

Conceptual Study on Parpati Kalpana

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ABSTRACT

Rasendra Mangal in 8th century by Acharya Nagarjun has mentioned use of Parpati in Kushtha Roga Later in 11th century Acharya Chakrapani Dutt in Chakradutta mentioned its use in Grahani Roga. In 12th century Acharya Dunduknath has mentioned Kramagni (increasing heat). In 18th century Bhaishajya Ratnavali has explained many Parpaties and Rasa Parpati made by Shrivatsanka Viniirmit is considered to be best. Later on, with development different Acharyas added different Dravyas with Parada and Gandhak to enhance its therapeutic actions. Parpati Kalpana is the Parada Bandha (process of binding mercury) which helps to reduce the Durgrahatva (difficult to hold) and Chanchalatva (quickness or instability) of Parada (mercury)¹. The term *Parpati* (thin flake like medicine) has been used in many context of *Rasa Shastra*. *Parpati* is a thin Flake like preparation consisting of *Parada*, *Gandhaka* (sulphur) and other drugs which are developed from *Parada*. This Preparation of *Parada* consist therapeutically effective minerals and metallic formulations which includes both *Sagandha* (with sulphur) and *Nirgandha* (without sulphur) *Parada Murchita Yoga* (medicines prepared out of mercury). *Parpati Rasayanas* have high therapeutic value, potency, less toxicity and cost effective preparations. Many works have been done on *Parpati* related to its pharmaceutical, clinical and literary part but so far, there is no work on *Parpati Kalpana*. Considering detailed review on Pharmaceutical and Analytical Parameters applicable for *Parpati* preparations. So, in this paper an honest attempt has been made to have a systematic overview of *Parpati Kalpanas*.

INTRODUCTION

Parpati kalpana is one of the important kalpana mentioned in rasa granthas. It is one of the forms of rasa bandha which help to remove the chanchalatva and durgrahatva of parada.² It is also a type of rasa moorchana through which parada becomes free from all sorts of doshas and gets potentiated. The name parpati is given to the preparation because of its form the method of preparation.³ Parpati is one of the Chaturvidha Rasayana used in Rasa Shastra. It is one of the 25 Rasa Bandhas which helps to remove the Chanchalatva and Durgrahatva of Parada because by having these two properties, Parada cannot be used internally. Parada and Gandhaka are the essential constituents to make Parpati as the Bandha word derived to bind the Parada particle with Gandhaka. u

Parpati is a unique mercurial preparation involving different processes like Murchana, Sagandha/ Nirgandha (presence and absence of sulphur), Sagni (process with heat) Pota Bandha of Parada.^{3,4}

Rasa Shastra, a boon of Ayurved popular from medieval period, mostly deals with therapeutic utilization of metals and minerals, numerous formulations are mentioned in our Shastra with the permutation and combination of Parada along with other ingredients.

According to recent concepts, mercury and its compounds are highly toxic. As per Rasa Shastra, Parada i.e. Mercury is considered as most potent substance. It has Shadrassa (6 tastes) and balances

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KEYWORDS: *Rasa Shastra, Murchita Parada Yogas, Raskalpa, Parpati, Types, Paka, Pathya, Apathya.*

Tridoshas (three Bodily humours). These properties are exhibited in compound form such as Khalviya Rasayana, Parpati Rasayana etc. Parada is mainly used after subjecting to Moorchana. Sagandha Moorchana is preferred as it is more efficient.

The compounds prepared with Parada (mercury) are considered to be the best. It has been a practice for many years to combine Mercury and Sulphur with other drugs or metals for enhancing their potency. Parpati Kalpana is a well known and successfully used preparation for the management of Grahani (sprue syndrome). Before the invention of Parpati, Grahani was considered difficult to cure but after the invention of Parpati it became curable. The use of Parpati was found beneficial for alleviating associated symptoms of Grahani from medieval period, mostly deals with therapeutic utilization of metals and minerals, numerous formulations are mentioned in our Shastra with the permutation and combination of Parada along with other ingredients.

According to recent concepts, mercury and its compounds are highly toxic. As per Rasa Shastra, Parada i.e. Mercury is considered as most potent substance. It has Shadrassa (6 tastes) and balances Tridoshas (three Bodily humours). These properties are exhibited in compound form such as Khalviya Rasayana, Parpati Rasayana etc. Parada is mainly used after subjecting to Moorchana. Sagandha Moorchana is preferred as it is more efficient.

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"रसपर्पटिका ख्याता निबद्धा चक्रपाणिना ।

"The references of different parpatis are available in various rasa granthas like Rasaratna Samucchaya

(13th Century AD), Rasa Paddhati (14th Century AD), Rasendra Sara Sangraha (14th Century AD) Rasaprakasha Sudhakara, Yogaratnakara etc. Bhavaprakasha and Bhaishajya Ratnavali written by Acharya Govinda Dasa Sena (18th Century AD) explains many parpatis and while explaining Rasa Parpati he mentions that "Shrivatsanka" invented it.

श्रीवत्साङ्कविनिर्मित सम्यक् रसपर्पटिका श्रेष्ठा । (भा.प्र.)

Rasa Tarangini of 20th Century had explained the Parpati preparation along with various paka kalas and paka lakshanas.

Etymology Parpati is a preparation which is thin, brittle and has a shape of thin crisp wafer prepared by the process of heating. Though in practice, it is used in powdered form. Rasatarangini also mentioned Parpati as Parpatika which means the same but Bharat Bhaishajya Ratnakar explained Parpatika as the fragments left in vessel during preparation of Parpati. So this is known with various names; Parpata, Parpati, Parpatika.⁶

➤ **Nomenclature of different Parpati Kalpanas⁷**

1. Parpati prepared with Parada and Gandhaka only is called Rasa Parpati. 2. If Parada, Gandhaka mixed with any other Dhatu/Lauha, hence named on the basis of Dhatu e.g. Lauha Parpati. 3. If Parada- Gandhaka are mixed with any Kashtha Aushadhis like Bola so named accordingly- Bola Parpati. 4. Depending upon ingredients no. e.g. Panchamrita Parpati. 5. Depending upon the efficacy- Kushthanta Parpati indicated in skin disorder. 6. Depending upon the colour - Shweta Parpati 7. Depending upon the person who prepared it e.g. Bhairavnatha Parpati.

There are some examples of Parpatis which are devoid of mercury and sulphur. } Malla Parpati and Kshara parpati are two examples which do not contain mercury and sulphur at all. } Sheetala Parpati does not contain mercury. } Bhallataka Parpati and Shweta Parpati are two examples which are devoid of sulphur⁷.

Basic Principles behind preparation of Parpati Kalpana -

1. *Samanaya* (general purification) or *Vishesh Shodhan* (special purification) of the ingredients.
2. Homogeneous mixture of the ingredients.
3. Main preparation of the *Parpati*.

TABLE NO-1 DIFFERENT TYPES OF PARPATI (BASED ON THE DRAVYA USED)

Type-1. Based upon use of <i>Kajjali</i> and other ingredients	Type-2. Based on procedure and ingredients used
<i>Parpati</i> containing only <i>Kajjali</i> (<i>Parada</i> and <i>Gandhaka</i>)- Ex. <i>Rasa Parpati</i>	<i>Sagandha Parpati</i> : Containing <i>Parada</i> and <i>Gandhaka</i> - ex: <i>Rasa Parpati</i> , <i>Tamra Parpati</i> , <i>Loha Parpati</i> , <i>Bola Parpati</i> , <i>Panchamrita Parpati</i> etc.
<i>Parpati</i> containing <i>Kajjali</i> with one or more <i>loha / dhatu</i> . - Ex. <i>Tamra Parpati</i> , <i>Panchamrita Parpati</i> , <i>Loha Parpati</i> , <i>Vijaya Parpati</i> etc.	<i>Nirgandha Parpati</i> : Without <i>Parada</i> and <i>Gandhaka</i> - ex: <i>Shweta Parpati</i> , <i>Malla Parpati</i> etc.,
<i>Parpati</i> containing <i>Kajjali</i> and one or more <i>Kasthaushadhi</i> . - Ex: <i>Pranada Parpati</i> , <i>Bola Parpati</i> .	

➤ Materials and methods

Specific Raw Material: *Parada*, *Gandhaka* with any *Dhatu* or *Kashtha Aushadhi* as per need.]

Lauha Darvi: *Kajjali* is first liquefied in a *Lauha Darvi* to make *Parpati*. In some texts *Tamra Darvi* is also mentioned.] *Agni*: It plays a very important role in making *Parpati*. Low heat is required to liquify *Kajjali*. *Paka* is done till *Kajjali* attains muddy appearance (*Pankasamam*) as mentioned in *Rasatarangini*.⁸

Ghrta: Iron pan is smeared with *Go-Ghrta* to prevent any adherence of *Kajjali* with the pan. It also adds *Saumya Guna* to *Parpati*.]

Gomaya: It is used as a cushion for spreading *Kajjali* and to fasten the cooling of hot molten material to make thin flakes. It is rich in biliary products which get absorbed in the making of *Parpati* and hence *Parpati* is used in *Pittaja Vyadhis*.] *Kadali Patra*, *Eranda Patra* or *Arka Patra* are usually used as the sandwich over cow dung. *Kadali Patra* gives the *Kashaya* property hence enhance the potency of *Parpati*.⁹

➤ Method of preparation -

Firstly *Kajjali* is prepared by triturating *Shuddha Parada* and *Shuddha Gandhaka* till it becomes black fine powder and all *Kajjali siddhi lakshanas* are achieved. Then as per the requirement of formulation of the *Parpati* to be prepared, all ingredients are mixed together and triturated. Then the mixture is then transferred into an iron vessel which is coated with a thin layer of *Ghee* from inside and the vessel is then heated. The *Ghee* melts and gets spread the vessel. Then the mixture containing *Kajjali* is poured in the vessel and heated slowly. When the drug substance melts, it is poured on a banana leaf which is coated already with a thin layer of *Ghee* placed over cow dung. ☞ Another similarly coated leaf is kept on the spread substance and the pressure is applied with *gomaya pottali* in one direction once unilaterally. On cooling on its own, the upper banana leaf is removed and the thin crisp wafer i.e., *Parpati* is collected. ☞ It

is finally washed with hot water to remove excess *Ghee*, dried and powdered and kept in a bottle. ☞ While giving a slow heat, a wooden or *Lauha Shalaka* is used. *Khadira Kashtha* is preferred as fuel. The amount of heat given determines the consistency of the final product and accordingly three types are formed viz., *Mridu Paka*, *Madhyama Paka* and *Khara Paka*.¹⁰

➤ Parpati Paaka:- 1. Mridu paka:-

मयरचन्द्रकाकारं लङ्गं म यत्र तु दृश्यते | तत्र लसद्धम
ववजानीयात् वैद्यो नात्र संशयः | (भैषज्यरत्नावरी 8/413)

➤ **Mridu Paka**: The final end product after heating is obtained from the drug substances containing *Kajjali* by giving mild heat. The black colour of the drug changes to turquoise (*Mayur Chandrika Varna*) during heating. The *Parpati* formed is brittle and breaks without crackling sound. The chemical bondage between mercury and sulphur is not permanent. Still *Mridu Paka Parpati* is used for medicinal purpose.

➤ • During paaka (*Paaka kaalen*): Colour of molten *kajjali* is *mayura chandrika varna* • After paaka (*Paaka paschata*): • it is very soft and when tried to break, it bends • Black in colour and shining is less • used for medicinal purpose

➤ मयूरचक्रिकाकारं लिङ्गं यत्र तु दृश्यते तत्र लसखि

लवजानीयाद्वैद्यो नैवात्र संशयः ॥ (भा. भै. र. रस पपपटी 6063)

मृदुपाकन भङ्गा (र. त. 6/139)

➤ **2. Madhyama paka:-** During paaka (*Paaka kaalen*):

The final end product is obtained by heating moderately. The melted *Kajjali* attains Tail consistency the *Parpati* formed is crisp and breaks with a crackling sound. The edges of broken parts are silvery-whitish in colour. But the *Parpati* is generally black. The ingredients acquire a good bondage in the type and hence rich in medicinal property. *Kajjali* attains *Taila* (oily) consistency. After paaka (*Paaka paschata*): • Black coloured

with proper shining. • while breaking, on the edges shinning silver colour is seen. • - Used for medicinal purpose • - Have proper chemical bonding

- तावत् स्थाप्यते यावत्तैभो जायते रसः (र. यो. सा. ताम्र पपपटी 562) स्यात् तत्सारल्यञ्चमध्यमे । (र. त. 6/13 मध्ये भङ्गश्च सौप्यवत् (र. यो. सा. पञ्चामृत पपपटी)
- **3. Khara paka:-** Severe heat is the reason of this type of Parpati due to which Parpati becomes dry, coarse and reddish in colour. It becomes heavy to digest and is not recommended therapeutically
- During paaka (Paaka kaalen): Parpati becomes with reddish (rakta varna) colour. After paaka (Paaka paschata): • Dry, hard and coarse, blackish brown colour in nature • burnt pieces and powder will be observed • Poisonous (Visha in nature) • Not used for medicinal purpose
- रक्तवर्ष भवेत् यावत् तावत्पाच्यं प्रचायेत् (भा. भै. र. रुद्र पपपटी 6154)
- **Parpati Prayoga ¹¹:-** 1. Samanya:- • given in dose of 1-2 ratti (125-250 mg) with anupaana of fried jiraka, hingu, takra, etc
- **2. Vishesha / kalpa/ Vardhaman prayoga:-** • 1 or 2 ratti (125-250 mg) dose initially and increased by 1 ratti per day upto max. 10 to 12 ratti (2.5 to 3 gram). • Dose is maintained till disease is cured and then gradually dose is decreased by 1 ratti (125 mg) daily till it becomes again 1 or 2 ratti (starting dose). • In this way it takes around 40 days for a Kalpa Prayoga usage.
- **Pathya • Godugdha • Takra •** fruit juice • Kakamachi (Black night shade) • Patola (Pointed gourd) • Ardrak (Ginger) • Kadalipuspha (Banana flowers) • Brinjal • Old Shalidhanya Apathya • Anna • Jala • Lavana (Salt) • Amla sevana (Intake of Sour things) • Shita Jala Snana (Bathing with cold water) and sita vayu sevana (Exposure to cold winds) • krodha (Anger), chinta (Tension/Stress) • usna dravya (Intake of hot substances) • tikta dravyas (bitter drugs) like Nimba (Neem) • sweet substance like Guda (Jaggery) • Anupa mamsa (Aquatic/frozen meat), etc.
- **Anupaana:-** • -Madhu • - Bharjita Jeeraka • - Ksheera • - Sita (rock sugar) • - Ghrita • - Dadima Swarasa • - Takra
- **Aamayika Prayoga or Indications:-** • Mandagni (because gopitta from gomaya comes in contact with kadali patra and get absorbed in parpati,

which increases our body pitta) • Grahani (pittaj), Shotha • - Atisaara, Arsha • - Jalodara, Kushtha • - Gulma, Pandu Trick: GJ (gujrat) K PAAS G-Grahani J- Jalodra K- Kustha P- Pandu A- Arsha A- Atisaar S- Shotha

- **Loha Parpati:-** Siddha Yoga Sangraha Atisara Ratnavali - Pravahika, Grahanyadhikar, AFI, Vol. 1, रसभागो भवेदेको लद्गुरः युिगन्धकः । रसतुल्यं तीक्ष्णस्म कज्जी कारयेच्छु भाम् ॥ रसपपपलटकाप्रोक्ता लवधानेन प्रयत्नत । (लसियोग संग्रि, अलतसार-प्रवालिका, ग्रिण्यालधकार,
- **Ingredients:-** • Shuddha Parada – 1 Part • Shuddha Gandhaka – 2 Part • Teekshna Loha Bhasma (Kantloha Bhasma) - 1 Part
- **Procedure:-** • Kajjali (black sulphide of mercury) was prepared initially by triturating 1 part Shuddha Parada and 2 part Shuddha Gandhaka continuously in a clean khalva yantra (mortar and pestle). • Kantaloha bhasma was then added and triturated for one hour continuously. • Obtained mixture was taken in a Ghrtalipta lohadarvi (ghee smeared iron laddle) and heated on mandagni (moderate fire). • Then the mixture, after melting completely, was poured on a Ghrtalipta (ghee smeared) Kadali patra (leaf of Musa paradisiaca), which was kept on Gomaya (cow dung) bed. • Immediately it was pressed by another Ghrtalipta Kadali patra for 1 minute. • After Swangasheeta (self cooling), thin flake (parpati) was obtained.
- **Dose – 1-2 ratti Anupana:-** Milk, Butter Milk, Bhresta Jiraka Churna, Dadima Svarasa. Therapeutic Uses:- Agnimandya, Grahani, Amlapitta, Pandu, Sutika Jvara, Amasula, Atisara Kamala, Pliha Roga, Bhasmaka, Amavata, Udavarta, Kustha, Gara Visha, Vali Palita
- **Sudha parpati - Rasamritam • Ingredients:-** 1. Gandhaka 1 Part 2. Sudha Churan 1 Part Procedure:- • Shuddha Gandhaka (sulphur) and sudha churna (lime powder) were triturated (mardana) to convert it into a homogenous mixture. • Fine powder of the above mixture was taken in a loha darvi (iron ladle). The darvi was heated in low flame on a gas stove, with frequent stirring of the contents.
- 23. • When the contents melted it was poured on ghee smeared banana leaf, over it another banana leaf is kept and pressed with a plate. After a few moments of pressing, the plate is removed and the yellowish white coloured parpati (wafer) is collected. Therapeutic Uses:- Prameh Raktapitta (Bleeding Disorder), Pradara (Menomettrahagia),

Yonisrava (Vaginal Discharge), Somaruja (Diabetes Insipidus), Jirna Jwara (Chronic Pyrexia), Daha (Neurasthenia), Amlapitta (Hyperacidity), Pidaka, Pimples, Kantamala And Other Skin Disorders. Dose – 1-2 ratti.

➤ **Types of Parpati¹²**

➤ Prayoga ∪ There are two types- Samanya Prayoga and Kalpa Prayoga

➤ Samanya Prayoga- Parpati is use in 1 to 2 Ratti dosage twice or thrice a day. There is no rule to be followed during its administration.

➤ Kalpa Prayoga- In this, Parpati is started from dose 1 or 2 Ratti and increased to 12 Ratti by during by daily increment of 1 Ratti thereafter followed the same rule and decreased to 1 Ratti by daily reducing 1 Ratti Matra as mentioned in chakradatta.

➤ **Pathyas- Apathyas** followed during Parpati intake in Kalpa Prayoga 1. Pathyas: Kakamachi, Pugaphala, Patola, Adraka, Kadali Pushpa, Shalidhanya, Godugdha & Sharkara. 2. Apathyas: Amla Sevana, Sheetala Jala Sevana, Shital Vayu Sevana, Krodhha, Chinta, Ushna Dravya, Tikta Dravya, Stree Sevana. Beetel nut should be chewed after Parpati intake on 1st day. On 3rd day patient is allowed to take meat, Ghee and milk.

➤ **Ingredients: 1. Abhraka** Bhasma (Gagana) :1 part 2. Śuddha Gandhaka: 1 part 3. Śuddha Pārada: 1 part Method of preparation: ∅ Prepare Parpaṭi as per classical method. ∅ The end product in the form of parpaṭi is triturated in a clean khalva yantra to fine black coloured powder form and stored in an airtight glass container for further therapeutic use. Gagana Parpati (R. Y. Sā; 1 part; 'ga'kārādi rasa; (S.Y.S. atisara pravahika grahani adhikara)

➤ रसभागो भवेदेकस्तत्समं व्योमभस्म चा तयोः समं शुद्धं गन्धं दत्त्वा कुर्यात्तु कज्जलीम्॥ रसपर्यटिकाप्रोक्त विधिना पर्पटी शुभा कार्या पाण्डु क्षयं कासं श्वासं मन्दानलं तथाग्रहणीं चिरजां हन्ति ह्येषा गगनपर्पटी

➤ **Dosage:** One valla (3 ratti = 375 mgs) ∅

➤ Anupana: the medicine is administered along with jīraka, madhu and trikatu. ∅ Therapeutic utility: It is useful in all types of atisāra if consumed with jīraka and madhu, Pandu, kshaya, kasa, shwasa, it cures kaphaja śoṭha if consumed with trikaṭu.

➤ is the Agnisthaya Murchita Avastha of Parada. Also one among the Parada Bandha. The quantum of the heat given during the preparation of the

Parpati plays an important role, if the amount of the heat given becomes more than the Parpati attains the Khara Paka stage, this is discarded and considered to be of no use. So the pattern of the heat to be given is considered of prime importance.

➤ **Gagana parpati** is prepared by adopting the general method of preparation of Parpati Kalpana and has achieved the Siddhi Lakshana of Madhayama Paka. ∅ Gagana parpati is Primarily used for digestive disorders like Grahani (mal-absorption syndrome) due to its ability to improve Agni (digestive fire). ∅ Gagana parpati Involves a complex alchemical process called "Murchana" where mercury is processed with various substances to reduce its toxicity and enhance its therapeutic properties. ∅ The parpati prepared here is having longer shelf-life as explained in the classics.

➤ 18. **Pancamrita Parpati (B. R. Grahaṇīrogādhikāra 8/458 - 460)** Ingredients 1. Suddha Gandhaka:16 parts 2. Suddha Paradaa: 8 parts 3. Loha Bhasma: 4 parts 4. Abhraka Bhasma: 2 parts 5. Tamra Bhasma: 1 part ∪ Method of preparation: } General method of preparation. } The medicine will be black in colour with no taste and characteristic odour.

➤ अष्टौ गन्धकतोलका रसदलं लौहं तदूर्द्धं शुभंलोहाूर्द्धं च वराभ्रकं सुविमलं ताम्रं तदभ्रार्धिकम्। पात्रे लौहमये च मर्दनविधौ चूर्णीकृतञ्चैकतोदर्व्या बदरवह्निनाऽतिमृदुना पाकं विदित्वादले ॥
रम्भाया लघु ढालयेत् पटुरियं पञ्चामृता
पर्पटीख्याताक्षौद्रघृतान्विताप्रतिदिनं गुञ्जद्वयं वृद्धितः।

➤ **Dosage: Two** ratti to 8 ratti ∪ Anupana: is administered by daily increasing 2 ratti or as kalpa- prayoga for 21 days along with madhu and ghr̥ta or any adjuvant as per the disease condition. ∪ Therapeutic utility: It is useful in all types of grahaṇīroga, aruci, duṣṭa arśa, chardi, purāṇa atisāra, jwara, raktapitta and kṣayaroga. It is also useful in vali, palitaroga, netraroga, sthaulya. It is good agnidipaka and induces new energy into the body.

➤ **Ingredients: 1. Śuddha Gandhaka:** 16 parts 2. Śuddha Pārada: 8 part 3. Rajata Bhasma: 4part 4. Swarṇa Bhasma: 2 part 5. Vaikranta Bhasma: 1 part 6. Mukta Bhasma: 1 part VIJAYA PARPATI (B. R. Grahaṇīrogādhikāra 8/485-492)

➤ गन्धकं क्षुद्रितं कृत्वा भाव्यं भृङ्गरसेन तु सप्तधा या त्रिधा वाऽपि पश्चाच्छुष्कं विचूर्णयेत्। चूर्णयित्वाऽऽसे पात्रे कृत्वा वह्निगतं सुधीः। द्रुतं भृङ्गरसे क्षिप्तं तत उद्धृत्य शोषयेत्। तञ्च गन्धं पलञ्चैकं

गन्धाद्धं शुद्धपारदमासूताद्धं भस्मरौप्यञ्च तदद्धं स्वर्णभस्मकम्।
तदद्धं मृतवैक्रान्तं मौक्तिकञ्च विनिक्षिपेत्। एकीकृत्य ततः सर्वं
कुर्यात् पर्पटीकां शुभाम्॥

- **Method of Preparation:** } Appropriate kajjali is prepared using mentioned ratio of śuddha pārada and śuddha Gandhaka. } The kajjali is added with mentioned quantity of Rajata Bhasma, Svarṇa Bhasma, Vaikranta Bhasma, Mukta Bhasma and triturated homogenously. } Now this drug mixture is used to prepare parpaṭi as per classical method. } The end product in the form of parpaṭi is triturated in a clean khalva yantra and stored in an airtight glass container for further therapeutic use. } The product will be a black, tasteless powder with characteristic odour.
- Anupana: One to two guñjā (125 to 250 mgs) of this medicine can be administered per day in divided doses along with suitable adjuvant. ∪ Therapeutic utility: It is indicated in grahani amaśūla, atisāra, pravāhikā, all types of arśa, yakṣma, śoṭha, kamalā, pliha, gulma, jalodara, pittja śūla, amlapitta, vātarakta, chardi, bhrama, all types of kuṣṭha, all types of prameha, visamajwara, all types of ajirna, agnimāndya and aruci. ∪ This preparation is indicated in wide range of disease conditions as mentioned above. An aged person consuming this medicine attains good physical and mental health.
- **Uses-** samgrahani by vijayaparpati used in parpatikalpa showed marked and rapid improvement in all the signs and symptoms of the disease. After completion of treatment LFT and RFT investigations were done to rule out any adverse effect of drugs. LFT and RFT both were within normal limits, so no side effect / adverse effects were found during the course of treatment. Patient is on regular follow up and advised to follow pathyaahara and vihara and is satisfied with the treatment.
- **Vijayaparpati** is having ingredients which act very fast on the pathology of disease. ∪ As described by BhaishajyaRatnavali in the chapter of samgrahanirogadhikar, parpati acts on digestive system with its doshaghna, jantughna and balya properties. ∪ It helped to improve grahanakarya of intestines thus, reducing complaints of atisara (frequency) and cures mandagni. ∪ vijaya parpati is useful in patients of samgrahani by enhancing the normal functioning of pakwashaya. The tridoshashamaka effect rectified the pathogenesis at dosha level. ∪ By

deepana karma it enkindled the agni, pachana karma reduced the ama formed due to mandagni''

- **SWETHA PARPATI** - कर्षविंशतिमानः स्यात्सूर्यक्षारश्च शोभनः । स्फटिका पञ्चकर्षा स्यादपक्वा पाण्डुरा शुभा ॥ टङ्गणो नव्यसारश्च कर्पूरं च पृथग् पृथग् । त्रिकर्षप्रमितं ग्राह्यं सर्वमेकत्र कारयेत् ॥ द्रावयित्वा मृत्तिकायाः पात्रे तत्कदलेदले । ऊर्द्धाधो गोमयं दत्त्वा ढालयेत् स्वाङ्गशीतलम् ॥ मर्दयेत् कूपिकामध्ये स्थापयेत्तदनन्तरम् । दशगुञ्जामात्रयेयं देया दुग्धजलेः सह ।
मूत्राघातं मूत्रकृच्छ्रे मूत्रदाहनिवारयेत् ॥
- Siddha yoga sangraha Suryakshara-16 parts Sphatika-2 parts Navasadara – 1 part Rasoddhara Tantra Suryakshara – 20parts Sphatika – 5parts Navasadara – 3parts Tankana – 3parts Karpura – 3parts
- **Ref S.Y.S All the** ingredients are powdered in khalva yantra Then this mixture is taken in mud sharava The mixture is heated with mild fire until it melts Then molten liquid is soon hurled on to a clean, soft & even stony surface Except karpura, all other ingredients are taken in a mud sharava Heated over mild fire to melt them When whole drug mass is liquefied sharava is taken out from fire And karpura is added Now this liquid is soon hurled on a clean even surface. Rasoddhara Tantra Method of Preparation
- **Dose 1-10 Ratti** (125mgs to 1.25gms) Anupana Sheetala jala, dugdha, narikela & Sharkarayuktha Jala. Indications Mutraghata, Mutrakrichra, Mutradaha, Anaha, ashmari, Amlapitta etc. Cont....
- usage of Kshara Parpati • It is better to avoid in children, pregnant and lactating mothers. • Take this medicine only in prescribed dosage for certain duration only. • Over-dosage may cause side effects. It should be stored in a cool and dry place. Effect on Tridosha: Balances Vata and Pitta. How long to use: It can be used upto 1- 2 months, based on physician's advice.
- **Shweta parpati**
- follows slightly different pattern of making than usual Parpati preparations. It does not contain Parada and Gandhaka as its ingredient. And in therapeutic use it is mainly used in Mutkrichra, Mutraghta etc when compared with other Parpati preparations like Rasa parpati which is used mainly in Grahani. All other Parpati uses Lohadarvi to heat the ingredients, but here we usually use mud Sharava to prevent reaction of ingredients since main ingredient in Swetaparpati is Kshara.

➤ **Shweta parpati** is a Kajjali Rahita parpati Kalpana. Easy availability of ingredients and low cost of production adds on to its benefits. The method of preparation is also easy. ∪ Mutrakrichra is a condition which can be effectively managed by the Shweta parpati. Shwetaparpati is a simple, safe, easy to prepare

and administered preparation explained in Ayurvedic classics. ∪ Shweta parpati has multi-dimensional effect on mutrakrichra like as diuretics, alkalizer etc. ∪ The effect of Shweta parpati can be understood very well according to Ayurveda and contemporary sciences.

Uses of Parpati preparations in different diseases along with various Anupanas

<i>Unmada Roga</i> (Insanity)	: <i>Rasnamool churna and Goghrita.</i>
<i>Apasmara Roga</i> (Epilepsy)	: <i>Brahmi swaras and Trikatu churna</i>
<i>Sangrahani Roga</i> (type of GIT disorder)	: <i>Shweta Jeeraka churna and Hingu.</i>
<i>Udara shula</i> (Abdominal pain)	: <i>Eranda beeja taila</i>
<i>Pandu with shotha</i> (Anemia with Inflammation)	: <i>Guggulu churna</i>
<i>Kustha</i> (Skin disorders)	: <i>Nimba panchanga, Bakuchi and Bhringaraj churna</i>
<i>Vatajwara</i> (Vatik type of fever)	: <i>Dashmula Kwatha</i>

DISCUSSION - The formulations were nomenclature basing upon number of the chief ingredients i.e. if five ingredients are there, then it is Panchamrita Parpati and seven ingredients then it is Saptamrita Parpati. A great variation is observed regarding the ingredient in the same Parpati for example Panchamrita Parpati alone has been described to be of nine types as described by Vaidya Hariprapanna Sharma in Rasayoga Sagar. Panchamrita Parpati is supposed to be used for Dyspepsia, Mal absorption syndrome, chronic Cough, Haemoptysis, Tuberculosis, Arthritis and Skin disorders. Panchamrita parpati is utilised as a natural aphrodisiac and rejuvenator

CONCLUSION-

Parpati for the first time was formulated in 8th century, in the name of *Rasa Parpati*. It is a *Murchana* variety, attaining *vyadhiharana* (destroying the disease) property. *Mandagni, Gomay, Kadali, Parpatakara* have their own significances in *Parpati nirmana*. *Mridu* and *Madhyama Paka Parpati* are to be used *Khara paka* is *tyajya* (discarded). Its prime importance is in *Grahni vikara*. *Parpati* is a prestigious and dependable preparation in *Rasa Shasta* for the management of *Grahani*. It should be prepared carefully following the guide-lines given by various classical texts in regards to purification of mercury, sulphur and other materials and proper incineration of minerals and metals which are used for preparation of various *Parpati kalpana*. Then only *Parpati* becomes safe, effective and beneficial for therapeutic purpose. (Flakes) is a well-known and successfully used preparation for the management of *Grahani* (Malabsorption/sprue syndrome). Before the invention of *Parpati*, *Grahani* was considered difficult to cure but after the invention of *Parpati* it became easily curable. The use of *Parpati* was found beneficial for alleviating associated

symptoms of *Grahani* as well as various other diseases like *Rajayakshma, Kustha, Gulma* etc. *Parpati Rasayana Kalpanas* are the most popular among the processing's of Mercury and are widely used. These are therapeutically effective mineral and metallic formulations; including both *Sagandha* and *Nirgandha Parada Yukta yogas*. *Parpati Rasayanas* have high therapeutic value, potent, less toxic and cost-effective medicines & used in all aged groups. A large number of herbs have been also used as ingredients in the preparation of different *Parpatis* having special indication. The therapeutic action of *Parpati* is concerned, basically it has been recommended for the ailment of the G.I.T e.g. *Agnimandya, Amlapitta, Atisara, Grahani* and worms of G.I.T. However, with the addition of few minerals and herbs it has been indicated for the disease of haemopoietic system, respiratory system, uro-genital system and metabolic disorders. It has been also claimed to be useful for every disease if used with different type of *Anupana*.

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