



A Review on Methods of *Rasa Bhasma* Preparation with Reference to *Rasa Tarangini*

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ABSTRACT

Ayurveda is an ancient system of medicinal science that helps in attaining a healthy body and mind. Rasa shastra (Alchemy) is a branch of Ayurveda that deals with the preparations of medicines with herbs, minerals, and metals. Parada (mercury) is traditionally used for a long time and is considered to be the most potent drug in Rasa Shastra. Rasa bhasma is a herbo-mineral/metallic preparation that has got a vast therapeutic effect that is prepared with Parada. A total of seven methods of Rasa bhasma preparation are mentioned in Rasa Tarangini with different ingredients. Among them, two are open-method preparations, five are closed-method preparations, three are Sagandha method preparations, and four are Nirgandha method preparations. Parada maraka gana dravyas are used for bhavana and Vahnimrittika is used for sandhibandhana in the preparation of Rasa bhasma. Different texts mentioned different methods of Rasa bhasma preparation with different ingredients. It has got great therapeutic effects such as rasayana, medhya, balya, vajikarana, jaranashaka, etc.

Keywords: rasa tarangini, rasa bhasma, vahnimrittika, parada.

Received 12.02.2023

Revised 22.04.2023

Accepted 23.05.2023

INTRODUCTION

Rasa Shastra is a branch of Ayurveda that deals with herbal, herbo-mineral, mineral, and metallic preparations for therapeutic use. *Rasa bhasma* is a metallic/mineral preparation prepared by different methods with Parada as the main ingredient along with other ingredients. There are four different colors of *Rasa bhasma* mentioned in classical texts that are white, red, yellow, and black. There are different methods mentioned in different classical texts like *Rasa Tarangini*, *Rasa Ratna Samucchaya*, *Sharangdhara Samhita*, *Rasa Chintamani*, *Rasa Manjiri*, *Bhavaprakash*, *Rasa Raj Sundara*, *Yoga Ratnakar*, etc. A total of seven different methods are mentioned in *Rasa Tarangini* of which two are open-method preparations and five are closed-method preparations [1]. *Rasa bhasma* has got vast therapeutic effects and is used in many diseases² such as *jwara*, *raktapitta*, *kasa*, *pandu*, *atisara*, *pravahika*, *visuchika*, *ajirna*, *arsha*, *hikka*, *kshaya*, *sthaulya*, etc. along with different anupana [2] like *tulsi kwatha*, *pippali kwath*, *laksha churna*, *haritaki churna*, *madhu*, *triphala churna*, *haridra*, *saindhava*, *yavakshara*, *takra*, etc. *Rasa bhasma* also acts as *rasayana*, *vajikarana*, *agnivardhak*, *balya*, *medhya*, *jaranashaka* etc [3].

METHODS OF RASA BHASMA PREPARATION

First method [4]

Two parts of *Shuddha Parada* and one part of *Shuddha Gandhaka* are taken into *khalva yantra* and triturated to prepare *Kajjali*. Then *bhavana* of *swarasa* of *Parada maraka gana dravya* is given to prepared *Kajjali* and triturated for one day and dried. Then the dried powder is placed in the *musha* and *sandhibandhana* is done with *Vahnimrittika* and dried. Then the dried *musha* is placed in the *bhudharayantra* and *puta* is given to obtain *Rasa bhasma*.

Second method [5]

Vishnukanta (*Evolvulus alsinoides*) and *Devadali* (*Luffa echinata*) is taken in *khalva yantra* and *mardana* is done with *kanji*. Then *swarasa* or *kashaya* of both the above-mentioned *dravyas* are taken and seven *bhavana* is given to *Parada*. When *Parada* becomes *murchhita* (turns into *kalka* form) by pouring *swarasa*,

it is placed in *kharpara* prepared of *mrittika* (clay). Then prepared *swarasa* is poured little by little into *kharpara* till the *Parada* turns into *bhasma*. With this method, *Rasa bhasma* can be prepared within a day.

Third method [6]

Shuddha Parada is taken into *khalvayantra* and *mardana* is done with *swarasa* of *ankolamula* (*Alangium salvifolium*) till *Parada* becomes *murchhita*. then the equal quantity of *Gandhaka* is added to it and *mardana* is done and dried. Then it is placed in *musha* and *sandhibandhana* is done with *vahnimrittika*. After drying *musha* is placed into *bhudhara yantra* and *Agni* with *upalas* is given for four hours to get the *Rasa bhasma*.

Fourth method [7]

New seeds of *Apamarga* (*Achyranthes aspera*) are taken and made into *churna* (powder). Then this *churna* is triturated with water and made into *kalka*. From this *kalka*, two *mushas* are prepared and dried. One *musha* is taken and filled with *churna* (powder) of *Arimeda* (*Acacia farnesina* wild), *Krumirishu* (*Embelia ribes*), and *Dronapushpi* (*Leucas cephalotes*) in equal quantities. Now place the *chakrika* prepared by triturating *Parada* with milk of *kakodumbara* (*Ficus hispida*). Then again *churna* (powder) of *Arimeda* (*Acacia farnesina* wild), *Krumirishu* (*Embelia ribes*), and *Dronapushpi* (*Leucas cephalotes*) in equal quantity is placed over *chakrika* and covered with another *musha*. Then the mouth of the *musha* is sealed with *vahnimrittika* and the whole *mushasamputa* is covered with the paste of *vahnimrittika* to make it into a round shape and dried. Then it is placed in another *musha* and *mushasamputa* is done with *vahnimrittika* and dried. After drying *gajaputa* is given to it to obtain *Rasa bhasma*.

Fifth method [8]

Parada is triturated with the *swarasa* of *Bhujangavallari* (*Piper betle*) and made into round shape. Then *Karkati kanda* (*Momordica dioica*) is pounded and made into *kalka*. Then previously prepared round-shaped *Parada* is placed in the center of the *kalka*, moulded into a round shape, and placed in the *drudha* (crucible). Then *sandhibandhana* with *vahnimrittika* is done and dried. Then *gajaputa* is given to it to obtain *Rasa bhasma*.

Sixth method [9]

Hingu (*Ferula asafoetida*) is triturated with the milk of *kakodumbara* (*Ficus hispida*) seven times and two *mushas* are prepared from it. Now *Parada* triturated with milk of *kakodumbara* (*Ficus hispida*) is placed in one *musha* and is covered by another *musha* and *sandhilepa* is done. This *mushagolaka* is placed in another earthen *musha* and *sandhibandhana* is done with *vahnimrittika* and dried. Then it is given *lavaka*, *kukkutadi laghu puta*. After the *swangasheeta musha* is removed and cautiously *sandhi* is opened and the black-coloured *Anjana* from the inner *musha* is collected as *Rasa bhasma*.

Seventh method [10]

One *pala hingulottha Parada* and one *pala shuddha Gandhaka* are taken and *kajjali* is prepared. Now it is mixed with the milk of *Vata* (*Ficus benghalensis*) and placed over an earthen crucible. Then the crucible is given *mandagni* and the *Parada* is stirred continuously with the stick of *Vata* (*Ficus benghalensis*) for one whole day to get *Rasa bhasma*.

VAHNIMRITTIKA [11]

An equal quantity of *khati* (white-coloured soil), *saindhava lavana*, and *Mandura* is taken in *khalvayantra* and *Bhavana* with buffalo's milk is given to get *vahnimrittika*. It can withstand high temperatures and is used for *sandhibandhana*. *Parada* does not escapes or come out from *musha* or *samputa* done by *vahnimrittika*.

PARADA MARAKA GANA [12]

Vishnukanta, *Devadali*, *Sarpakshi*, *Sahadevi*, *Laksha*, *Punarnava*, *Arka*, *Suryabhakta*, *Langali*, *Chandalinikanda*, *Kakamachi*, *Vidarikanda*, *Bala*, *Samantadugdha*, *Jayanti*, *Hastishundi*, *Kadali*, *Koshataki*, *Shunthi*, *Bakuchi*, *Haridra*, *Daruharidra*, *Kakajangha*, *Kakanasa*, *Tulasi*, *Shatavari*, *Durva*, *Sharapunkha*, *Chakramarda*, *Kadamba*, *Pippali*, *Shweta punarnava*, *Katutumbi*, *Indravaruni*, *Hamsapadi*, *Shankhapushpi*, *Jati*, *Murva*, *Lajjalu*, *Sharshapa*, *Tila*, *Vandhyakarkoti*, *Dhattura*, *Guduchi*, *Shweta aparajita*, *Prasarini*, *Bhrungaraaj*, *Hingu*, *Somavalli*, *Shobhanjana*, *Palash*, *Matsyakshi*, *Chinchika*, *Mandukaparni*, *Chitraka*, *Shephali*, *Musli*, *Vacha*,

RASA BHASMA LAKSHANA [13]

- When *Rasa Bhasma* is placed over a fire, it should not produce smoke.

- *Rasa Bhasma* should be lustreless and heavy.
- When *Rasa Bhasma* is placed over the burning coal, it should not change its state.
- It should cure both bodily and psychological disorders.

DOSE & ANUPANA [14]

The dose of *Rasa Bhasma* is half *ratti* to one *ratti* (62.5mg to 125mg) along with *Anupana* such as *Tulasi swarasa*, *pippali kwatha*, *haritaki churna*, *Madhu*, *Triphala churna*, *yavakshara*, *takra*, etc. can be given depending upon the disease.

Table no. 1: Ingredients and Bhavana Dravya

Methods	Ingredients	Bhavana dravya
First method	Shuddha Parada, Shuddha Gandhaka	Parada maraka gana dravya swarasa
Second method	Shuddha Parada	Vishnukanta, Devadali swarasa or kashaya
Third method	Shuddha Parada, Shuddha Gandhaka	Ankolamoola swarasa
Fourth method	Shuddha Parada, Arimeda, Krumirishu, Dronapushpi	Kakodumbara milk
Fifth method	Shuddha Parada, Karkati kanda	Tambula patra swarasa
Sixth method	Shuddha Parada	Kakodumbara milk
Seventh method	Hingulottha Parada, Shuddha Gandhaka	Vata milk

Table no. 2: Crucible, Puta, and Yantra Used

Methods	Crucible used	Open/ Closed method	Yantra used	Putra given
First method	Musha	Closed method	Bhudhara yantra	Bhudhara puta
Second method	Kharpara	Open Method	-	-
Third method	Musha	Closed method	Bhudhara yantra	Upala agni (4 hrs)
Fourth method	Musha of apamarga seeds, Earthen Musha	Closed method	-	Gajaputa
Fifth method	Dhrudha	Closed method	-	Gajaputa
Sixth method	Musha of Hingu & Kakodumbara milk, Earthen Musha	Closed method	-	Lavaka kukkutadi laghu puta
Seventh method	Earthen crucible	Open method	-	Mrudu agni for one day

DISCUSSION

A total of seven methods of *Rasa Bhasma* preparations are mentioned in *Rasa Tarangini* of which the second method does not require fire (*niragni*) while the rest of the methods requires fire (*sagni*) for making *Rasa Bhasma*. *Gajaputa* is given in the fourth and fifth methods and *lavaka-kukkutadi laghu puta* is given in the sixth method. The main ingredients of the first, third and seventh methods are *Parada and Gandhaka*, and for the second and sixth methods, *Parada* is the main ingredient, and *Parada and karkati kanda* are the main ingredients in the fifth method, and *Parada, Arimeda, Krumirishu, and Dronapushpi* are main ingredients in the fourth method. *Bhavana Dravya* in the fourth and sixth methods is the milk of *Kakodumbara* and any *Parada maraka gana dravya swarasa* for the first method. *Vishnukanta, Devadali swarasa* for second method. *Ankolamoola swarasa* for the third method, *tambula patra swarasa* for the fifth method, and *Vata* milk for the seventh method. *Bhudharayantra* is used in the first and third methods. The second and seventh methods are open-method preparations while others are closed-method preparations. *Vahnimrittika* is used in closed-method preparation for *sandhibandhana* that helps it to withstand high temperatures and reduces the loss of *Parada*.

CONCLUSION

Rasa bhasma is a formulation that has vast therapeutic effects with a total of seven methods of preparation. Each method has different ingredients, *bhavana dravya*, crucibles, ways of preparations, etc. for the making of *Rasa bhasma*. The second method of *Rasa bhasma* preparation is an open method preparation that is prepared without fire which is debatable.

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CITATION OF THIS ARTICLE

Devraj J Saroj, Jayaprakash A N. A review on methods of *Rasa Bhasma* preparation according to *Rasa Tarangini*. Bull. Env. Pharmacol. Life Sci., Vol 12 [7] June 2023: 316-319