

**A CRITICAL REVIEW ON KUPIPAKAVA RASAYAN IN AYURVED AND ITS IMPORTANCE****¹Dr. Tushar Vilasrao Gawande and ²Dr. Swati Ramkrushna Dhamnikar**¹Associate Professor, Rasa Shastra & Bhaishajya Kalpana Department Shri Gurudeo Ayurved College & Hospital Mozari Amaravati.²Associate Professor, Rognidan & Vikruti Vidhyan P.R Pote College of medical Science Ayurved Amravati.***Corresponding Author: Dr. Tushar Vilasrao Gawande**

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INTRODUCTION

Parada is most important among rasa substance. But parada is not therapeutically used in its natural form. At present, the new drug development process looks to be at a stagnant state. There is neither a good work on the chemistry point of Rasaushadhi nor are trials being made. To develop a new Rasaushadhi compound, work on the Rasaushadhi is limited to some classical formulations that too is not perfectly standardized. Present chemical labs identify purely prepared Kajjali, Ras Parpati, Ras Sindoor and Hingula, same as HgS. Rasa formulations are prepared from shuddha parada, samskarit parada, sanskarita parada or hingulottha parada. To add the therapeutic qualities to parada, it is processed with different substance. Based on procedure, processing of parada is of four types. Kharleeya rasayana, parpati formulations, kupipakwa and bahirdhoom. The colour of finished product depends on the ingredients used formulation, and bhasma formulation. Among these four procedures, the kupipakwa procedure is the basic one. Kupipakwa rasayan is composed of four words kupi, pakwa, rasa and ayana. A rasayana product from parada, gandhaka etc is prepared in a glass bottle by applying mild, moderate and intense heat. Based on preparation method it is classified into antar dhooma.

Aim of procedure

- To insert properties of Somala, Hartala, Manahshila, Vanga etc into parada and to convert final new compound having special properties.

METHOD OF PREPARATION OF KUPI-PAKAVA RASAYANA

In Rasa Shastra, the practical experience with the preparation of every medicine is more important. Preparation of Kupipakwa Rasayana is one of the typical procedures to adopt. The text Rasa Ratna Samuchhaya gives clear cut indication regarding the method of preparation of Kupipakwa Kalpana. The colour of finished product is resembled like Sindura (red). So it is considered that Kupipakwa Kalpana is a Sindura Kalpana. In ancient times, it was being prepared through Baluka yantra and the heat was being applied in increasing order. The idea of using Baluka yantra was to apply uniform heat to the Kanch Kupi.

Kupipakwa kalpana mainly includes three factors which are:

1. Adhara
2. Adheya
3. Sadhaka

Adhara – Absorption of pure but free form of parada does not occur in body, due to this reason rasa bandhas were invented. Out of all these rasa bandhas parada kalpas formulated by gandhaka bandha were found to be more potent and efficacious and for same reason, parada is considered as adhara and gandhaka as sadhaka in sindhoora kalpana.

Adheya – Many drugs like hartala, manahshila, somala etc. are considered as adheya dravyas having desired properties are taken and these properties are inserted into adhara dravyas (Parada) by the medium of sadhaka dravyas.

Sadhaka - In kupipakwa preparations following three factors are called as sadhaka.

Major three types

1- Ingredients

a) Sagandha (Prepared with the use of gandhaka)

b) Nirgandha

2- Manufacturing

a) Antardhooma – Cork is applied in the beginning and the vapours are not allowed to escape ex. Rasa sindoor.

b) Bahirdhooma – Cork is applied after burning of sulphur. Ex. Hinguliya manikya rasa shila sindhoor.

3- Place of finished product

1. Kanthastha – The finished product deposited at the neck Ex. Hinguliya manikya ras, Rasa sindhoor.
2. Talastha – The product is obtained from the bottom of kupi Ex. Sameerpannaga Rasa, Swarna vanga.
3. Ubhayastha – Final product obtained from both the sides Ex. Makaradhwaja.

Procedure

The whole procedure can be divided under the three headings

- a) Poorva karma
 - b) Pradhana Karma
 - c) Pashchat Karma
- a) Poorva Karma: During poorva karma following points should be considered

Appropriate equipment – Kupi, kapad mitti, Valuka yantra, Brashtri, Fuel, Different shalaka, Copper coin, Torch, Thermometer, Electric blowers, Purification of ingredients.

Preparation of kajjali

Bhavana

Kupibharana

- b) Pradhana karma: The following points included
- Temperature measurement
 - Heating pattern
 - Shalaka sanchalana
 - Observation of furnace, fumes and flames
 - Mukha murdana
 - Swanga sheetakarana

c) Paschat karma

Following measures comes under this karma

- Kupi uddharana – Removal of kupi
- Kupi bhedana – Breaking of kupi
- Pramanya – Evidence of genuineness

1) Poorva Karma There are different instruments (Yantra) are involved in the preparation of Kupipakwa Rasayana which are as follows:
Baluka yantra in which preparation are performed consist of sand (Balu) as a material and with an earthen pot. Shalaka used to eliminate of any obstruction in the kupi during the preparation of Kupi pakwa rasayana.

Kapadmitti used to seal the kupi as well as used in the aatishi shishi nirman.

Koshthi for giving of required amount of heat at various temperature.

Kupi used to keep the ingredients initially then prepared medicine also.

Mudra for sealing of kupi mukha (mouth of glass bottle)
Thermometer used to assess the temperature range.

Copper coin used for copper coin test.

Purification of ingredients – The methods accepted in purification of metals etc. is called shodhana. Many process are included under shodhana like washing, trituration etc. by shodhana. the impurities of the drugs is removed and the drug becomes rich with therapeutics qualities.

Preparation of kajjali - In this section parada is triturated with dhatus or with gandhaka, without adding any liquid to obtain a black coloured powder called as kajjali. But now a days only parada and gandhaka are triturated, without adding any liquid to obtain kajjali, because, without adding gandhaka, getting black coloured end product is not possible. Kajjali is used in preparing a variety of mercurial preparation and in marana of dhatus.

Bhavana

The metals etc. are triturated with liquids (Juice, decoction, water etc.) till the added liquids gets dried up. Such a process is called bhavana.

Kupibharana

The Kupi should be filled up the 1/3rd part by Kajjali. So that there will be enough space inside the Kupi for melting and boiling of Kajjali. Such Kupi should be kept exactly at the centre of Valuka yantra.

IMPORTANCE OF KUPIPAKVARA-SAYANA

Kupipakwa Rasayana is a kind of metallic preparations which is commonly prescribed by Ayurvedic physicians. It has disease curing properties due to Parada murchana. Some-times many chemical reactions involved during preparation of Kupipakwa Rasayana are responsible to give a synergistic effect in the body. Different minerals and metals are trans-formed into effective bio-compatible form by this procedure. The actions of Kupipakwa Ra-sayana remain for longer period of time which indicates its greater potency and efficacy. It is very effective even at minimum dose with use of administration. When Kupipakwa Ra-sayanas are mixed with other medicines, it minimizes their dose. As compared to other Rasaushadhis like Kajjali, Parpati, Pottali, the chemical bonding of Kupipakwa Rasayanais stronger among these three. It is more potent than any of other herbal preparations.

In Rasa Chikitsa, a lot of Rasaushadhi are used for the management of diseases. Among all, Kupipakwa Rasayana is very potent and effective for the management of various complicated diseases. Due to ease of palatability, long lasting effects, rapid onset of action and desired result shows greater efficacy of this preparation. When procedure, ingredients. Bhavana drugs, types of heating pattern are changed, then name and indication of preparation will also be changed like Rasa Sindura, Makardhwaja, Malla Sindura, Tala

Sindura, Rasa Karpura, Rasa Pushpa etc. When mercury is processed with metals, it forms an amalgam which is responsible for formation of an intermediate product. The main promoters for chemical reactions are Gandhaka and Parada in which Gandhak is responsible for formation of sulphide. Mercury reacts with sulphur and forms mercuric sulphide (HgS). The preparations of Kupipakwa Rasayana bear a unique importance in Rasa Shastra. When it is compared with other Rasaushadhis like Kaj-jali, Parpati and Pottali, its chemical bonding.

CONCLUSION

A types of metallic preparations which is commonly prescribed by ayurvedic vaidyas known as Kupipakwa Rasayana. It has disease curing and rasayana properties due to parada murchana. Sometimes numerous chemical reactions are involved to give synergistic effect in the body. By this different minerals and metals are transformed into effective medicines. The actions of Kupipakwa rasayana remain for longer period of time which indicates its greater efficacy and potency. Heat given is very high degree, which make the formulations laghu, thereby enabling the drug to penetrate faster and deeper into the tissue. Thus, they increase the dhatwagni and jatharagni, which form the basis of treatment in Ayurveda. In kupipakwa rasayan methods the potency and efficacy of parada, enhance in proportion to the amount of sulphur burnt in the jarana process. It is very effective even at minimum dose (alpamatrop) with ease of administration. When kupipakwa rasayana medicines are mixed with other drugs, it minimizes the dose of other medicines. When it is compared with other Rasaushadhi like Parpati, Kajjali, Pottali its chemical bonding are very stronger among these three. It is more dominant than any of other herbal preparations. Hence, the method of manufacturing Kupipakwa rasayana was described in this article.

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