



## Preparation of *Shweta Parpati* by three different methods

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### Abstract:

All *Rasa Aushadhi* are classified into 4 types according to their method of preparation: 1. *Kharaliya Rasayan* 2. *Parpati Rasayan* 3. *Kupipakwa Rasayan* 4. *Pottali Rasayan*. Each of these types has a unique method of preparation which renders some unique properties to the formulations. *Shweta Parpati*, which comes under *Parpati Kalpana* is indicated for *Mutrakrichra* which can be symptomatically correlated with Dysuria. Dysuria is pain, discomfort and burning sensation in micturition. Easy method of preparation and very low dose of formulation is an added benefit of this medicine. This article aims to prepare *Shweta Parpati* as per all the available references- *Siddha Yog Sangraha*, *Siddha*

*Bhaishajya Manimala* and *Rasoddhar Tantra*.

### Keywords:

*Parpati Kalpana*, *Shweta Parpati*, *Mutrakruchha*, Dysuria

### Introduction:

*Parpati Kalpana* got its name due to its thin flake like shape. *Parpati Kalpana* was introduced by *Chakradatta* in 16<sup>th</sup> century primarily for *Grahani roga*. Later modifications were made and one or more ingredients were added like *Tamra bhasma*, *Abhrak bhasma* etc that were beneficial for various other diseases like *Rajayakshma*, *Skin diseases* etc. *Parpati Kalpana* is classified into 2 types: *Sagandha* (contains *Gandhak*) and *Nirgandha* (Without

*Gandhak*). Almost all *Parpati Kalpana* contain *Kajjali* of *Parad* + *Gandhak*. However, *Shweta Parpati* is a type of *Nirgandha Parpati Kalpana*, i.e. it does not contain *Gandhak* or even *Kajjali*. This article is an attempt at compiling and preparing *Shweta Parpati* by all references available in the texts of *Rasashastra*.

### **Aim:**

The aim of the present study is to compile all available references of *Shweta Parpati* available in texts, prepare and to study in terms of their composition, method of preparation, dose, indications and contribution of various texts regarding this particular formulation.

### **Preparation of *Shweta Parpati*:**

#### **1) According to *Siddha Bhesajya Manimala* (SBM):**

*Shweta parpati* is named as *Sheetal Parpati* in SBM

**Materials and Methods:** Burner, *Loha Darvi* (Iron pan), Spoon, *Khalwa yantra*

**Ingredients:** *Suryakshara* – 48g *Gandhaka* (Sulphur) – 750mg

### **Method of preparation:**

*Suryakshara* was taken in *khalwa yantra* and powdered. It was then taken in *darvi*, and

heated on *madhyamagni*. When it melted, *agni* was stopped and *Shuddha Gandhaka churna* was added immediately and stirred. The mixture was then poured on marble from low height and left to solidify.

### **Observation:**

*Sheetal parpati* was white in colour. It had a smooth surface. It was brittle on breaking. A cooling sensation was felt.

#### **2) According to *Siddha Yog Sangraha* (SYS):**

*Shwet parpati* is named as *Kshar Parpati* in SYS.

**Materials and Methods:** Burner, *Loha Darvi* (Iron pan), Spoon, *Khalwa yantra*

### **Ingredients:**

*Suryakshara*– 16 parts (80 gram)

*Kankshi*- 2 parts (10 gram)

*Navsagar*- 1 part (5 gram)

### **Method of preparation:**

All ingredients were taken in *khalwa yantra* and powdered and mixed. After it turned into homogenous mixture, some amount of it was then taken in *darvi*, and heated on *madhyamagni* with continuous stirring by spoon till it turned liquid. The mixture was then poured on marble from low height and left to solidify.

**Observation:**

*Kshar parpati* was white in colour. It had a smooth surface. It was brittle on breaking. A cooling sensation was felt.

**3) According to Rasodhara Tantra (ROT):**

**Materials and Methods:** Burner, *Loha Darvi* (Iron pan), Spoon, *Khalwa yantra*

**Ingredients:**

*Suryakshara* – 20 parts (20 gram)

*Sphatika*- 5 parts (5 grams)

*Tankan*- 3 parts (3 grams)

*Karpur*- 3 parts (3 grams)

*Navasagar*- 3 parts (3 grams)

**Method of preparation:**

All ingredients were taken in *khalwa yantra* and powdered. It was then taken in *darvi*, and heated on *madhyamagni* with continuous stirring by spoon till it turned liquid. At the end, *Karpura* was added and stirred again. Then *agni* was stopped and mixture was then poured on marble from low height and left to solidify.

**Observation:**

*Shweta parpati* was white in colour. It had a rough surface. It was brittle on breaking. A cooling sensation was felt.

	Character	SBM	SYS	ROT
1	Colour	<i>Shweta</i>	<i>Shweta</i>	<i>Shweta</i>
2	Odour	Sulphur-like	Odourless	Camphor-like
3	Taste	<i>Amla, Kashay</i>	<i>Amla, Kashay</i>	<i>Amla, Kashay</i>
4	Sound	Breaking sound like wafer	Breaking sound like wafer	Breaking sound like wafer
5	Touch	<i>Mrudu, Snigdha</i>	<i>Mrudu, Snigdha</i>	<i>Khara</i>

(SBM- *Siddha Bhesajya Manimala*, SYS- *Siddha Yog Sangraha*, ROT- *Rasoddhara Tantra*)

**Discussion:**

*Parpati Kalpana* is one of the four *kalpanas* of *Murchit Parad*. *Parpati* can be *sagandha* or *nirgandha*. While most of the *parpati* are

*sagandha* (with *Gandhak*), *Shwet parpati* is a *nirgandha* type of *parpati*.

Though two of the three methods of *Shweta Parpati* preparation described in this article different names in texts- *Kshar Parpati* (in *Sidha Yog Sangraha*) and *Sheetal Parpati* (in *Sidha Bhaishajya Manimala*), they are

indicative of *Shweta parpati* only due to the similarity in ingredients and application.

*Sheetal parpati* mentioned in *Siddha Bheshajya Manimala* has two ingredients- *Suryakshar* and *Gandhak*.

*Shwet parpati* mentioned in *Rasoddhar tantra* has five ingredients-*Suryakshar*, *Kankshi*, *Navsaga*.

*Kshar parpati* mentioned in *Sidha Yog Sangraha* has 3 ingredients- *Suryakshar*, *Kankshi*, *Tankan*, *Kapur*, *Navsagar*

Due to its *kshariya guna* it is mainly indicated in *Mutrakrichhra*.

During preparation, since *kshariya* ingredients will not stick on the pot or vessel, there is no need of smearing ghee, pouring on *kadalipatra* or using *Gomaya* as used in other *parpatis*. *Parpati kalpana* is mainly prescribed for *Grahani rog* or *Jatharagnimandya*. *Gomaya* delivers biliary action into *parpati* through *kadali patra*. Since *Shwet Parpati* is indicated in *Mutrakrichhra*, it doesn't require the biliary action of *gomaya*. Therefore the melted mixture of *Shwet Parpati* is poured on clean surface rather than *kadali patra*.

The time taken for preparation was the lowest in SBM reference due to presence of only two ingredients. The reference of *Rasodhar tantra* took maximum time due to

presence of *Tankan*. *Karpur* was added at the end due to its highly volatile nature.

### Conclusion:

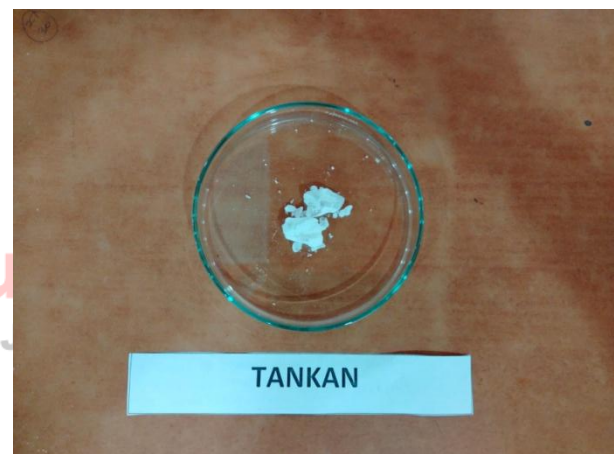
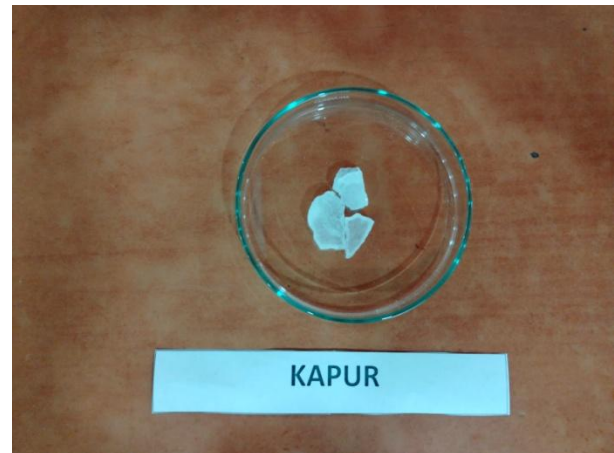
Due to the uniqueness of *Shwet parpati*, shorter preparation time, great therapeutic effect, the use of *Shwet parpati* by prepared by three different methods should be clinically tested.

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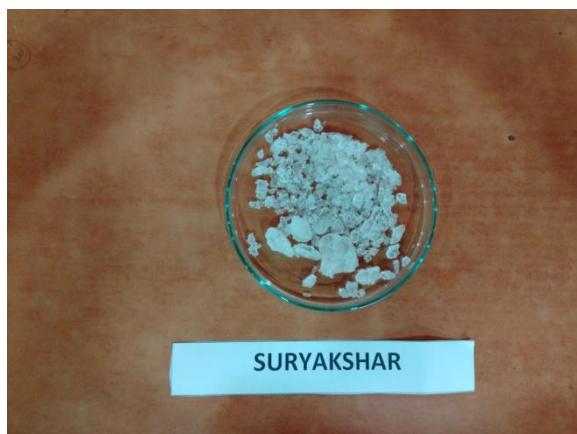
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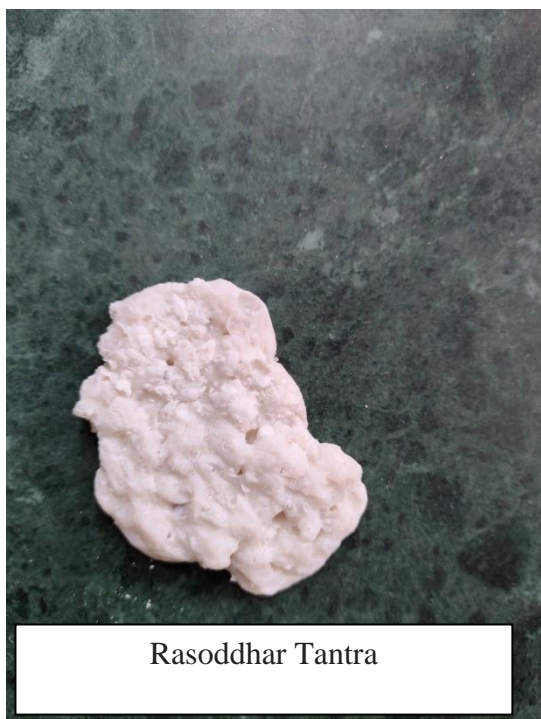
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Images:









Rasoddhar Tantra



Siddha Bhesajya Manimala



Siddha Yog Sangraha

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