



Review Article

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ANTICIPATING EFFECT OF PARPATI KALPANA IN GRAHANI ROG: A CRITICAL REVIEW

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ABSTRACT

Parpati is a prestigious and steady preparation in Rasa Shastra for the management of Grahani Rog. It is a Murchana (swooning) variety, attaining Vyadhiharana (destroying the disease) property and lays its prime importance in Grahani Rog. Parpati has high therapeutic value, potent, less toxic and cost effective medicine. It is not absorbed in the stomach instead, it is absorbed properly in the duodenum and onwards; hence it is effective in Grahani Rog (Chronic Gastrointestinal Disease) specially.

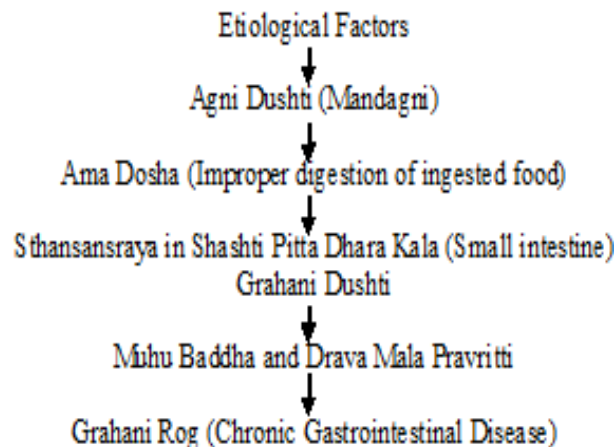
Keywords: Parpati, Grahani Rog, Rasa Shastra, Murchana

INTRODUCTION

According to Acharya Susrutha's treatise, Sixth Pittadhara kala situated between Amasaya (Stomach) and Pakwashaya (Large Intestine) is called Grahani (Small Intestine)¹ while Charaka Samhita mentions it as the part being situated above Nabhi (umbilicus)². Anatomically Grahani (Small Intestine) is situated above the umbilicus and between Amashaya (Stomach) and Pakwashaya (Large Intestine). It is said to be the seat of Agni. Physiologically it is responsible for holding ingested food for the duration of its digestion before the *kitta* or undigested food residue is propelled into the Pakwashaya³. Thus Grahana, Dharana, Pachana, Soshana and Murchana become the main functions of Grahani. Besides its reciprocal relation with Agni, Grahani or Pittadhara kala is the part of the Annapakanadi (Alimentary canal) which is situated in Koshta. Kala (membrane) refers to the lining membranes, especially of the GIT extending from the pyloric region till ileocecal junction. Constant intakes of improper and unwholesome dietary products, especially that persons who have weak digestion or those who have recently

recovered from disease like diarrhea or gastroenteritis, these factors further vitiates the power of digestion and cause Grahani Rog (Chronic Gastrointestinal Disease)^{4,5,6}. In today's Lifestyle hurry, worry is part of life, including faulty eating habit's which leads to Agnimadya which is the root cause of all diseases and Parpati is specially targeted for Agnisthan i.e. Grahani. Parpati is a thin flake like preparation, which is developed from "Pota Bandha", consisting of Parada, Gandhaka and other drugs⁷. Use of Parpati was found beneficial for alleviating associated symptoms of Grahani Rog as well as various other diseases like Rajayakshma (Tuberculosis), Kustha (Skin disorders), Gulma (Tumors in abdomen) etc⁸⁻¹¹. In Chronic phase of Grahani Rog, Parpati proves highly beneficial with Gold or with Silver, Copper and Iron etc. With this idea a number of Parpati is derived in subsequent periods such as a Tamra Parpati (Rasa Prakasa Sudhakar), Panchamrita Parpati (Rasendra Sara Sangraha), Swarna Parpati (Rasa Paddhati), Loha Parpati (Rasa Paddhati), Vijaya Parpati (Bhaisajya Ratnavali) etc. were developed by different scholars by adding one or the other ingredients like gold, silver, Iron, copper, Mica, Pearl and other precious stones etc.

Probable Etiopathology of Grahani Rog¹²



Agnimandhya is an important factor in the Samprapti of Grahani Rog. So it should be mainly treated for Agnivardhana by Deepana (ignites the digestive fire) and Pachana (promotes digestion) drugs.

Probable Mode of Action of Parpati In Grahani Rog

The process of Parpati preparation is a Samskara provided through Agni. With the contact of Agni, Usnaguna and Deepana properties which are responsible for increasing the appetite are derived. By the Deepana, Pachana and Usna properties of the drugs; the intestinal ducts are opened and Poshak Ras (essence of food) absorption gets started. By alleviation of vitiated Vayu; the main symptom i.e. Atipravritti of Mala gets converted to Samyag pravritti. Due to the lack absorption of proper nutrition; Pandu (Anemia), Swayathu (swelling), Gulma (abdominal tumors), Jalodar (Ascites) etc. associated symptoms arise in Grahani Rog. Deepan and Grahi property of Parpati improves the absorption of nutritive materials and supplementation of Iron, Copper etc. which gradually relieve the associated symptoms. Its mode of action is such that; Agni gets locked in the Parpati Kalpa making it to act best in disorders related to Agnimandya. The dosage form is such that it doesn't act in the stomach, instead, starts its action in the duodenum and onwards¹³. As described by Bhaishajya Ratnavali in the chapter of Sangrahani Rogaadhikar, Parpati acts on the digestive system as Doshaghna (for mitigating the dosha), Jantughna (antimicrobial) and Balya (invigorate)¹⁴. It settles the irritation and inflammation of colon mucosa by reducing laxity. Takra as Anupana play major role at Grahani (Small Intestine)

because it has Deepana, Pachana and Grahi properties and regulates Agni. According to Modern Takra (Butter milk) is having an antibacterial effect, so should be used as Anupana¹⁵.

Anupana

Honey, Ghee, Milk, Takra, Fried Jeeraka (*Cuminum cyminum*), Fried Hingu (*Ferula foetida*), Sugar and Dadima swarasa are indicated¹⁶.

Matra and Prayoga

Parpati prayoga is of two types i.e., Samanya prayoga and Kalpa or Vardamana prayoga.

Samanya Prayoga

- 1) Generally, dose of Parpati is 1-2 Ratti has taken with fried Jeerak and Hingu in divided doses.
- 2) In case of Unmada and Apasmara, the starting dose mentioned is 8 Ratti per day.
- 3) Dietetic restriction is not necessary in Samanya Prayoga of Parpati.

Kalpa Prayoga / Vardamana Prayoga

- 1) Started with a dose of 2 Ratti (250 mg) and increase it gradually up to 10 Ratti¹⁷ then tapered.
- 2) According to Acharya Chakrapani, it should be started at the dose of 2 Ratti (250 mg) and increase gradually up to 12 Ratti.¹⁸
- 3) In this Kalpa Prayoga dietetic restriction is followed strictly.

Table 1: Kalpa Prayoga Matra (Number of days and total quantity of drug administered)

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

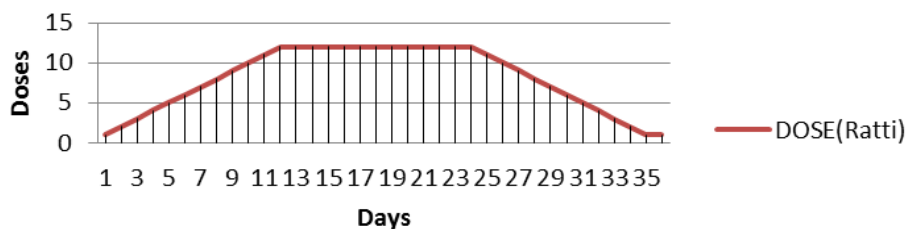


Figure 1: Correlation between Kalpa Prayoga Matra and Days

Effect of Some Parpati in Grahani Rog

Acharya Charaka stated that Laghu, Ruksha Guna and Katu, Tikta Rasa (dominant with Agni, Vayu, and Akasha Mahabhuta), subsides the aggravated Kapha. Whereas Ushna Veerya and Tikshna Guna, counteracts Vata. By virtue of its Tikshna Guna, it enhances the function of Pitta, which stimulates Jatharagni, which turn-by-turn stimulates all other Agnis. Due to its Laghu, Ruksha, Tikshna Guna and Ushna Veerya, it removes present Srotorodha as it penetrates minutest Srotas¹⁹. All the ingredients of Parpati are having Kaphavatahara, Deepana, Pachana, Grahi properties. Hence all the ingredients increase the intrinsic factor which responsible for absorption of the intestines by regulating Agni and thus very efficient in causing the Samprapti Vighatana of Grahani Rog.

Role of Rasa Parpati

Rasa Parpati contains Shuddha Parada and Shuddha Gandhaka, and acts like Sanjeevani for all abdominal disorders like ulcerative colitis and other G.I. disorders. It helps to improve

Grahana Karya of the intestines, thus, reducing complaints of Atisara (frequency of Stool). During the preparation of Rasa Parpati cow dung cakes are used; which consists of Gopitta. Rasa Parpati gets Samskara by Gopitta and attains Dipana-Pachana property and therefore causes Agnidipana and Amapachana which is desired in Raktatisara and Pittatisara. Rasa Parpati also helps in proper secretion of digestive juices for improving digestion, enhances absorption of nutrients and minerals and therefore; provides Bala (invigorate) and reduces malnutrition. It is the best medicine for all types of digestive disorders if used properly. When other medicines fail, this gives a wonderful relief to the patients by removing the morbid condition of Grahani.

It is given in increasing doses starting from 2gms, gradually rising to 15gms. In this treatment the patients are kept only on buttermilk, milk or fruit juice as and when required²⁰.

Role of Panchamrita Parpati

This is another specific medicine for Grahani Rog especially in chronic type. This is a sure remedy for the cure of chronic diarrhea (jeerna Atisara), chronic gastrointestinal disorders,

Sprue and chronic colitis. This removes anorexia, deficiency of digestive power and anemia due to Grahani Roga. Panchamrita Parpati is also supposed to be used for Dyspepsia, Mal absorption syndrome, chronic Cough, Haemoptysis, Tuberculosis, Arthritis and Skin disorders.

Dose: 2gms to 5gms, twice or thrice daily with fried cumin powder (jiraka) and honey followed by milk²¹.

Saptamrita Parpati is prepared by mixing one part Vanga bhasma and one part Yasada bhasma in Panchamrita Parpati. This is more effective than Panchamrita Parpati and may be used in "Antra ksaya" (Intestinal tuberculosis) either alone or with gold preparations²².

Hepato-protective property of Lohaparpati

Lohaparpati showed decrease in enzyme activity of both SGOT and SGPT which has been shown to be an inducer of the microsomal enzymes. Thus, hepato-protective action of a drug is likely to be due to its ability to induce microsomal enzymes thereby, accelerating the excretion of CCl₄. So hepatoprotective activity of Lohaparpati can be proved and it may be due to the combined effect of Lekhaniya (Hypolipidemic), Rasayana (Rejuvenation), Deepana (ignites the digestive fire), Pachana (promotes digestion), Raktavardhaka (Blood tonic) and Amahara (expels metabolites and detoxifies the system) properties of it²³.

Glimpses of Parpati Safeness

Metallic preparations occupied a significant place in Ayurvedic pharmacopoeia and are routinely being practiced in different parts of the Indian subcontinent since centuries. Parada (Mercury), one such a metal is the inseparable part of Rasashastra and is used in the preparation of Rasaushadhies (Herbo-mineral preparations) such as Parpati (Rasaparpati and Panchamruta Parpati), Classical procedures such as Shodhana (purification), Marana (incineration), etc., make it safe (harmless) and render suitable for therapeutic use. Meticulous guidelines have been laid down in classical texts that one can refer while preparing Rasaushadhies (Herbo-mineral preparations), Bhasma (calcined metallic powders), etc²⁴. Rasaushadhies will be prepared in combination with other prescribed material in a rigorous and specified manner. These preparations are to be administered orally in specified quantities with great caution along with requisite Anupana (vehicles). Great emphasis has been laid on Anupana such as ghee, milk, honey, etc., while administering Rasaushadhies. Anupana is anticipated to play a key role in safety aspects of Rasaushadhies²⁵.

Absorption, distribution and excretion of mercurial compounds differ based on the chemical forms. The absorption of inorganic compounds (mostly sulfides) of mercury in the human body is poor on oral administration (10-15%), while organic mercurial compounds (methyl-mercury) absorb >90% and hence are fatal. In addition, inorganic mercurial compounds do not cross the blood brain barrier or placental barrier²⁶. Many studies on Ayurvedic mercurial preparations have proved the chemical nature of the finished products to be inorganic (mostly sulfides)²⁷. Researchers have also proved that cinnabar is not converted into methyl-mercury by human intestinal bacteria²⁸. Researchers have revealed that presence of free metallic mercury in Kajjali (less percentage), while Parpati's found free from metallic mercury²⁹. Hence, mercurial preparations, especially Parpati are comparatively safe to be administered when prepared by following classical guidelines.

CONCLUSION

Parpati has an important place in Rasa Kalpas, It is obtained in the form of flakes, gets disintegrated in the body at the level of Grahani dhara Kala (Small Intestine) and enhances the normal

functioning of Pakwashaya (Large Intestine) due to its Rasayana property and Gamitwa (movement) towards Pittadhara Kala (Stratified epithelium). Hence, it is specifically being used in Grahani (Small Intestine) related disorders and also effective in improving appetite. Many researchers have proved that Sulphur and Mercury are in a more free form in the *Kajjali* as compared to Parpati due to temperature and trituration. Thus, only Parpati becomes safe, effective and beneficial for therapeutic purpose.

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