

SWEDANA SAMSKARA – A PRACTICAL REVIEW

Dr. Joshi Vatsas J.^{*1}, Dr. Chithkala R. Sharma², Dr. Sumana Patavardhan K. S.³, Dr. Sangeeta Rao⁴ and Dr. Vikram S.⁵

^{1,2,3}PG Scholar, Department of PG Studies in Rasashastra and Bhaishajya Kalpana, Sri Sri College of Ayurvedic Science and Research, Bengaluru, Karnataka.

⁴Associate Professor, Department of PG Studies in Rasashastra and Bhaishajya Kalpana, Sri Sri College of Ayurvedic Science and Research, Bengaluru, Karnataka.

⁵Professor, HOD, Department of PG Studies in Rasashastra and Bhaishajya Kalpana, Sri Sri College of Ayurvedic Science and Research, Bengaluru, Karnataka.

*Corresponding Author: Dr. Joshi Vatsas J.

PG Scholar, Department of PG Studies in Rasashastra and Bhaishajya Kalpana, Sri Sri College of Ayurvedic Science and Research, Bengaluru, Karnataka.

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ABSTRACT

Parada believed to be Shiva's Virya can be both Amrutatulya and Visha when it is Shodhita and Doshayukta respectively. Subsequent to Shodhana comes the principles of Samskara of Parada. In this regard Ashtasamskara of Parada is essential for Dehasiddhi as well as Lohasiddhi. Every Samskara has its own set of Dravya needed for the procedure and Phalashruti describing the effect of the particular Samskara on Parada. Swedana is the first among the Ashtasamskara and with disciplined endeavour it is not a herculean task. This article is a detailed description of the attempted practical – Swedana Samskara of Parada.

KEYWORDS: Swedana, Samskara, Ashtasamskara, Dola Yantra, Valuka Yantra.

INTRODUCTION

It is a very well-known fact that Arogya is the root for Dharma, Artha, Kama and Moksha^[1] and Rasashastra which was better known for Dhatushuddhi (converting lower metals into noble metals) in medieval time period, has always kept Dehadhaya as its prime objective. To achieve the Jivamukti, one must have Sthira Deha^[2] and to achieve that Rasashastra can be the most useful way since Parada is said to have the potential to make one Ajaramara.^[3]

Parada when obtained naturally has Dosh^[4] in it and if it is used without Shodhana it has same impact as Visha.^[5] Shodhana of Parada is of two types: For Vyadhiharana and for Rasayana.^[6] According to the classics, if one wishes to use Parada especially for the Rasayana purpose then Ashta Samskarita Parada has to be taken.^[7] Shodhana of Parada was done as it is recommended prior to Swedanadi Ashtasamskara.^[8]

MATERIALS AND METHODS

Shodhana processes help to take away the Dosha present in the substance and Samskara are the means to increase Bala and Teja.^[9] According to some authors there are total eighteen or nineteen Samskara of Parada.^[10] Amongst which the following eight has been considered as the Ashta Samskara of Parada: Swedanam, Mardanam, Moorchanam, Utthapanam, Patanam,

Bodhanam, Niyamanam and Deepanam.^[11] These mentioned Samskara can be further divided into two parts where first five can be understood for Shodhana and last three has more utility for Gunantaradhana.^[12] This study was done as an attempt for the first step towards the Guna-Karma-Swaroopa changes in Parada as per told in the classics.

Details of the Practical

Step 1: Parada Shodhana was done with the Urdhvapatana method.^[13] (Fig. 1)

Step 2: The reference for Parada Swedana Samskara was taken from the Rasa Hrudaya Tantra.^[14]

Step 3: As per the classical reference the Kanji mentioned specifically for the Parada Ashta Samskara^[15] was prepared.

Table I: Kanji Nirmana – for a 25 L batch.

Ingredients	Taken Quantity
Shali (<i>Oryza sativa</i>)	1.25kg (for Manda preparation)
Kulattha (<i>Dolichos biflorus</i>)	1.25kg (for Kwatha preparation)
Water	50 L (25 L each for Manda and Kwatha)
Kalka Dravya	
Rajika (<i>Brassica juncea</i>)	1.25kg
Saindhava Lavana (Rocksalt)	2.5kg
Haridra Churna (<i>Curcuma longa</i>)	750g
Jeeraka (<i>Cuminum cyminum</i>)	250g
Shunthi (<i>Zingiber officinale</i>)	250g
Shuddha Hingu (<i>Ferula assa-foetida</i>)	125g
Sarshapa Taila (<i>Brassica juncea</i>)	750 ml
Masha Flour (<i>Vigna mungo</i>)	750g

Method of Preparation

First of all, the whole rice was taken and 20 times of water was added. Then it was kept on moderate fire for Paka till rice got cooked. Simultaneously, Kulattha was taken and 20 times of water was added and kept in another separate vessel for boiling till reduced to half. The Manda of rice and the Kulattha Kwatha were filtered and taken carefully. Hingu was taken in the mentioned quantity and Shodhana was carried out by frying in the Goghrita.^[16]

A big plastic drum was taken, washed and sundried completely. Later Dhoopana was done with Dhoopana Churna and smeared with Sarshapa Taila. All the Kalka Dravya viz. Rajika, Haridra churna, Jeeraka, Shunthi, Shuddha Hingu, Masha flour were taken and Kalka was prepared using Sarshapa Taila. Dhanyamanda and Kulattha Kwatha were poured in the Dhoopita and Lepita Sandhana Patra first. Then the Kalka was added and stirred well. The vessel was closed with lid and kept in the Sandhana room. Next day it was opened, Saindhava

Lavana was added, the solution was stirred well, lid was closed and Sandhibandhana was done. After 15 days, the Sandhibandhana was removed and Patra was opened.

Observations

1. Characteristic odour of Haridra, Shunthi, Jeeraka and Sarshapa Taila was observed.
2. A yellow-coloured liquid was seen.
3. A layer of Taila with some particles of Kalka was seen as a super native.

Test of Perfectness

1. As per the classics if the solution attains Amlatva then it should be considered as prepared Kanji.^[17] This was appreciated and the Kanji had attained a pleasing Amla, Lavana taste.
2. pH of Kanji – 3.12 which matches the criterion of Shukta Kalpana/acidic fermentation.

Step 4: Swedana Samskara**Table II: Ingredients and quantity taken for Parada Samskara.**

Ingredients	Taken Quantity
Shuddha Parada (Hydrargyrum/Mercury)	820 g
Asuri Churna (<i>Brassica juncea</i>)	50 g
Saindhava Lavana (Rocksalt)	50 g
Shunthi Churna (<i>Zingiber officinale</i>)	50 g
Maricha Churna (<i>Piper nigrum</i>)	50 g
Pippali Churna (<i>Piper longum</i>)	50 g
Chitraka Churna (<i>Plumbago zeylanica</i>)	50 g
Ardraka Paste (<i>Zingiber officinale</i>)	50 g
Mulaka Paste (<i>Raphanus sativus</i>)	50 g
Kanji	9600 ml

Method of Preparation**A. Swedana Samskara Karma**

The Kalka was prepared by mixing all the above mentioned Churna along with Ardraka and Mulaka paste and Kanji was added as to make a homogenous binding mixture. The Kalka was placed (Fig. 2) in the shape of a well on a mildly heated banana leaf. Shuddha Parada was carefully poured into the pit of the Kalka and using Kora

cloth a firm Pottali was tied. The Pottali was hung carefully inside a stainless-steel vessel while making sure it didn't touch the bottom of the vessel. This vessel was placed in Valuka Yantra and placed on the stove. The Valuka Yantra was pre heated for 20 minutes and Kanji was added to the Dola Yantra containing the Pottali. The level of the Kanji was maintained until the knot of the

Pottali throughout. The whole procedure was done in Mrudu Agni for continuous 24 hours.

Table III: Details of maintained temperature throughout the process.

Time	Flame Temp. (in °C)	Iron vessel Temp. (in °C)	Valuka Temp. (in °C)	Kanji Temp. (in °C)
DAY 1				
08:40 A.M	100	210	55	32
09:40 A.M	156	200	65	42
10:40 A.M	157	223	68	54
11:40 A.M	165	254	72	56
12:40 P.M	180	258	73	60
01:40 P.M	250	300	80	63
02:40 P.M	259	301	90	67
03:40 P.M	270	326	97	70
04:40 P.M	284	347	102	71
05:40 P.M	293	351	106	73
06:40 P.M	306	366	108	75
07:40 P.M	315	366	113	70
08:40 P.M	332	372	116	74
09:40 P.M	352	400	122	80
10:40 P.M	382	407	131	75
11:40 P.M	406	409	135	78
DAY 2				
12:40 A.M	415	419	138	80
01:40 A.M	420	436	142	84
02:40 A.M	404	419	145	81
03:40 A.M	406	421	145	71
04:40 A.M	411	434	149	76
05:40 A.M	424	436	152	81
06:40 A.M	429	438	156	73
07:40 A.M	432	440	158	74
08:40 A.M	444	430	158	78

(Note: In the table where there is reduction in temperature of Kanji mainly in two successive readings is because of the addition of fresh Kanji.)

B. Removal of Pottali and Collection of Parada

The Pottali was transferred carefully onto a different vessel and allowed to cool down. After 4 hours it was opened with utmost care and Parada not adhered to Kalka was collected and stored separately. The Kalka was spread on a wide tray and left for drying. Next day, the Kalka was mashed with hands and together with rubbing it on the tray, it was observed that the minute globules of Parada got together and a huge molecule slide down the slantly placed tray. Around 10 g of Parada was collected in this method. The rest of Parada combined with Kalka was collected by washing method. The Kalka was macerated preferably in hot water and strained repeatedly to collect the Parada underneath. 5 g of Parada was obtained in this method.

RESULTS

- Initially total 1kg of Ashuddha Parada was taken and 820g of Shuddha Parada was obtained after Shodhana by Urdhavapatana.
- Before the Swedana Samskara it was seen that the free flowing Parada was leaving streaks behind it occasionally and sticking to the vessel containing it. But after Swedana Samskara, it disappeared and Parada was seen moving freely. The Chanchalya Guna was increased comparatively. A total of 815.9 g of Swedita Parada was obtained with 4.1 g loss from the original weight 820 g of Shuddha Parada.

Table IV: Amount of Parada retrieved from various means.

Method of Collection after Swedana	Obtained Quantity
Free liquid state Parada in Droni	800 g
Parada from Dried Kalka after mashing	10.4 g
Parada after washing the Kalka with hot water	5.5 g
Total	815.9g



Fig. 1: Urdhvatana of Parada.



Fig. 2: Placing of Parada in Kalka for Swedana.



Fig. 3: Dola Yantra modification.



Fig. 4: Swedita Parada.

DISCUSSION

Quantity of Parada: According to classics, one who wishes to do Parada Ashta Samskara should take 100 Pala, 50 Pala, 25 Pala, 10 Pala, 5 Pala or minimum 1 Pala initially.^[18] So, here the initial quantity was taken 1kg(1000g~21 Pala) according to availability and convenience for the calculation and measuring.

Selection of the day: As per instructed by Shastra A Shubha Dina, and Shubha Nakshatra was selected for the Swedana Samskara.^[19] Bhadrapada Masa, Shuklapaksha, Chaturdashi, Shukravasaram, Dhanishtha Nakshatra.

Yantra Poojana and Mantrocharana: Before starting the Swedana Samskara, Poojana of Rasalinga, Dhanvantari Vandana and Guru Vandana were done. It was followed by Dola Yantra and Chullika Yantra Poojana. Pottali was placed and Kanji was filled in the Yantra with the Chanting of Aghora Mantra^[20] and Shiva Panchakshari Mantra. Rudra Patha, Vishnu Sahastra Nama, etc. and other auspicious chanting was done throughout the procedure.

Kanji preparation: Since, the Ashta Samskara of Parada is an exclusive set of procedure, it requires exclusive means for it. Amongst which for Swedana

Samskara, Swedana Drava which is Kanji was prepared as per the distinct reference for Parada Samskara.

Duration of Swedana: As per the reference the Swedana should be carried out for three consecutive days or for one day continuously.^[21] So, here the preference was given for one day uninterrupted procedure according to the available resources.

Modification of Yantra: To deliver and retain the Mandagni throughout the procedure was one of the essential aspects. Since, it was not promising with direct flame heating, we attempted to achieve this with modification of Dola Yantra placed inside Valuka Yantra. (Fig. 3)

CONCLUSION

The Phalashruti of Swedana Samskara mentioned in classics directs us that Mala Shaithilyata will happen,^[22] which was clearly noted in the Parada attained after the Swedana Samskara with its increased free flowing nature and more shining appearance. It is been told that if the care is not taken loss of Parada is inevitable through various Gati.^[23] So, in this humble attempt with the blessings of Lord Shiva and after all the possible utmost care to avoid loss, the Shuddha Parada was received with

the yield of 99.5% as Swedana Samskarita Parad. (Fig. 4)

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