

## ROLE OF PARPATI KALPANA IN GRAHANI ROGA

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### ABSTRACT

*Grahani* is the continuation of *Urdhva Amasaya (fundus of stomach)*, extends about 12 inches and it is also the part of *Kshudra Antra (small intestine)*. *Grahani* is a very important organ of the *Annavaha strotas (GI Tract)*, as *aahara paka (Digestion)* is greatly dependent upon its functioning. The term *GRAHANI DOSHA* implies the malfunctioning of *agni (Digestive Fire)*. The *agni* is primarily located in *Grahani*. Impairment of *agni* leads to *Grahani Dosha*<sup>1</sup>. The term *Grahani dosha* includes *agnimandya (dyspepsia)*, *ajirna (indigestion)* etc. Which are caused by vitiation of *grahani* are called *grahani roga* only. As weak *agni*<sup>2</sup> brings about *vidaha (acidic nature)* of food and form *Aama (incomplete digestion)*, which moves upwards and downwards in GI tract. The digested and undigested food moves downwards and this condition is called *grahani roga*. Sprue or Malabsorption Syndrome are considered under *Grahani roga*. *Rasa Shastra* primarily deals with *Parada (Mercury)*. *Rasa Shastra*, one of the Pharmaco-therapeutic branches of *Ayurveda*, incorporates many of the Herbo-mineral-metallic pharmaceutical preparations prepared out of the *Parada*. The formulations prepared with *Parada* are considered to be therapeutically superior. It has been a practice for many years to combine Mercury and Sulphur with other drugs or metals for enhancing their potency. *Parpati Kalpana*<sup>3</sup>, the base of which is a combination of mercury and sulphur is a well-known and successfully used preparation for the management of *Grahani Roga*. Because of its unique preparation method and ingredients used in the preparation of *parpati*, it has become the mainstay of treating *grahani roga*. The use of *Parpati* was found beneficial for alleviating associated symptoms of *Grahani*. Here, is an effort to focus on the utility of *Parpati* with special reference to *Grahani Roga*.

**Keywords:** *Rasa Shastra, Parpati Kalpanas, Grahani roga.*

### INTRODUCTION

*Ayurveda* emphasizes much with the regards to the influence of diet & habits in the manifestation of every disease. *Grahani* is disease of great clinical relevance in modern era because of its direct link with the improper food habits and stressful lifestyle of the present time. *Grahani* is the seat for *agni*. It

retains the food till the food is fully digested and then passes it into *pakwasaya*. Functionally weak *agni* causes improper digestion of ingested food which moves either in *urdhava or adho-marga*. When it goes to *adhomarga*, then it leads to *Grahani roga*. *Grahani roga* is *tridoshatmaka*, disorder of

digestive system occurs due to vitiation of *pachak-agni*, *samanvayu* & *kledaka kapha*. It occurs with the symptoms like *muhurbaddha-muhurdrava mala-pravrtti*, *amayukta malapravrtti*, *udarashoola*, *antrakujan*, *arochaka*, *klama etc*<sup>4</sup>. The food we ingest is broken down in to the constituents that nourish the tissues & support our everyday functions. This digestive fire within our stomach is affected by incorrect lifestyle & eating habits and it ultimately affects the digestive process and leads to either partial digestion or over digestion of food which leads to formation of *Ama*. *Grahani* is a syndrome in which *agni*, the digestive power, is supposed to be at fault. When *agni* becomes *very weak*, *ama dosha* accumulates & it is passed along with the stool. Thus the aim of treatment should be to enhance the potency of *agni*, thereby reducing the formation of *ama dosha*. Constitutional treatment includes all habits that support healthy digestion. *Parpati* is one of the formulation which directly influences the function of *agni*, thus the *parada* and sulphur which are the base for *parpati* are considered to be the best. It has been a practice for many years to combine Mercury and Sulphur with other drugs or metals for enhancing their potency. *Parpati Kalpana* is a well known and successfully used preparation for the management of *Grahani* (sprue syndrome). The use of *Parpati* was found beneficial for alleviating associated symptoms of *Grahani* as well as various other diseases like *Rajayakshma*, *Kustha* and *Gulma* etc. Invention of *Parpati* in the field of medicine was the milestone in the history of Ayurvedic drug discovery. *Parpati* was a revolution in the field of *Grahani Chikitsa*<sup>5</sup>.

### Etymology

The Sanskrit word “*Parpati*” denotes a thin flake like preparation. “*Parpati*” indicates a preparation which is thin, brittle and has a shape of thin *Papad*. By heating *Kajjali* (HgS) is transformed into a thin, flat preparation. In practice though it possesses a thin, flat shape, it is first powdered and then used for medicinal purpose. The texts like “*Rasatarangini*” also mention “*Parpati*” as “*Parpatika*”, meaning the

same. But a reference in “*Bharat Bhaishajya Ratnakara*” denotes “*Parpatika*” as the bits and fragments left in an iron vessel, while preparing the *Parpati*. As it undergoes more heating, than required, it loses its medicinal value. *Parpati* is a thin flake like preparation which is developed from “*Pota Bandha*”, consisting of *Parada*, *Gandhaka* and other drugs [It may be *dhatu -bhasmas* (ash of metals and non-metals) or *Kashthaushadis* (ash of herbal drugs)]<sup>6</sup>.

### Importance of Parpati Preparation

- *Parpati Kalpana* is one amongst the 25 *Parada Bandha* methods, which means to control the movement and fragility of the *Parada*.
- In the procedure of *Parpati Kalpana*, heat applied may enhance its therapeutic efficacy in treating many GIT disorders.
- Ghee is useful in treating indigestion and used as a media in *Parpati*, and gives synergistic effect along with *Parpati*.<sup>7</sup>
- Application of *Gomaya* (cow dung), which comes from the alimentary tract of the cow is believed to have some digestive enzymes and other additional secretions (*gopitta*) which traverse through the *Kadali patra* and influence on the medicine prepare over it.

### Basic Principles behind preparation of Parpati Kalpana

1. *Samanaya* or *Vishesha Shodhana* of the ingredients.
2. Homogeneous mixture of the ingredients.
3. Main preparation of the *Parpati*.<sup>8</sup>

### Methodology (General Method of Parpati Preparation) and its SOP

After performing the purification methods of *Parada* and *Gandhaka*, they are taken in an iron mortar and *Kajjali* is prepared till all *Lakshanas* are achieved For E.g.- Physical Signs like *Kajjalabhasa* (Blackish), *Slakshan* (smooth), *Anjan Sadrisha* (like Collyrium), *Sukshma* (minute), *Rekhapurnatva*

(Grooves in lines of fingers), Chemical Signs like *Jala Pareeksha*, *Agni Pareeksha*, *Loha Pareeksha* etc. Thereafter as per the requirement and depending upon the type of *Parpati Kalpana*, other drugs are added to and proper *Mardan* (trituration) in an iron mortar is carried out till it becomes a uniform homogeneous mixture. Later on, the mixture is taken in a ghee smeared iron pan and heated over *Mandagni* (Low fire). After achieving uniform melting immediately transfer the melted contents to a clean *Kadali patra* (banana leaf) smeared with *goghrita* placed over a bed prepared out of *Gomaya* (cow dung). Then cover the content with another *Kadali patra* and little amount of fresh *Gomaya* is spread over it then pressed gently and allowed it to cool and flakes of *Parpati* are taken out. Colour and Appearance of the *Parpati* depends upon the kind of ingredients used in the pharmaceutical preparation. With the pressing of *Kadali Patra*, the impression should be seen on the *Parpati* prepared. After the completion of the procedure, the flakes are kept for drying and powdered and preserved in an air tight glass bottle/jar<sup>[9,10]</sup>.

Use of materials and their importance in the *Parpati Kalpana* preparation

1. **Lauha Darvi (iron pan):** - To prepare *Parpati*, *Kajjali* is liquefied on *Agni* with the help of *Lauha Darvi*. In some texts, use of even *Tamra Darvi* (copper vessel) is also advised. (*Lauha Darvyā Kshipeta-* in *Rasa Tarangini*) and (*Lauha Patre athva Tamre-* in *RasaYoga Sagar*)
2. **Agni:** - It plays a very important role in the preparation of *Parpati*. *Mridu Agni* (Low fire) is required to liquefy *Kajjali*. *Paka Karma* (Cooking) is done till *Kajjali* attains *Pankvatta* stage i.e. Muddy appearance of products which in turn during preparation of *Parpati*.
3. **Ghee:** - It gets absorbed in to the heated *Kajjali* through the *Patra* media and thus helps to regulate the biliary ailments and other *Pittajanya vyadhis* (diseases).

4. **Cow dung-** The main constituent of cow dung is debris from cells within the digestive tract and secretions from the body such as salts, sloughing of animal cells and mucus. Faeces also include undigested diet comprising cellulose and lignin, originating from the cell walls of the plants. cow dung is a fecal matter of cow. It passes through the elementary canal and comes out. Various digestive secretions, enzymes, bile and steroids are contained with it. There is a possibility that from the porosity of banana leaves digestive enzymes, bile and steroids absorbed by the *Parpati*. *Grahani* is a digestive disorder and with this *Parpati* may prove more effective in curing *Grahani* (as disease condition is due to *pitta kshinata* i.e. *mandagni*). This fact is not substantiated by enough studies and research material. Until than these claims are to be termed hypothetical and subjected for further studies.

5. **Patra:** - Use of *Patras* (leaves) like *Kadali Patra* (banana leaf), *Eranda Patra* (castor leaf) etc. in the preparation increases the potency of the drug. Use of *Kadali Patra* gives the *Kashaya* quality to the *Parpati*. Use of such leaves which are highly rich in chlorophyll gets absorbed into the formulation and exerts therapeutic effects on human systems especially on G.I.T. Properties of Chlorophyll- One of the best Anti-oxidants, able to neutralize the negative effects of free radical in the body, helps prevent many degenerative diseases and maintain the body stronger. Chlorophyll helps cleanse the body toxins<sup>[11,12]</sup>.

#### Precautions

- *Gandhaka* (Sulphur) is highly combustible substance. Hence *Parpati* should not be prepared on *Teevragni* (High grade fire) as there are chances of catching fire. Some amount of *Sneha* is to be smeared to the iron pan (*Lauha Darvi*) and *Kadali Patra* used for preparation.
- *Kajjali* is heated up to semisolid form or till it becomes *Pankavatta* (Like Mud).

- Press *Kajjali* immediately after transferring on to the *Kadali Patra* which is spread over bed of *Gomaya*.

### **Parpati Paka**

While describing *Parpati* preparations, 3 *Pakas* have been mentioned in the texts i.e., *Mridu Madhyama* and *Khara paka*. In these *Mridu* and *Madhyama paka* preparations are the best to be used in therapeutically.

### **Doses and Rules for Parpati Kalpana intake**

In our classics we can get many references regarding *matra* and how to use *Parpati* preparations internally, but basically there are 2 types of *Parpati* intake regimens.

1. *Samanya prayoga*
2. *Kalpa* or *Vardhamana prayoga*.

### **Amayika Prayoga**

According to *Rasa Ratna Samucchaya Parpati* is prescribed in a dose of 1-2 *Ratti* mixed with fried *Jeerak* and *takra* in divided doses. In this way of use dietetic restriction is not necessary, in case of *Unmada* and *Apasmara* the starting dose mentioned is 8 *Ratti* per a day.

Reference from *Rasa Tarangini*: -In the text it has been stated that 2 *Ratti Parpati* preparations is given as a starting dose and increased gradually up to 10 *Ratti*<sup>13</sup>

According to *Acharaya Chakrapani*: - *Parpati* dose is started from the dose of 2 *Ratti* and then increased gradually up to 12 *Ratti*<sup>14</sup>

### **CONCLUSION**

*Parpati* for the first time was formulated in 8th century, in the name of *Rasa Parpati*. It is a *Murchana* variety, attaining *vyadhiharana* property. *Mandagni*, *Gomay*, *Kadali*, *Parpatakara* have their own significances in *Parpati nirmana*. According to *Rasa Tarangani* 6/138 *Mridu* and *Madhyama Paka Parpati* are to be used *Khara paka* is *tyajya*. *Parpati* is a mercurial preparation & effective medicine especially for the treatment of *Grahani roga*. Thus use of

*parpati* can be justified in *Atisaara & Grahani* where intestinal motility is found increase & absorption capacity is decreased.

*Parpati* is a very unique preparation in *Rasa Shasta* for the management of *Grahani*. It should be prepared carefully following the guidelines given by various classical texts in regards to purification of mercury, sulphur and other materials, and proper incineration of minerals and metals which are used for preparation of various *Parpati kalpana*. only than *Parpati* becomes safe, effective and beneficial for therapeutic purpose.

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