

A REVIEW ON RASASHASTRA W.S.R. TO THE CONCEPT OF MARANA AND JARANA

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ABSTRACT

Rasashastra is one of the specialized branches of Ayurveda that is regarded as the science of mercury. This branch has its own significance in both preventive and therapeutic measure. It follows a variety of principles and practices, such as Sodhana, Marana and Jarana. It manages mercury as Rasa thus named as Rasashastra and also deals with some other Rasa dravyas which includes metals and minerals. Origin, physical and chemical characteristics, varieties, therapeutic properties and applications of Rasa dravyas is explored by Ayurveda branch Rasashastra. In addition, it is necessary to comprehend the concept and background of this branch; considering this present paper explored a review on Rasashastra W.S.R. to the concept of Marana and Jarana.

KEYWORDS: Ayurveda, Rasashastra, Marana, Jarana.**INTRODUCTION**

Rasashastra is a subfield of Ayurveda that deals with drug formulations involving minerals and metals. Since *Parada* is able to consume all metals and minerals, it has a higher therapeutic value than other medications. *Shodhana* is the process that not only gets rid of the *Doshas* of metals/mineral but also makes the drug stronger and more potent. Contingent on the idea of the metal and the illness for which they are intended to be utilized, the particular cycle or procedure should be adopted during the formulation of *Rasa dravyas*.^[1-4]

Jarana is the cycle where *Parada* returns to its unique state without being exposed to processes like *Galena* and *Patina*, etc. *Marana* eliminates the unsafe impacts of drugs by some specific procedure in which metals/minerals ought to be changed into reasonable structure by some predefined process.

Rasashastra is a part of Ayurveda that utilizes mineral, pearls and metals, etc. for medicinal purpose. In Ayurveda pharmaceuticals, there are various processes of *Parada*, which are referred to as *Samskaras*; *Shodhana* is one type of *Samskara*. Purification is the precise meaning of the word "*Shodhana*."

During the *Shodhana* process, the metal or mineral acquires a new property that is therapeutically useful and overcomes the metal's original harmful properties. The

most common way of subjecting substances includes *Svedana*, *Mardana*, *Prakshalana*, *Galana* and *Avapa*, etc.^[4-7]

The other formulation based procedures of *Rasashastra* are as follows:

- ✓ **Nirvapa:** Super hot metals, plunged in fluids.
- ✓ **Bhavana:** Maceration
- ✓ **Bharjana:** Searing in container

Metals like *Vanga*, *Yashada* and *Naga* should go through a process called *Jarana* between *Shodhana* and *Marana*. In *Jarana*, the metal is continuously triturated with vegetables like *Palash Pushpa*, *Pipala twak* and *Apamarga Panchanga*, or with metals or minerals like *Parada* and *Hartala*, until it becomes a fine powder at temperatures between 400 and 6000 degrees Celsius.

Marana

The metals and minerals are burned prior to controlling them into the body. The term for this method is called *Marana*. The implication is that after *Marana* the killed metal cannot be restored to its metallic state. Since the metal cannot be assimilated in its original form, it must be given a form that is as small as possible to be absorbed by the body's adipose tissue. The best approach for this is *Marana*. The metal loses all of its physical properties and has therapeutic value as well. Therefore, there are no harmful or toxic effects remain in the metals

that are processed in this way. However, for a safe therapeutic application, the dosage, vehicle and other factors should also be taken into account. Few minerals, such as *Vaikranta*, *Makshika* and *Abhraka*, need to go through the *Marana* before using for therapeutic purpose.

Although there is no definitive classification for the *Marana* process, it can be referred to as *Samanya Marana* or *Vishesha Marana*. *Samanya Marana* is collective approach for all metals while *Vishesha Marana* is individual approach for specific metal. *Vishesha Marana* for *Lauha* can additionally be separated into different parts.

A process known as "*Ayaskriti*" is used to powder metals for internal administration. This is the earliest mention of *Marana*. *Ayaskriti*, which literally translates to "*Making of Lauha*," is a method in which organic material is added to metal during intense heat treatment to cause it to break down.

Standardization of *Marana* process can be done by various physical tests including *Varitaratva*, *Rekhapurnatva*, *Nischandrika*, *Apunarbhavatva* and *Niruthatwa*. These tests ensure that whether the *Bhasmas* made up-to the standard quality or not. These All tests aimed to formulate substance with *Laghu*, fine, digestible & absorbable properties [6-9]. The major steps involved the process of *Marana* is depicted in **Figure 1**.



Figure 1: Major steps of *Marana* process.

Parada Marana

Mercury is successfully converted into ashes, and if used internally, it may give a person the *Amara*, which means they will live long. Various drugs or juices added to the metals and minerals to create a paste that is then subjected to heat treatment. Benefit of *Marana* process is that when metals/minerals are changed over into *Bhasma*, they will be retained into the framework, blend in with blood and produce their ideal outcome without making unsafe side impacts.

Jarana

Jarana is a transitional in the middle among *Shodhana* and *Marana* which is typically finished before *Marana* of metals like *Vanga*, *Yashada* and *Naga*. The old *Rasa granthas* described the technique for *Jarana* as name of *Marana*. The *Jarana* of *Vanga* is finished by utilizing *Apamarga panchanga* according to reference of *Rasamrita*. The *Jarita vanga* was then *Prakshalita* to get *Kshara rahit jarita vanga bhasma*.

Parada Jarana

It is a method by which mercury is made to consume, ingest, and digest using various *Satvas* derived from minerals and some metals in varying proportions in order to make the mercury highly potent from a *Rasayana* and

Lohavedha perspective. It serves the purposes of *Dhatuwada* and *Rasayana*. However, it is impossible without *Agni Samskara*. The *Rasa Shastra* texts guarantee that *Parada* treated with *Gandhaka Jarana* process turns out to be exceptionally potentiated with numerous pharmacological properties. This potentiation relies upon the extent of sulfur consumed during *Jarana* process. The various types of *Jarana* include *Samukha*, *Nirmukha* and *Vasanamukha*.

Vanga Jarana

Jarana of *Vanga* was performed in accordance with *Rasamritam* instructions. The *Shodhita Vanga* put in the iron skillet and was kept over fire, after the *Vanga* soften dried and a modest bunch of broken *Apamarg Panchanga* was acquainted with the iron dish after the temperature arrived at 510°C. The liquid *Shuddha Vanga* and dried *Apamarga* persistently scoured against the outer layer of hot iron skillet until the entire *Vanga* diminished to debris hued powder. After that, the powdered *Vanga* was gathered in the middle of an iron ladle, covered with an earthen saucer and further heated until it reached a red hot temperature. After that, the heating was turned off and it was allowed to cool down. *Vanga's* white ash was mixed with four times water to get rid of its alkaline property after it had cooled down in

a stainless steel vessel. The water was then taken out cautiously in this manner forestalling the deficiency of settled *Vanga bhasma*, and the entire method was rehashed until the water became impartial. The *Jarita bhasma* was then dried for further use.^[9-11]

Jarana Bheda

1. *Bhuchari jarana* and *Khechhari jarana*.
2. *Bala jarana* and *Vridha jarana*.
3. *Samugha jarana*, *Nirmugha jaranai* and *Vasanamugha jarana*

CONCLUSION

Mercurial formulation offers a quick and long-lasting cure, therefore used for therapeutic purposes under the heading of *Rasashastra*. This stream utilizes different approaches to dispose the *Dosha* (contaminations) present in the mercury, so to increase its medicinal property. *Shodhana*, *Marana* or *Jarana*, etc. are some technique of Ayurveda *Rasashastra* which utilizes for converting not-compatible metals into compatible form. *Shodhana* process gets rid of the *Doshas* of metals/mineral; *Jarana* involves conversion of *Parada* into its unique state without being exposed to processes like *Galena* and *Patina* while *Marana* eliminates the unsafe impacts of drugs and thus improves medicinal property of *Rasa dravyas*.

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