



## THE PREPARATION OF KARPOOR RASA WITH SPECIAL REFERENCE TO RASA YOG SAGAR

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## ABSTRACT

Rasa Yoga Sagar's book is a comprehensive compilation of *Rasayogas* (formulations which contain mineral), many different *Pathbhedas* of *Rasakalpa* were explained. This study has been taken preparation of the first *Path* of Karpoor Rasa which is mentioned in Rasa Yog Sagar. It is a *Nirganda Sa-Agni Murchhana* (Formulation which do not contain Sulfer and prepare on fire) of *Parada* (Mercury) and prepares with the help of *Vidhyadhar yantra*.

**Keywords:** *Vidhyadhar Yantra, Phiranga, Karpoor Rasa*

## INTRODUCTION

Rasashastra and Bhaishajya Kalpana is a pharmaceutical branch of Ayurveda. Rasashastra has its importance in ayurvedic pharmaceuticals. There are twenty eight *Pathabheda* compiled in Rasa Yoga

Sagar under the heading of Karpoor Rasa. In different classics, Karpoor Rasa has been present with different compositions of minerals, metals, and herbal drugs. Variations found in *Dravya* (Herbi- mineral contains),

*Bhavana dravya* (Drug or mixture of drugs in powder form is triturated with sufficient quantity of liquid media), method of preparation, *Rogadhikar* (Medicine on the specific disease) of Karpoor Rasa among all classics. In the present study, the preparation of first *Pathbheda* of Karpoor Rasa is carried out which is described in *Rasa Yoga Sagar*<sup>[1]</sup>. This is indicated for *Phiranga Rog* (Syphilis). The ingredients required for the preparation of Karpoor Rasa are *Parada*, *Khatika* (chalk), *Kasisa* (Ferrous sulfate), *Saindhav* (Himalaya Rock salt). This is prepared on *Vidhyadhar Yantra*. Karpoor Rasa is *Nirgandha Sa-Agni Murchhana of Parada*. *Murchhana of Parada* means process on *Parada* by using different *Dravya* and different processes on *Parada* compounding one or many *dravya* with *Parada* takes place that leads to disease curing power in *Parada* is called *Parada Murchhana*<sup>[2]</sup>.

**Aim:** Preparation of Karpoor Rasa with special reference to *Rasa Yoga Sagar*.

**Objective:**

1. Identification & Authentication of raw material.
2. *Shodhana* (Purification) of *Parada*, *Kasisa*, and *Khatika*.
3. To prepare the Karpoor Rasa

**Materials and methods:**

**1. Collection and authentication of raw material:**

Raw materials are collected from the local market. Authentication is done from a certified institute.

**2. Shodhana Process:** In *Dravya*, some other unwanted matter is found in the form of *Dosha* (Impurities), if this drug use directly leads to harmful

to the body. *Shodhana* is a process of removal of impurities from substances using pharmaceutical processing of *Swedana* (Sudation), *Mardana* (Trituration), etc., with particular drugs i.e. it eliminates the *doshas* in a *Dravya*<sup>[3]</sup>. In Karpoor Rasa *Shodhana of Parada*, *Kasias*, *Khatika* is required. *Parada Shodhan* was done in *Sudha* (Calcium Carbonate), *Rason* (Garlic) and *Saindhava*<sup>[4]</sup>. *Kasis Shodhana* was done in *Bhringaraj Swarasa* (*Bhringaraj Juice*)<sup>[5]</sup>. *Khatika Shodhana* was done by *Prakshalana* (Cleansing) process in water<sup>[6]</sup>.

**3. Method of preparation:**

*Kasisam Khatika Ch Sindhulavanam Kshunnam Tribhagam Rasat, Mardayam shudhkamidam Dinam Mrudutar Vidhyadhare Vanhina, Tamrenourdhva Vilin Shankha Dhavalam Sangruhyakupyanaset, Tadvallam Surpushapmadhyanihitam Bhuktam Phirangam jayet || Rasa Yog Sagar 63*

**a. Equipment:**

1. Weighing machine
2. *Khalva yantra* (Pestle and Mortar)
3. Two Earthen pot
4. *Chaturmukhi chullika*
5. Pyrometer
6. Glass container
7. *Tamra Patra* (Copper spoon )
8. *Khadir* (Kattha)wood
9. Stainless steel vessels
10. *Multani Mati* (Fuller’s earth )
11. Cloth

**b. Ingredients of Karpoor Rasa:**

**Table 1:** Ingredients of Karpoor Rasa:

NO.	Name	Quantity
1.	<i>Shuddha Parada</i>	150 g
2.	<i>Shuddha Kasisa</i>	450 g
3.	<i>Shuddha Khatika</i>	450 g
4.	<i>Saindhav</i>	450 g

**c. Procedure**

1. 150 g of *Shuddha Parada*, *Shuddha Kasisa*, *Shuddha khatika*, and *Saindhav* 450 g of each were taken in *Khalva yantra*. Trituration was done

till *Rekhapurnatva* (filling the furrows when rubbed between two fingers), *Varitaratva* (Flot on water), *Nishchandratva* (Lustreless) are found in *Kajjali* (Mixture of ingredients).

- 35 cm in height, 26 cm in maximum diameter, 10 cm in minimum diameter, 5 lit capacity of two earthen pot were taken. Seven layers of *Matkapad* were done to two earthen pots with the help of *Multani Matthi* and cloth and dried it under the sunlight.
- Prepared 1456 g *Kajjali* was filled in the one earthen pot.
- Second earthen pot kept on the first earthen pot in such a way that the opening of the first earthen pot was closed.
- Sandhibandhan* ( joinig of two earthen pot) was done by using *Multani Matti* and cloth.
- For the Preparation of Vidhyadhar Yantra the *Chaturmukhi Chullika* is prepared by using 9 x 4 ¼ x 2 ½ inch bricks. *Khadir* wood was used for fire. Because *Khadir* wood has more density. Above two earthen pots kept on *Vidhyadhar Yantra* and give *mrudu Agni* (Mild fire) for twelve hours.
- During *Agni sanskara* (fire process) above earthen pot is filled with cold water. When the water gets warm removed it and again filled with cold water. Repeated this process until *Agni sanskara* completed for condensation.
- After completion of *Mrudu Agni*, *Vidhyadhar yantra* kept for *swangashit* (cool).
- After complete *swangashit*, *Sandhibandhan* was removed. Slowly above earthen pot kept side. White, crystalline Karpoor Rasa was collected with help of *Tamra Patra*. Karpoor Rasa was a store in a glass jar.

#### 4. Precaution:

- All equipment should be clean.
- Even though the instrument is made well-sealed keeping in consideration the poisonous nature of the gases, young and pregnant ladies should not come in the vicinity of the instrument during the process.
- The process should be carried out in open air to avoid hazardous effects of fumes.

#### 5. Pharmacological action:

Karpoor Rasa is used for *Phiranga Vyadhi*. Its *Matra* (Dose) is *1 Valla* (3 *Ratti*- 375mg ). The properties of

*Shuddha Parada* are *Tridoshamana*( *Decreases the Vata, Pitta, Kapha*), *Shodhak* (*Purifier*), *Ropan* (*Healing the wound*) and *Krimighna*( *Antihelminthic*), as it is a *Ropak* ulcer in *phiranga* that gets healed also *Tridoshashaman* occurs because of its *tridoshaghna* activity. *Shuddha Kasisa* is *Vishaghna*, *Vrananashak* (*Healing the wound*) which helps to heal *Vrana* (Wound) which occurs in *Phiranga*. *Shuddha Khatika* acts as *Shothaghna* ( reduce the Swelling), so it helps to reduce swelling which occurs in *Phiranga Vyadhi*. *Saindhav Lavana* also shows *Tridosha Shamana* activity.

#### Observation:

##### a) During Trituration:

- Parada* gets a break into small particles, at the end of *Mardana* uniform consistency form.
- Light green color of *kajjali* was formed.
- Rekhapurnatva*, *Varitaratva*, *Nishchandravta* were found in *Kajjali* after 18 hours of trituration.

##### b) During the preparation of Karpoor Rasa:

- Almost half of the earthen pot is filed with *Kajjali*. The second earthen pot kept in such a way that the mouth of *Kajjali* filled earthen pot was closed properly. Above earthen pot filled with water.
- Every half hour during *Agni Sansakara* temperature was recorded with help of a Pyrometer, temperature was seen between 400° c - 700°C.
- No fumes are seen.
- For *Agni* total of 17.9 kg of *Khadir* wood was used.

##### c) Collection of Karpoor Rasa:

- Whit, shiny, crystalline structure 60 g of Karpoor Rasa found at the base of the above earthen pot.
- 1139 g of reddish colored *Kajjali* was found in the lower earthen pot.

## RESULTS AND DISCUSSION

Rasa Yoga Sagar book is a comprehensive compilation of *Rasayogas*, in this book many different *Pathbhedas* of *Rasakalpa* are explained. Details of 28 different type of Karpoor Rasa Preparation is available in the name of Karpoor Rasa in the first volume. In

the present study first *Pathbheda* of karpoor Rasa was prepared. Collection of raw material done from local market and authentication done from certified laboratory. For preparation of karpoor Rasa *Parad, Kasis, Khatika Shodhan* was done. During the preparation of Karpoor Rasa *Shudhha Parada 150 g, Shudhha Khatika 450 g, Shudhha Kasisa 450 g, Saindhav 450g* was taken in *Khalva Yantra*, trituration was done. *Parada* was divided into small droplets. After 12 hours *Parada* mixed with all other ingredients. All ingredients are mixed uniformly. *Rekhapurnatva, Varitaratva, Nishchandratv* were found in *Kajjali* after 18 hours of trituration. *Matkapad* was done to two earthen pot and 1.5 kg *Kajjali* was filled in one earthen pot. Another earthen pot was taken kept in such a way that the mouth of the first earthen pot gets closed. *Sandhibadhan* was done. These two earthen pots are kept on the vidhyadhar yantra. 12 hours *Mrudu Agni* was given. The temperature was between 400<sup>0</sup> c to 700<sup>0</sup>c, recorded with the help of a Pyrometer. For condensation cold water was used. After *swangashit Sandhibandhhan* was removed and fresh white, crystalline, 60g of Karpoor Rasa was found at the base of the above earthen pot. Karpoor Rasa was collected with help of *Tamra Patra* and kept in a glass bottle. Remain residue was 1139 g was found. It should be done in an open space. The proper dose of karpoor Rasa is taken with *Lavanga* as *Anupana*, it can cure the *Phiranga Vyadhi*. Because of the *Vhyadhishamak* property of the Karpoor Rasa ingredients.

## CONCLUSION

In Rasa Yoga Sagar twenty-eight *Pathabheda* of Karpoor Rasa are explained. In this study, the first *Pathbheda* of Karpoor Rasa is prepared. *Samhitas* are considered as the standard literature for the preparation of Ayurvedic formulations. Referring to this standard literature the procedures are followed precisely and precautions are taken during the preparation. As the final product white, shiny, crystalline 60 g Karpoor Rasa was obtained. This work is a great achievement in the field of Ayurveda, where so much literature of Ayurveda is already lost

in time and much of available literature is not yet tested practically by modern science. Researchers in this field are striving to bring out the ancient medical technology for the wellbeing of humanity and this work is a contribution to that.

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