

ROLE OF RATNA'S IN PARPATI FORMULATIONS IN TREATING GI DISORDERS

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ABSTRACT

The rapid increase in the prevalence of GI disorders is a matter of great concern, occurring as a result of sedentary life style, bad dietary habits, stress and altered environmental conditions. GI diseases affect the GI tract from mouth to anus, condition may range from mild to serious and may even require surgical procedures. Ayurveda can help diagnose and treat GI disorders; detailed explanations are available in our classics. As per our science, causes of GI disorders are inappropriate eating habits accompanied with certain poor lifestyle choices. Disorders of *Annavaahasrotas* and *Purishvahasrotas* can be correlated to GI disorders. Almost all diseases occur due to *Aama* or decreased digestive fire. Hence restoration of *Agni* becomes topmost priority in treatment of various diseases. *Parpati Kalpana* is a well-known and successfully used formulation for the management of diseases born out of *Mandagni* and *Pittajanya Rogas*. Various *Parpati Yoga's* are available containing ingredients like *Dhatu's*, *Ratna's* etc. Here an attempt is made to collect the detailed review of literature regarding the potential role of *Ratna's* in *Parpati Yoga's* in treating GI disorders.

KEYWORDS: *Parpati*, *Ratnaparpati*, GI disorders.

INTRODUCTION

GI disorders are very well explained in our classics. As per our science it can be correlated to *Annavahashroto* and *Purishvashroto Vyadhis*, which includes *Agnimandhya*, *Arochaka*, *Chardi*, *Atisara*, *Pravahika*, *Ajeerna*, *Udavartha*, *Arsha* etc. and causes are said to be inappropriate eating habits accompanied with certain poor lifestyle disorders. Ayurveda emphasis on finding out the root cause of the problem and correcting it, also gives guidelines to maintain health through simple changes in diet and lifestyle.

All the GI disorders commonly occur due to *Mandagni* and *Aama*. Hence restoration of *Agni* becomes topmost priority in treating any GI disorders. *Parpati* is a thin flake like preparation consisting of *Shudha Parada* and *Shudha Gandhaka* and which is prepared by following various specialized processing techniques like *Shodhana*, *Samskara* and *Murchana*. It is considered that *Parada* when amalgamated with *Gandhaka* loses its blemishes and toxic nature and gets converted into *Kajjali* which is known as a state of *Murchana*. When mercury becomes *Murchhita* it attains various therapeutic qualities. To potentiate these therapeutic qualities our *Acharyas* have added certain other materials like *Bhasmas* of *Dhatu's* like *Swarna*, *Rajatha*, *Tamra* and various *Ratnas* etc. This addition of various materials and heating process is

considered as *Agni Samskara* which is responsible for inducing various therapeutic qualities. Hence various *Parpati Yoga's* are available in our classics.

Ratnas are one of the *Vargas* explained in Rasashastra. *Ratnas* are categorised due to their unique radiance and appealing appearance when compared to other natural minerals. There are 9 *Ratnas*, which are told by many *Acharyas* and are predominantly in use according to their relation with various *Grahas*.

Table showing *Ratna* and their therapeutic properties.

Sl.no	Ratna	Therapeutic properties
1	Manikyā	Rasa- Madhura Guna- Snigdha Karma- Vrisya, Balya, Rasayana, Medhya, Hridya, Deepana mitigates Vatapitta and Kshayaroga etc
2	Mukta	Rasa- Madhura rasa Virya- Sheeta Karma- Vrishya, Rasayana, Deepana, Kanthiprada and Drishtiprada Rogagnatha- Kshayaroga, Swasakasa, Vrisya
3	Pravala	Rasa- Madura and Kshariya Rasa Guna- Laghu, Sheeta Karma- Deepana Pachana, Tridosahara, Balya, Vishahara Rogagnatha- Kshaya, Kasa, Raktapitta
4	Tarkshya	Rasa- Madhura Virya- Sheeta Karma- Rasayana, Balya, Vishagna, Deepaniya, Ojovardhaka Roghagnatha- Pandu, diseases of Anorectal, Jwara
5	Pusparaaga	Guna- Laghu, Shita Karma- Deepana, Pachana, Kapha Vatahara, Medhya, Brimhana, Ayurvedhaka Rogagnatha- Kusta, Chardi, Anorectal disorders
6	Vajra	Rasa- Shadrasayukta Guna- Snigdha Karma- Tridosahara, Ayushya, Hridya, Vrisya, Yogavahi, Rasayana, Medhya Rogagnatha- Sarvarogahara, Udhararoga, Pandu, Shotha etc
7	Nilam	Best Deepana, Vrishya, Balya, Medhya, Hridhya, Rasayana and Vishahara Rogagnatha- Kusta, Swasakasa, Arsharoga, Vishamajwara
8	Gomeda	Guna – Ushna Karma- Deepana, Panchana, Balya, Vatakaphahara Roghagnatha- Pandu, Kshayaroga
9	Vaidurya	Rasa- Madhura Guna- Sheeta Karma- Deepana, Rasayana, Medhya, Balya Rogagnatha- Constipation, Raktapitta, all Pitta disorders

Ratna in general possess *Rasayana* property, mitigates *Tridosha*'s, is a good appetizer, provides physical strength, enhancesojas, cures diseases of anus etc. Thus, *Ratna*'s in *Parpati* formulations might play a unique role

in treating GI disorders. *Parpati*'s containing *Ratna*'s are compiled from various *Rasa* classics and tabulated here with their ingredients, dose, *Anupana* and indications.

Tabular representation of different *Parpati Yoga*'s having *Ratna*'s as ingredients, mentioned in our classics:

S.No	Type of <i>Parpati</i> preparation	Ingredients and Quantity	Dose	<i>Anupana</i>	Indications	References
1	Vijaya <i>Parpati</i>	Sh. Parada-4 parts Sh. Gandhaka-2 parts Swarna Bhasma -2 parts Raupya Bhasma-1part Mukta Bhasma-1part Vaikranta Bhasma-1part	2 Ratti	Brishta Jeeraka Churna and Dadhi or Takra	Kastha Sadhya Grahanivikara, Arshshula, Atisara, Yakshma, Shotha, Kamala, Pandu, Pleeha, Jalodar, Amlapitta Vatarakta, Krimi, Kustha, Prameha, Vishama Jwara, Rasayana and Vrishya	Bhaishjya Ratnavali
2	Ratna <i>Parpati</i>	Manikyā Pishhti- ¼ part Mukta Pishhti-¼ part	2 Ratti	Ghee, Madhu and Tulasi Swarasa	Urahkshatha, Kshaya, Swasa, Kasa, Jeernajwara, Prameha	Raso.Th

					etc	
3	<i>Sarveshwara Parpati</i>	<i>Bhasma of Maharasa, Uparasa, Sadharanarasa</i> 1 part each <i>Bhasma's of Ratnas</i> -1/32 part each <i>Sh.Parada</i> -97 parts <i>Sh.Gandhaka</i> -388 parts <i>Sh.Vatsanabha</i> - 31 parts	1 Ratti	<i>Adraka Swarasa and Marich Churna</i>	<i>Vidradi, Kshaya, Pandu, Grahani, Gulma, Arsha, Pliharoga, Punaravartaka Vyadhi, Yakruhashotha</i> etc	<i>RRS</i>
4	<i>Sidhanathi Kanchana Parpati</i>	<i>Sh.Parada</i> -10 parts <i>Sh.Gandhaka</i> -20 parts <i>Swarna Bhasma</i> -2 parts <i>Manikya Pishti</i> -2 parts <i>Pravala Pishti</i> -2 parts <i>Abhraka Bhasma</i> -2 parts <i>Kanthloha Bhasma</i> -2 parts <i>Rajath Bhasma</i> -2 parts	2 Ratti	<i>Madhu, Butter, Ghee</i>	<i>Jeernasangrahani, Amathisara, Abhyantaravidradi, Kshaya, Bhagandhara</i> etc	<i>Raso.Th</i>
5	<i>Sudha Parpati</i>	<i>Sh.Parada</i> -35 parts <i>Sh.Gandhaka</i> - 70 parts <i>Pravala Pishti, Spatika Pishti, Mukta Pishti</i> <i>Jaharmohara Pishti</i> <i>Rajatha Bhasma</i> <i>Swarnamakshika Bhasma</i> -each 5 parts	2-4 Ratti	<i>Madhu and Butter</i>	<i>Raktashrava, Pradara, Yonishrava Somaroga, Amlapitta, Prameha</i> etc	<i>Raso.Th</i>
6	<i>Sutendra Parpati</i>	<i>Sh.Parada</i> - 5 parts <i>Sh.Gandhak</i> - 15part <i>Tamra Bhasma</i> - 5 part <i>Mukta Bhasma, Vaikranth Bhasma, Manikya Bhasma, Pravala Bhasma, Varatika Bhasma</i> - each 1 part	-	-	<i>Sarvavyadhinashaka</i>	<i>RJN</i>
7	<i>Vajra Parpati</i>	<i>Vajra, Swarna, Parada, Rajata, Mukta, Tamra, Abhraka</i> - each 1 part <i>Sh.Gandhaka</i> - 7 part	-	-	<i>Sarvaroga, Jaramrityunashaka</i>	<i>RJN</i>
8	<i>Mukta Parpati</i>	<i>Sh.Parada</i> - 8 parts <i>Sh.Gandhaka</i> - 8 parts <i>Mukta Pishti</i> - 4 parts <i>Pravala Pishti</i> -2 parts	3 Ratti	<i>Madhu, Ghrita</i>	<i>Amlapitta, Hridayadaha, Matsaka Peeda and Raktashrava</i>	<i>Bhesaj Samhita</i>

DISCUSSION

Probable mode of action of *Ratnaparpati Yoga's* in treating GI disorders

Mandagni is mainly responsible for causing any GI disorder. Hence restoration of *Agni* is the main concern in the management of GI disorder. The process of *Parpati* preparation is a *Samskara* provided through *Agni*. With the contact of *Agni, Ushnaguna* and *Deepana* properties responsible for increasing the appetite are derived and mitigates *Ama*, and hence used in diseases caused by *Ama* like anorexia, colitis, piles, diarrhea, dysentery etc.^[2]

Beside this the most interesting feature of this *Kalpana* is the usage of fresh cow-dung which is an animal product. This fresh cowdung contains larger proportions of cow's bile and other bilious products. During the preparation of *Parpati* these bilious principles are absorbed into the heat and melted *Kajjali* through the leaf media. The biliary products of cow which are absorbed into the *Parpati* contribute to regulate the biliary disorders of

human system and other *Pitta Vikaras* when taken internally. Due to this reason the administration of *Parpati* proves beneficial in diseases of *Mandagni* and other *Pitta* irregularities.^[3]

Patra: Use of *Patras* like *Kadali Patra, Eranda Patra* etc. in the preparation increases the potency of the drug. Use of *Kadali Patra* gives the *Kashaya* quality to the *Parpati*. Use of such leaves which are highly rich in chlorophyll gets absorbed into the formulation and exerts therapeutic effects on human systems especially on G.I.T. Properties of Chlorophyll- One of the best Anti-oxidants, able to neutralize the negative effects of free radical in the body; helps prevent many degenerative diseases and maintain the body stronger. Chlorophyll helps cleanse the body toxins.^[4,5]

Ghee: Ghee is useful in treating indigestion and used as a media in *Parpati*, and gives synergistic effect along with *Parpati*.^[6]

Ratna: *Ratnas* in general possess *Rasayana* property, mitigates *Tridosha's*, is a good appetizer, provides physical strength, enhances *Ojas*, cures diseases of anus

etc. These properties thus help to restore the *Agni* which forms the first line of treatment in any GI disorders along with enhancing physical strength, *Ojas* and rejuvenating the patient which is very necessary in treating the patient suffering with chronic GI disorders.

Thus, *Ratna's* in *Parpati* formulations might play a unique role in treating GI disorders this fact is not substantiated by enough studies and research material and hence requires further studies.

CONCLUSION

Ayurveda can help diagnose and treat GI disorders. *Parpati Kalpana* is a *Murchana* variety, it is a well-known and successfully used formulation for the management of diseases born out of *Mandagni* and *Pittajanya Rogas*. The process of *Parpati* preparations is a *Samskara* provided through *Agni*. With the contact with *Agni*, *Ushnaguna* and *Deepana* properties which is responsible for increasing the appetite is derived. *Mandagni*, *Gomay*, *Kadalipatra* and *Ghrita* used in the preparation have their own significances in treating GI disorders. These therapeutic qualities can be potentiated with the addition of *Ratnas*. *Ratnas* because of their properties might play a very important and unique role in treating acute and chronic GI disorders. This fact is not substantiated by enough studies and research material thus, various research works must be carried out to know the exact pharmacokinetics and pharmacodynamic action of *Ratna Parpati's* in treating GI disorders.

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