



‘‘A CRITICAL REVIEW STUDY ON KUPIPAKWA RASAYANA AND RAS SINDOOR’’

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ABSTRACT-

The Ayurvedic medicinal system has been in vogue since the Vedic period or even earlier. It emphasizes on the maintenance, promotion of health and curing the diseases. Thus, Ayurveda was developed to safe guard Arogya (health) which is considered to be essential for the achievement of the four primary objects of life viz. Dharma, Artha, Kama and Moksha. *Rasa Chikitsa* is the best therapy among others due to quicker recovery from diseases and effective in even very small doses. In present era Ayurvedic physicians profusely use minerals, metals, gems and some of animals as well as vegetable products. While our modern counterparts rarely except metallic preparation for internal use, as modern pharmacology does not recommend such type of preparation for therapeutic purposes. Ayurvedic physicians are of the view that different Ayurvedic pharmaceutical processing's like *Shodhana, Marana, Samskara, Jarana* etc. convert metallic preparations into non-toxic. *RAS Sindoor* is a herbo mineral preparation, in powder form. Rasashastra, the pharmaceutical science, deals mainly with the processing and therapeutic utilization of mercury, metals, and minerals. It aims at designing novel drugs with better curative attributes at minimum doses¹. *Kupipakwa rasayana*² is a unique pharmaceutical preparation wherein the drug is prepared in a glass bottle called kupi and the processing is done in a traditional furnace with a gradual rise in temperature. RasSindoor is shown to contain mercury sulphide crystalline in nature with crystallite size ranging from 25 to 50 nm associated with several organic macromolecules derived from the plant extract used during the processing of the drug. Several

macro/trace elements are also found to be present in different amounts, which were bio-available and responsible for adding to the medicinal value of Ras-Sindoor.³

KEYWORDS- *Ayurveda, Kupipakva Rasayana, Herbo mineral preparation, Ras Sindoor.*

INTRODUCTION-

Rasa Shastra and Bhaishajya kalpana are the main part of Ayurvedic pharmaceuticals science. *Rasa shastra* deals with the herbo mineral and metallic preparations with their types, occurrence, physical properties and organoleptic characteristics. Mostly, there are four types of *Rasoushadhis* are mentioned in *Rasa granthas* such as *Kupipakwa Rasayana, Parpati Rasayana, Pottali Rasayana* and *Kharaliya Rasayana*. *Kupipakwa Rasayana* is very difficult to prepare and require long period for preparation.¹

A *Rasayana* product prepared from *Parada* is a glass bottle by applying heat of preparation of *Kupi Pakva Rasayana* in *Valukayantra*.

AIMS AND OBJECTIVE:

- 1] To study *kupipakva rasayan Kalpana*.
- 2]To study literature review regarding the drug *Ras sindoor*.

MATERIAL AND METHODS:-

LITRATURE REVIEW:-

Kupi Pakva Rasayana : This term is composed of four words *Kupi, Pakva, Rasa, Ayana*.

IMPORTANCE OF KUPI PAKVA RASAYANA AND THEIR TYPES⁴-

Kupi Pakva Rasayana Kalpana is having importance among other *Kalpana*'s because of having following properties:

- (1) Potency of these drugs remains for longer period.
- (2) It requires minimal dose.
- (3) Easy for administration.
- (4) More potent as compared to other pure herbal preparations.
- (5) When mixed with other drugs, it reduces the dose of other drugs.
- (6) Due to its augmenting effect.
- (7) Due to quicker action.

(8) The opinion of some people is that when all other medicines fail these infallible remedies hit to the goal and amaze even the prescribers themselves.

(9) Chemical bond becomes stronger in the following order; Kajjali, Parpati, Pottali and Kupipakva Rasayana.

Historical Background: The acharya who has firstly introduced the preparation of Kupipakva Rasayana is Sri Dundukanatha, who is the author of Rasendra Chintamani during 12th century A.D. The text Rasendra Chintamani mention

Kramagni paka that is increasing of heat (*Mrudu, Madhya* and *Tivragni*). From 13th century the Siddha Sampradaya was developed the Kupipakva Rasayana. Sindhura Kalpana is mentioned as the name of *Udaya Bhaskar Rasa* in Rasa Prakash Sudhakar text written by Acharya Yoshodhara Bhat who gave the method of preparation of Rasa karpura as the name of "*Ghanasara-Rasa*". Kachaghathi (Kupi) and Sikata yantra are used for the preparation of *Udaya Bhaskar Rasa*. In 15th, 16th and 17th century Kupipakva Rasayana are explained in the name of *Sindhura Rasa*. The specific procedure of Parada and Gandhaka was done with the controlled temperature. On final conclusion we can say that Gandhaka Jarana is the main reason for invention of Kupipakva kalpana to achieve the desired effect in the discussed in detail.

Types

ACCORDING TO

Ingredients	Manufacturing Method	Place of Finished product
<p>*Sagandha (Prepared with the use of Gandhaka eg. Hinguliya Manikyarasa Rasasindura</p>	<p>*Antardhuma (Cork is applied in the begining and the vapours are not allowed to escape eg. Rasasindura</p>	<p>*Kanthastha (The finished product is deposited at the neck) eg. Hinguliya Manikyarasa Rasasindura.</p>
<p>* Nirgandha (prepared without use of Gandhaka) eg. Rasapuspa Rasakarpura</p>	<p>* Bahirdhuma (cork is applied after burning of Sulphur) e.g. Hinguliya Manikyarasa Silasindura</p>	<p>* Talastha (The product is obtained from the bottom of the Kupi) e.g. Samirapannagara, Rasasindura</p>

Gandhaka Jarana plays an important role in enhancing the potency of mercury. It has been claimed in the text that mercury treated with the process of *Gandhaka Jarana*, becomes highly potentiated i.e., it acquires many pharmacological and therapeutic properties. Different textual reference also supports the above statements. According to Ayurveda Prakash (1/114) *Shadguna*

Balijarita Parada is claimed to be much more powerful and effective than *Samaguna* and *Dviguna Balijarita Parada*.

The preparation of *Sindura kalpana* can be traced to 12th century A.D, but *Shila Sindur* had been introduced in the early years of 20th century as indicated in the classical texts „*Rasendra sambhava*“, „*Basavaraajeeyam*“, „*Rasayana Sara*“, „*Siddha Bheshaja Manimala*“ and „*Rasamruta*“.

Ras Sindoor ingredients:⁵

- Shuddha Parada – Purified and processed
- Mercury – 96 g
- Shuddha Gandhaka – Purified and processed Green Vitriole – 96 g Vatankura – Nyagrodha – *Ficus benghalensis* – juice extract – quantity sufficient for grinding.

It is prepared with a special Kupipakwa technique.

- *Navjwara* – *Rassindur* + *Tulasipatra Swaras/Adarak Swaras/Pan Swaras*.
- *Jirnajwara*- *Rassindur* + Decoction of *Giloy* + *Pitapapad*+*Dhaniya* ¼ Part.
- *Prameha* – *Rassindur* + *Giloy Swaras /Kacchi Haldi Swaras*.
- *Pradar Rog* – *Rassindur* + Decoction of *Ashok* + *Bala*+*Lodra Etc.Grahi or Shothahar Drug*.
- *Arsh Rog* – *Rassindur* + Decoction of *Bal Haritaki*.
- *Apasmar* – *Rassindur*+*Vacha Churna* .
- *Unamad*- *Rassindur*+*Kushamanda Swaras*.
- *Swasrog* – *Rassindur*+*Behada Swaras/Vasa Swaras* .
- *Kamala* – *Rassindur*+Decoction of *Daruhaldi*.
- *Pandurog* – *Rassindur* + *Lauha Bhasma* .
- *Mutrakuchha* – *Rassindur*+ *Same Part Mishri*+*Elayachi Churna*+*Shilagit* With *Shit Dughapan*. □ *Ajirna*-*Rassindur*+*Madhu* With *Mustha Kwath*. □ *Udarshul*-*Rassindur*+Decoction of *Triphala* .
- *Murchha Rog*-*Rassindur* (2 Ratti)+*Pipli Churna* (2 Ratti)+ *Madhu* And Bath Cold Water.
- *Excess Vaman* – *Rassindur*+*Mothi Elayachi/Madhu*.
- *Sarvanga Shotha*-

Rassindur+Decoction of Punarnava Kwatha.

- *Garbhashaya Rog –Rassindur+(1 Masha) Kakoli Churna With Nariyal Tail.*
- *Jirna Prameha –Rassindur +Vanga Bhasma With Madhu Anupan.*
- *Bhagandar Rog- Rassindur+Decotion of Triphala +Vidanga.*
- *Gulma Rog- Rassindur+Decoction of Saufa+Bal Haritaki/Ajawayan Churna +Vidlavan. □ Amavat Jirna –Rassindur +Decoction of Guguchi +Motha +Shatavar +Pipali+Harad +Vacha +Shunthi 2 Times A Day.*
- *Vajikaran- Rassindur +Shalmali Churna +Musali Churna +Vidayadi Gana Churna With Milk.*
- *Dhatuvrudhi – Rassindur+Abhark Bhasma +Suvana Bhasma .*
- *Swapna Meha (Night Discharge)- Rassindur+Jayphal+Lauga+Kapur +Afim Churna . □ Chronic Shirshula- Rassindur + Decoction of Bala.*
- *Madaytayarog- Rassindur+Hinga+Ajawayan+Shunthi+Chavya+Dhaniya+Sauvarchal Lavana.*
- *Prinam Shula – Rassindur+Javkhar+Tankan Churna .*
- *Raktapradar – Rassindur+ Decoction of Vasa/Decoction Of Lodhr .*
- *Bastikundal (Mutrarog)- Rassindur +Decoction of Triphala/Kanji With Saidhav .*

For Children:⁶

Navjavra /Pratishaya – Rassindur+Tulasi Patra Swaras.

Swas/Kas - Rassindur+Kantakari Swaras.

Matra of Rassindur⁷:

For 1 year children-1/16 ratti (7.5mg)

For 2 year children-1/7 ratti (16.5mg)

For 6 year children-1/3 ratti (40mg)

For 12 year children-1/2 *ratti* (60 mg)

For adult -1 *ratti* (120mg)

Preparation of Ras-Sindoor

Mercury so obtained was purified through sublimation. For purification of the sulphur, the traditional method using cow's milk and ghee (a milk preparation) was employed. In this method, sulphur mixed with *ghee* was heated up to its melting temperature and the resulting liquid is poured through a filter into a vessel containing boiled milk. Sulphur was on the bottom of this vessel. This process was repeated seven times and the final deposited product was taken out, washed with hot water and dried. Mercury and sulphur thus purified in the ratio (1:6) were mixed with the juice of the aerial root of Banyan tree (*Ficus benghalensis* Linn.). This mixture was placed in an iron mortar and crushed till the whole mixture was converted into a fine black, lustreless powder (*Kajjali*). This fine powder *Kajjali* was filled in a glass bottle (*Kach Kupi*) and heated in a controlled intermittent manner with gradually increasing temperature till the blue flame emerging from the pot disappear and the bottom of the bottle becomes red hot. A red-hot iron rod was repeatedly inserted in the neck of the bottle so as to burn any accumulated sulphur at the neck of the bottle. After adequate cooling, the sublimate deposited at the neck of the bottle was collected. The whole heating process required is 7-8 hrs and the highest needed temperature was 650°C.

Role of Temperature Pattern:

There are 3 temperature patterns are used in this preparation. Mild heat (*Mridu agni*), intense heat (*Madhya agni*) and more intense heat (*Tivra agni*). The initial temperature of mild heat is 120-250°C and on that, *Kajjali* starts melting, when heating increases that are in the phase of intense heat, (250-450°C) *Kajjali* starts boiling. After 12 hours of *mridu* and *madhya agni* yellow fumes of Gandhaka disappeared. During the preparation an iron rod (*shalaka*)^[5] was inserting in the mouth of kupi to avoid any obstruction in the mouth. When heating came in the phase of more intense heat (more than 450-630°C) for 6 hours⁸ he preparation is start to accumulate on the neck of kupi (*Galastha*) or bottom of kupi (*Talastha*) as per types of preparations. Perform the copper coin test and ensure that test is positive. Stop the heating and kupi are removed from theyantra. After self cooling (*swangsheet*) dip a thread in kerosene oil and tied bellow 2 cm on that portion where preparation are accumulate. Burn the thread, when it is burning a wet cloth are allow to cover the bottle, due to this the neck of kupi break and collect the preparation very carefully from

the neck of the glass bottle⁹. There are various instruments (Yantra) are involved in the preparation of Kupipakwaan earthen pot. *Shalaka* used to elimination of any obstruction in the kupi during the preparation.

- **Kapadmitti** used to seal the kupi as well as used in the *aatishi shishi nirman*^[10].
- **Koshthi** for giving of required amount of heat at different temperature.
- **Kupi** used to keep the ingredients initially then prepared medicine also.
- **Mudra** for sealing of kupi mukha (mouth of glass bottle)
- **Pyrometer** used to assess the temperature range.
- **Copper coin** used for copper coin test^[11].

Discussion:

As *Rassindur* is *Kupipakwa Rasaynam*, our acharyas has stated that this type of drug has to be consumed in adequate proportion. They have mentioned the dose or various diseases either they are acute or chronic they have mentioned various combinations along with *Rassindur*. As per disease when *Rassindur* is taken with that proper drug it directly reaches the affected system / organ and does it work. Our acharyas has mentioned various drugs as per system and *doshas*. When *Rassindur* is taken as per dose and with proper drug combination then definitely it works and recovers the affected system. lot of emphasis has been done by our acharyas on *Anupana*. As it plays an important role in management of disease.

Conclusion –

A kind of metallic preparations which is commonly prescribed by ayurvedic physician known as Kupipakwa Rasayana. It has disease curing properties due to paradamurchana. Sometimes many chemical reactions are involved to give synergistic effect in the body. By these different minerals and metals are transformed into effective medicines. The actions of Kupipakwa rasayana remain for longer period of time which indicates its greater potency and efficacy. It is very effective even at minimum dose with ease of administration. When kupipakwa medicines are mixed with other medicines, it minimizes the dose of other medicines.

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