



Review Article

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PISHTI KALPANA: A REVIEW

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ABSTRACT

Rasashastra is the branch that deals with preparation of formulations using metallo-mineral and marine drugs. Among the different forms of medicaments prepared like bhasma, Parpati kalpas, etc. Pishti is also one of them. Pishtis are generally prepared from Ratnas and Uparatnas. They are in the form of fine powder prepared by triturating with herbal juices and used therapeutically in various disorders.

Key words: Pishti, Ayurveda pharmaceuticals, Rasadravyas, Ratnas, Pitta vikara

INTRODUCTION

Rasashastra is a branch of Ayurveda dealing with Ayurveda pharmaceuticals. Pishti Kalpas are in use in clinical practice in Ayurveda system in various ailments. Pishties are usually prepared from Ratnas (Precious gem stones). Unani practitioners use it commonly instead of bhasmas of Ratnas to retain its potency.

Pishties are prepared by triturating the drug with the specified liquids under the exposure of the sun or moonlight. These are termed as anagniputa bhasma (Bhasma prepared without the medium of fire).

Concept of Pishti

All Rasadravyas are given in the form suitable for quick absorption and assimilation. Pishties are one such form that has smaller particle size and are as fine as bhasmas. Pishtis are more soumya and sheeta as compared to Bhasmas. Conversion of Ratna into bhasma is varjya (to be avoided) as it leads to Rourava (loss of mental peace and wealth)¹.

Method of preparation

After purification the drug is put in a Khalwa yantra (Mortar and Pestle) and triturated generally with rose water, unless otherwise mentioned. It is triturated with the liquid for a day and dried in Sun. This process is generally continued for 7 days or more till fine pishti in powder form is obtained².

Lakshana of Pishti - That which is triturated with Ketaki arka (*Pandanus odoratissimus*) and ground to a fine churna form is termed as pishti or Pishtika³.

Characteristics and preservation

Depending on the colour of the drug, pishties are of different colours. They are as fine as bhasmas and have the characteristics of the Bhasma. They preserve their potency indefinitely. They are stored in glass stoppered bottles⁴.

Bhavana Dravya for Pishties

Rose water (*Rosa centifolia*), Kevada Arka (*Pandanus odoratissimus*), Kadali rasa (*Musa paradisiaca*), Chandanadi Arka, etc.

Drugs used for Pishti nirmana

Usually Ratnas are turned into Pishti form after shodhana (purification) for therapeutic dosage form. Example: Manikya (Ruby), Tarkshya (Emerald), Neelam (Sapphire), Pushparaga (Topaz), Mukta (Pearl), Pravala (Coral), Gomeda (Cinnamon stone), Vaidurya (Cat's eye). Uparatnas (Semi precious stones) are also converted to pishti form. Ex. Trunakantamani (Amber).

Sikata Varga (Silicate compounds) Dravyas like Badarashma, Sangeyashma, etc.

Shukti Varga darvya (Calcium compounds) - ex. Shukti (Oyster shell) Pishti

Pishties are used in combination also such as Yakuti, Navaratna Kalpamruta, etc.

Indications: Generally useful in Ojokshaya, Dourbalya, Pittavikara, etc.

Sl. No.	Pishtti	Matra	Anupana	Indication
1	Trunakantamani Pishti ²	2-4 Ratti	Madhu (Honey), Jala (Water), Durva swarasa	Raktatisara, Rakta Pravahika, Raktapitta, Pitta vikara, Raktapradara
2	Pravala Pishti ⁶	2 Ratti	Madhu, Ghrita, Navaneeta (Butter)	Kasa, Pittaroga, Manodaarbalya, Ojokshaya, Hrudourbalya
3	Manikya Pishti ⁷	½-1 Ratti	Madhu, Takra (Butter milk)	Ojokshaya, Hrudroga, Kshaya, Shukrakshaya, Agnimandya, Dourbalya, Buddhimandya
4	Mukta Pishti ⁸	½-1 Ratti	Madhu, Navaneeta, Dugdha (Milk)	Raktatisara, Raktapitta, Manodosha, Unmada, Hrudroga
5	Akika Pishti ⁹	1-2 Ratti	Madhu, Ashwagandha, Shringavera swarasa (Juice of Ginger)	Hrudroga, Pittaroga, Vataroga, Kasa, Hrudroga, Kshaya, Shiroroga
6	Jaharmohar Pishti ¹⁰	2-8 Ratti	Jala, Gulabarka	Hrudourbalya, Chardi, Daha, Visuchika
7	Shukti Pishti ¹¹	2-4 Ratti	Sita, Madhu, Dugdha, Navaneeta	Sheetala, Amlatanashaka, Udaravataharaguna
8	BadarashmaPishti ¹²	4-8 Ratti	Madhu	Mutrashmari, Mutarghata, Vamana, Hrudroga
9	Gomeda Pishti ¹³	1-3 Ratti	Madhu, Ghrita	Kshayaroga
10	Tarkshya Pishti ¹⁴	½-1 Ratti	Madhu, Ghrita	Sannipata Jwara, Visha vikara, Vamana, Amlapitta, Pandu, Malavarodha, Arsha, Shotha
11	Sangeyashav Pishti ¹⁵	2-4 Ratti	Madhu	Hrudourbalya
12	Akika Pishti (Vishesh) ¹⁶	1-3 Ratti	Navaneeta	More beneficial than plain Akika Pishti
13	Trunakantamani Pishti (Vishesh) ¹⁷	1-4 Ratti	Jala, Madhu	Raktasrava, Krimi

Few pishtis used in combination Navaratna Kalpamrutha

Manikya Pishti, Neelam Pishti, Tarkshya Pishti, Pushparaga Pishti, Vaidurya Pishti, Gomeda Pishti, Mukta Pishti, Rajavarta Pishti, Pravala Pishti and bhasmas of Roupya, Swarna, Loha, Yashada, Abhraka, Shuddha Guggulu (*Commiphora wightii*), Shuddha Shilajatu (Black Bitumen), Guduchi (*Tinospora cordifolia*) satva and Goghrita (Ghee) are all mixed homogenously and triturated with Jala to make vati of 2 Ratti pramana¹⁸. Useful in Udara krimi, Jalodara, Garbhashaya poshanartha, etc.

Yakuti

It's a pishti made with the combination of Manikya pishti, Tarkshya pishti, Mukta pishti, Pravala pishti, Trunakanta pishti with Swarna and other churnas useful in Hrudourbalya, Sannipatajwara, Swedadhikya.¹⁹

CONCLUSION

Pishties are novel dosage forms of rasa dravyas. Though incorporated from allied system of medicine, its use is inevitable in Ayurveda pharmaceuticals. Method of preparation is simple. The concept of Bhavana can be adopted here making the drug into smaller particle size and it incorporates the properties of the Bhavana dravya utilized for the purpose. The particle size is small as that of bhasmas. A few pishties are more beneficial than their form of bhasmas, for example Akika Pishti however is considered to be more soumya than bhasma. Though most of the pishties are said to be useful in Pittaja conditions its use in other avasthas of Doshas cannot be annulled. It is indicated in both shareerika and manasika vikaras. Though few studies have been carried out on Pishties still there remains a dearth for its evaluation in the field of research.

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