A REVIEW ON PARPATI KALPANA

Dr. Swati B. Chavan*1, Dr. Shashiprabha Gupta*2, Dr. Ashwini V. Mandale3 and Dr. Sushma A. Lodhe4

PG. Scholar*1, Asso. Professor*2, PG. Scholar*3, PG. Scholar*4
Department of Rasashastra and Bhaishajya Kalpana, Govt. Ayurvedic College, Osmanabad.

ABSTRACT
Rasashastra is important branch of Ayurveda. It deals with the physical and chemical properties of parada (mercury). Many of the inorganic, herbo-mineral and metallic pharmaceutical preparations namely khalviya rasayana, parpati Kalpana, kupipakwa rasayana, pottali rasayana details description of Parpati kalpana given in 11th century from Chakradatta written by Acharya chakrapani. The name parpati is given to this preparation due to its form and method of preparation it is similar like papad the thin flake form. It possesses high therapeutic value more effective. Parpati kalpana is useful in management of GIT disorders like Grahani. Basic ingredient is Kajjali, which is melted in low temperature to prepare Parpati. Agni plays an important role in preparation of Parpati. This article elaborates the review of parpati kalpana with reference to Grahani roga.

KEYWORDS: Parpati kalpana, Grahani roga, Rasashastra.

INTRODUCTION
Ayurvedic formulation generally prepared by the use herbal, mineral and metals. Rasashastra is known as science of Mercury whole Rasashastra. Many herbo mineral Metallic preparation are prepared from Parada Such as Khalviya Rasayana, Parpati Kalpana, Pottali Kalpana, Kupipakwa, Rasayana. Parpati Kalpana is a thin flake prepared by the use of shudha parada and shudha gandhaka. Parada is most important content of Parpati. Parpati Kalpana is used in the Management of Grahani. Mercury possesses toxic property. But in Ayurveda mercury is used for any formulation after purification (shodhana sanskara).
A) Etymology

Parpati is the Sanskrit Word which denotes thin flake. It is thin, brittle and shape like Papad.

B) History

Table No.1

<table>
<thead>
<tr>
<th>Period</th>
<th>Writer</th>
<th>Book</th>
<th>Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th Century</td>
<td>Acharya Nagarjuna</td>
<td>Rasendra Mangala</td>
<td>Kushtha Roga</td>
</tr>
<tr>
<td>11th Century</td>
<td>Chakradatta</td>
<td>Chakrapani</td>
<td>Grahani</td>
</tr>
<tr>
<td>19th century</td>
<td>Govindadas Sen</td>
<td>Bhaishajya Ratnavali</td>
<td>Grahani</td>
</tr>
</tbody>
</table>

A) Synonyms

Parpati, Parpatika, Potabandha, Parpat.

B) Classification

Table no. 2

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Classification</th>
<th>Parpati</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Depending upon colour</td>
<td>Shwet Parpati</td>
</tr>
<tr>
<td>2.</td>
<td>Depending upon number of ingredients</td>
<td>Panchamruta Parpati,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Saptamruta Parpati</td>
</tr>
<tr>
<td>3.</td>
<td>Depending upon if kajjali is mixed with any dhatu Dhatu</td>
<td>Louha Parpati, Swarna Parpati, tamra parpati</td>
</tr>
<tr>
<td>4.</td>
<td>Depending upon disease</td>
<td>Kushtanta Parpati</td>
</tr>
<tr>
<td>5.</td>
<td>Depending upon ingredient only parade and gandhaka</td>
<td>Rasa parpati</td>
</tr>
<tr>
<td>6.</td>
<td>Depending upon the person who prepared</td>
<td>Bhairavnath Parpati</td>
</tr>
<tr>
<td>7.</td>
<td>Depending upon if any kasthaushadi like bola</td>
<td>Bola parpati</td>
</tr>
</tbody>
</table>
MATERIALS AND METHOD

A) Importance of Preparation
1) There are 25 parada bandha methods. Parpati Kalpana is one of them important method.
2) For this preparation heat is used, it may enhance its therapeutic effect in management of GIT diseases like Grahani, Atisara etc.
3) In preparation of Parpati kalpana Goghrita, Gomaya(cow dung) and kadali patra (banana leaf) are used. Goghrita is use to control secretion of digestive enzymes.

B) Basic Principles behind preparation of Parpati kalpana
1) Samanya and vidhesh shodhana of ingredients.
2) Preparation of kajjali.
3) Homogeneous mixture of this ingredients.
4) Main preparation of Parpati kalpana.

The requirements for classical parpati preparation
1. Khalva yantra (mortar and pestle made of stone or iron)
A khalva yantra of appropriate shape, size and depth made of either stone or iron is selected for titration of the drugs mentioned in particular to prepare kajjali out of sudda parad and shudha gandhaka.

2. Loha darvi
Lauha darvi is used to hold the drug at its bottom and with long handle is selected for liquefying the drug material in it.

3. Tea spoon
It used for stirring kajjali in the loha darvi while melting it.

4. Heat source
The amount of heat applied during the preparation leads us to mrudu, madhyama and khara paka of parpati. Mrudu Agni is used for preparation of parpati.

5. Gomaya (cow drug)
Gomaya used in the process of parpati preparation. Gomaya which is the output of alimentary tract. have some digestive enzymes and other additional secretions(gopitta) which trend very through the kadali patra and will have a good influence on the medicine prepared over it.
6. **Kadalli patra** (banana leaf)

*Kadalli patra* is used to prevent direct contact of ingredients. It contains chlorophyll which possess antioxidant property. It gives *Kashay* quality to *parpati*.

7. **Goghruta**

*Goghruta* is used in the procedure to smear it in *loha darvi* and on *kadali patra* in order to prevent adherence of drug material.

C) **METHODOLOGY**

First performing the *Shodhana* of *Parada* and *Gandhaka* Then Prepare *Kajjali* in iron mortar till all *lakshana* are achieved. Then add the other ingredients depending upon types of *Parpati*. Prepare the homogeneous mixture with the help of an iron mortar (*Khalwa yantra*). Then mixture is taken in iron pan (*Darvi yantra*) which is smeared with *goghruta* and heated over *Mandagni* (Low fire). After melting uniformly immediately transfer this melted content to the clean *Kadali Patra* (banana leaf). Which is smeared with *Goghrita* placed over a bed prepared out of *gomaya*. Then Place another *kadali patra* over it and little amount of *gomaya* is allow to cool and thin flake of *Parpati* are taken out. Then observe and note the colour and appearance of *Parpati* which is depend upon the types of ingredients used. After the completion of the procedure the flakes are kept for dryness and powdered it. Then preserved it in an air tight bottle.

D) **Precaution**

1) *Parpati* should not be prepared on *tivragni* (high fire).
2) *Goghrita* is to be smeared to iron pan and *kadali patra*.
3) *Kajjali* is heated up to semisolid form till it become *pankwta*.
4) Press *kajjali* fast after transforming on *kadali patra*.

**Parpati Kalpana Paka Pariksha**

**Table no 3.**

<table>
<thead>
<tr>
<th>Paka</th>
<th>Paka kalin pariksha</th>
<th>Paka paschata pariksha</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mrudu</td>
<td>Attain Mayur chandrikabha varna</td>
<td>Very soft smooth and black in colour shining less bend on breaking</td>
<td>250°C</td>
</tr>
<tr>
<td>Madhama</td>
<td>Tailabha Varna</td>
<td>Proper shin with black colour</td>
<td>500°C</td>
</tr>
<tr>
<td>Tikshna</td>
<td>Raktabhvarna</td>
<td>Blackish colour, observe in powder form</td>
<td>650°C</td>
</tr>
</tbody>
</table>
Uses of parpati

Parpati use in Grahani, atisara, ajirna, agnimandya, udara, aruchi, amlapitta, jalodara, kushta, vatajwara, unmad, apasmara, kamla, pandu, pleeharoga, gulma, yakshma, pravahika.

Dose

Samanya prayog- 1 to 2 Ratti (twice a daily)
Kalpa Prayog – samanyatha 1 ratti to 10 ratti then decrease dose upto 1 ratti (40 days)

Pathya

kakmachi, patol, kadalipushpa, brinjal, godugdha with sugar, old shalidhanya, pugifal.
Takra. jirak churna.

Apathya

River water, shita jala snana, amla sevan, krodh, stress, madhur rasatmak ahar, vidahi anna, mustard, sexual intercourse, small fish, aquatic birds.

Parpati: Ingredients, Use, Dose, Anupana

Table no.4.

<table>
<thead>
<tr>
<th>Parpati</th>
<th>Rasa</th>
<th>Panchamruta</th>
<th>Tamra</th>
<th>Lauha</th>
<th>swarna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingredient</td>
<td>Parada- 1 Part and Gandhaka 1 part</td>
<td>Parada4 Ghandhaka 8 Kantalauha 2 Krusha vajrabhrak 1 part</td>
<td>Gandhaka Parada Tamra 3 Vastnabh 1 part</td>
<td>Parad ghandhaka kanta lauha bhasma all 1 part</td>
<td>Parad 4 gandhaka 4 Swarna bhasma 1part</td>
</tr>
<tr>
<td>Use</td>
<td>Grahani</td>
<td>Trushna</td>
<td>Kushtha</td>
<td>Sangrahani</td>
<td>Rajyakshma</td>
</tr>
<tr>
<td>Dose</td>
<td>25-250 mg</td>
<td>30-1000 mg</td>
<td>25-250mg</td>
<td>5-250mg</td>
<td>60mg</td>
</tr>
<tr>
<td>Anupana</td>
<td>Madhu, Ghruta, Jeerak Churna</td>
<td>Takra,Ghrita,Jala with Jeerak churna</td>
<td>Jeerak Churna</td>
<td>Madhu, Ghruta,</td>
<td>Ghruta, Jeerak Churna</td>
</tr>
</tbody>
</table>

Table no.5.

<table>
<thead>
<tr>
<th>Parpati</th>
<th>Shweta</th>
<th>Bola</th>
<th>Gagan</th>
<th>Kutaja</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingredient</td>
<td>Suryakshar 16part, Sphatika 2 part, Navsadar 1part</td>
<td>Parada and Gandhaka 1part Bola 2 part</td>
<td>Parad 1 part Gandhaka 2 part Abhraka 1 part</td>
<td>Kutaja, shankha Bhasma Musta</td>
</tr>
<tr>
<td>Use</td>
<td>Mutravikar</td>
<td>Sangrahi</td>
<td>Grahani</td>
<td>Sangrahani</td>
</tr>
<tr>
<td>Dose</td>
<td>125-1000mg</td>
<td>25-500mg</td>
<td>25-500mg</td>
<td>25-250mg</td>
</tr>
<tr>
<td>Anupana</td>
<td>Ushnodaka Kwath</td>
<td>Madhu</td>
<td>Madhu, Ghruta</td>
<td>daka Takra</td>
</tr>
</tbody>
</table>

DISCUSSION AND CONCLUSION

In 8 th century, parpati was first time formulated. Parpati kalpana always held important place in Rasaushadhis. Parparti preparation content Gomaya, Goghrita, lauha darvi, mandagni, kadali Patra all this ingredients have their own significant properties. There are 3
pakas of Parpati among them mrudu and madhyam are used and khara pkaais tyajya. Parpatii play very important role in management of Grahani can use it in childhood adults and old age patients. Parpati prepares hold be very carefully so it becomes very effective safe and beneficial for GIT diseases management with proper anupana.

REFERENCES

7. Acharya Chakrapani kritta Cakradutta, Parpati kalpa, Chapter 4, Vs. 85-91.