

A Review of Lokanatha rasa with special reference of *Putapaka* preparation method

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ABSTRACT: Rasa shastra is an ancient pharmaceutical science dealing with mercury, minerals, metals, gems, calcium-containing materials, and some poisonous materials. Due to its quick action, usage in smaller doses, and its long stability these rasaushadies play a vital role among Ayurveda drugs. According to the preparation method, all rasushadies are divided into 4 types. They are Kalveeyarasayana (prepared by using mortar and pestle), Papatirasayana (thin flaky preparation), Kupipakwarasayana (prepared inside a glass bottle), and pottalirasayana (prepared into a scattered and comprehensive form.) Lokanatha rasa, is an important rasa preparation mentioned in classical Ayurveda rasa shastra texts. Different lokanatha rasa formulae are mentioned in classical Rasa shastra texts and the preparation methods of all these formulae are similar to the pottali preparation method. Some preparations follow the putapaka after bhavana procedure while some follow the kapardapurnaputapaka method. But all these preparations are not termed as pottali. Lokanatha rasa is a sagandhasagni mercurial preparation prepared according to the pottali preparation method. Furthermore, puta paka method followed by bhavana preparation method is therapeutically effective for liver, spleen, gulma, agnimandya, and dhathuksaya diseases to giving dhathupushtikara and rasayana effect. Lokanatha rasa prepared by kapardapurnaputapaka method, is effective for disorders such as Athisara and grahani.

KEY WORDS: Rasaushadi, Pottalirasayana, Lokanatha rasa

I. INTRODUCTION

Rasa shastra is an ancient pharmaceutical science that dealt with mercury, minerals metals, gems, calcium-containing materials, and some poisonous materials. Due to its quick action, usage in smaller dosage, and long stability period, these rasaushadies play a vital role among Ayurveda drugs¹. According to the preparation method, all these rasushadies can be divided into 4 types. They are Kalveeyarasayana (prepared by using mortar and pestle), Papatirasayana (thin flakes like preparation), Kupipakwarasayana (prepared inside a glass bottle), and pottalirasayana (prepared into scattered and comprehensive form. ²) According to the preparation method pottali can be classified into three types. They are bhavana, putapaka and gandhakadravapaka. In bhavana method, the ingredients are triturated with prescribed liquid media. In putapaka method, the ingredients are triturated with the recommended liquid or ingredients after filling it into a shell of cowrie or conch and by closing its hollow part by using the Tankana (borax) paste, that is prepared by cow's milk or cow's urine subjected to puta paka by using varaha to gaja puta². Gandhakadravapottali is prepared by keeping the ingredients inside the molten sulphur. Lokanatha rasa (LKR) is an important rasushadi which is a very common preparation in Ayurveda practice. Number of different formulations with the same name is explained in Rasa shastra literature. When considering the preparation methods, most of the textual references reveal that the LKR is prepared according to the pottalikalpana method. All LKR is prepared by bhavana followed by puta paka method or kapardapurnaputapaka method. But the importance is that none of these LKR preparations are termed as pottali. The objective of the present study is to compile available textual references of LKR prepared into puta paka method, and study the dose, anupana, preparation method, and indication related to the preparation.

II. MATERIALS AND METHOD

Several references regarding different pharmaceutical preparations on LKR from various rasashastra texts and all the available literature regarding pharmacological action and properties of the drug of each text has been noted. Also, information gathered by reviewing related research articles on internet and print media.

Finally, the ingredients of the formulae were reviewed and the most probable mode of actions as per indications of the formulae was understood.

Ingredients and preparation method of LKR (Prepared by using putapaka method) mentioned according to different rasa shastra text

(Please refer table 01 included at the end of the document)

Various indications, dose and anupana of LKR

(Please refer table 02 included at the end of the document)

Pharmacodynamic properties and indications of lokanatha rasa and According to different texts^{11,12}

(Please refer table 03 included at the end of the document)

III. DISCUSSION

LKR is an important mercurial preparation mentioned in Rasa shastra. Most of rasa shastra texts follow the pottali preparation method for the preparation of LKR. However, it is not termed as pottali. After reviewing the pharmaceutical preparation of LKR from Rasendrasarasangraha, Rasendrachinthamani, 2 formulas from Bhaisajjarathnavali and one formula of Rasa rathnasamuchchaya it was clear that the putapaka method followed by bhavana with different liquids was followed. Sharangadharasamhitha, 1 formula of Bhaisajjarathnavali and 2 formula of Rasa rathnasamuchchaya followed putapaka by using kapardapurna. Due to bhavana process mineral materials enhance their potency by grinding them with herbal materials and formed them as herbo-mineral preparation. Being a mercurial product LKR has quick absorption and assimilation throughout the body. When parada is administered internally it can be used in three conditions as murchitha, badda, or maritha. Most rasa preparations are prepared by using murchithaparada and LKR too can be considered as a murchithaparada preparation. Administration of murchithaparada preparation can cure all the diseases in the human body. According to the utilization of heat, these murchithaparada preparations can be sagni or niragni preparations. In the presence of gandhaka they can be classified as sagandha and nirgandha. Therefore, according to the classical rasa shastra textual references LKR is considered as sagandhasagni preparation, and that is prepared according to pottali preparation. Being a sagandha preparation every time parada is bonded with Gandhaka and prepared into kajjali form. Due to the presence of kajjali in this preparation it has high yogavahi property and this property can be assimilated in the body quickly. Also, in Rasarathnasamuchchaya two recipes have rasa basma instead of kajjali. These two preparations are mentioned in Rajayakshmachikithsaadikara and udavarthachikithsa. Mostly rasasindura is considered as rasa basma. It can act as a yogavahi material which can act as paramarasayanavrushyabalavardhaka and agnideepthaka. Therefore, due to the presence of rasa basma the drug acts in the body very quickly and a very quick relief can be given to the patients. Additionally, in rasa rathnasamuchchaya there is 1 formula mentioned that consists of swarnabasma and it is indicated for Rajayakshma. Due to the presence of swarnabasma the preparation gets vrushya, balya, and rasayana effect. Therefore, swarnabasma is considered as the potentiate material for mercurial preparations such as LKR. When considering the preparation method agni plays a major role in LKR preparations. Method of all of these preparations are subjected to a unique heat and the heat varies between varaha puta to gaja put i.e. 200°C-1000°C. Due to this temperature bonds between the ingredients become more stable and the materials become laghu (light) in nature. This stable and laghu nature potentiate the preparation and also, it can act as a high therapeutic preparation. Comparing the puta paka followed by bhavana method with kapardapurnaputapaka preparations, kapardapurnaputapaka preparations consists of a high amount of calcium. Because calcium is the one of most effective materials for GIT tract disorders, most kapardapurna puta paka preparations are indicated for GIT tract disorders like grahani and athisara.

IV. CONCLUSION

Lokanatha rasa is a sagandhasagni mercurial preparation prepared according to pottali preparation method. Nevertheless, it is not termed as pottali. Other than Rasa rathnasamuchchaya most of the formulae prepared by putapaka followed by bhavana is indicated liver spleen and agnimandya conditions. Formulae followed in kapardapurnaputapaka methods are mainly indicated for Athisara, grahani like GIT tract disorders.

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Table 01

| Textual Reference | Shuddhaparada | Shuddhagandhaka | Abhrabasma | Lauhabasma | Thamrabasma | Varatikabasma | Rasabasma | Thuttha | Shankhabasma | Swarnabasma | Type of putapaka | Bhavana Materials |
|---|---------------|-----------------|------------|------------|-------------|---------------|-----------|---------|--------------|-------------|---|-----------------------------------|
| Rasendrasarasangraha (Pleeharogachikitsa) ¹ | + 1part | + 1part | + 1part | + 2 parts | + 2 parts | + 6parts | - | - | - | - | Gaja puta | Nagavalli juice (Beetle juice) |
| Sharanghadara samhitha ³ | +2 parts | +2 parts | - | - | - | - | - | - | - | - | Kapardapura (mouth of kaparda closed by paste of milk and tankana) Gaja puta | |
| Rasendra chinthamani ⁴ Udara rogaadhikara | + 1part | + 1part | + 1part | + 2parts | + 2parts | + 6 parts | | - | - | - | Gaja puta | Nagavalli juice (Beetle juice) |

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|--|------------|-------------|----------|----------|----------|----------|------------|---|---|---|--|---|
| Bhaisajja rathnawali ⁵ 1ST formula (Athisarachikithsa) | | +4 parts | | | | | +1 part | | | | Kapardapura (mouth of kaparda closed by paste of honey and tankana Gaja puta | Nagavallijuice(Beet le juice) |
| 2nd formula Plihayakrida roga⁶ | +1 part | +1 part | +1 part | +2 parts | +2 parts | +3 parts | | | | | Laghu puta | Nagavalli juice (Beetle juice) |
| 3rd Formula Plihayakrida roga⁶ | +1 part | +1 part | +1 parts | +2 part | +2 parts | +4 parts | | | | | Laghu puta | Nagavalli juice (Beetle juice) After grinding for 3 hrs. |
| Rasajalanidhi Udara rogachikithsa ⁷ | + 1part | + 1 part | + 1 part | + 1 part | + 1 part | + | - | - | - | - | Gaja puta | Nagavalli juice (Beetle juice) |

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|--|----------------------|----------------------|--|----------------------|----------------------|--|---------|----------------------|----------------------|-----------|---|-----------------|
| Rasa rathnasamuchchaya 1 st formula Rajyakshma chikithsa ⁸ | | +2 parts | | | | | | +1part | | +1/4parts | Kapardapurnamou thofkaparda closed by paste of milk and tankan Arathni size pit for puta | Chithrakakwatha |
| 2 nd formula Rajyakshma chikithsa ⁹ | + ½ Nishka | + 1 Karsha | | + 2 karsha | + 9 karsha | | | + ½ Nishka | + 1 karsha | | Varaha puta | Arka leaf juice |
| 3 rd formula Udawartha chikithsa ¹⁰ | | +4 parts | | | | | +1 part | | | | Kapardapura Mouth of kaparda closed by cow's milk and tunkana paste Gaja puta | |

Table 02

| LKR prepared by putapaka method followed by bhavana | | | |
|---|---|-----------|--|
| Name of the text | Indication | Dose | Anupana |
| Rasendrasarasangraha | for liver spleen disorders, gulma, shotha, jeernajwara, pandu, kamala and agnimandaya conditions. | two gunja | Pippalichoorna with honey, harithaki powder with guda and jeeraka powder with guda |

| | | | |
|-------------------------|--|--|---|
| Rasendrachinthamani | Same as Rasendrasarasangraha | Same as Rasendrasarasangraha | Same as Rasendrasarasangraha |
| Rasajalanidhi | Same as Rasendrasarasangraha | Same as Rasendrasarasangraha | Same as Rasendrasarasangraha |
| BhaisajjaRathnavali | | | |
| 1 st formula | Same as Rasendrasarasangraha | Three gunja | Same as Rasendrasarasangraha |
| 2 nd formula | Liver spelen disorders, Udara,Agnimandya, sarwajwara | two gunja | AdrakadravathenKhadirakwatha |
| Rasa rathnasamuchchaya | Rajayakshma | 1/8 th Nishka | ½ Nishkamarichachoorana mixed with1 NishkaGandhaka with gomuthra |
| | LKR prepared by putapaka method followed by kapardapura | | |
| Sharanghadarasamhitha | Vatadisorders,Pitta,kaphaatisara, Kshaya, Aruchi, Grahani, Malabadda, Mandagni, Kasa, Swasa, Gulma | Six (6) gunja Mixed with 29 maricha seeds (pepper seeds) | Ghee for vathajadisorders,butter for pittaja disorders and,honey for kaphaja disorders. |
| BhaisajjaRathnavali | Sarwaathisara | Four (4) Gunja | Honey Also take the decoction of dried ginger, athivisha, mustha, devararu, and vacha. |

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|-------------------------|----------------------------|----------------|---|
| Rasa rathnasamuchchaya | | | |
| 1 st formula | Pushtikara ,veeryavardhaka | Four (4) gunja | Ghee,Marichachurna |
| 3 rd formula | Vathathisara | Four (4) gunja | Honey Nagara, athivisha, mustha and devadarukashaya for vaththisara |

Table 03

| Ingredients of lokanatha According to different texts | Rasa | Guna | Veerya | Vipaka | Karma |
|---|---------------------------|----------------------------|--------|---------|---|
| Shuddaparada | Shad rasa | Sara, guru, snigdha | | | Yogavahi, Thdidoshagna, Rasayana, shodana, Sarvarogavarjitha |
| Shuddagandhaka | Katu | Sara, snigdha, | ushna, | Madhura | Pachana, deepana, yogavahi, Kaphavatasamaka |
| Abhrabasma | Kashaya, madhura | Snigdha | sheeta | Madhura | Deepana, balya, Pragnanabodha, Rupaprasada, Shareeradardyakara, Veeryasthambakara, Veeryavruddhi, Punsathvakara, Rasayana |
| Lauhabasma | Thiktha, Kashaya, Madhura | Sheeta, Sara, Guru, Ruksha | Sheeta | | Anilapaha, Shleshmahara, Thridoshahara |
| Thamrabhasma | Tiktha, Kashaya, Madhura | Laghu,sara, snigdha | ushna | Katu | Pittakapahara, urdhawaadahshodana, garavishahara, KSHUTKARMA |
| kapardabasma | Katu | Ruksha. Theekshna | Katu | Ushna | Deepana, vrushya nethraya, Rasayana, shukrakara, rasendrarajana, doshari, vidanirmanakari |

| | | | | | |
|---------------|--|-----------------------------|--------|-------------|---|
| Tankana | Katu | Ruksha, theekshna | Ushna | | Vathakapagna, pitthakruth, Hridya, Balya, Sthavaradee vishanashaka, Agnideepthikara, Sthreepushpajanana |
| Shankhabhasma | Kashaya, Katu | Laghu | Sheeta | Sheet a | Grahi.Balya, Lekhana, Agnideepana, Thridoshagna, Ksaya, visha, kshinatha, and Nethraroga, nashaka |
| Rasa basma | | Yogavahi | | | Rasayana, vajeekarana, snayubalavardhaka, |
| swarnabasma | Madura, Kashaya, Thikta, Katu | Sheeta, Guru, Snigdha | Sheeta | Mad hura | Vrushya, Balya, Vrunhana, Rasayana, Medhya, Smruthiprada, Nethrya, Ayushya, Kanthikara, Vagvishudhikara, Sthirathvakruth, Pavithra, Rasayana, Paramavishagna, Garavishahara, Sukakhara, Lekhana, Deharogapramathi, Ruchya, Thvachcha, Varnya, Pushtipradha, Ojovardana, Vayassthirakara, Bhavasukakara, Thridoshagna |
| Thutthabasma | Katu, Kashaya, Madhura | Kshareeya | ushna | Katu | Lekhana, Bedhana, vamana, Krimigna, Chakshushya, Balya, Bhedana, Sankochakara, Garavishanashaka, Deepana, Medohara. Kaphapitthanashaka |