



Review Article

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A COMPREHENSIVE REVIEW ON PARPATI KALPA

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ABSTRACT

The Parpati Kalpa is a flake form of mercurial preparation, unique in the field of Rasashastra. Parpati Kalpa is one of the Rasa Bandha (process of binding mercury) which helps to remove the Chanchalatva (quickness or instability) and Durgrahatva (difficult to hold) of Parada (mercury). Parada and Gandhaka (sulphur) are the essential constituents of a Parpati Kalpa prepared with the aid of heat as the physical agent. Parpati is a unique method of mercurial preparation developed with a specific drug delivery system, which is a Murchana variety, Sagandha/Nirgandha (presence or absence of sulphur), Sagni (processed with heat) Pota Bandha of Parada. Parada when amalgamated with Gandhaka loses its toxic nature and nullify the toxic effects of Parada and potentiates it, after which Parada attains various therapeutic qualities. There are few preparations of Parpati kalpa that do not have Parada and Gandhaka as ingredients. Parpati Rasayans are equally important and highly effective therapeutics in diseases. The general method of preparation is similar for all Parpatis, yet difference in ingredients gives a wide spectrum of therapeutics. These qualities can be potentiated with the addition of Bhasmas (metals or minerals reduced to ashes) of Swarna (gold), Rajata (silver), Tamra (copper) etc. The addition of various materials and the mild heating process incorporates various therapeutic qualities. The general concepts, method of preparation and the enhancing properties obtained by the final product Parpati are discussed in this paper.

Keywords: Parpati, Rasa bandhas, Pota Bandha, Kajjali and Murchana.

INTRODUCTION

Mercury is liquid metal (at room temperature) in such a state it is fickle and can't be handled as required. Changing mercury to either powder form or bolus form is called Rasa Bandha (binding of mercury).¹ There are two varieties of Bandhas where in Agnisthayi is when mercury is stable on exposure to heat and second variety is Anagnisthayi that is without being exposed to heat like in Kajjali process. Parpati Kalpa is therefore Agnisthayi Murchita Parada Bhandha. It is final product after Parada undergoes Pota Bandha with other ingredients like Gandhaka and other Dhatu Bhasmas. Usually in Parpati Kalpas, Kajjali is the base material, which is Guru (heavy) in nature, but after exposure to mild heat i.e., by Agni Samskara, it attains Laghutva, hence named Parpati, which emphasizes its lightness. Therefore these preparations are lighter and thus will be useful in most of the disorders from paediatric to geriatric (Baladya Akhila Roganut). Parpati is specifically indicated when a certain bhasma is to be administered at minimal dose and that it should be in dissociated and absorbable form into digestive system. This preparation acquires quality of disinfecting the elementary canal and thereby detoxifying one of the greatest sources of morbid processes. In addition, Parpati may act as tonics that are milder than preparations of other Agni Samskaras like 'Sindhura Kalpas'.

Etymology

The name "Parpati" is given because of its form and the method of preparation as it is made in the form of thin

flakes. Grammatically the term 'Parpata' is masculine in gender, by adding suffix 'ee', it becomes feminine i.e. Parpati.²

Synonyms

Parpata, Parpati and Parpatika emphasize its lightness (Laghuta).

Antiquity

The description of Parpati has been since 8th century A.D. Though Nagarjuna was the first scholar to introduce Parpati in Kushta Roga, Chakrapani, the commentator of Charaka Samhita (11th century A.D) has emphasized the importance of Rasa Parpati in Grahani chikitsa.³ In subsequent periods, many types of Parpatis such as Tamra Parpati (Rasa prakasha sudhakara),⁴ Panchamruta Parpati (Rasendra sara sangraha),⁵ Swarna Parpati⁶ and Louha Parpati (Rasa paddhati),^{6,7} Vijaya Parpati (Bhaishajya ratnavali)⁸ etc. were introduced by different scholars.

Definition

Sandravitaa kajjalika agniyogat rambhupalashe
chipitikruta cha |
Rasagamajnaih khalu Parpati sa prakirtita Parpatika ca
saiva ||

The Kajjali melted at mild temperature is made into a thin flake by pressing on a plantain leaf platform; because of its shape it is named as Parpati.⁹

Classification of Parpati

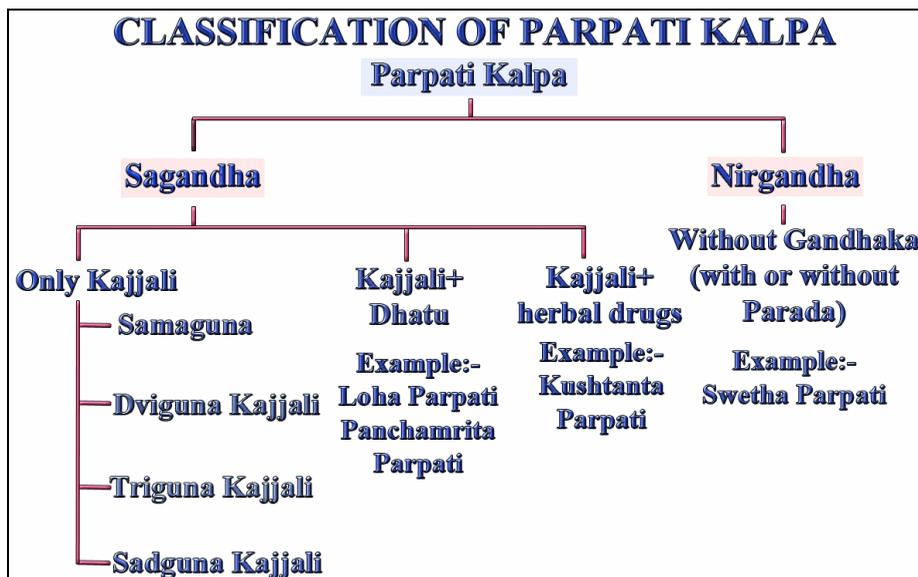


Plate 1

The basic classification of Parpati was done based on ingredients, presence or absence of Parada and Gandhaka.

Method of Parpati Preparation (Plate 2-5)

Purva karma

Apparatus used: Loha Darvi (iron ladle), spatula, gas stove, fresh Gomaya (cow dung), Kadali Dala (plantain leaf).

Ingredients: Parada, Gandhaka and Dhatus Bhasmas.

Nature of heat: Mild heat till Kajjali liquefies. Agni plays an important role in modifying Kajjali to Pota Bandha i.e., altering the Guru guna of Kajjali to Laghutva in nature, so as to serve the therapeutic purpose.

Platform: A platform shall be prepared with Gomaya, Mahishamala (buffalo dung) or with Panka (moist clay) and it should be covered with Kadali Dala. Leaves of Nagavilli (*Piper betle*), Arka (*Calotropis procera* (Linn.)), Kutja (*Holarrhena antidysenterica*), Eranda (*Ricinus communis*), Palasha (*Butea monosperma*) or Swinna Patra can be used instead of Kadali. Pharmaceutically, Gomaya might be essential for instant cooling of molten Kajjali and to make it hard into a thin flake. Gomaya may enhance the Kashaya (astringent) property. Therapeutically, through the media of heat some constituents of bile, enzymes, etc present in cow dung might be absorbed into the drug through leaf media and probably this could be one of the reasons for Deepana, Pachana and Grahi properties of Parpati. The leaf media may act as a media between the drug and cow dung. It may help in absorbing the heat from the molten Kajjali and in spreading the drug. Kadali, Palasha, Kamala, Nagavalli, Kutaja, Arka, Eranda Patra was also mentioned in preparation of Parpati kalpas. Therapeutically, the

phytochemical constituents in the leaves may be absorbed into the drug and potentiate the preparation. Studies have proven that, chlorophyll pigment present in the leaves may act as a detoxifying and healing agent especially in gastro-intestinal disorders. Banana leaf is used frequently in the preparation of Rasa Parpati, as it is broader than other leaves with greater, smooth and even surface to spread the drug, and easily available. It possesses Kashaya, Grahi and Pittahara properties which may increase the efficacy of Parpati.

Vessel: Loha Darvi inner surface is smeared with Ghrita (cow's ghee). Loha or Tamra (copper) Darvi are mentioned, however Loha Darvi is mostly used; as iron is a good conductor of heat, it may transfer heat easily and quickly, and mercury is non-reactive with iron.

Pottali: Pottali is prepared with Gomaya covered by Kadali patra.

Pradhana karma

The Kajjali is taken in a Loha Darvi smeared with Ghrita and heated on mild fire till the Kajjali liquefies. After 5 minutes of mild heat, Kajjali starts melting and turns to shiny black mixture. Little fumes will be observed. The liquefied Kajjali is immediately poured over the prepared platform of fresh cow dung and plantain leaf placed over and simultaneously covered with other plantain leaf and pressed gently by means of Pottali prepared out of fresh cow dung (Gomaya) covered by Kadali Patra. Melted Kajjali spreads uniformly and takes the form of thin flake called Parpati.^{10,11} Parpati prepared will have impressions of plantain leaf. Parpati thus formed will be crisp and breaks with a crackling sound. The same procedure is to be repeated with the remaining amount of Kajjali.



Plate 2: Preparation of Parpati



Plate 3: Kustanta Parpati



Plate 4: Gagana and Tamra Parpati

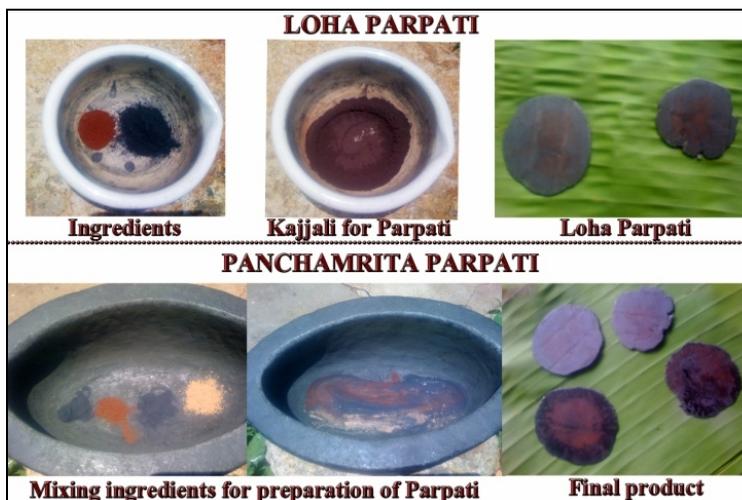


Plate 5: Loha and Panchamrita Parpati

Parpati Paka Pareeksha

Based on the amount of heat given, the Parpati Paka is of three types, viz., Mrudu, Madhyama and Khara Paka.

Mrudu Paka

Parpati will be in Mayura chandrika¹² turquoise colour. Parpati remains soft and bends slightly.¹³ In Mrudu Paka, chemical bonding between Parada and Gandhaka may not be formed properly.

Madhyama Paka

Parpati that is Taila Varna (colour of til oil),¹⁴ shiny black in colour, crispy and breaks with crackling sound, broken edges with silvery whitish in colour,¹⁵ Parpati is of Madhyama Paka. Parpati passing such tests possesses rich medicinal properties. In Madyama paka, Parpati may acquire proper chemical bonding which may acquire desired medicinal properties.

Khara Paka

Parpati of reddish colour,¹⁶ that is dry and coarse in nature,¹⁷ such Parpati is poisonous and should be discarded. In Khara paka, Kajjali burns in excess and might get converted into carbon (i.e., charred particles) which is of no medicinal use.

Paschat karma

Parpati prepared is to be collected and stored in a clean dry glass container.

Precautions

- Very little amount of ghee is to be used to avoid adherence of Kajjali.
- Ghrita may act as a media in maintaining the heat as well as in preventing adhesion of Kajjali to Darvi, and

it may enhance the therapeutic efficacy (Samskarasya anuvartanat).

- Mild heat is to be given to avoid catching fire and getting burnt.
- Plantain leaf should be smeared with ghee to prevent adhesion.

Organoleptic Characters

Table 1

Character	Parpati
Colour	Dark or black
Appearance	Glittery
Odour	Odourless
Taste	Tasteless
Form	Thin flaky
Touch	Smooth
Fracture	Crispy and breaks with sound

Test of Completion of Parpati

- Shiny flaky appearance like papad
- Breaks easily
- Leaves silvery colour streaks on breaking.

Parpati Prayoga

Samanya Prayoga

In Samanya Prayoga, Parpati is given at a dose of 1-2 Ratti (125-250 mg) mixed with fried Jeeraka (*Cuminum cyminum* and *Carum carvi*) and Hingu (*Ferula asafoetida*) in divided doses.

Vardhamana / Kalpa Prayoga

In Kalpa Prayoga, it should be administered in 2 Ratti dose initially and increase it by 1 Ratti daily or alternate days till a maximum dose 10 Ratti¹⁸ or 12 Ratti¹⁹ dose. This dose has to be maintained till the disease gets cured and thereafter taper the dose day by day till it becomes 2 Ratti. In this course of administration of medicine Anna (food), Jala (water) and Lavana (salt) are restricted

whereas Kshira (cow's milk) and Takra (buttermilk) are said to be beneficial.

Table 2: Kalpa Prayoga Matra (Number of days and total quantity of drug administered)

Kalpa Prayoga	MATRA (1 Ratti = 125 mg)
36 days	288 Ratti
40 days	310 Ratti
60 days	480 Ratti
96 days	768 Ratti

Anupana (adjuvant)

Madhu (honey), Kshira, Ghrita, Takra (buttermilk), Bharjita Jeeraka, Sita (sugar candy) and Dadima swarasa (fresh juice of *Punica granatum*).²⁰

Amayika Prayoga

Grahani (~IBS/Mal absorption sprue syndrome), Atisara (diarrhoea), Jalodara (~ascites), Gulma (~tumour), Sotha (swelling), Arshas (haemorrhoids), Kushta (~skin problems), Pandu (~IDA) etc

Pathya

Takra, Kakamachi (*Solanum nigrum* Linn.), Patola (*Trichosanthes dioica*), Pugiphala (*Areca catechu* L.), Ardraka (*Zingiber officinale*), Vastuka, Kadali puspha (flower of *Musa paradisiaca*), Prasunamalam krishna vartiga, Purana Shali (old rice), Godugdha with Sharkara are considered congenial during Parpati prayoga.²¹ According to Chakrapani, on intake of drug after 1 ½ hour the patient should chew profuse quantity of betel nut. On 3rd day patient is allowed to take Mamsa, Ghrita, Kshira and should avoid Vidahi, Maithuna, Kadali mula, Sarshapa taila, Krishna matsya, Jala-vayu chara and Divaswapna.²²

Apathya

One should not drink water from river or well water immediately for quenching the thirst during Parpati sevana as it will lead aggravation of disease. Amla sevana (consuming sour food), Sheetala snana (exposure to cold) and pavana (exposure to wind), Krodha (anger), Chinta (deep thought/grief), Ushna dravya sevana (consuming hot food), Tikta dravyas like Nimba (*Azadirachta indica*), Guda (jaggery), Anupa mamsa (meat of animals of marshy land) and Stree sambhasana are contraindicated.²⁰

CONCLUSION

Parpati Kalpana is one amongst four Murchita Parada Yogas that are unique and highly evolved pharmaceutical preparations with a wide range in therapeutics. Kajjali is Sagandha, Niragni and Khalvi Rasayana. Parpati is Sagandha/Nirgandha, Sagni, Pota bandha. Agni Samskara plays a vital role in parpati preparation. It helps in altering the physico-chemical properties. Parpati kalpas are classified based on the ingredients of preparation. Other material like Kadali Patra, Ghruta and Gomaya might

enhance therapeutic properties. Parpati is a popular and successfully used preparation for the management of Grahani and indicated in various other diseases like Rajayakshma, Kushta and Gulma etc.

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