

AYASKRITI

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Objective

- At the end of this presentation, audience must be able to understand :
 - Concept of Ayaskriti

Introduction

- Ayurveda – time immemorial
- Rasashastra – 8th century
- Use of Sukshma churna of dhatu was existing
- Loha churna, swarna churna, Tamra churna etc

Cont...

- Ayas means Loha (Dhatu)
- During samhita period, swarna, rajata, etc churnas are mentioned for the treatment of different diseases
- This technique is called as Ayaskriti

Debate

- First mentioning of “Ayaskriti”
- Charaka – Loha rasayanam
- Sushruta – Ayaskriti

Charaka Samhita

- Mentioned in the name of Loha rasayanam
- Ch. Ch. 1/3/15-23
- Explained in **four steps**

First step (Nirvapana)

Teekshna loha patras (4x4)



Red hot



Alkaline media (5)



Till Anjanavat

Second (churna)

- Anjanavat Loha patra are made into
churna in a Khalva Yantra

Third (leha)

- Churna + madhu + Amalaki swarasa
- Lehya consistency
- Preserved in earthen pot smeared with Ghrita
- One year

Fourth

- Every month addition of madhu and amalaki rasa to maintain consistency of lehya

Administration

- Dose : Agni bala dependent
- Time : Praataha kala
- Anupana : Madhu sarpi

Sushruta Samhita

- Mentioned as “Ayaskriti”
- Three types
- Ayaskriti
- Aushadhayaskriti
- Mahaushadhayaskriti
- Su. Chi. 10/11-12

Ayaskriti

Teekshna loha patra (*tilotseda*)



Paste of Lavana varga



Gomayagni pratapta



Nirvapana in Triphala salasaradi gana kashaya



16 times (32 ?)

Cont...

Red hot in Khadira kashta



Powdered in khalva yantra



Sieved through thick cloth



Fine powder

Administration

- Dose : agni bala
- Time : after digestion of food (prataha ?)
- Anupana : madhu ghrita
- **Apathya : amla and lavana rasa**

Aushadhayaskriti

- Trivrut, shyama, agnimantha etc (12 drugs)
- Swarasa kept in Palasha droni (quantity ?)
- Aya Pinda heated on khadira angara
- Nirvapana for 21 times

Cont...

- Shifted to sthali and heated on gomayagni
- Reduced to 1/4th
- Agni tapta aya patras added
- Triturated with addition of 1part pippalyadi gana dravyas, 2parts madhu and 2 parts sarpi
- Kept in aya paatra

Administration

- Dose : 1 shukti (24 gm)
- Time : after digestion of food (prataha ?)

Mahaushadha Ayaskriti

- Here salasaradi gana dravya kwatha is used instead of swarasa of 12 drugs
- Guda is used instead of ghrta
- Nyagrodhadi and aragvadhadi dravya can also be replaced

Discussion

- Three forms of Ayaskriti
- Powder form
- Avaleha form
- Sandhana form

Summary and Conclusion

- Unique technique of using metals therapeutically
- Depending upon the processing technique, it can be of powder form, avaleha form and sandhana form

Thank you...