

MOORCHANA & UTTHAPANA SAMSKARA – A PRACTICAL REVIEW

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ABSTRACT

The Ashta Samskara of Parada certainly creates curiosity for its understanding from the very first time of hearing about it in BAMS. The post-graduation is the period where the eagerness accelerates and when performed brings about a sense of achievement. Therefore, to contemplate the Samskara, with the grace of Lord Shiva, an attempt was initiated and after the first two samskara viz Swedana and Mardana the following two Samskara i.e., Moorchana and Utthapana were carried out. The article explains the practical aspects of the same.

KEYWORDS: Moorchana, Utthapana, Samskara, Ashtasamskara, Taptakhalva.

INTRODUCTION

The Rasagrantha illustrate changes that occur during the procedure along with peculiar transformations as end results in Parada after each Samskara. The Swedana Samskara agitates the Dosha present in the Parada, whereas Mardana Samskara takes away part of Dosha from the Parada. The following Samskara i.e., Moorchana Samskara causes Nashana of Vanga, Naga, Bhudosha, Kanchuka Dosha.^[1] Subsequent to Moorchana is Utthapana Samskara done to remove the Vyapat caused by Moorchana.^[2] It indeed does Utthapana (raise up) of Parada. To observe and interpret them in a better way, after completing Mardana Samskara^[3], an attempt for the further two Samskara was made.

MATERIALS AND METHODS

When various references were looked into for the Moorchana and Utthapana Samskara, an understanding that came to light was that these Samskara are connected. Therefore, to effectuate the desired intentions the easily accessible Dravya and Vidhi were selected from the reference of Ayurveda Prakasha.^{[4][5]}

Details of the Practicals

PRACTICAL 1: MOORCHANA SAMSKARA

A] Ingredients: As mentioned above, the method of Mardana with Triphala, Chitraka, Gruhakanya was selected for the practical.

Table 1: Ingredients with Quantity.

Ingredients	Quantity
Mardita Parada (Hydrargyrum/Mercury)	776 g
Haritaki Churna (Terminalia chebula)	48.5 g
Vibhitaki Churna (Terminalia bellirica)	48.5 g
Amalaki Churna (Emblica officinalis)	48.5 g
Chitraka Churna (Plumbago zeylanica)	48.5 g
Kumari Rasa (Aloe vera)	Q.S (388 g)

B] Method

- The classical Taptakhalva was replicated by taking electrical heating mantle and the temperature was set to 40°C. "Fig. 1"
- Appropriate sized Porcelain Khalva was taken and placed inside this heating mantle.
- Mardita Parada was subjected to Mardana along with the above listed Churna and Kumari Rasa.
- Unidirectional movement of Peshani was maintained until Nashtapishtatva was achieved. "Fig. 2"
- This Kalka was left for drying in Aatapa for 4 days. "Fig. 3"

C] Collection

Collection method was done in two steps. Primarily, the dry trituration of the Kalka was done from which 640.8 g of Parada was retrieved. In the next step, through hot water washing 69.2 g of Parada was obtained.

Table 2: Amount of Parada retrieved from various methods.

Collection Method	Obtained Quantity
Dry trituration	640.8 g
Hot water washing	69.2 g
Total	710 g

PRACTICAL 2: UTTHAPANA SAMSKARA.**A] Ingredients:**

- Moorchita Parada – 710 g
- Ushna Jalma – 355*7 g

B] Method

- Moorchita Parada was taken in a stainless-steel vessel and boiling water half to the weight of Parada was added.
- Clockwise circular motion of the vessel was done continuously for 2 minutes. "Fig. 4"
- Then, water was carefully decanted.
- This procedure was repeated for 7 times.
- After the last decantation, Parada in a container covered with cloth was kept under the sun to evaporate the remaining moisture.

C] Collection

Once the moisture was evaporated, Parada was filtered through clean kora cloth and stored in an air tight container. No changes in the quantity of Parada was noted.



Fig. 1 Modified Taptakhalva.



Fig. 2 Nashtapishta Parada.



Fig. 3 Dried Kalka after Atapa Shoshana.



Fig. 4 Parada Utthapana Samskara.

DISCUSSION

Purpose: The ingredients Gruhakanya, Triphala, Chitraka, mentioned for Moorchana Samskara are said to obliterate Mala Dosha, Vahni Dosha and Visha Dosha respectively.^[4]

After the Moorchana, Utthapana Samskara has been directed in order to take away the Vyapat caused by Moorchana.^[5]

Physical Changes: During Moorchana Samskara, Nastapishtatva in Parada meaning the state of being absorbed and minute by uniting with Kalka^[6] was observed. Because of the Taptakhalva, easy amalgamation of Parada along with the mentioned Dravya was appreciated. This Samskara termed as Moorchana which can be understood as being lethargic was evidently seen in the globules of Parada during the collection.

While washing the Parada with Ushna Jala for Utthapana Samskara, the free flowing nature of Parada was gradually gained back and the mobility increased with subsequent washing.

Duration: A total of 1 hour was required to attain a homogenous mixture in which free Parada was absolutely not visible which complies to the Lakshana – Nastapishtatva said in Moorchana Samskara. Since this is not aimed at Dhatuvada, Mardana was done once only as per the Samskrita Teeka.^[7]

Most of the procedures having any type of Mardana and Prakshalana complimentary to each other with respect to Parada are told to be done in multiples of 7. By this logic and to remove all possible Kalka Dravya Ushna Jala Prakshalana was done for 7 times. Uniform timing of 2 minutes was maintained for each washing.

CONCLUSION

The outcome of these Samskara can be concluded as the transition of Parada from free-flowing state to Nashtapishtatva and then back to liquid state but with a considerable reduction in mobility. With 91.49% of yield the Moorchita and Utthapita Parada was obtained.

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