



Review Article

A review on Rasasindura

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ABSTRACT:

Rasashastra deals with herbo-mineral preparations with their types, occurrence, physical properties and organoleptic characteristics. *Rasasindura* is type of *kupipakwa rasayana*. It is mentioned in ancient books of Ayurveda. The main ingredients in *rasasindura* is *shuddha parada* and *Shuddha Gandhaka* in 1: ½, 1:1, 1:2, 1:3, 1:4, 1:5, 1:6 proportion with different *bhavana dravyas*. *Kajjali* is made with *shuddha parada* and *Shuddha Gandhaka* and *bhavana* given to it. *Kajjali* is filled in *kachakupi* and placed in *valukayantra*. Then *mrudu*, *madhya* and *tivragni* is provided. Time to time *shalaka sanchalan* is done. When the bottom of *kupi* looks like red coloured rising sun then corking is done. After corking *tivragni* is given for about 1 *prahara* and later heating is stopped. Then *kachakupi* is allowed for self cooling. After cooling the *kachakupi* is broken to get the *Sindura* coloured *Rasasindura*.

KEY WORDS: *Kupipakwa rasayana*, *rasasindura*, *kajjali*, *valuka yantra*.

INTRODUCTION:

Rasashastra mainly deals with Parada. Parada is said to be the Shiva veerya. It is understood with its karma as *yogavahi*, *rasayana* & *Vajikara* etc. also *Gandhaka* pacifies toxic effect of Parada & enhance its therapeutic effect.

The initiation of Rasashastra is well known from *vedic* period. After doing lots of experiments & research it is found that *Parada* is a *dravya* which having all the quality of curing the diseases. *Parada* is very useful in *dhatuvada* as well as in *dehavada*. Basically, Rasashastra deals in metallic & herbo-mineral preparations with various kalpanas including *kupipakwa rasayana*. *Kupipakwa rasayana kalpana* is also known as *Sindura Kalpana*.

It is made up of four words that is *Kupi* – glass bottle, *Pakwa*- heating or paka, *Rasa*- parada, *Aayana* –sthan.

Kupipakwa method is special procedure in which *Kajjali* is main ingredients. The role of temperature is very important to get beneficial effect of final product. In this Mercury (Hg) known as Parada has been widely

used & other drug is sulphur known as *gandhaka* has been also used frequently. ¹

Rasasindura is *kupipakwa rasayana* formulation. In 20th century AD – Rasastarangini refers seven preparations of *gandhaka jarita rasasindura*. Various Proportions of Mercury & Sulphur (starting from 1:½ to 1:6 that is from *ardhaguna* to *shadguna gandhaka*) have been prescribed to attain therapeutic attributes. ²

MATERIALS AND METHODS:

According to *Rasastarangini* ³

Ingredients:

1. *Shuddha parada*

2. *Shuddha Gandhaka*

Bhavana drugs – *Vatankura swarasa*

Apparatus

Kachakupi wrapped with mud smeared cloth for seven times, *Valukayantra*, Iron Mortar & Pestel, *Angarkoshthi*.

METHODS -**According to Rasastarangini ³**

Prepared *Kajjali* of *parada* & *gandhaka* is first taken in *khalwayantra* then bhavana is given with *vatankura swarasa* for one time, dried it and powdered it. Then filled in *kachakupi* which is covered all around with mud smeared cloth for seven times. This *kachakupi* is placed in *valukayantra* & slow, moderate & strong heat applied gradually. Close the bottles mouth when the extra Sulphur is burnt completely.

The joints of the cork & the mouth sealed properly. After this applied strong heat for two more hours to allow prepare compound to sublime & adhere in the neck of the bottle. On cooling the sublimed product (*Rasa sindura*) is collected from the neck of the bottle having the red colour similar to the Rising sun.

According to Rasachandanshu or Rasaratnasangraha it is process of Rasasindura but mentioned as parada Bhasma ⁴

1st Method – *Shuddha parada* & *Shuddha Gandhaka* are taken in equal quantity & triturated well in *Khalwayantra*, then it is taken in a *kachakupi* & heated using *valukayantra*. By Kramagni Paka, red coloured Parada Bhasma is Obtained.

2nd Method - One Part *Shuddha parada*, ½ part *Shuddha Gandhaka* & ½ part of *Makshika Satva* are taken together & triturated with *Nirgundi Swarasa* for a day. It is then filled in *Kachakupi* & heated using *Valukayantra*, *Andhamoosha* for a day. This procedure yields *Rasabhasma* which is bright red colour like the flower of Pomegranate.

3rd Method – *Shuddha Gandhaka*, *Grihadhuma* & *Shuddha parada* are taken in equal quantity & triturated well in *khalwayantra* & filled in *kachakupi* on putting the lid to mouth of kupi. The *kachakupi* is placed in middle of *Valukayantra* & subjected to heat for 12 *yamas*. On becoming swangsheets, the glass bottle is broken & the *Gandhaka* which is collected in the upper portion is discarded. The *Parada Bhasma* collected at bottom used for treatment of various disease.

4th Method – Two Pala of *Shuddha parada*, ½ pala of *Shuddha Gandhaka* & ½ karsha of *Shuddha Navasara* are taken together in *khalwayantra* & triturated with *Jambeera swarasa*. The mixture is then filled in *kachakupi*. This is then covered with seven layers of cloth. The *kachakupi* is placed in *sikatayantra* kept

over a *Cchidrabhanda*. Then heat is given for 8 *yamas* & cleaning the neck of kupi done. If mercury is going out through the mouth of the kupi, it is sealed with a cork. On attaining swangasheets, the kupi is taken out of its place & the blood red Cinnabar coloured *Rasa Bhasma* which is precious even to *deva* & *danavas* is collected & used with suitable *anupanas* in various disorders.

4th Method – One Pala each of *Shuddha parada* & *Shuddha Gandhaka* are taken together & *Kajjali* is made. It is triturated with *vatankura swarasa* & three such bhavanas are given. It is placed in *Sthaliyantra* & subjected to heat using *Kacchapayantra* or *Valukayantra*. The heat is given for 4 *yamas*. The *Rasasindura* thus got possesses *taruna aruna varna* (bright red colour just like midnoon sun).

Properties of Rasasindura ⁵

1. Varna - *sindoora varna*
2. Gandha - odourless
3. sparsha - soft on touch
4. Rasa - tasteless (*Niswadu*)
5. Shabda - *Shabdahin*
6. Rekha - Red coloured line mark on white paper.
7. *Rekha purnatwa* - Powder enters in the finger crease of index finger and thumb.
8. *Nishchandrata* - Lustre

Dose – For one year child 1/16th part of *gunja*
For six year child 1/3rd part of *gunja*
For twelve years child ½ *gunja* & for further age group 1 *gunja*.

Anupanas – Honey, Milk, Fruit juice or as per disease.

Therapeutic uses –

According to *Rasatarangini* -

Prameha, Severe shula, *Bhagandara* (fissure in ano), severe types of fevers, all types of wasting diseases.

According to *Rasachandanshu*, 1-2 valla with *anupana* of *Pippalichurna* & *Madhu*.

This increases sexual urge, controls the easy expulsion of the semen & subsides the sexual thrusts of females. It gives relief in *Rajayakshma*, *Kshaya*, *Pandu*, *Shopha*, *Gulma*, *Prameha*, *shoola*, *Pleeharoga*, *Jwara*, *Dushtavrana*, *Arshas*, *Gridhrasi*, *Udara*, & even in *Sannipataj cchardi*.

DISCUSSION –

Parada is said to be *shivaveerya* which can be understood in their karma as *yogavahi*, *Rasayana* & *Vajikara* etc. The Initiation of *Rasashastra* are well known from *vedic* period. *Parada* is very useful in *Dhatuvada* and *Dehavada*. *Rasashastra* deals with Herbo-mineral Preparations with various *kalpanas* including *kupipakwa Rasayana*. *Kupipakwa Rasayana* method is special procedure in which *kajjali* is main ingredient. The role of temperature is very important. *Rasatarangini* refers seven preparation of *Gandhakajarita Rasasindura*. Various proportion of Mercury & Sulfur. (starting from 1:½ to 1:6 i. e. *Ardhaguna* to *Shadaguna Gandhaka*) have been Prescribed to attain therapeutic attributes.

Prepared *Kajjali* of *Parada* & *Gandhaka* first in *khalwayantra* then *bhavana* is given with *vatankura swarasa* for one time, dried & filled in *kachakupi*, *kupi* placed in *Valukayantra* & heat applied in *mrudu*, *madhyam*, *tivragni* manner. when Sulphur burnt completely, corking is done. After self cooling, bottle is broken and *Rasasindura* is collected. From above information it can be discussed that different part of *Parada* and *Gandhaka* used with different *Bhavana dravyas* and ingredients and also different time duration of agni in the preparation of *Rasasindura*.

CONCLUSION:

Most of opinions exist regarding the proportion of *Gandhaka* & Duration of preparation of *Rasasindura* in classical texts. *Rasasindura* is very potent drug which is described in lots of classical Ayurvedic texts. It is useful in various diseases like *Rajayakshma*, *kshaya*, *pandu*, *prameha* etc. So, there is need to prove the efficacy of *Rasasindura* on clinical levels.

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