

# PHARMACEUTICAL PREPARATION OF POTTALI KALPA- LOKANATHA RASA

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## ABSTRACT

Rasasastra is the science of Rasa or mercury and has in it ,the principles that help man to attain salvation during his lifetime. Rather than being science of alchemic principles Rasasastra gifts mankind superior quality of health and cure from diseases. There are different categories of mercurial preparations viz; khalweeya rasayanas, kupipakwa rasayanas, Parpati kalpa, Pottali kalpa. Pottali kalpas are those medications which convert mercury to compact masses and are very potent. Lokanatha rasa is a pottali kalpa. Kaparda poorana method is adopted in case of Lokanatha rasa. In this study the reference from Sarangadhara Samhitha is taken. The steps involved in the preparation are very unique and involves an array of pre-processes. The source of heat is gajaputa but in this study muffle furnace is used for convenience.

Key words: Rasasatra, pottali, Lokanatha rasa, kaparda poorana, gajaputa.

## 1. INTRODUCTION

Rasasastra is bestowed with a wide spectra of formulations that are unique in its method of preparation as well as its therapeutic efficacy. The mode of preparation involves multiple stages. Some of these are quite different from other in terms of the steps that are complicated and one of a kind. Lokanatha Rasa is one such formulation that is least explored in terms of its pharmaceutics as well as therapeutic activity. The reference of Lokanatha rasa taken here is from Sarangadhara Samhitha ,Madhyama Khanda. The major ingredients are parada, gandhaka, sankha, varatika, tankana. The reasons why rasaoushadis are superior over kashtoushadis are due to the low doses at which it can be administered, no palatability issues and its rapid action. Lokanatha rasa possess all these characteristics and is a drug of choice for a number of diseases like kshaya, pleeha roga ,etc.

## 2. MATERIALS AND METHODS

The preparation of Lokanatha rasa involves multiple stages. Each stage is to be carried out with utmost care and precision to obtain the desired product. The stages of the preparation can be divided into three

- ❖ Preparatory stage
- ❖ Principal procedure
- ❖ Post production phase

Preparatory stage

a) Collection of all the raw drugs and their shodana

The ingredients are collected from genuine sources and all the ingredients are subjected to shodana as per relevant references. The ingredients of the formulation as per Acharya Sharangadhara are

Parada-2 parts

Gandhaka-2 parts

Kaparda-8 parts

Tankana-1 part

Sankha-16 parts

## b) Preparation of Kajjali

Parada and gandhaka are taken in equal quantities and subjected to mardana in a khalwa yantra. The mardana continued until the signs of properly formed kajjali are seen. This included varitaratwa (floating on water), rekha poornatha (entering the crevices of fingers when rubbed with fingers), fine in consistency and black in colour and devoid of luster.

## c) Filling of kajjali in shoditha varatika

The prepared kajjali was carefully filled into the varatika. Thin strips of X ray film were used to carefully fill in the kajjali without spillage and loss. After ensuring complete filling of the varatika the crease in the varatika was sealed carefully with a paste of tankana mixed with milk. The seal was dried, checked for any cracks, resealed at areas of cracks and was kept ready for next process.

## d) Preparing the sarava samputa

Two earthen saravas (earthen plates) are taken and given a generous coating with lime on the inner side. Shankha pieces are arranged as a layer over which a layer of varatika is spread. It is again covered with a layer of shankha. The arrangement is in such a way that the layer of varatika is sandwiched in between the layers of shankha. The sarava is covered with the second sarava. The borders are sealed with seven layers of cloth smeared with multtani mitti. The layers are dried properly.

## Principal procedure

The sarava samputa is subjected to heat in a muffle furnace. As per the reference gajaputa is the quantum of heat mentioned in this formulation. The muffle furnace is heated at a temperature of 750 degree Celsius. The furnace is left to cool and the product is taken out after complete cooling.

## Post production procedure

The product is collected after complete cooling. The seal of the sarava samputa is opened. The product appeared as ash coloured charred material. The varatika maintained its shape but crumbled on slight pressure. The whole contents were transferred to a mortar and pestle and finely powdered. 460gm of final product was weighed and stored.

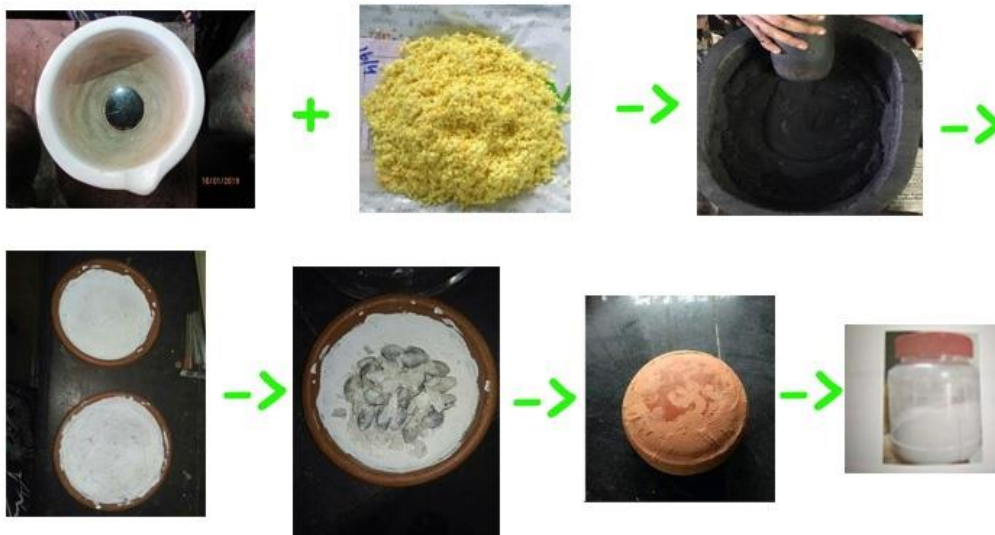
## Organoleptic features

Colour-Ash

Odour-odourless

Taste-tasteless

Texture-fine powder



**Table1:**1.Shoditha parada 2.Shoditha Gandhaka 3.Kajjali 4.Sarava coated with sudha 5.Kajjali filled varatika amongst layers of shanka 6.Sarava samputa 7.Lokanatha rasa

### 3.DISCUSSION

The steps involved in the preparation are multiple and needs utmost precision in each stage. The raw materials need to be carefully collected. Sankha which was unpolished was preferred. Varatika which satisfied all the grahya lakshanas were selected for the study. The shodana of varatika and sankha made them more brittle and further became brittle on incineration which ensures bioavailability. Since the final product is a combination of the major sudha varga dravyas and kajjali transformed by the application of the optimum quantum of heat this preparation is an excellent remedy to conditions like gulma, grahani, kasa, swasa. It has excellent effect in conditions like hypothyroidism, fibroid uterus. The filling of kajjali into varatika needs utmost precision in order to avoid spillage and thus loss of kajjali. Muffle furnace is used to provide heat. Classically gajaputa is indicated whereas in muffle furnace a temperature of 750 degree Celsius was maintained for half an hour. A time period of 48hrs was required for complete cooling.

### 4.CONCLUSION

Lokanatha rasa is a mercurial preparation which has a very significant therapeutic potential .However the yoga is not much common in practice. The reason of this might be the multiple steps of preparation involved. But once prepared it is definitely a promising drug. Kaparda poorana method is adopted for kajjali paka which makes this preparation a unique one. After a proper pharmaceutical preparation adequate analytical tests are to be done for identifying the elements in the final products their structure and quantity in percentage.

### 5.REFERENCES

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