

MARDANA SAMSKARA – A PRACTICAL REVIEW

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ABSTRACT

Ashtasamskara of Parada holds glory amongst the Rasavaidya. It is said that this brings Shuddhi and Gunavruddhi in Parada. To practically observe and understand these phenomena, this task was started. The Parada which has undergone Swedana Samskara and attained the Malashaithilya Guna (mobility of impurities) has to be subjected to the Mardana Samskara in Taptakhalva. Mardana Samskara, the second step among the Ashtasamskara of Parada aims at destruction of Bahirmala. Through this Bahirmalanashana in the Parada, the repercussions of these mala in the Deha can be prevented. Therefore, here is a humble attempt of the same following the Swedana Samskara. As per the convenience, one of the methods with one day duration was adopted to execute the practical.

KEYWORDS: Swedana, Mardana, Samskara, Ashtasamskara, Taptakhalva.

INTRODUCTION

Among the Ashtadasha Samskara of Parada, Parada Samhita quotes that the Prayojana of Ashtasamskara is to fortify Parada to be able to render as Rasayana for Dehakarma as well as to eliminate Saptakanchuka Dosha from the Parada.^[01] While the Swedana Samskara agitates the Dosha present in the Parada, the consecutive step takes away that Dosha from the Parada.^[02] In the Prakarana of Ashtasamskara, each Samskara has various methods and different duration quoted across Rasagrantha which differ as the focal point shifts between Dehavaada and Dhatuvaada. With this

perspective after completion of Swedana Samskara,^[03] Mardana Samskara of Parada has been done. Here, this article intends to serve as a support for the Rasashastra enthusiasts to take up Mardana Samskara.

MATERIALS AND METHODS

Though there are few variations in the ingredients mentioned for Mardana Samskara, the Yantra specified for Mardana Samskara by all the Rasagrantha Karta is Taptakhalva Yantra. After referring few of the Rasagranthas, reference from Ayurveda Prakasha was chosen to perform this Samskara.

Table I: Methods mentioned in Ayurveda Prakasha.^[04]

Method 1	Method 2	Method 3	Method 4	No. of Days needed	Samskara Phala	Yantra
Swedita Parada (1 Part) + Gruhadhooma+ Ishtikachurna + Dadhi + Guda+ Lavana+Aasuri (each 1/16 th Part) Mardana with Kanji ↓ Followed by	Rakta Ishtika + Nisha + Gruhadhooma-saara + Urnabhasma ↓ Mardana with Jambiradrava	Rakta Ishtika + Nisha + Gruhadhooma-saara+ Urnabhasma ↓ Repeated Urdhvapatana	Rakta Ishtika + Nisha + Gruhadhooma-saara + Urnabhasma ↓ Vastralepa and straining followed by Prakshalana with Aaranala	3 days (For Method 1) 3 days or 1 day (For Method 2)	Method 1 says: Suta-gunakrut	Tapta Khalva Yantra

Mardana with Kanji after Jeerna abhraka & Beejajeerna of Suta						
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Details of the Practical:

Step 1: Gathering of the ingredients

Step 2: Preparation of the Taptakhalva

Step 3: Mardana Samskara

Step 4: Collection of Parada after Mardana

STEP 1:

We adopted Method 2 from the above table. Raktaishtika was pounded and sieved to obtain fine Ishtika Churna. Similarly, Nisha and Gruhadhoomasaara fine powders were gathered. Urna was burnt on big burner stove by placing them on metal mesh, on burning the ash was also pounded, sieved for fine powder.

Table 2: Ingredients with Quantity.

Ingredients	Quantity
Swedita Parada	815.5g
Raktaishtika Churna	50g
Nisha Churna	50g
Gruhadhooma	50g
Urnabhasma	50g
Jambira Rasa	QS

Table 3: Quantity of Jambiradrava required and duration of Mardana.

Date	Jambiradrava quantity (ml)	Duration per day (hours)
25/11/2022	115	2
26/11/2022	115	2
30/11/2022	140	2
01/12/2022	85	1.5
02/12/2022	100	2
05/12/2022	40	2
06/12/2022	40	1.5
07/12/2022	125	3
08/12/2022	90	2.5
09/12/2022	100	1.5
12/12/2022	85	2
13/12/2022	85	2
Total	1100	24

STEP 4: Collection of Parada: "Fig. 3"

The Kalka was left to dry for 5 days and on 19/11/2022. The dried Kalka was rubbed to separate the Parada from the Kalka. Through this method 715.5g out of 815.5g of Parada was collected. The remaining 100g was tried to

STEP 2:

Charcoals were made red hot by placing on metal mesh and in turn on big burner stove. Alongside Ajashakrut were made red hot and together with Tusha, all three were put into Angaara Koshti and sufficient heat was created by blowing Vankanala. This was made every day before the start of that day's Mardana.^[05] "Fig.1"

STEP 3: "Fig. 2"

Porcelain Khalva was taken to accommodate the huge quantity of Parada and 1/16th each of the Kalka along with sufficient quantity of Jambiradrava. A total of 24 hours Mardana was done in unidirectional manner for a stretch of 19 days.

be regained by washing and decanting the Kalka with hot water repeatedly. Altogether, at the end 776g of Mardita Parada was obtained.



Fig. 1 Ajashakrut Angara Koshthi



Fig. 2 Tapta Khalva of Porcelain



Fig. 3 Separation of Parada from Kalka



Fig. 4 Homogeneous mixture of Parada

DISCUSSION

Role of Taptakhalva:^[06] As per the Shastravachana, Taptakhalva undoubtedly accelerates the mingling of Parada with all the Dravya. “Fig. 4” This was observed throughout the practical, as and when the temperature came down, Parada got separated from the homogenous mixture and was seen as free globules.

Role of Ingredients: Mala meaning to hold. So, Bahirmala Vinashana means the impurities holding onto Parada at the outer surface will be eliminated, along with Naga Vanga Vivarjana.^[07] So, the catastrophic effects like Jadyatva, Adhmana, Kushtha^[08], Galaganda^[09] can be taken care of. In this regard a possible interpretation of role of Kalka Dravya based on their Guna-Karma has been made.

RAKTESHTIKA – Prayoga in Utsadana Karma for Urustambha may indicate its ability to take away the

Jadata. The same may be understood here in the Prakarana of removing Jadyatva from Parada.^[10]

NISHA – Ruksha, Ushna Guna can be helpful to loosen up and scrape out the Jadyatva and also Twagadoshahara properties to counteract the possibility of Kushtha Janana by Kanchuka Dosha.^[11]

GRUHADHUMA – As it is used as one of the ingredients in a Kushthahara Lepa^{[12][13]} and also in Galagandanashaka Yoga^[14], the elimination potential of Kushtha and Galaganda may be understood.

URNA BHASMA – Bhasma is a form of Kshara^[15] and Kshara is Malahara^[16] and its Chedyā, Bhedyā, Lekhya^[17] properties may be helpful in scraping and putting away impurities covered around Parada.

JAMBIRA DRAVA – The Amla Rasa of Jambira brings about Shodhana^[18] and Mardana with Amla Rasa is conducive in Mukhakarana of Parada.^[19]

From the perspective of modern chemistry: The ingredients Raktshetika, both Gruhadhuma and Dagdhoorna are forms of silica and carbon respectively. Silica act as adsorbent for impurities and carbon, a reducing agent.

Time duration^[20]: As said in the Grantha, 3 days or 1 day is declared as the time duration for the Mardana Samskara. So, one day – 24 hours was taken up for the practical and because of simultaneous academic works, total hours were achieved by dividing them on daily basis.

CONCLUSION

The Sapta Kanchuka Dosha Parpati, Patini, Bhedi, Dravi, Malakari, Andhakari, Dvankshi are present in the naturally acquired Parada which will be completely eliminated after Patana Samskara but now are partially eliminated through Mardana Samskara.^[21] The Bahirmalavinashana^[02] results in shinier Parada which was observed after the completion of Mardana Samskara. With 95.15% yield the previously Swedita and now Mardita Parada was obtained.

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