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 Dosha¹. The term Grahani dosha includes agnimandya (dyspepsia), ajirna (indigestion) etc. Which are caused by vitiation of graham are called grahani roga only. As weak agni² 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 Kalpana³, 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 malapravrtti, amayukta malapravrtti, udarashoola, antrakuja, arochaka, klama etc. The food we ingest is broken down into 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 Rajayaksha, 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.

**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)].

**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.
- 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.

**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* (triturating) 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[9,10].

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 Darvya 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. cows 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[11,12].

**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.
According to Acharaya Chakrapani: Parpati dose is started from the dose of 2 Ratti and then increased gradually up to 12 Ratti.

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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