

## JUDICIAL UTILIZATION OF KUPIPAKWA AND POTTALI RASAYANAS BOON FOR AYURVEDIC PRACTICE

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### ABSTRACT

*Parada Murchana* (Mercurial Preparations) forms the backbone of *Rasashastra* which signifies the formulations of mercury after *Shodhan* (purification) termed as *Rasachikitsa* which includes *Kharaliya*, *Parpati Kupipakwa* & *Pottali Rasayanas*. Amongst them, *Kupipakwa Rasayana* (KPR) & *Pottali Rasayana* (PTR) are unique pharmaceutical preparations designed to achieve potential therapeutic efficacy by stabilizing the stronger bonds between ingredients. Judicial utilization of these mercurial preparations provides quicker action and synergistic effects with suitable *Anupana* (adjuvants), *Kala* (time) at low doses without producing toxic effects. KPR and PTR give miraculous results in Complicated, Chronic as well as Acute conditions. In the present era, people hesitate to use these medicines due to a lack of knowledge & awareness. This review aims to bring into the limelight the importance of KPR & PTR in the modern era where modern medicines have failed or attained resistance against diseases and also to overcome difficulties that may arise because of the extinction of many herbal drugs.

**Keywords:** *Kupipakwa*, *Pottali*, *Rasayana*, *Rasachikitsa*, *Murchana*, Mercurial preparations

## INTRODUCTION

*Ayurveda* translates as ‘life science’, the oldest of the traditional systems of medicine accepted worldwide. *Rasashastra*, a branch of *Āyurveda*, the miracle mercurial system deals with pharmaceutical aspects of minerals, metals, precious stones, certain poisons into therapeutically potent special formulations to combat diseases difficult to treat. *Parad* (Mercury) is one of the metals which attracted the wide attention of ayurvedic chemists and physicians. Indeed, the documentation of chemical and physical processes involving mercury is truly enormous in ancient texts of which classics by *Vagabhata* and *Nagarjuna* are noteworthy. *Parad* Murchana<sup>[1]</sup> signifies the formulations of mercury after *Shodhan* (purification) termed as *Rasachikitsa* which is further classified into *Kharaliya*, *Parpati*, *Kupipakva*, and *Pottali Rasayanas*<sup>[2]</sup>. During the preparation of *Rasaushadhis* (Herbometallic formulations) temperature plays a very important role to get the desired and beneficial effect in the final product. Amongst them *KPR* and *PTR* being rare, unique, potent, time tested, novel molecules, and clinically proved to be good, it is not freely available in the market owing to its complexity in preparation procedure and as a result of this, its usage has been relegated to oblivion. Keeping the said facts in view, an attempt has been made to unravel the lost glory of this novel medicine. The safety and efficacy of metallic preparations have always been a concern. Research scholars have undertaken Constant efforts in various institutes and were found to be safe for clinical use at therapeutic doses. The dose is very important in all fields of medicine. The dose is that which differentiates Medicine and Poison.

### Aim & Objectives:

This present article aims to summarize the detailed knowledge regarding various *KPR* and *PTR*, their

constituents, doses, and their application in Ayurvedic Practice.

### Methodology:

*Rasachikitsa* comprises of

1. ***Kharaliya Rasayana***: Drugs prepared by grinding in a mortar (*Kharal*) and pestle are called *Kharaliya* drugs. Here *Murchana* of *Parad* takes place due to heat generated with the continuous rotation of pestle in a mortar e.g. *Kajjali*,<sup>[3]</sup>
2. ***Parpati Rasayana***: *Kajjali* prepared in *Kharaliya* form is being melted and further distributed over Clarified butter oil-smearred leaves kept over Cow dung slab, and then, it is pressed from above by other leaves and Cow dung slab over it and cooled, resulting in strong bond as compared to *Kharaliya Kalpa*<sup>[4]</sup> e.g. *Rasaparpati*, *Swarnaparpati*, etc.
3. ***Kupipakwa Rasayana***<sup>[5]</sup>: The terminology ‘*Kupipakwa*’ itself denotes the pharmaceutical processing that is carried out in a specially designed glass bottle by gradual heating immersion in a sand bath (*Valuka Yantra*). Chemical processes are involved in these preparations which also bear testimony to the great chemical knowledge prevailing in ancient India.
4. ***Pottali Rasayana***<sup>[6]</sup>: *Rasayana* in which the ingredients are made into a compact and comprehensive size and shape or processing technique which gives compactness to scattered material. The important methods are.
  1. By boiling amidst liquid Sulphur.
  2. *Kaparda Poorana* / *Sukti Poorana* method - filling the drugs inside cowries/oysters.
  3. Processed by incineration – *Putra Paka* method
  4. *Bhavana* - Trituration method.

**Table 1:** Some of the *Kupipakwa Rasayanas* (KPR) is given below

Sr.no	<i>Kupipakwa Rasayana</i>	Constituents	Dose & Anupana	Diseases
1	<i>Rasa sindoor Sama-Gandhak -Jarit</i> <sup>[7]</sup>	<i>Sh. Parad</i> - 1 part <i>Sh. Gandhaka</i> -1 part	1-2 Ratti. (125-250 mg/day) Honey, <i>Trikatu</i> , <i>Bharangi Swaras</i> ( <i>Clerodendrum serratum</i> juice)	<i>Gulma</i> , <i>Rajayakshma</i> , <i>Visphota</i> .
2	<i>Shadgunabali jarita Rasasindoor</i> <sup>[8]</sup> ( <i>Rasa tarangini</i> )	<i>Sh. Parad</i> - 1Pala=50 gms <i>Sh. Gandhaka</i> -6 Pala=300 gms Trituration with Indian aloe juice ( <i>Bhavana</i> )	According to different Anupanas [23]	<i>Prameha</i> , <i>Bhagandar</i> (Fistula in Ano), <i>Gulma</i> , <i>Kushtha</i> (skin disorders), <i>Pandu</i> , <i>Sthulta</i> (Obesity) etc.
3	<i>Sameer panna rasa</i> <sup>[9]</sup>	<i>Sh. Parad</i> - 1 part <i>Sh. Gandhaka</i> -1 part <i>Sh. Somala</i> -1 part <i>Sh. Hartaala</i> - 1 part <i>Sh. Manashila</i> - 1 part	½ <i>Gunja</i> -1 <i>Gunja</i> (60-120mg) <i>nagavallidal</i> (Betel leaf)	<i>Vaat Pradhan Sannipata</i> , <i>Khaphaj Unmaad</i> <i>Khaphaj Sandhivaat</i> <i>Kaphaj Vikar</i>
4	<i>Makardhwaja</i> <sup>[10]</sup> ( <i>Purna Chandrodaya</i> )	<i>Sh. Suvarna</i> - 1 part <i>Sh. Parad</i> - 8 parts <i>Sh. Gandhak</i> -16 parts	15 mg-30 mg butteroil, Honey <i>Nagvallidal</i> (Betel leaf)	<i>Dhatu Kshaya</i> <i>Tarunya Sthapak</i> <i>Vali Palitnashak</i> <i>Vrushya</i> , <i>Kshaya</i>
5	<i>Rasa Karpoor</i> <sup>[11]</sup>	<i>Sh. Parad</i> -1 Pala (50gms) <i>Gandhakaamla</i> (Sulphuric acid) – 1 ½ Pala (75gms) Rock salt- in equal quantity	1/64-1/32 Ratti (2-4mg)	<i>Krividisha</i> (Toxins), <i>Rakta Dosha</i> , <i>Grahni</i> , <i>Sphota</i> , <i>Mandaladi Kushtha</i> (Skin disorders) <i>Krumi</i> (worms)
6	<i>Rasa Pushpa</i> <sup>[12]</sup>	<i>Sh. Parada</i> -50 gms Rock salt-50 gms <i>Sh. Kasis</i> – 50 gms	½-2½ Ratti (60-300mg) ● <i>Virechan</i> -2 ½ Ratti - (300mg) ● <i>Hikka</i> - 1 Tandul ● <i>Firang</i> – ¼ Ratti (30mg) ● <i>Baalavirechan</i> -½ Ratti (60mg)	<i>Pittahar</i> <i>Pitta Virechak</i> <i>Mutral</i> , <i>Krimi</i> (Worms) <i>Vrana Dosha</i> (Infected wounds) <i>Visuchika</i> , <i>Jalodar</i> (Ascitis), <i>Hikka</i> , <i>Firang</i> (syphilis)
7	<i>Vyadhiharan Rasa</i> <sup>[13]</sup>	<i>Sh. Parad</i> - 1 part <i>Sh. Gandhak</i> - 1 part <i>RasaKarpoor</i> -2 parts	1-4 <i>Gunja</i> (125-500 mg/day) <i>Nagavallidal</i> (betel leaf)	<i>Upadamsh</i> (Gonorrhoea), <i>Vajikarana</i> , (Aphrodisiac), <i>Apatya Prapti</i> (Fertility), <i>Hrudaya Shoola</i> , <i>Vali – Palit</i>
8	<i>Mallasindoor</i> <sup>[14]</sup>	<i>Sh. Parad</i> - 9 Karsha (90gms) <i>Sh. Gandhak</i> - 5 1/2 Karsha (55gms)	32.5-64 mg/day	<i>Upadamsh</i> , <i>Kasa</i> , <i>Visuchika</i> , <i>Vishamjvar and</i> (Pneumonia), <i>Influenza</i>

		Somal- 4 Karsha (40gms) Rasakarpoor- 9 Karsha (90gms)	Pippali (piper longum) and Honey or Ginger juice and Honey	
9	<b>Taalsindoor</b> <sup>[15]</sup>	Sh. Parad, - 6 parts Sh. Gandhak- 1 part Sh. Hartal- 1 part Sh. Somal -1 part	1-2 Ratti (125-250 mg/day) Ginger juice, Honey or Butter oil	Kushta, Upadamsh, Kasa, Kshaya
10	<b>Manikya Rasa</b> <sup>[16]</sup>	Sh. Parad- 8 Pala (40gms) Sh. Naag- 8 Pala Sh. Manashil- 8 Pala	1-2 Ratti (125-250 mg/day) Honey	Shukrastambha Jara Vyadhi Vinash Mahavyadhi Nashan Rajayakshma
11	<b>Panchasuta Rasa Agasti Paath</b> <sup>[17]</sup>	Sh. Parad -1 part Sh. Hingul- 1 part Sh. Somal- 1 part Sh. Gandhak- 1 part Rasasindoor – 1 part Rasakarpoor- 1 part	½-1 Ratti (62 – 125 mg/day) Ginger juice, Holy basil juice, Honey	Urustoya (Pleuritis), Kasa
12	<b>Swarnavang: Suwarnarajvangeswar:</b> <sup>[18]</sup>	Sh. Vanga- 1 part Sh. Parad- 1 part Sh. Gandhak-1 part Sh. Navasadar-1 part -1/10 part	1-2 Ratti (125-250 mg/day) Honey.	Prameha, Balya, Rasayan (Immunomodulator), Medha Virya -Agni Vardhan

**Table 2:** Some of the Pottali Rasayanas (PTR)

Sr. No	Pottali Rasayana	Constituents	Dose & Anupana	Uses
1	<b>Hiranyagarbha Pottali Rasa</b> <sup>[19]</sup> (Gandhaka Drava method)	Suvarna Bhasma- 10 Karsha Vishuddha Kajjali-1 Karsha Sh. Gandhaka-1 Tanka (3gms) Suvarnatanutantu- 6 Ratti	½ Gunja (60 mg) Pippali (piper longum), goat's milk, Honey	Rajyakshma, Raktakshobha, Jirnajwara, Oja Kshaya
2	<b>Taragarbha Pottali Rasa (Shwetavarna)</b> <sup>[19]</sup> (Gandhaka Drava method)	Roupya Bhasma-10 Karsha (100 gms) Parad Bhasma- 1 Karsha (10 gms) Vishuddha Gandhaka -1 Tanka (3gms) Suvarnatanutantu-6 Ratti (750mg)	½ Ratti (60mg) Tulsi (holy basil leaves juice,) Honey	Prameha Shukra dosha Pitta vikriti Mutraj Vyadhi (Urinary disorders)
3	<b>Tamragarbha Pottali Rasa</b> <sup>[19]</sup> (Gandhaka Drava method)	Tamra bhasma-10 Karsha (100gms) Vishuddha Kajjali- 1 Karsha (10 gms) Sh. Gandhaka-1 Tanka (3gms) Suvarnatanutantu- 6 Ratti (750mg)	½ -1 Gunja (60-120mg) Ginger juice+honey	Kaphajanya- Tridoshaj Shwaas, Kasa Jwara, Shoola Vardhakya, Shosha

4	<b>Lohagarbha Rasa</b> <sup>[19]</sup> (Gandhaka method)	<b>Pottali Drava</b>	Loha Bhasma-10 Karsha Vishuddha Kajjali- 1 Karsha Sh. Gandhaka- 1 Tanka (3gms) Suvarnatanutantu- 6 Ratti (750mg)	1-3 Gunja (60-180mg) Ginger juice+honey	Sangrahani Pandu, Kamala Raktakshobha Prameha, Pradar
5	<b>Mallagarbha Rasa</b> <sup>[19]</sup> (Gandhaka method)	<b>Pottali Drava</b>	Vishuddhamalla Bhasma-4 Pala- (200gms) Vishuddhaparad/ Paradbhasma- 2 Karsha (25gms) Sh. Gandhaka- 1 Tanka (3gms) Suvarnatanutantu- 6 Ratti (750mg)	½-2 Tandula (7-30mg) Milk, Milk cream, Top layer of curd	Jwara, Agnimandya Upadansha, Firanga Bhagandar, Naadivrana Shwaas, Kasa
6	<b>Taalgarbha Rasa</b> <sup>[19]</sup> (Gandhaka method)	<b>Pottali Drava</b>	Harataal Bhasma-4 Pala Vishuddha Parad/ Parad Bhasma- 2 Karsha Sh. Gandhaka- 1 Tanka (3gms) Suvarnatanutantu- 6 Ratti (750mg)	½ Ratti (60mg) Ginger juice+honey	Shwasa, Kasa, Vaatvyadhi Raktashleshmaroga
7	<b>Shillagarbha rasa</b> <sup>[19]</sup> (Gandhaka Drava method)	<b>Pottali</b>	Sh. Manahshilla - 4 Pala Vishuddha Parad/ Paradbhasma- 2 Karsha Shuddha Gandhaka- 1 Tanka (3gms) Suvarnatanutantu- 6 Ratti (750mg)	½-1 Gunja (60-120mg) Ativisha (Aconitum heterophyllum), Katurohini (Picrorhiza kurroa), Honey	Jwara, Shwaas, Kasa,
8	<b>Tridhatugarbha Rasa</b> <sup>[19]</sup> (Gandhaka method)	<b>Pottali Drava</b>	Niruthavanga, Naga, Yashad Bhasma – 1 Pala each (50gms) Parad bhasma – 1 Karsha (10gms) Sh. Gandhaka- 1 Tanka (3gms) Suvarnatanutantu- 6 Ratti (750mg)	½- 2 Ratti Turmeric juice/ Tulsi (holy basil juice) Milk– Shukravardhan	Prameha Putimeha Pradar Shukra dosha
9	<b>Rasagarbha Rasa</b> <sup>[19]</sup> (Gandhaka method)	<b>Pottali Drava</b>	Parad bhasma- 1 Pala (50 gms) Kajjali- 4 Pala (200 gms) Vishuddha Gandhak Choorna - 1 Tanka (3gms) Suvarnatanutantu- 6 Ratti (750mg)	1-3 Ratti Ginger juice	Sarvarogahara
10	<b>Abhragarbha Rasa</b> <sup>[19]</sup> (raktavarna)	<b>Pottali</b>	Nishchandra VajraAbhraka Bhasma – 4 Pala (200 gms)	½ Gunja Ginger juice	Shwaas, kasa Kshaya, Jirnajwara,

	(Gandhaka Drava method)	Parad Bhasma – 1 Karsha (10gms) Vishudha Gandhaka- ½ Karsha (5gms) Suvarnatanu tantu khanda – 6 Ratti (750mg)		Garbhiniroga,
11	<b>Pravaalagarbha Pottali Rasa</b> <sup>[19]</sup> (Gandhaka Drava method)	Sh. Praval- 2 pala (100gms) Sh. Mukta - 2 pala Sh. Pitta kaparda - 2 pala Shankh bhasma -2 pala Godanti bhasma – 4 pala Parad bhasma – 1 karsha (10gms) Suvarnatanutantukhanda – 6 ratti (750mg)	3 Ratti – 1 Masha (375-750mg)  Chitrakamula (plumbago zeylanica) + Ginger juice	Pandu, Udara, Kasa, Shwasa, Gulma, Baalroga
12	<b>Hamsa Pottali Rasa</b> <sup>[20]</sup> Mardana (Grinding)	Sh. Parada- 1 part Sh. Gandhaka- 1 part Kapardika Bhasma- 1 part Sunthi (zinziber officinale) Maricha (piper nigrum), pippali (piper longum)- 1 part	1 Masha (750 mg) Maricha (Piper nigrum) Choorna	Grahani  Bhavana - lime juice
13	<b>Lokeshwara Pottali Rasa</b> <sup>[21]</sup> Kaparda Poorita - Gajaputa	Parada Bhasma-4 parts Sh. Gandhaka-8 parts Swarna Bhasma. - 1 part Bhavana - Chitraka Swarasa (plumbago zeylanica)	4 Gunja (500mg)  - Pippali (piper longum) and Honey	Anga Karshyam, Agnimandyam, Pittaj Kasa, Kshaya
14	<b>Mriganka Pottali Rasa</b> <sup>[22]</sup> Gaja Puta	Sh. Parada-1part Sh. Gandhaka-1 part Sankhanabhi-1 part Bhavana-Goat's milk	1 Gunja (125mg)	Rajayakshma

## DISCUSSION

Several different References, Composition, Indications of KPR [Table no.1] & PTR [Table no. 2] are available in classical texts of *Rasashatra*. There are a varied number of formulations having the same names with different compositions and indications for example *Rasasindoor* is explained in different classical texts in multiple ways, say as *Samgunbali Jarit*, *Dwiguna Balijarit*, and so on and can be utilized with different *Anupanas* (adjuvants) in different doses at different age groups.<sup>[23]</sup> A varied form of formulations has to be used at different stages of the disease, with varying *Dosha-Dushya* and *Samprapti* for different individuals.

*Parada Murchanna* is associated with *Agni Samskara* (heating) process is monitored at precisely controlled temperatures. *Agni* plays an important role in modifying *Guru* (heavy for digestion) quality of *Kajjali* to *Laghu* (light/easily digestible) quality because this change in quality is required for better absorption and assimilation to serve the therapeutic purpose. Bonds formed in *Kajjali* are weak, they easily breakdown in the stomach, as the further *Agnisamsakara* is carried out on *Kajjali* to form *Parpati* the bond becomes strong those are capable of alleviating Intestinal disorders when *Agni Samasakara* on *Kajjali/ Parada* is carried out in Sand bath gradually for longer time bond becomes even



stronger which possess the strength to get absorbed through microchannels even sublingually if it is rotated over stone for few times during administration. This technique potentiates the constituents bonding between the constituents forming a coordinating complex with a wide spectrum and high therapeutic efficacy, with a minimum dose. In KPR & PTR the ingredients are made into a compact form for easy administration, preservation, and transportation. Due to a lack of practical application, the present generation of Ayurvedic physicians is not aware of these medicines.

Let's see *Hemgarbha Pottali*, the main constituents are - *Shuddha Parad*, which is a potent Antiaging agent (*Jara*), Another main constituent is *Gandhaka* which is strong *Vishaghna*, *Jantughna* (antimicrobial), *Krimighna* (homicidal), and *Deepan-Pachana*. Because of its synergistic action with *Parad*, it also potentiates the medicinal and other properties of *Parad*. So, the *Gandhak* is written as *Sutendra Viryaprada* and *Sutajeet* in *Ayurveda*. The next constituent of *Hemgarbha Pottali* is *Swarna* (gold), which is a well-known Immunomodulator, Rejuvenate, Strengthens the body, acts as a nervine tonic by alleviating *Tridoshas* (humour) [24]. In *Hemagarbh Pottali Rasa*, *Tamra* is also used which is useful in *Shwasa-kasa*, *Krimi roga*, and *Pandu roga* (anaemia) [25]. It is also good medicine for Liver diseases and a well-known cardiac stimulant. So, by the combination of all i.e. purified mercury, sulphur & gold, thus it is must understand correctly the *Guna*, *Karma*, *Doshagnata*, *Rogagnata*, *Prabhava* of the individual constituents and hence the potential of the compound.

#### Applications of KPR & PTR in Practice

- *Malla Sindoor* [26]– It is *Tikshana* (sharpness) and *Ushna-Virya* (hotness), It stimulates Lungs, Heart, therefore it is useful in Bronchial *Asthama*, bronchiectasis, in conditions of *Kapha Sanchaya* (accumulation of phlegm). If *Kapha* is situated in the lungs and lungs are unable to expectorate or due to weakness in lungs in such conditions *Mallasindoor* is very effective. Due to its *Ushna* and *Tikshanatva*, *Mallasindoor* is not advisable in high-grade fever which may exacerbate the disease. In Pneumonitis on later stages where due to weakness of lung, Respiratory rate is decreased *Malla Sindoor* is useful medicine. *Mallasindoor* is contraindicated in *Pitta Bhuyishthadi Vikar* (disorders caused due to aggravation of humour *Pitta*) and children.
- *Mallasindoor* and *Panchasuta Rasayanas* are *Kaphasanshodhaka* (cough purifier), but *Panchasuta Rasayana* is not as *Tikshana* and *Ushna* as *Mallasindoor*. It effective in Pleural effusion/ pleuritis. [27]
- *Panchasuta* is also used in *Asthama*. It is contraindicated in *Shushka Kasa Yukta Pittaj Shawas* (dry cough incorporated with breathlessness) or where there is no *Kahapha Strao* (secretion of mucous). Here *Sameerpanaga* acts as a mucolytic agent and thereby giving relief to the patient. *Manikya rasa* cures especially – dry cough & repeated episodes of cough. [28]
- *Abhargarha Pottali rasa* can be used in diseases where etiopathogenesis is due to obstruction in channels (*Strororodhjanya Samprapti*), *Jwara* (fever), *Shwasa* (respiratory disorders), *Udar*, *Sangrahani* (Intestinal disorders), etc.
- *Pachasuta* is liver stimulating, when any disease has occurred due to impairment of the liver *Panchasuta* is beneficial in acute conditions. [28]
- When there is a decrease in specific gravity of urine of *Prameha* patient complaining about frequent urination in such kind of condition *Manikya Rasa* is very good. *Manikya Rasa* stimulates and replenishes ureters, kidneys, urinary bladder, etc.
- *Hiranyagarbha Pottali Rasa* is very useful in *Kapha Pradhan Vyadhi* (disorders due to aggravation of Humor *Kapha*), when the condition of disease exceeds to *Sannipata* stage in disorders of *Kshaya*, *Kasa*, *Shwasa*, *Hemiparesis*, *Sangrahani*, and even heart diseases.
- *Loha Bhasma* in *Lohagarbha Pottali Rasa* is Uncutous, *Tridoshaghna*, *Aamdoshaghna*, *Balya*,

thus useful in Anaemic conditions such as Sick cell Anaemia, Splenomegaly, Haemorrhoids, etc.

- *TamragarbhaPottaliRasa*, contains *Tamra Bhasma* which is *Madhur Vipaki*, *Ushnavirya* has scrapping properties, is useful in liver disorders, Splenomegaly, weak digestion, and disorders associated with obstruction in channels due to vitiated *Kapha Pitta*.

According to modern medicine use of mercury is believed to be toxic for kidneys, but various *Samskaras* on *Rasa Dravyas* (metals, minerals, gems) during the process convert them to non-toxic, palatable, having therapeutic properties. For instance, *Makardhwaja* is an Ayurvedic formulation that is prepared using Mercury, Gold, etc. But when studies were conducted on it, the drug was found not to be nephrotoxic but protective to the kidneys from nephrotoxins.<sup>[29]</sup> Modern medicines are proving insufficient for curing disease, many of them provide only symptomatic relief or acts as a placebo and also causing deleterious effects on the body on long time consumption. In this way, all KPR and PTR can be used judiciously in many non-curable, complicated, dreadful diseases. By special process of purification of mercury, the toxicity of the mercury is up to that extent minimized, where mercury becomes edible and converts its inherent property for healing of the human body ailments.<sup>[30]</sup>

## CONCLUSION

KPR & PTR are miraculous medicines that have been neglected over the centuries maybe for the cost and typical preparatory procedures involved. Due to this reason, they did not get the limelight. KPR & PTR get absorbed quickly and act as a metabolic catalyst, thus carrying the herbs they contain directly to the cellular level. The efficacy of some *Rasa* preparations increases over time has no expiry date. The advantage of KPR & PTR is the a) preservation of *Rasa* medicines is much easier than herbal preparations. b) The taste of KPR & PTR is generally neutral. c) *Rasaushadhis* are easy to administer.

Advanced analytical techniques can be useful for the characterization of *Rasa* preparations, but they fail to

give information regarding its pharmacodynamics. The concept of the increased potency of KPR & PTR with the increase in the proportion of *Gandhaka* added could not be proved analytically despite using the modern, sophisticated instruments though it has to be proved clinically. Appropriate selection of *Anupana* (adjuvants) as per classic literature enhances the efficacy of these *Rasa Aushadhis* according to disease, *Prakruti*, *Bala*, *Vaya* (age), and selection of proper drug one can fight almost every infectious disease using *Rasa Aushadhis*. Keeping all the above concepts in mind, judicial utilization of KPR & PTR is the need of the hour in Ayurvedic practice. To full fill these criteria clinical research may be carried out.

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