

*Parpatikalpana: A review***Ramteke Sujata Laxman<sup>\*1</sup>, Chougule Avinash<sup>2</sup>, Inamdar Mahesh<sup>3</sup>**

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**ABSTRACT:**

Ayurveda is a "science of life." The word is derived from *Ayur*--- life, and *Veda* means science. It is a system in which combination of body, soul & mind is taught. One of the Ayurved branch is Ras-shastra in which *Parad* (mercury), minerals & metallic compounds are explained.

*Parpati kalpa* is different from other doses form because of its dose mode, size, shape & process of manufacturing & also because of broad spectrum of action. Simply by melting the material over mild heat and sandwich to make wafers has brought about this remarkable change.

This *parpati kalpa* is given in typical dose & administration form as in increasing pattern. It is then kept on the dose where optimal level of dose is reached. It is not suddenly stopped. The dose is taper off slowly after desirable effect.

The *parpati kalpana* thus has more advantages than other form. The advantages are – less toxicity, good therapeutic value, high potency, cheaper than other dosage form & cost effective. To use *parpati kalp*, one needs to follow *Pathya – Apathya*. To make *parpati Kalpana* *Ghritya*, *Gomaya* & *Mrudu agni* are required.

The *parpati* is used in all disorders from child age till old age. For eg – *Unmad*, *Apsmar*, *SanGrahini*, *Udar shool*, *Pandu Rog*, *Vat-jwar*, *Kushtha*. It is also used in *Daha*, *Aamvat*, *Amlapitt*, *Atisar*, *Vridhha dosh* etc.

**KEYWORD:** Ayurveda, Rasashastra, *Parad*, *Parpati*, *Rasayanas*

## INTRODUCTION:

Ras-shastra is a pharmaceutico-therapeutic Holy Science which teaches us basic quality or root properties of various substances used for healing purpose & for spiritual growth. 'Rasa' word is originally used for *Parad* as *Parad* includes properties of other metals, minerals etc. *Parad* is ten time more powerful than any other metals, minerals & also has high shelf life. Ras-shastra has different Herbo-mineral-metal preparations like *Khalviya Rasayan*, made by *Khalv yantra*, *Potaly Rasayan*—made by keeping in cloths, *Kupi-Pakva* medicine which is prepared in bottles & most important --- '*Parpati Rasayan*' --- made by special method. Mercury is always present in liquid state (at room temperature), so it can't be handle easily as required for process. Changing its state to solid, either in powder form or bolus form is called *Rasa Bandha*<sup>1</sup>. The medicine which are thus made by above method by using minerals, metals, gems, dhatu *bhasm* & *kashth-aushadhi* etc.

*Parpati kalp/Kalpana* is that type of form of medicine which is consist of *Parad* & *Gandhak* that is Sulphur & other drugs which are developed from *Parad*. The *parpati* which contains Sulphur is called '*Sagandha*' & *parpati* which does not contains Sulphur / *Gandhak* is called '*Nirgandh*'. *Parpati* is *Agnisthayi*

*murchita Parad Bandha*, where *kajjali* is the base material which is Guru (heavy) in nature. After agni samakar (explosure to heat) it attains *laghuta*, hence name as *Parpati*, which indicate lightness. Because of this property it is useful in most of the disorder from paediatric to geriatric. This form of medicine though it is thin & flat in size & shape, it is powdered before use as medicine. In Ras-Tarangini, we will find terminology as '*Parpatika*' which is same as *Parpati* but in Bharat Bhaishajya Ratnakar *Parpatika* denoted as fragment left in an iron vessele preparing *Parpati*. According to the author, it does not have same property as that of *Parpati*.

**Etymology:** *Parpata* is masculine in gender and by adding suffix 'ee' it becomes feminine i.e. *Parpati*

**Synonyms**—*Parpata*, *Parpati*, and *Parpatika* it indicates its *Laghuta* (lightness).

## HISTORY

In 8<sup>th</sup> Century, Rasendra Mangala written by Acharya Nagarjun, has mentioned about use of *Parpati* for *Kushth* Rog. In 11<sup>th</sup> Century, Acharya Chakrapani Datt wrote "Chakradatt" in which Ras-parpati is mentioned for *Grahini* Rog. In 12<sup>th</sup> Century AD. Acharya Dundukanatha (Authour of Rasendra Chintamani) has mentioned Kramagni<sup>2</sup> that is increasing heat – Mrudu Madhya & Tivra-agni In 19<sup>th</sup> Century in Bhaishjya Ratnavali written by Acharya Govind DasSen has explained many parpaties.

**METHODOLOGY** *Shuddha Parada* (mercury) and *Shuddha Gandhaka* (sulphur) are taken in equal quantity in *Khalva yantra* and triturate it well to form

*Kajjali*. The *kajjali* which is formed must have to undergo certain test like, *Loha pareeksha* (If *kajjali* is mixed with lime juice & spread over Swarn then color of Swarna will not change to white, if *kajjali* is properly prepared), *Jala pareeksha* (Floating on water) and *Agni-pariksha* (fumes will come out and there will not be any ashes) and *Kajjali* must have the properties like *Slakshnata* (smoothness), *Rekhapurnata*, and *Anjana sadrusa sukshma* (minute as anjana). Then it is put in *Palika yantra* which is coated with Ghee. Apply slow heat directly to *palika yantra* or preferably through *Valuka yantra*. When solid state of *kajjali* changes into liquid state, heat is stopped and then it is poured on the *Kadali Patra* which is smeared with ghee and place on the cow dung mass. After that immediately another *Kadali patra* is used to cover the content and pressed it gently. After some time when it became cool, thin flakes of *parpati* are taken out (because its shape, it is named as *Parpati*)<sup>3</sup>. Physical properties of *parpati* depends on the content which are used to prepare it. After the completion of the procedure the impression of *Kadali Patra* should be seen on the *Parpati* prepared. The *Parpati* thus prepared is dried, powdered and stored in air tight glass<sup>4</sup> & used as per need.

#### Parpati pakas:

On the basis on *paka*, *Parpati* are of three types which have been mentioned in texts namely<sup>4</sup>---

1) *Mrudu paka*, 2) *Madhyama paka* and 3) *Khar paka*.

Out of these pakas, *Mrudu* & *Madhyama paka* preparation are generally to be used therapeutically.

#### Parpati Paka Stages

While preparing *Parpati* when *kajjali* converts in liquid stage, depending upon amount and duration of heat some changes are seen in *kajjali* which will tell us the type of *kajjali* is getting formed.

*Parpati Paka Pareeksha* can be divided in further two part--

#### **A) Paka Kalin Pareeksha**

1) *Mrudu paka*---When melted, *Kajjali* attains *Mayura Chandrika varna* (like peacock feather).<sup>5</sup>

2) *Madhyama paka*---If melted *Kajjali* attains *Taila* (oily) consistency<sup>6</sup>

3) *Khar paka*---If melted *Kajjali* attains *Rakta varna* (Reddish colour)<sup>5</sup>,

#### **B) Paka Paschata Pareeksha**

1) *Mrudu paka*--- In this *paka*, *Parpati* does not break easily, it just bends<sup>7</sup>, chemical bonding between *parad* and *gandhak* is not formed properly

2) *Madhyama paka*--- In this *paka*, *Parpati* looks like *Roupya* (silver)<sup>8</sup> in the broken place and can be break easily, shiny, black, crispy proper binding of *parad* and *gandhak* is formed properly

3) *Khar paka*---In this stage, powdered form of *parpati* looks like *Lohit* (reddish) and it is rarely used. Here *kajjali* burn in excess and get converted into carbon. It is dry and coarse in nature<sup>9</sup>, and poisonous in nature.

#### **PRECAUTIONS**

1) *Gandhaka* is highly combustible substance. Hence while preparing *Parpati* flames of fire must not be high (*Teevragni*) otherwise it may catch fire.

2) While preparing *parpati*, heat is given till *Kajjali* becomes *Pankavatta* (like Mud).

3) Some *Sneha* is applied on iron pan (*Lauha Darvi*) and *Kadali Patraso* as to remove the final product- *parpati* easily.

4) When *kajjali* changes into liquid state it is poured on the *Kadali Patra* which is smeared with ghee and placed on the cow dung mass, immediately another *Kadali patra* is used to cover the content and pressed it gently.

### Types of *Parpati*<sup>9</sup>:

I) Based upon the ingredients like different herbs, minerals and *Kajjali* *Parpati* is of three types---

1. *Parpati* which contain only *Parada* (Mercury) and *Gandhaka* (Sulphur). Eg. *Rasa Parpati*.

2. *Parpati* which contain *loha* (metals) and *Kajjali* Eg. *Panchamrita Parpati*, *Swarna arpati*<sup>10</sup>, *Loha Parpati*, *Vijaya Parpati*.

3. *Parpati* containing herb drug as ingredients Eg: *Pranada Parpati*, *Bol Parpati*.

II) Again *Parpatis* are of 2 types:

1. *Sagandha Parpati*:- *Parpati* containing *Gandhaka* (Sulphur) *Parada* (Mercury) and eg: *Rasa Parpati*, *Gagan Parpati*, *Panchamrit Parpati*, *Vijaya Parpati*, *Mandoor Parpati*, *Tamra Parpati*, *Swarna Parpati*, *Loha Parpati*, *Bola Parpati* etc.

2. *Nirgandha Parpati*:- *Parpati* which are prepared in the absence of *Parada* (Mercury) and *Gandhaka* (Sulphur) eg: *Sweta Parpati*, *Malla Parpati* etc.

### Properties of *Parpati* :

In general, *Parpati* is easily breakable, flake like appearance and dark in colour. Its properties depend upon the ingredients from which it is prepared. Basically, it is used for *Antrasodha*, (intestinal problem). It regulates intestinal movements and gives strength to intestine. It increases Lustre, strength and appetite.

### Importance of materials which are used in the *Parpati Kalpana* preparation--

1. *Lauha Darvi* (iron pan): - For preparation of *Parpati*, first step is to liquefy *Kajjali* on *Agni*. For this, certain type of vessel is selected in which procedure can be done without changing the properties of *Parpati*. For that *Lauha Darvi* (Iron vessel) is generally used. In some text *Tammra vessel* (copper vessel) is mentioned.

2. *Agni*:- Without *Agni* *Parpati* cannot be prepared. Due to *Agni Kriya* (Heat), *Kajjali* get converted into liquid form. *Agni* can be given by electric heater, stove or by the traditionally used *AngarDhaneka* (Furnace). *Mridu Agni* (low heat) is required to form *Parpati*. At 115 to 120 degree Celsius, *Kajjali* is liquified and attains *Pankvatta* stage (Muddy appearance) (*Sutam Panka samam vilapayam ruchiram paka kriya kovidam* in *Rasa Tarangini*)

3. *Ghrita*: - It is used to avoid adherence of *Kajjali* to the vessel as well as *Kadali Patra*. Rather than this due to its *snehatya* quality which comes in *parpati*, it becomes *Vatta-Pitta shamak*.

4. *Gomaya* (cow dung): - For the preparation of *parpati* liquified *kajjali* is poured on *Gomaya* (cow dung) to get hard and perfect form and to cool fast. Usually fresh *Gomaya* is used to increase

the potency of the *parpati*. As it is the end product, it contains many useful enzymes, biliary ailments which get absorbed by the *Parpati* through the medium of *patra* (*Kadali*). This is useful in *Jatharagni mandya rogas* (Diseases of Digestive fire) and other *Pittaja Vyadhis* (diseases of Pitta origin). Cow dung also contains mucus, salt, undigested diet comprising cellulose and lignin which is originating from the cell walls of the plants.

**5. Patra:** - In the preparation of *parpati* to avoid the direct contact with cow dung, *patra* is used. Like -- *Kutaj, Kamal, Erand, Kadali patra* can be used. Out of this, *Kadali patra* is easily available and most of the time it is used. Chlorophyll which is present in green leaves is one of the best anti-oxidant. It gets absorbed in formulation and has the great therapeutic effects on G.I.T. It is not only cleans the body toxins<sup>11</sup> but also neutralizes the negative effects of free radical in the body.

**6. Warm water** – Once the procedure is complete, the *parpati* which is prepared, is washed with warm water to remove the *Snehata* (oil) from the surface of the *parpati* & then *parpati* is dried.

#### Applied Therapeutic Aspect of Parpati:

1. The *Parpati* is specially used in G.I.T disorder. It is safe in old age as well as in childhood.
2. According to *Chakrapanidatta*, the *Rasa Parpati* is commonly used in -- *Kshaya, Arsha Grahani and Ajirna*.
3. According to *Rasa Tarangini*, *Parpati* can be used in following diseases --

*Grahani, Kshaya, Kamalaa, Pandu with Svayathu, Pliha Jalodara, Gulma, 18 types of Kushta, Atisara, Amlapitta, Jwara, Vridha dosha, Shotha and Vrishya.*

#### Matra and Prayoga:

The *Parpati* can be taken in two ways i.e. A) *Samanya prayoga* and B) *Kalpa* or *Vardhamana prayoga*.

##### A) Samanya Prayoga:

*Samanya Prayoga* of *Parpati* is 1-2 *Ratti* (120mg to 240mg) twice or thrice can be used. In this type, *Pathya* and *Apathya* is not considered. It is given with fried *Jeera* powder and buttermilk.

B) *Kalpa Prayoga* or *Vardhamana Prayoga*: - According to many references, dose of *Kalpa Prayoga* are given below--

1. In *Rasa Tarangini*: Starting dose of *parpati* is 2 *Ratti* (250 mg) and it increased gradually

up to 10 *Ratti* (2500 mg).

2. According to *Acharaya Chakrapani* Starting dose is 2 *Ratti* (250 mg) and then increased gradually up to 12 *Ratti* (3000 mg).

3. In this *prayoga*, *Parpati* is started from 1 *Ratti* initially and increased by 1 *Ratti* daily till it reaches up to 10 *Ratti*. This dose should be maintained till the disease gets completely cured. After that the dose may be reduced by 1 *Ratti* daily. Then the treatment is stopped. Generally it takes 40 days to complete *Kalpa Prayoga*. But depending upon the strength of patient and disease, it can be taken for 36



days, 40 days, 60 days, 96 days. This duration of *Prayoga* is called *Mandal/Chakra*. In one *Chakra* of 36 days 288 *Ratti* of *Parpati* can be used. In one *Chakra* of 40 days 310 *Ratti* of *Parpati* can be used, in one *Chakra* of 60 days 480 *Ratti* of *Parpati* can be used, for 96 days 768 *Ratti* of *Parpati* can be used. According to strength of patient and disease, physician have to decide the type of *Mandal* to be used in patient<sup>5</sup>

### ***Pathya and Apathya:***

1. ***Pathya:*** Tarangini has list of drugs mentioned which are to be taken during *Parpatisevan*, they are, *Kakamachi* (Black night shade), *Patola* (Pointed gourd), *Pugiphal* (Betel nut), *Ardrak* (Ginger), *Kadalipuspha* (Banana flowers), *Brinjal*, *Old Shalidhanya*, *Godugdha* with *Sharkara*<sup>12\*</sup>

2. ***Apathya:*** River water or well water should be avoided during *Parpati Kalpana prayoga*, as there is a chance of increase in the severity of disease<sup>13</sup>.

Butter milk is advised to drink in therapy period. In *Parpati prayoga*, *Amla sevana* (Intake of Sour things), *Shit Jal Snan* (Bathing with cold water), *shita vayu sevana* (Exposure to cold winds), *krodha* (Anger), *chinta* (Tension/Stress), *ushna dravya sevana* (Intake of hot substances), *tikta dravyas* (bitter drugs) like *Nimba* (Neem), sweet substance like *Guda* (Jaggery), *Anupa mamsa* (Aquatic/frozen meat), *stree sambhasana* (Sexual activities) etc. are contraindicated (R.T.

6/161). *Acharaya Chakrapani* mentioned the use of betel nut during the treatment of *Parpati Kalpana*. During the 3 days of treatment patient is allowed to take meat, ghee, milk but avoid *Vidahi anna*, sexual

intercourse, banana root, mustard oil, small fish and aquatic birds.

### **Use of Parpati in diseases along with Anupana:**

1. *Unmada* – *Goghrita* and *Rasna mool churna*.
2. *Apasmar* – *Brahmi Swaras* and *Trikatu churna*.
3. *San Grahani* – *Hingu* and *Sweta Jeeraka Churna*.
4. *Udara shoola* – Oil of *Aeranda* beeja.
5. *Pandu* with *sotha* – *Guggulu churna*.
6. *Kustha* –, *Bakuchi*, *Bhringaraj churna*, *Nimba panchanga*.
7. *Vatajwara* – *Das mool Kwatha*.
8. *Kasa* – *Trikatu Churna*<sup>13</sup>

### **CONCLUSION**

Out of four *Murchita Parada Yogas* *Parpati Kalpana* is one. It has great therapeutic use in all G.I.T problems. *Kajjali* is *Sagandha*, *Niragni* and *Khalvi Rasayana*. *Parpati* is *Sagandha* or *Nirgandha* & *Sagni*, *Pota bandha*. *Agni Sanskar* plays a vital role in *parpati* preparation. It helps in altering the physico-chemical properties. *Parpati kalpana* are classified on the basis of the ingredients which are used to prepare *Parpati*. Other material like *Kadali Patra*, *Ghruta* and *Gomaya* might enhance therapeutic properties. *Parpati* is commonly used for the management of *Grahani* and other various G.I.T diseases. The *Parpati* is basically recommended for the ailment of the G.I.T e.g. *Agnimandya*, *Amlapitta*, *Atisara*, *Grahani*, worms, *Rajayakshma*, *Kustha* and *Gulma*. It has been also claimed to be

useful for every disease if used with different type of *Anupan* to manage *Pandu*, *Kamala*, *Prameha* etc rogas. *Parpati kalpas* or formulation is best with suitable *Anupana*

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