31
10	Rasamritam	20 <sup>th</sup>	“ “	3/165-8
11	Basavarajiyam/25	20 <sup>th</sup>	रक्त, पूर्ण, पाषाणं	25 <sup>th</sup> chapter
12	Rasa tharangini	20 <sup>th</sup>	पाषाणं & स्वर्ण	22 <sup>nd</sup> /11

## Grahya lakshana<sup>[25]</sup>

स्वर्णगैरिकं – अत्यन्तशोणितंस्निग्धंमसृणंस्वर्णगैरिकं

*Athyantha shonitham snighdam masrunam swarna Gairika*

पाषाणगैरिकं – कठिन्ताम्रवर्णकं

Pashanam Katinam Tamra varnakam

## As per RasaTarangini<sup>[26]</sup>

स्वर्ण – स्निग्धं, मसृणं, अतिकोमलं

*snighdam,masrunam,athikomalam*

पाषाणं – रुक्षं, कठिनं, नातिलोहितं

*ruksham,masrunam,na athilohitham*

### As per Arthavidyothini

स्वर्ण – अत्यन्तशोणितवर्णरससिन्दूरादिधातुसदृशंभवति।

\*As per B.R.S, R.Chu, R.JNi, R.P.S PashanaGairika is less gunakara compared to others

### Shodhana

**Table No. 4: Shodhana of Gairika in various text books.**

Text book	Go dughdam	Go ghritam	Both	Others
Rasarnavam <sup>[27]</sup>	-	-	-	Bhavana in Raktavargaswarasa,pittam,kwatham Thus white and red colour satva obtained
RC <sup>[28]</sup>	✓	✓	Both	-
RPS <sup>[29]</sup>	✓	-	-	-
RRS <sup>[30]</sup>	✓	-	-	-
RJN <sup>[31]</sup>	✓	✓	Both	-
Sharangadara <sup>[32]</sup>	-	-	-	Similar as neelanjana shodhana
BR <sup>[33]</sup>	-	-	-	Swedana in kanjika for 1 yama
RSS <sup>[34]</sup>	-	-	-	Similar as kankushta, shanka shodhanam
RT <sup>[35]</sup>	✓	✓	Both	-
BRRS <sup>[36]</sup>	✓	✓	Both	-
Rasamritham <sup>[37]</sup>	✓	-	-	-
Basavarajeeyam <sup>[38]</sup>	Bhavana in cow's milk	-	-	Also bhavana in raktavarga & peethavarga for 7 times Then mardana with mithra panchaka for 1 yama.

### Marana

Marana of Gairika is not told anywhere in Rasashashtra text books.

### Satvapatana<sup>[39]</sup>

According to Acharya **Nandi**, Gairika is itself satvarupa and so it's not necessary to do satvapatana. According to some acharya there is necessity to do satvapatana of Gairika.

### R.R.S<sup>[39]</sup>

- First do swedana of Gairika with ksharavargeeya and amlavargeeyadravya.

- Then subjected to strong heat in crucible.
- Loha is obtained as Gairikasatva.
- This satva when mixed in parada is better than samanyaGairika.

### Rasaratnakar<sup>[40]</sup>

- Gairika is triturated with raktavarga and peetha varga for a week.
- Then it is strongly heated with mitrapanchaka in koshtiantra for 1 yama

**Table no.5: Rasa panchaka of Gairika.**

Rasa	मधुरं, कषायं
Guna	स्निग्धं, विशदं
Virya	शीतं
Vipaka	मधुरं
Doshaghna	पित्तकफशमक
Rogaghna	दाहघ्नं, रक्तस्तम्भकं, विषघ्नं, कण्डूहरं, विस्फोटहरं, दग्धव्रणहरं, व्रणरोपकं, रक्तपित्तहरं

### Matra<sup>[41]</sup>

2-4रति

द्विगुञ्जसमारम्भचतुर्गुञ्जमितंपरं

स्वर्णगैरिकंशुद्धंयुञ्जीतभिषजांवरः

### Amayika Prayoga<sup>[42]</sup>

Amayika prayoga of Gairika are explained in detail in Rasa tharangini. For eg.

1. Sheetha pitta – 2 gunja Gairika with madhu
2. Rakta pitta- Gairika with chandana, usheera, dhanyakakwatham, sitha, elam

### Vishista yogam

Laghusuthasekhara rasa, Gauryadi ghritam, Bhringarājataila, Kamadhugha Rasa etc.

### CONCLUSION

Gairika is one of the most important mineral told in Rasashashtra classics. It has also been explained in Keraleeya text books like ChikitsaManjari, Yogamrutam, Arogyakalpadrumam in Chikitsaprakarana. It is one of the safest naturally occurring mineral explained in Rasashashtra. It is mostly known for its pittasamaka properties. But ambiguity still exists regarding its naming as Red ochre or Haematite. Many a times both are seen as translation for Gairika. But crystal clear studies needed to be carried out regarding the mineral Gairika. Thus as a preliminary work has been carried out in this article to highlight only regarding the

literary aspects of Gairika explained in various Rasashashtra classics.

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