



A Review Article on Preparation of Suranaputpaka W.S.R. To Sarangdhara Samhita

Himanshi Rathore¹, Abhaya Kumar Mishra²

1. Final year PG scholar, Dept. of Rasa Shastra and Bhaishajya Kalpana, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat, India
2. Guide & Professor, Dept. of Rasa Shastra and Bhaishajya Kalpana, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat, India

Correspondence Email: himanshir1@gmail.com

ABSTRACT

Ayurveda is a study of life that describes the many dose forms. From the period of Acharya Charka to the most recent ayurvedic pharmaceutical literature, the Sarangadhara Samhita, the notion of medicinal dose form has evolved. Since then, medication manufacturing has evolved significantly, from the simplest type of Swarasa (extracting juice from plant material) to the complicated techniques used in Rasa shastra. All of these methods are aimed at improving medicine palatability and absorption, as well as lowering drug doses with rapid action, while also taking into account the patient's strength and illness severity. The Aim for the selection of this topic is to share the Classical method for preparation of Putapaka Swarasa with the scientific community and also discuss the necessity of doing Putapaka as it is not practiced by Professionals regularly because of its time consuming and lengthy procedure which needs the effort to prepare medicine (Putapaka Swarasa). Putapaka is a kind of procedure, in which the juice of fresh green herb will be obtained. Bundle the Kalka of green plant material in leaves of Kasmari, Vata, Jambu, etc., and cover with clay in layers of about 2 cm thickness. Dry and place amidst fire till becomes reddish. Open the bundle and strain the juice from Kalka through a muslin cloth.

Keywords: Sarangadhara Samhita, Swarasa, Madhyama khanda

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INTRODUCTION

Swarasa is a liquid dosage form of medication that is primarily utilized for internal administration and the preparation of various secondary *kalpanas*. This *Kalpana* has been used since the *Vedic period* [1]. Although these procedures are detailed for obtaining *Swarasa* from fresh drugs, if fresh drugs are not accessible, the additional ways for preparing *Swarasa* have been discussed. Almost every acharya has written a description of *Swarasa Kalpana* in his classics, as follows: *Swarasa* is the juice collected from a new medication by smashing it and pressing it with fabric. One *kudava* medication powder is soaked in two times of water and left for the day and night [2]. Then *Swarasa* can be produced by filtering. When a dry medicine does not produce any juice, the coarse powder is cooked in eight times the amount of water, reduced to a quarter, and used as *Swarasa*. The *Sarangadhara Samhita* is a comprehensive *ayurvedic* textbook composed in the 14th century by *Acharya Sarangadhara* son of *Damodar*. In *Madhyamakhanda*, he has separated the whole *kashayakalpanas* and their *upkalpanas* into twelve chapters [3]. The *Swarasa Kalpana*, which is discussed in the first chapter of *Madhyamakhanda*, is one of these *kalpanas*. The *acharya* has described four techniques for creating *Swarasa* using both fresh and dried plant parts. Another way to make *Swarasa* is to use the *Putapaka* method (which involves producing bolus and heating it in the presence of cow dung cakes). The *Putapaka* technique of making *Swarasa* was also stated by the *acharya*; this approach is utilized for *dravyas* whose *Swarasa* cannot be extracted using the other processes [4]. They are softened by *Agnisamyoga* (heating with cow dung cake heat) and then *Swarasa* may be removed easily. To do so, a fine paste of the drug whose *Swarasa* is to be extracted is made and wrapped in leaves of *jambu* (*Syzygium cumini*), *Vata* (*Ficus bengalensis*), and thread is tied around it [5]. After that, a paste of wet mud with a thickness of 2 *angulas* (2 fingers approx. 1 inch) is coated over this ball and dried, after which it is kept in a fire of cow dung heap.

Review of *Surana*:

Kingdom: Plantae
 Order: Alismatales
 Family: Araceae
 Genus: Amorphophallus
 Species: companulatus
Synonyms: Arsoghna, Ola, Kandula, Kandanayaka

Vernacular Names:

Sanskrit: Arsoghna, Kandala
 Hindi: *Surana*, Jamikand, *Suranakand*, *Suranakand*
 Bengali name: Ole
 Gujarati name: Sooran
 Marathi name: *Surana*
 Telugu: Kandagadda, Mancai Kanda Durada Gadda
 Tamil : Kandakilaingu, Karynaikilamku, Chenaikkirangu, Karunai Kizhangu
 Malayalam: Chennai, Kattuchena, Kattuchenai, Cena Karana
 Kannada: Surarnagadda
 Orissa: Olooakanda, *Surana*
 Punjabi: Gimikanda
 Urdu: Zamin-qand, Zamikand

Classification:

Bhavaprakash: Shakavarga Kaiyyadevanighantu: Oshadhivarga Rajanighantu: Mulakadivarga

Types:

According to Bhavaprakash:
Rakta: Jacobina tinctoria Hensl.
Krishna: Justica gendarrusa Burm.
Others: Rakta, Krishna, Shweta
Varieties: Gramya (Cultivated), Vanya (Wild)
Species available: Adhatoda zeylanica, Adhatoda vasica, Adhatoda justice, Adhatoda beddomei (Kerala)

Habitat:

Surana is a small plant growing to a height of 2-4 feet with a weak stem, blooms annually around the beginning of the rainy season. The leaves are 2-3 feet wide. The flower bud emerged from the corm as a purple shoot and later blooms as a purple inflorescence. The female and male flowers are on the same plant and are crowded in cylindrical masses as an inflorescence [4]. The top part is responsible for secreting mucus that gives off a putrid, pungent smell that is used to attract pollinating insects, the middle part of the inflorescence contains staminate, and the base of the inflorescence contains pistillate. The fruit is 3-4 inches in size, red-colored, and has 2-3 seeds. The tuber grows big about 1-2 feet in diameter, dark brown. The plant grows in the wild all over India and is also cultivated for the tuber as a vegetable. It is a perennial herb with an underground stem (corm). It is cultivated at several places in India. *Surana* is considered the best among the tuberous root or corms. There are two varieties i.e., *Gramya* and *Vanya*. It appears *Charak* did not mention it while *Susruta* and *Vagbhatta* quoted it several times. It's another variety *A companulatus var Blume*, *Prainisalsousedas Surana*.

Properties of *Surana*:

Rasa: *Katu, Kasaya*
Veerya : *Usna*
Vipaka: *Katu*
Guna: *Ruksha, Laghu, Tikšana*
Karma: *Kapha-vata-pitahara, Dipana-Pachana, Vistambhi, Rucya, Gudakilahrt, Rak-tapittakara, Dadrukara, Kusthakara.*
Rogagnata: *Gulma, Pliharoga, Arsas, Sula, Krmi, Kasa-svasa.*
Parts Used: Tuber (undergroundstem/corms).

Major Chemical Constituents: Betulinic acid, β -sitosterol, Lupeol, Triacotane, Glucose, Rhamnose, galactose, and xylose, etc.

Therapeutic usage:

- (1) **Arsas:** Powder of *Surana* and *Kutaja* bark is taken with butter-milk (R.M).
- (2) **Arbuda:** *Surana* is burnt and mixed with ghee and jaggery is given internally (H.S).

MATERIAL AND METHODS

All the data collected from the Parul Institute of Ayurveda Central Library, Limda, Vadodara, ACCORDING SHARANGADHARA SAMHITA

SURANA KANDA PUTPAKASWARASA PREPARATION:

Fresh meat of animals and herbal drugs (each equal to the size of *Bilva* fruit) crushed thoroughly- Made into a paste using drava - dravyas like milk, *Ghrita*, *kashaya* - Covered and packed up using medicinal leaves like *Arka* / *Eranda* / *Vata* / *Kamalini*- Covered it with a poultice of mud - Placed inside the fire of wood of *Dhava* or dried cow dung and made to red hot-Take out medicinal ball and cooled to atmospheric temperature-Removed the mud and leaves Squeezed and extracted the juice (*Swarasa*) - Filtered thoroughly -Ready for the procedure (Shows classical method of preparation of *Putapaka Swarasa*) As classical/textual procedure for preparation of *Putapaka* is very time consuming and needs efforts to prepare medicine (*Putapaka Swarasa*), many professionals are not practicing it [5]. But if it is prepared in a very easy method without so much effort then it can be used easily. An example of a technical report was written by *Yanasse* (1997).



Figure 1: Prepaertaion of Surana Putapaka

IDENTITY, PURITY, AND STRENGTH

Foreign matter: Not more than 1 percent.

Total ash: Not more than 8 percent.

Acid: Insoluble ash-not more than 2 percent.

Alcohol: Soluble extractive- not less than 3 percent.

Water: Soluble extractive-not less than 9 percent.

Surana has an astringent, pungent flavor (*Rasa*), a pungent aftertaste (*Vipaka*), and a heated impact (*Virya*). It subdues *Vata* and *Kapha* and promotes *Pitta* owing to its heated potency. It aids digestion and purging, as well as provides a sense of lightness. It is thought to be harmful to sperm and the fetus.

Surana, also known as *Amorphophallus campanulatus*, is a popular vegetable. After being washed and being in tamarind water, the corm is cooked as a curry. It is never cooked without first boiling it. *Surana* is used both internally and externally as a medication [6]. The pure powder of corm is used to cure piles, bleeding piles, fissures, fistulas, indigestion, diarrhea, dysentery, and constipation when taken internally [7]. It has a high fiber content, which helps to relieve constipation. Corm paste is used externally to treat allergies and acute rheumatic pain. *Surana* has several health advantages and can assist with a variety of diseases. It's used to treat dyspepsia, weakness, and other ailments. It increases the release of digestive juices and the activity of the liver. It stimulates appetite and improves taste.

DOSES OF SURANA

When taken orally, *Surana* irritates. As a result, it must be cleansed (*Shodhana*) before being used as medication. *Surana* is covered in a layer of mud (about 2 inches thick) and dried in the sun for this purpose [8]. The mud is then burnt over cow dung cakes (*uple*) until it becomes red. The corm is then removed and cleansed. The corm is washed, peeled, chopped into pieces, and dried in the sun once again. The powdery fragments are dried pieces. Or *Surana* is cooked in water that contains a lot of tamarinds. *Surana* is removed from the boiling water, sliced, and peeled. The pieces are sun-dried and then dry to perfection *Surana* is powdered after it has been ground [9].

CONTRADICTIONS

- Take this supplement only if you are not pregnant or nursing.
- Blisters, dry mouth with a lasting bitter taste, red eyes, hot and wet face, bodily inflammation, skin illnesses, and elevated pitta are all things to avoid.
- An excessive amount of it might induce a burning feeling.
- Don't eat too much.
- It irritates when it comes into touch with the skin.

DISCUSSION

In *Ayurveda* Pharmaceuticals, *Acharya's* have stated five fundamental *kalpanas*, the first and foremost of which is *Swarasa Kalpana* [10]. The simplest way to make a *Swarasa* is to take a new drug, pound it, and then filter the juice through a cloth. All *Panchavidhakashaya Kalpana* and *Swarasa* have a one-day shelf life [11]. Aside from it, there are various ways to get a *Swarasa* from a medication, depending on its availability, character, and constitution. The dose of *Swarasa* varies depending on how it is obtained; If a fresh medicine is not accessible at the moment, the dried form can be utilized to make *Swarasa*; similarly, plants whose *Swarasa* cannot be acquired via any of the aforementioned methods can be heated by forming a bolus of it and then heating it with cow dung cakes [12]. The basic premise behind such a procedure is that the cellular structure of these plants may not enable them to lose their contents by regular squeezing, thus heat is applied to produce little alteration in the cell structure, allowing *Swarasa* to be obtained [13] for example, the dose of *Swarasa* extracted by direct squeezing of the drug is half pala (24ml), whereas the dose of *Swarasa* obtained by other methods is one pala (48ml) [14]. A possible explanation for this could be that the first process is more potent, so even people with *samanaya Agni* may not be able to digest it easily *Swarasa* has been demonstrated in a variety of cases by *Acharya*, as well as its implications in sickness[15].

CONCLUSION

Swarasa Kalpana is the most powerful and effective of all the *panchavidhakashaya kalpanas*. All of these *kalpanas* are discussed separately in each chapter of *Acharya Sarangadhara's* book *Sarangadhara Samhita*. The first chapter of *Madhyamakhandha* explains *Swarasa Kalpana* in detail, including its description, methods of manufacture, dosing, and numerous formulations dependent on the ailment. The dried corms of this plant are used in *Ayurveda* to treat diseases such as *Arsha* (Piles), *Pliha* (Splenid Disorders), *Gulma* (Lump), *Shwasa* (Bronchial Asthma), and *Ashtila* (Enlarged Prostate), among others. Plants have been shown to have antibacterial, anti-tubercular, and lipid-lowering properties. Corms are used to treat rheumatic aches, antidotes for snake bites, abortion, and scabies. It also stops trypsin from working. Also, it may be concluded that the *Putpaka* method of *Swarasa* preparation is efficient to treat different types of *Vyadhi*.

Conflict of Interest – Nil, Source of Support -None

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