



A SURVEY STUDY ON *PARPATI KALPANA*

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ABSTRACT

Rasa shastra is one of the most important branches of Ayurveda which deals with inorganic, herbo-mineral and metallic pharmaceutical preparations like *kharaliya rasayana*, *parpati rasayana*, *pottali rasayana* and *kupipakva rasayana*. *Parpati rasayana* is one among *rasa aushadhi* which is very effective and can be prepared with less effort. In this era many ayurvedacharya prescribe *parpati* in many diseases and some don't, considering the dread of heavy metal toxicity and overdose. Hence, for removing this myth a pharmaceutical study & survey and clinical survey was performed to collect data on preparation and practice of *parpati*. *Rasa parpati*, *Tamra parpati*, *Loha parpati* and *Shweta parpati* were prepared classically and observed. Two questionnaires were prepared and sent to three pharmacies and thirty practitioners and ample of data was collected from their experiences with *parpati kalpana*. On pharmaceutical preparation, an average of 13-18% of loss was observed in *Rasa parpati*, *Tamra parpati* and *Loha parpati*; and 50% of loss was observed in *Shweta parpati*. The *parpati* are commonly marketed in powder form; *Shweta parpati* and *Panchamruta parpati* are more commercial and no Adverse Drug Reaction is reported to any pharmacy. 28 out of 30 practitioners use *parpati kalpana*; *Panchamruta parpati* is more in practice; Adverse Drug Reaction was observed in *Shweta parpati* and *Panchamruta parpati* which are treated symptomatically.

Keywords: *parpati kalpana*, *Rasa parpati*, *Tamra parpati*, *Loha parpati* and *Shweta parpati*

INTRODUCTION: *Rasa Shastra* is an important part of Ayurved popular from medieval period. ^{1, 2} *Rasa* word is originally used to describe *parada* (mercury) as *parada* engulfs other metals, minerals etc. Mercury is always present in liquid state (at room temperature), so it can't be handle easily as required for process. Changing its state to solid, either in powder form or bolus form is called *Rasa bandha*.³ There are two varieties of *bandha*; *saagni*- on exposure to heat and *niragni*- without being exposed to heat,

like in *kajjali*.⁴ *Parpati* is *Pota bandha* of *parada* done with addition to *gandhaka* and other *dhatu bhasma*. The method of preparation of most *parpati* is common yet difference in ingredients gives a wide spectrum of therapeutics.⁵ Usually in *Parpati kalpas*, *kajjali* is the base material which is *Guru* (heavy) in nature. After *agni samskara* (exposure to heat) it attains *laghuta*, hence name as *Parpati*, which indicate lightness. Because of this property it is useful in most of the disorder from paediatric to geriatric. With the

advancement in modern technology regarding the heavy metals, in this era many Ayurvedacharya avoid the use of parpati dreading its complications. A research of clinical practises and industrial reviews is done to remove this illusion of ayurvedacharya, to make sufficient awareness about *Parpati kalpana* and to make it customary to the practitioners.

PARPATI KALPANA ETYMOLOGY

The word "Parpati" is derived from the word "parpata". *Parpata* means *palash beeja*.

SYNONYMS

- *Parpat:* - like *Papad*
- *Parpati:* - thin flake
- *Parpatika:* - thin and brittle flake
- *Pota Bandha:* - adhesions or to give support

HISTORICAL BACKGROUND

The description of *Parpati* has been found in various texts of *Ayurveda* since 8th century A.D. *Acharya Nagarjuna* is the first scholar to bring out the role of *Parpati* in *Kushta Roga*. *Chakrapani*, the commentator of *Charaka Samhita* (11th century A.D.) has also emphasized the importance of *Rasa parpati* in *grahani chikitsa*.⁶ In 16th century A.D., *Acharya Govind Das Sen* in his *Bhaishajya Ratnavali* has explained many *parpati*.

DEFINITION

- The melted *Kajjali* when pressed in between the banana leaves, a thin flake is formed which is known as *Parpati* (R.R.S. 11/72).
- *Kajjali* which is melted, poured on the *Banana leaf* and pressed till it becomes

like a *Papada* is called as *Parpatika* (R.T. 2/42).

CLASSIFICATION OF PARPATI

1. Based upon the *Kajjali* and other ingredients, it is of three types

- Parpati* containing only *kajjali* of *parada* and *gandhaka*. Ex. *Rasa Parpati*
- Parpati* containing *kajjali* with one or more *loha/ dhatu*. Ex. *Swarna parpati*, *Panchamrita parpati*, *Loha parpati*, *Vijaya parpati*, *Gagana parpati*, *Mandoor parpati*, *Mani parpati*.
- Parpati* containing *kajjali* and one or more vegetable drugs. Ex: *Pranada parpati*, *Bola parpati*.

2. Again on the basis of ingredients *Parpati* are of 2 types:

- Sa-gandha Parpati:* Containing *parada* and *gandhaka* ex: *Rasa parpati*, *Gagan parpati*, *Tamra parpati*, *Swarna parpati*, *Loha parpati*, *Bola parpati*, *Panchamrita parpati*, *Vijaya parpati*, *Mandoor parpati*, *Mani parpati*, *Pranada parpati* etc.,
- Nir-gandha Parpati:* Without *parada* and *gandhaka* ex: *Sweta parpati*, *Malla parpati*, etc.,

DOSES

The *parpati* can be administered in two ways: *Samanya prayoga*, *kalpa prayoga*.

- Samanya prayoga:* 1-2 *ratti* mixed with fried *jeeraka* and *hingua* in divided doses.
- Kalpa prayoga:* According to *Rasa Tarangini*- Start from 2 *ratti* dose and increase gradually up to 10 *ratti*; according to *Acharya Chakrapani*: Start from 2 *ratti* dose and increase gradually up to 12 *ratti*.

PARPATI PAKA STAGES

As per *samhita*, a *parpati* can be possibly obtained in three different *paka* viz. *mrudu paka*, *madhyama paka* and *khara paka*.

TABLE NO-1 PARPATI PAKA PARIKSHA

Paka	Paka Kalina	Paka Paschata
<i>Mrudu paka</i>	<i>Mayura chandrika varna</i>	Soft to touch

	(B.R. 8/413)	Bends but doesn't break Colour - black Lustreless
<i>Madhyama paka</i>	<i>Taila consistency</i> (B.R. 8/413)	Firm to touch Breaks properly with even edges Colour - black Shinning lustre Therapeutic
<i>Khara paka</i>	<i>Rakta varna</i> (R.Y.S.II.188)	Rough to touch Breaks into dry powder Colour - blackish brown No shine Non therapeutic

TABLE NO-2 PATHYA-APATHYA

<i>Pathya</i>	<i>Apathya</i>
<ul style="list-style-type: none"> ➤ <i>Kakamachi</i> (Black night shade) ➤ <i>Patola</i> (Pointed gourd) ➤ <i>Pugaphala</i> (Betel nut) ➤ <i>Ardraka</i> (Ginger) ➤ <i>Kadalipuspha</i> (Banana flower) ➤ <i>Brinjal</i> ➤ <i>Purana Shalidhanya</i> ➤ <i>Godugdha</i> with <i>sharkara</i> ➤ <i>Takra</i> 	<ul style="list-style-type: none"> ➤ River and well water ➤ <i>Amla dravya</i> ➤ <i>Sheeta jala & vayu sevana</i> ➤ <i>Krodha & chinta</i> ➤ <i>Ushna dravya sevana</i> ➤ <i>Tikta dravya</i> ➤ <i>Anupa mamsa</i> ➤ <i>Stri sambhashana</i> ➤ <i>Vidahi anna</i> ➤ <i>Kadali kandha</i> ➤ <i>Sarshapa taila</i>

GENERAL METHOD OF PREPARATION

After *shodhana* of *parada* and *gandhaka*, they are taken in a *loha khalva yantra* and triturated in to *kajjali* till *lakshana* like *kajjalabhasa* (blackish), *slakshan* (smooth), *anjan sadrisa* (like collyrium), *sukshma* (minute) and *rekhapurnatva* (grooves in lines of fingers) are achieved. Thereafter depending upon the type of *kalpana*, other drugs are added to and proper *mardan* (trituration) is carried out in *loha khalva yantra* till a uniform homogeneous mixture is obtained. Later on, the mixture is taken in a ghee smeared iron pan and heated over *mandagni* (low fire)

till it melts uniformly; immediately the melted mass is transferred over a clean *kadali patra* (banana leaf) placed over a bed of *gomaya* (cow dung). The content is

covered with another *kadali patra* and pressed gently and allowed to cool and flakes (*parpati*) of desired *kalpana* are obtained. Colour and appearance of the *parpati* depends upon the kind of ingredients used in the pharmaceutical preparation. With the pressing of *kadali patra*, the impression should be seen on the *parpati* prepared. After the completion of the pro-

cedure, the flakes are dried, powdered and preserved in air tight glass containers. ^{7, 8}

TABLE NO-3

Rasa Parpati			
Shweta Parpati			
Tamra Parpati			



SURVEY STUDY

1. Clinical Survey:

Questionnaire

Survey among Doctors using *Parpati Kalpana*

Purpose of the Study: Assessment of usage of *Parpati Kalpana* among practitioners

Research Approach: This Survey study was conducted to evaluate the extent of practicing the Parpati Kalpana among the Clinicians. Initially a standard questionnaire was prepared for the same. Then it was done purely on Instrumentation survey method. The protocols adopted here are Telephone survey & Direct Interview method. Then based on the questionnaire format the whole data was pooled & Primary Data Analysis was done.

Research Design: Instrumentation Survey
Protocols Adopted: Telephone & Direct Interview Method

Study Setting: Parul Ayurveda Hospital & Various clinicians OPD outside the campus

Study Period: Survey has been carried out since 1 week dated from 28/07/17

Data collection: The data was collected by using prepared survey questionnaire proforma. The proforma was sufficient to collect the targeted data. The data related to intervention was collected as per the protocol. The data were collected and

summarized as per each question in the format.

Assessment Criteria: Based on the subjective opinion final assessment was done.

TABLE NO. 3

The following are the Questions included in the Survey of *Parpati Kalpana*:

1. Whether you are practicing *Parpati Kalpana*? (Yes) (No)
2. If yes, then
3. Which are all the *Parpati*'s used in practice?
4. From which Industry/ prepared by own?
5. If Industry, Name & Specificity of that Industry?
6. What is the Matra used?
7. What is the Anupana followed?
8. What is duration of administration of *Parpati*?
9. Any Adverse drug reactions reported? Yes/No
10. If Yes, What is the Antidote administered?
11. What is the personal opinion regarding this *Parpati Kalpana*?
12. Any other valuable comments regarding this *Kalpana*?

Primary Data of Clinical Survey

The survey yielded trustworthy results, as follows

- Maximum physicians used *Panchamruta parpati* in their routine practice.
- For chronic condition *Swarna parpati* is also preferred.
- Very few practitioners used *Loha parpati* and *Pranada parpati*.
- Below 8 *parpati* are generally used by the physicians among all

TABLE NO- 4

S.NO	PHARMACEUTICAL COMPANY	PARPATI NAME
1.	Dhootapapeshwar	<i>Ras, sweta, kutaja, panchamrita, bola</i>
2.	Unjha Pharmacy	<i>panchamrita, swarna</i>
3.	panchamrita, swarna	<i>Sweta, panchamrita,</i>
4.	Ayurveda rasayana	<i>Sweta, panchamrita</i>
5.	Rasasala	<i>Sweta, panchamrita</i>
6.	Vyas	<i>panchamrita</i>
7.	Bagewadikar rasasala	<i>Sweta, panchamrita</i>
8.	Dabur	<i>Swarna</i>
9.	By self	By self

TABLE NO-5

Name	Doses (in mg)	Anupana	Diseases	Duration (in days)	ADR	Antidote
Rasa Parpati	25-250	<i>Madhu, ghruta & jeeraka churna</i>	<i>Grahani, shwitra, dhatvagni mandya & kshaya</i>	7-60	-	-
Pancha-mruta Parpati	30-1000	<i>Nava takra, ushnodaka, ghruta, jala with jeeraka churna</i>	GIT disorders, renal disorders, skin diseases, <i>manasa vikara</i> & in carcinoma originated from duodenum.	30-60	<i>Trushna & rarely vibandha</i>	<i>Koshna jala & triphala churna</i>
Sweta Parpati	125-100	<i>Ushnodaka, ghruta & Kwatha (based on condition)</i>	Renal disorders & <i>atyartava</i>	30-90	Mouth ulcer if given for long time	Symptomatic treatment

Kutaja Parpati	120-1000	<i>Ushnodaka & nava takra</i>	<i>Grahani, atisara, stomach ulcer, L/A on repeated hook worm & pravahika</i>	60-180		
Bola Parpati	25-500	<i>Dadima rasa</i>	Haemorrhage, <i>rakta pradara</i>	7	-	-
Loha Parpati	5-250	<i>Madhu & ghruta</i>	Useful for <i>lekhana karma (kapha dosha involvement), mamsa/meda dhatu dushti</i>	28	-	-
Swarna Parpati	60	<i>Jeeraka churna & ghruta</i>	Severity of small and large intestine disease, severity of <i>pittaja</i> condition, <i>kshaya janya avastha, sangrahani, daurbalya</i>	7-15	-	-
Pranada Parpati	25-125	<i>Jeeraka churna</i>	<i>Atisara, pravahika</i>	7	-	-

Personal opinions of practitioners:-

- It gives relief on psychological disorder.
- Better results than *kashtaushadi*.
- It is one among *bandha* of *parada* so we can use *parpati kalpana*
- As per some practitioners, they usually use *kastausadhi* but in critical conditions *parpati kalpana* is preferred.
- There is no side effect of this medicine, if we prepare the medicine properly as per the references
- Even without *shodhana* procedure, *parpati* acts as a good *shamana aushadhi*.

- As per most of the practitioners, *parpati kalpana* is used along with *kashtaushadi* & immediate action is found.
- Quick acting medicine.
- It is an important kalpana (broad spectrum use)
- It is one of the large forms of *ausadhi kalpana* of *ayurveda*. How much ever we think about *parpati kalpana* then you will get more useful condition.
- Good medicine for chronic condition

2. INDUSTRIAL SURVEY:

Questionnaire

Survey of Ayurvedic Pharmacies/Pharmaceutical Inc. preparing Parpati Kalpana

Purpose of the Study: we are doing an assessment study on different Parpati Kalpanas being manufactured by various Ayurvedic Pharmacies/Pharmaceutical Inc.

Method of Study: Instrumentation survey – By mail

1. Is your company/establishment manufacturing Parpati Kalpana?

If yes, please enumerate

If no, what scope do you see for Parpati? Any manufacturers you may be aware of?

2. Which Parpati are more into production?

3. What is the dosage form of these Parpati viz. powder/capsule/suspension etc?

4. Any particular Parpati most requisitioned by Ayurveda practitioners? Any reason?

5. Any anubhut Parpati or any special technique devised for Parpati manufacturing?

6. Any ADR's reported?

Survey of Ayurvedic Pharmacies/Pharmaceutical Inc. preparing Parpati Kalpana

Purpose of the Study: we are doing an assessment study on different Parpati Kalpanas being manufactured by various Ayurvedic Pharmacies/Pharmaceutical Inc. in India

Name of Company: **Shree Dhootapapeshwar Ltd**

1. Is your company/establishment manufacturing Parpati Kalpana? - Yes

If yes, please enumerate which ones? - Rasaparpati, Panchamrit Parpati, Suvarna parpati, Shweta Parpati, Kutaj Parpati

If no, what scope do you see for Parpati? Any manufacturers you may be aware of?

2. Which Parpati are more into production? - Shweta Parpati

3. What is the dosage form of these Parpati viz. powder/capsule/suspension etc? - Powder and Tablet

4. Any particular Parpati most requisitioned by Ayurveda practitioners? Any reason? - All are of same requisition

5. Any anubhut Parpati or any special technique devised for Parpati manufacturing? - No

6. Any ADR's reported? - No

Thank you for your valuable answers.

Survey of Ayurvedic Pharmacies/Pharmaceutical Inc. preparing Parpati Kalpana

Purpose of the Study: we are doing an assessment study on different Parpati Kalpanas being manufactured by various Ayurvedic Pharmacies/Pharmaceutical Inc. in India

Name of Company: **Uma Ayurvedics Pvt.Ltd.**

1. Is your company/establishment manufacturing Parpati Kalpana?

If yes, please list which ones?

If no, what scope do you see for Parpati? Any manufacturers you may be aware of?

TABLE NO- 6

<i>Abhrak Parpati</i>
<i>Bol Parpati</i>
<i>Loh Parpati</i>
<i>Panchamrit Parpati</i>
<i>Pranda Parpati</i>
<i>Ras Parpati</i>
<i>Sheetal Parpati</i>

Shwet Parpati

Tamra Parpati

Vijay Parpati

Swarna Parpati

2. Which *Parpati* are more into production?

Shwet Parpati, Panchamrit Parpati

3. What is the dosage form of these *Parpati* viz. powder/capsule/suspension etc?
: **Powder**

4. Any particular *Parpati* most demanded by Ayurveda practitioners? Any reason?

Shwet Parpati, Panchamrit Parpati

5. Any *anubhut Parpati* or any special technique devised for *Parpati* manufacturing?: **No**

6. Any Adverse Drug Reaction (ADR) reported? : **Not Reported**

Thank you for your valuable answers.

CONCLUSION

- On preparation, the *parpati* is classified into *sagandha* and *nirgandha yoga*. Despite its ingredients, the therapeutic effect of a *parpati* is determined by the *anupana* chosen.
- During preparation, *manda agni* is maintained and sufficiently less ghee is added to avoid burning of *gandhaka* and avoid sliminess by excess ghee. Care taken to wash off the remaining slime before powdering the *parpati*.
- On research of clinical practises and industrial reviews, it is been manufactured in small scale and administered optionally wide and still the effects are better than the anticipation, with minimal ADRs.
- We hope, the practise of *parpati kalpana* will come to custom for its efficacy.

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