

**RUDRA PARPATI: AN AYURVEDIC HERBO – MINERAL DRUG REVIEW**Priyanka. B. Patil<sup>1</sup>, Usha M<sup>2</sup>, Ravi R Chavan<sup>3</sup>

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**ABSTRACT**

The main objective of this review article is to discuss the therapeutic uses of *Rudra Parpati* and to discuss the different pharmacological properties and therapeutic uses of isolated constituent drugs of *Rudra Parpati*. The authentic subject material has been reviewed from Ayurveda and modern medical literature. Different research and review articles were searched in different journals. The subject material has also been searched on the internet. This review is mainly focused on different aspects of herbo mineral Ayurvedic formulation *Rudra Parpati*. *Parpati rasayana* is one among *Chaturvidha Rasayana Kalpa* which is very effective and can be prepared with less effort. In Ayurveda *Rudra Parpati* is mentioned in the management of *Kasa/cough*. Though it is popular as only *Parpati* used in *Kharapaka* form & having an indication other than *Grahani* but still an unexplored treasure with unique therapeutic utility. Hence an attempt has been made to address the therapeutic uses of *Rudra Parpati* and the probable mode of action of its constituent drugs.

**Keywords:** *Rudraparpati, Vataja Kasa.*

## INTRODUCTION

*Rudra Parpati*<sup>1</sup>: Nirukti of word *Rudra* came from *Rudra*<sup>2</sup> which means *Rakta, Raktavarna or Agni*. So, meaning can be derived as the *parpati* having red colour. Or *Parpati* having *Tamra* & it's prepared till it attains red colour/ *kharapaka* hence it has *Agnitatva* in it.

*Rudra parpati* is mentioned in *kasa rogadohikara* in a text *Rasakamadhenu*. This formulation is familiar as only *parpati* is indicated to prepare in *Kharapaka* & Indicated in *Vataja kasa*.<sup>3</sup> Hence this reference is taken for review of this article.

*Kasa* has been described as 'Release of obstructed *Vayu* with the production of abnormal sound. This may be dry (without secretions) or productive (with secretions).<sup>4</sup> *Kasa* is an independent disorder as well as a symptom of many diseases and if neglected it may result in disease with a poor prognostic condition. Early intervention is necessary in the case of *Kasa* as it is a potential *Nidanarthakara Vyadhi* (disease itself become a causative factor for other diseases) to produce *Kshaya* (depletion of bodily tissues or *Dhatu*s). There are 5 types of *kasa* explained by *Brihatrayees*.

- 1) *Vataj Kasa*
- 2) *Pittaj Kasa*
- 3) *Kaphaj Kasa*
- 4) *Kshayaja Kasa*
- 5) *Kshataja Kasa*

According to *Madhava nidana Vataja kasa* has *lakshanas* of *Hridaya shoola* (chest pain), *Murdha*

*shoola* (Headache), *Parshwashoola* (pain in flanks), *Udara shoola* (abdominal pain), *Shankha shoola* (pain in the temporal region), *Kasatishushkamev* (Dry cough), *Prasakt vegastu* (continuous bouts of cough), *Bhinna swara* (Hoarseness of voice), *Ksheena Bala* (Loss of strength).<sup>5,6</sup>

Cough can be correlated to the description of *Kasa* in *Ayurveda*. It may be classified as productive or dry as well as acute subacute or chronic. The prevalence of cough in India is 5% - 10%.<sup>7</sup> It is one of the most common presenting complaints (30%) in the primary care setting.<sup>8</sup>

Man has been using natural products for combating diseases for ages. Natural products including plants, animals & minerals have been the basis of the treatment of human diseases. The plant-based, traditional medicine systems continue to play an essential role in health care, with about 80% of the world's inhabitants relying mainly on traditional medicines for their primary healthcare.

*Rudraparpati*<sup>1</sup> an *Ayurvedic* herbo mineral formulation is indicated in the management of *Vataja kasa* (Cough). It contains three mineral drugs and six herbal drugs viz *Parada* (mercury), *Gandhaka* (Sulphur), *Eranda* (Calotropesprocera), *Adraka* (Zingiberofficinale), *Bringaraj* (Ecliptaalba), *Kakamachi* (Solanum nigrum), *Adrikarnika* / *Shankhaphusphi* (convolvulus pluricaulis), *Tamra bhasma* (incinerated copper) & *Visha* (Aconitum Ferox).

**Table1:** Table showing list of drugs with Quantity

SI No.	Ingredients	Proportion
1.	<i>Parada</i> (mercury)	1 part
2.	<i>Gandhaka</i> (Sulphur)	2 parts
3.	<i>Eranda swarasa</i> (Calotropes procera)	Quantity sufficient
4.	<i>Adraka swarasa</i> (Zinziber officinale)	Quantity sufficient
5.	<i>Bringaraj swarasa</i> (Eclipta alba)	Quantity sufficient
6.	<i>Kakamachi swarasa</i> (Solanum nigrum)	Quantity sufficient
7.	<i>Shankhaphusphi swarasa</i> (convolvulus pluricaulis)	Quantity sufficient
8.	<i>Tamra bhasma</i> (incinerated copper)	1/4 <sup>th</sup> part
9.	<i>Visha</i> (Aconitum Ferox).	1/4 <sup>th</sup> part of the whole quantity

## Ingredients In Detail

### **Shuddha Parada**

Rasa – Tiktha, kashaya, katu

Doshagnata – tridosahara

Indications – Jwara, Ati Rasayana, Deepana, Vrushya, Sarva Rogaghna, Kamala, Pleeha, Kushta, Amavata and Vishanashaka.

### **Shuddha Gandhaka<sup>9</sup>**

Rasa – katu

Guna – guru, ruksha, teekshna

Veerya – ushna

Vipaka – katu

Doshagnata – kapha vata shamaka

Uses – agni sandeepana, kushta, pandu, rakta pit-ta, vrana, jwara, daha, grahani,

### **Eranda<sup>10</sup>**

Rasa – Madhura

Guna – Guru, Snigdha, tikshna

Veerya – Ushna

Vipaka – Madhura

Doshagnata – Vatakaphapittahara

Uses – Shosha shoolagna, Srotoshodhana, Shwasakasahara, Bastishodhana, Jwara, Amavatahara.

### **Ardra<sup>11</sup>**

Rasa – Katu

Guna – Guru, Ruksha, Teekshna

Veerya – Ushna

Vipaka – Madhura

Doshagnata – Kapha vata shamaka

Uses – Agni sandeepna, Vibanda anaha shoolajit, Jihva kantha vishodhana, Shwasa Kasa hikka ha-ra, Jwara Grahani.

### **Bringaraja<sup>12</sup>**

Rasa – Katu Tikta

Guna – Ruksha, Laghu

Veerya – Ushna

Vipaka – Katu

Doshagnata – Kaphavata shamaka

Uses – Keshya, Kasa, Krimi, Shwasa, Kushta, Shopha, Shoola, Agni sandeepna, Kushta, Pandu, Rasayan & Balya.

### **Kakamachi<sup>13</sup>**

Rasa – Tikta

Guna – Laghu, Snigdha

Veerya – Anshna

Vipaka – Katu

Doshagnata – Tridosahara

Uses – Swara & shukrada, Hikka, Chardi, Shotha, Kustha, Hridrogahara & Rasayani.

### **Shankhapusphi<sup>14</sup>**

Rasa – Katu Tikta

Guna – Snigdha

Veerya – Ushna

Vipaka – Madhura

Doshagnata – Pittabalasajit

Uses – Kasahara, Svarya, Medhya, Unmada, Chardi, Visha, Apasmara.

### **Tamra Bhasma<sup>15</sup>**

Rasa – Tikta, kashaya, madhura

Guna – snigdha

Veerya – Ushna

Vipaka – Amla vipaka

Doshagnata – Pittakaphahara

Uses – Saraka, Lekhana, Vishahara, Apasmara, Malabhedana, Urdvajatru roga.

### **Visha<sup>16</sup>**

Rasa – Madhura

Guna – Laghu, Ruksha, Teekshna, Vyavayi, Vikasi

Veerya – Ushna

Vipaka – Madhura

Karma- Vatakaphahara.

Uses - Jwarahara, Kasa, Shwasa

Prabhava – Rasayana

### **Method Of Preparation**

Firstly, *Kajjali* is prepared by triturating 1-part *Shuddha Parada* and 2-part *Shuddha Gandhaka* till it becomes black fine powder and all *Kajjali Pareeksha* are achieved. *Mardana* is done with *swarasa* of each drug separately for 1 day i.e. *Eranda*, *Adra*, *Kakamachi*, *Bringaraj* & *Shankhapuspi* & triturated till it completely dries.

The mixture is then transferred into an iron vessel which is coated with a thin layer of Ghee from inside and the vessel is then heated. The Ghee melts and gets spread the vessel. Then the mixture containing

*Kajjali* is poured into the vessel and heated on mild fire slowly. When the drug sub-stance melts, 1/4th part of *Tamra Bhasma* is added & continuously stirred. When the colour turns red it is poured on a banana leaf which is coated al-ready with a thin layer of Ghee placed over cow dung. Another similarly coated leaf is kept on the spread substance and the pressure is applied in one direction once unilaterally. On cooling on its own, the thin crisp wafer i.e, *Parpati* is collected. *Parpati* is powdered in *Khal-Wa* & 1/4th part (weight of *Parpati*) *Shuddha Vatsanabha Churna* is added and powdered and kept in a bottle.

## DISCUSSION

The Yoga *Rudraparpati* possesses *Katu, tikta madhura Rasa, Ushna veerya, Vatakaphahara*. Based on properties & research articles of individual ingredients in *Rudraparpati* its mode of action in *Kasa* is drawn out.

***Kajjali***: It possesses *Yogavahi* property & here *dwiguna bali jarita kajjali* is used which is mentioned as *Maha rogavidhoonana*<sup>17</sup>(cures deeper ailments).

***Tamrabhasma***: Acc to A.P *Tamrabhasma* is *kasa, swasa & ksayahara*. As *kasa & swasa samprapti* its *udbavasthan* is *amashaya* involvement of *pitta* is seen. As *tamrabhasma pittasaraka & lekhaniya* does *samprapti vighatana*. Because of *snigdha guna & ushnaveerya*, it excellently combats *Vataja Kasa*.

An article on the review of research works done on *tamrabhasma* shows *tamrabhasma* along with *talisadi churna* is significant in relieving *shwasa*<sup>18</sup>. *Bhasma* along with *kantakari* increases peak expiratory flow rate & shown good responses including a reduction in thickening of brochovascular marking of asthma patients<sup>19</sup>.

***Vatsanabha***: it does *Vatakaphanashana, Margavivarana* (bronchodialor), *Kaphamalan upahanti* (mucolytic) & *Ropana* activity by the virtue of this it successfully combats the *Kasa Swasaroga*.

***Eranda***: is *Ushna veerya, Snigdaguna* & does *Vatanulomana* thus breaks the *Samprapti* of *Kasa*. It is *Vata kaphahara* in nature. It clears channels.

***Adraka***: *Swasa kasahara, Shopha & Kanta amayapaha*. in an experimental study showed components like *cital, eucalyptol* suppressed tracheal contraction & showed relaxing effect on airway<sup>20</sup>. Hence, it's a proven bronchodialator. It is also having anti-inflammatory & antiviral activity.

***Bringaraja***: It contains coumarin which is responsible for bronchodialatory action. It is antinociceptive<sup>21</sup> & antiinflammatory.

***Shankhapuspi***: Having *Ushna & Snigdha guna* relieves *Vataja Kasa*.

***Kakamachi***: having *Tikta & Snigdha* guna. As it contains solanigrine which helps in reducing the coughbouts.

Based on research article bitter taste medicinal drugs having their role in bronchiodialation & ease the breathing as lungs have receptors of bitter taste drugs.<sup>22</sup> So *Tiktarasa* of most of the ingredients here helps in easy Breathing.

## MODE OF ACTION

***Shushka Kasa***: the *Rukshaguna* of *Vata* creates *Shushkhat* in the concerned area & *Chalaguna* of *Vata* causes repeated bouts of cough resulting in dryness of mouth, chest region which in turn causes *Shushka Kasa*.

The *Sushkata* can be rectified by *Ushna veerya & Snigdha guna* of drugs *Eranda, Tamra, kakamachi* & others.

***Prasakta vega***: *Prasakta vega* is *satata vega* or persistent cough, which occurs due to increased stimulation of *vatanadi* by *chalaguna* of *vayu*.

Coughing episodes can be rectified by the antitussive drugs like *Kakamachi & Shankhapushpi* (due to their sedative action) by disrupting the cough reflex, though their exact mechanism is unknown.

***Shira, Parshva & Hritshoola***: Due to persistent cough repeated contraction & relaxation of the muscles increases the pressure in vessels resulting in neuro-muscular irritability & increases intracranial pressure. This leads to pain in regional muscles & headache.

Pain can be rectified by the antinociceptive action of *Bringaraja* & the Analgesic action of the drugs like

*Aadraka, Visha, Eranda, Kakamachi & Tamrabhasma.*

**Swara bheda:** *Swarabheda* is a condition that resulted due to vitiation of *Udana vayu*. Due to excessive stimulation of recurrent laryngeal nerve as a result of an increase in vibration of vocal cords present in the larynx. This frequent stimulation causes impairment in producing sound resembling a broken bronze vessel

*Swarabheda* can be rectified by soothing action on the throat muscles by the drugs like *Adraka, Eranda & Kakamachi*.

**Kshamanana:** it refers to a lusterless face (*shushkamukha vatena shoshonnatah*). *Vatavruddi, Balakshaya Dhatuksaya* are held responsible for the lusterless face. Here *Snigdha guna and Rasayana karma* of the drug helps in relieving the symptoms.

## CONCLUSION

It is clear from literature & research papers that *Rudraparpati* is an effective drug that can be used in *Kasa* specially *Vataja Kasa*. It has broad-spectrum activity in respiratory disorders.

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