



Review Article

www.ijrap.net



REVIEW ON KUPIPAKVA RASAYANA WITH SPECIAL REFERENCE TO RASA SINDURA

Hrishikesh P¹, Harsha N.M²

¹PG Scholar, Department of PG studies in Rasashastra & Bhaishajya Kalpana, JSSAMC, Mysuru, Karnataka, India

²Reader, Department of PG studies in Rasashastra & Bhaishajya Kalpana, JSSAMC, Mysuru, Karnataka, India

Received on: 16/11/15 Revised on: 21/12/15 Accepted on: 29/01/16

***Corresponding author**

E-mail: drharshanm@gmail.com

DOI: 10.7897/2277-4343.07270

ABSTRACT

Rasa Sindura is a Kupipakva Rasayana which is very popular and is widely used in therapeutics. It is prepared by heating Kajjali filled in a glass bottle wrapped with multiple layers of cloth smeared with mud, in a sand bath for specific time period. The reference of Kupa was first found in Rasarnava. Parada marana using Valukayantra and Kachakupi is mentioned in Ananda Kanda. The word Rasa Sindura was first mentioned in Rasendra Chintamani and the author has also stressed the importance of Gandhaka Jarana and has described Antardhumavidhi and Bahirdhumavidhi. Only in the later texts like Ayurveda Prakasha and Rasa Tarangini we find elaborate description regarding Rasa sindura. The ratio of Gandhaka varies from Shadamsha (1/6 times) to Shadguna (6 times) and duration of heat given varies from 12 hours to 7 days. The potency of Rasa Sindura increases with the increase in the proportion of Gandhaka added.

Keywords: Kupipakva Rasayana, Rasa sindura, Gandhaka Jarana, Valuka Yantra

INTRODUCTION

Rasa Shastra means the “science of mercury”. It refers to the science of making Mercury and other metals and minerals usable for the body so that they can be used as medicines. Kupipakva Rasayanas are unique pharmaceutical procedures in the field of Rasashastra where in Mercury along with other minerals and/or metals are sublimed by subjecting it to gradual increase in temperature for specified time. Kupipakva Rasayanas are more potent and quick acting even in smaller dose. Rasa Sindura is a Kupipakva Rasayana which is very popular and is widely used in therapeutics till date. It is prepared by heating Kajjali (amalgam of Mercury and Sulphur) filled in a glass bottle wrapped with multiple layers of cloth smeared with mud, in a Valuka Yantra (conventional sand bath) for specific time period. Therapeutic property of Rasa Sindura varies with the proportion of Gandhaka (Sulphur) added to that of Parada (Mercury) and also the duration of Gandhaka Jarana. The ratio of Gandhaka varies from Shadamsha (1/6 times) to Shadguna (6 times) and duration of heat given varies from 12 hours¹ to 7 days². It is claimed in text that more the quantity of Gandhaka added, more is the potency³ and Rasa Sindura which is prepared by doing Jarana for longer period is superior. Hence Shadguna Balijarita Rasa Sindura which is prepared by adding six times of Gandhaka to that of Parada is said to be the superior most and is attributed to create wonders when used in therapeutics⁴.

Rasa Sindura is composed of two words Rasa and Sindura. Term Rasa is derived from the root word Rasati, Rasayati, Rasyati, Raasyati having a wide range of meaning like to taste, to feel, to perceive, to be sensible, to get, to desire^{5,6}. But here the term Rasa refers to Parada.

The word Sindura is derived from the root word “Syandesamprasaramanam” which gives the meaning of movement^{6,7}. It is also referred to as “raktavarnachurnavishesha” meaning vermilion colour. As the

finished product has Sinduravarna it is called Sindura. Hence Rasa Sindura means Sinduravarna product prepared using Parada.

There is no reference of Rasa Sindura in Ayurvedic literature of pre vedic, vedic and samhita periods. The use of Valukayantra for the preparation of Rasa Sindura was developed only after 9th Century A.D and the use of Kupa came into existence since 10th Century A.D.

Rasa Hridaya Tantra

Jarana procedure closely resembling the preparation of Rasa Sindura is mentioned where in Lohasamputa is used for this purpose⁸.

Rasarnava

In this text different types of Gandhaka Jarana and Parada bhasma are mentioned. Also there is a reference of Kupa in this text. Though the Raktavarna Parada bhasma resembles Rasa Sindura, the term Rasa Sindura is not used⁹.

Ananda Kanda

31 types of Parada marana are mentioned out of which two types are prepared using Valuka yantra and Kachakupi. In three methods Sindura or raktavarna bhasma is obtained but different yantras are used for the same¹⁰.

Rasendra Chudamani

Though Rasa Sindura is not mentioned, the references of pisti of Parada and Gandhaka, Kajjali and Valukayantra can be seen¹¹.

Rasa Prakasha Sudhakara

Udaya Bhaskara Rasa which resembles the preparation of Rasa Sindura is mentioned¹².

Rasa Ratna Samuchchaya

Author mentions about Valukayantra and Kachakupi but there is no information regarding Rasa Sindura. The composition of one formulation is found similar to Rasa Sindura which has been described as Rasa Sindura by the commentators¹³.

Rasa Chintamani

A formulation named Kamadeva Rasa and Rasa Parpatika which resembles Rasa Sindura is mentioned in this text¹⁴.

Rasendra Chintamani

The author has mentioned about Gandhaka Jarana and has stressed on its importance. The word Rasa Sindura is mentioned for the first time in this text. In connection to Gandhaka Jarana author has mentioned Antardhuma and Bahirdhuma vidhi¹⁵.

Rasendra Sara Sangraha

Three methods of preparation of Rasa Sindura is mentioned using different ingredients¹⁶.

Bhava Prakasha

One reference of Rasa Sindura is mentioned¹⁷.

Rasa Kamadhenu

Haragowri Rasa which resembles Rasa Sindura is mentioned¹⁸.

Ayurveda Prakasha

Author has mentioned four types of Rasa Sindura of which three types have varying proportion of ingredients but the procedure of preparation and yantras used are the same.

Author has also emphasized on the importance of using Taptashalaka to clear the neck of the Kupi¹⁹.

Yoga Ratnakara

Though we get many references of Rasa Sindura, most of them are compiled from other texts²⁰.

Rasa Tarangini

Seven types of Rasa Sindura are mentioned with varying proportion of Gandhaka ranging from Ardhaguna to Shadguna. Procedure to prepare Talastha Rasa Sindura is mentioned. The author has given a detailed description regarding its indication with disease specific anupanas²¹.

Rasa Yoga Sagara (Compilation of Rasa Shastra)

There are 10 preparations of Rasa Sindura²²

Kupi Pakwa Rasa Nirmana Vijnana

In this text author mentioned about Kupi and Kupi Pakwa preparations. Five types of Rasa Sindura preparations are mentioned²³.

BhasmaVijnana

Sri Harisharanananda mentioned several preparations of Kupi Pakwa Rasayana. Out of these 17 are Rasa sindura Kalpanas²⁴.

Table 1: Types of Rasa Sindura with Varying Proportion of Sulphur

Hg:S	Name of Rasa Sindura
1:1/6	Shadamsha
1:1/4	Chaturtamsha
1:1/3	Tritiyamsha
1:1/2	Ardhaguna
1:1	Samaguna
1:11/4	SapadaSamaguna
1:11/2	SardhaSamaguna
1:2	Dwiguna
1:3	Triguna
1:4	Chaturguna
1:5	Panchaguna
1:6	Shadguna

Table 2: Properties of Different types of Rasa Sindura according to different authors

Proportion of sulphur	Rasendra Chintamani	Ayurveda Prakasha	Rasa Tarangini
Samaguna	Suddhacchatagunarasah	Rogaghna	Samanyaganashana
Dwiguna	Sarvakushtahara	Rajayakshmahara	Maharogaghna
Triguna	Sarvajadyavinashaka	Kaminidarpanashana	Pumstvaprakashana
Chaturguna	Valipalitanashana	Tejasvi, Sarvashastramamsiddhah	Mahotsahamedhasmruthivivardhana
Panchaguna	Kshayanashaka	Bhavetsiddhah	Asheelagadasantapanashana
Shadguna	Sarvarogahara	Mrutyujith	Abhutakaryakrith

Table 3: Dose according to different authors

Reference	Dose
Ayurveda Prakasha	Up to 5 Ratti
Rasavogasagara	Up to 3 Ratti
Rasa PrakashaSudhakara	1-3 Ratti
Yoga Ratnakara	1-2 Ratti
Rasa Tarangini	1/16-3 Ratti

Table 4: Dose according to age²⁵

Age	Dose
1 Year	1/16 Ratti
2 Years	1/7 Ratti
6 Years	1/3 Ratti
12 Years	½ Ratti
13-18 Years	1 Ratti
Above 18 Years	1-3 Ratti

Table 5: Indications with specific anupana²⁶

Disease	Anupana
Ajirna	Madhu & Mustakwatha
Apasmara	Vachachurna & Shankapushpi Churna
Arshas	Haritaki Kashaya
Aruchi	Matulunga Swarasa
Bhagandhara	Triphala & VidangaKwatha
Chardi	Elakwatha or Madhu
Dhatukshaya	Abhrakabhasma
Garbhashayaroga	Kakolichurna & Narikelataila
Gulma	Ajamodachurna & Vida lavana
Jirnajwara	Guduchikwatha & Parpata
Jwara	Jiraka, Pippali & Dhanyakakwatha
Kamala	Daruharidrakwatha
Kaphajaroga	Chitakamula, Shunthu, Maricha & Pippali
Kasa	Vasa swarasa, Pippali & Madhu
Madatyaya	Nimbuswarasa & Sita
Murcha	Narikelajala
Mukhapaka	Shwetachandana
Mutrakruccha	Mishri
Nava jwara	Tulasipatraswarasa or Ardrakaswarasa
Pandu	Lohabhasma
Pradara	Ashoka & Lodhra
Prameha	Guduchichurna & Haridraswarasa
Pittajaroga	Ela, Mishri & Karpura
Rajayakshma	Gritha
Raktapitta	Draksha & Ela
Sannipatajwara	Nirgundiswarasa
Shotha	Punarnavakashaya
Shwasa	Vasa swarasa or Pippaliswarasa & Madhu
Vajikarana	Musalichurna & Ksheera
Varnya	Sugandhabala, ShunthiKashaya & Guduchi

DISCUSSION

The concept of Sindura Kalpana came into existence since 10th Century AD where a preparation similar to Rasa Sindura has been mentioned in Rasa Hridaya Tantra where in Loha Samputa is used for its preparation. For the first time reference of Valuka Yantra is found in this text. The author has also emphasized on the duration of agni.

Though the term Kupi is mentioned in Rasarnava in the context of describing the preparation of Varamusha, the term Kupi here is referred to small pebbles found near river bank.

In Ananda Kandha, text of 13th Century, Kachakupi has been mentioned. It is to be noted that it was during this period the use of Glass bottles for storage came into existence. In Rasendra Chintamani, for the first time the term Rasa sindura is mentioned. In this book author has emphasized the importance of Gandhaka Jarana and mentions different types of Rasa Sindura containing varying proportion of Gandhaka. It is interesting to note that Rasa Ratna Samuchchaya does not have the reference of Rasa Sindura though it explains a formulation similar to Rasa Sindura. Dr. Dattatreya Anant Kulkarni in his commentary has described it as Rasa Sindura.

In Ayurveda Prakasha, the author claims that more the quantity of Gandhaka added to Parada more will be the potency. He also mentions the importance of clearing the neck of the Kupi with a

taptashalaka from time to time. He also mentions that only after Gandhaka Jarana, Parada can be used in therapeutics and emphasizes the use of Shadguna Balijarita Parada which is of superior quality for the preparation of Yogas.

In rasa Tarangini different types of Rasa sindura from ardhaguna to shadguna is mentioned. The author also describes the preparation of Talastha Rasa Sindura. The dosage of Rasa Sindura according to age and its indication ranging from simple ailments like Ajirna & Aruchi to chronic ailments like Kushta, Rajayakshma & Prameha with disease specific anupana has been mentioned systematically in this text.

It was only later that Rasa Sindura was explained elaborately in texts. This might be due to the easy availability of Kachakupi during that period which was considered to be an object of luxury till then.

Analytically Rasa Sindura is identified as red sulphide of Mercury with chemical formula HgS. Its chemical structure is found to be similar to that of Meta cinnabar²⁷. Because of its properties like yogavahi and ashukari it reduces the dosage of the other drugs when consumed together. Hence Rasa Sindura is widely used as a catalyst along with other drugs. This has further added to the popularity of Rasa Sindura which itself has a wide range of indications.

REFERENCES

1. Dr.Suresh Parimi & Dr. Dhannapuneni Vijaya Kumari, Tr, Rasendra Sara Sangraha of Sri Gopalkrishna Bhatt, Chaukambha Sanskrit Sansthan, Varanasi, First edition 2007, 1/65-68, 28pp
2. ShastryKashinath Ed, Rasa Tarangini of Sri Sadananda Sharma, Motilal Banarasidas, Delhi, 11th edition, reprint 2004, 6/189, 140pp
3. Mishra Gulrajsharma Ed, Ayurveda Prakasha of Acharya Sri Madhava, Chaukamba Bharathi Academy, Varanasi, R4eprint 1999, 1/123, 71pp
4. ShastryKashinath Ed, Rasa Tarangini of Sri Sadananda Sharma, Motilal Banarasidas, Delhi, 11th edition, reprint 2004, 6/190-198, 140-141pp
5. Sir Monier Monier – Williams, A Sanskrit English Dictionary, Motilal Banarsidas Publishers Pvt. Ltd., 1st edition, reprint 1995, 1333-pp
6. Huddar Revathi, A comparative pharmaceutico analytical study of Samaguna and Triguna balijeerna Rasa Sindoor, RGUHS, 2009
7. Raja Radhakanthdev Bahadur, Shabdakalpdruma-5, Delhi, Naga publishers, 1987, 353pp
8. Rasasastri Daulatrama Tr., Rasahridaya Tantram of Srimat Govind Bhagavatpada, Chaukamba Publishers, Varanasi, 3rd edition, 2005, Chapter 14/2-7, 18/32-33, 155-156, 207pp
9. Tripathi Indradeva and Panta Jara Datta Tr., Dixit Krishna Ed., Rasarnava of Bhairavananda Yogi, Chaukamba Sanskrit Series, Varanasi, 4th edition, 2001, 12/104, 106, 107, 185pp
10. Mishra Siddhinandan Tr., Anandakandah of Shree Bhairava, Chaukamba Orientalia, Varanasi, 1st edition, 2008, 23/43-127, 471-482pp
11. Mishra Siddhinandan Tr., Rasendra Cudamani of Acharya Somadeva, Chaukambha Orientalia, Varanasi Reprint 2009, 332-pp
12. Mishra Siddhinandan Ed., Rasa Prakasha Sudhakara of Acharya Yashodara, Chaukamba Orientalia, Varanasi, 2nd edition, 1998
13. Kulkarni Dattatreya Anant Tr., Rasaratna samuccaya of Vagbhata, Meharchand Lachhmandas Publications, new Delhi, 2010, Chapter 11, 229pp
14. Mishra Siddhinandan Ed., Rasa chintamani of Acharya Anantadev Soori, Chaukambha Orientalia, Delhi, 3rd edition, 2008, 1/82-95, 14-16pp
15. Mishra Siddhinandan Tr., Rasendra Chintamani of Acharya Dhundhuk Nath, Chaukambha Orientalia, Varanasi, Reprint 2011, 2/5-9. 13, 14, 20-22, 11-13, 15pp
16. Dr.Suresh Parimi & Dr. Dhannapuneni Vijaya Kumari, Tr, Rasendra Sara Sangraha of Sri Gopalkrishna Bhatt, Chaukambha Sanskrit Sansthan, Varanasi, First edition 2007, 1/62-72, 27-29pp
17. Mishra Brahma Shankkara and Vaisya Rupakalaji Ed., Bhava Prakasha of Sri Bhava Mishra, Chaukamba Samskrita Samsthna, Varanasi, 5th edition, 1993
18. Mishra Gulraj Sharma Ed., Rasa Kamadhenu of Sri Cudamani Mishra, Chaukambha Orientalia, Varanasi, Reprint 2010, Reprint 476-pp
19. Mishra Gulrajsharma Ed, Ayurveda Prakasha of Acharya Sri Madhava, Chaukamba Bharathi Academy, Varanasi, R4eprint 1999, 1/190, 397-403, 426-435, 71, 194-196, 305-306-pp
20. Shastri Brahmasankar Ed., Yogaratnakara of Vaidya Laksmipati Shastri, Chaukambha Prakashan, Varanasi, 6th edition, 1997, 115-117pp
21. ShastryKashinath Ed, Rasa Tarangini of Sri Sadananda Sharma, Motilal Banarasidas, Delhi, 11th edition, reprint 2004, 6/183-189, 138-140pp
22. Vaidya Pandit Hari Prapanna Sharma, Rasa Yoga Sagara - II, Varanasi, 2nd Edn, Krishnadasa Academy, 1983, Version 110-119, 251 pp
23. Sri Sharma Harisharnanda, Kupipakva Rasa NirmanaVijnana, Ayurveda Vijnana Grantha Karyalaya, Amritsar, 1st edition 1941, 298-301pp.
24. Sri Sharma Harisharananda, BhasmaVijnana, Ayurveda Vijnana Grantha Karyalaya, Amritsar 1st edition, 1954, 118 – 121p
25. ShastryKashinath Ed, Rasa Tarangini of Sri Sadananda Sharma, Motilal Banarasidas, Delhi, 11th edition, reprint 2004, 6/235-237, 148pp
26. ShastryKashinath Ed, Rasa Tarangini of Sri Sadananda Sharma, Motilal Banarasidas, Delhi, 11th edition, reprint 2004, 6/203-234, 143-145pp
27. Gaddamwar Shirish, Khaparde Prakash, Khiyani Rajkumar. Physico-chemical and instrumental study of Samaguna rasasindur (Red sulphide of mercury). Int. J. Res. Ayurveda Pharm. 2013; 4(1):67-70 DOI: 10.7897/2277-4343.04127

Cite this article as:

Hrishikesh P, Harsha N.M. Review on kupipakva rasayana with special reference to Rasa sindura. Int. J. Res. Ayurveda Pharm. Mar - Apr 2016;7(Suppl 2):120-123 <http://dx.doi.org/10.7897/2277-4343.07270>

Source of support: Nil, Conflict of interest: None Declared

Disclaimer: IJRAP is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJRAP cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of IJRAP editor or editorial board members.