



AKIK – A BRIEF INTRODUCTION

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Abstract-

Akik bhasma is ayurvedic medicine. It is fine powder of mineral called agate gem. Agate is the mineral of Silica. It is available in various colours such as white, yellow, blue, red. White coloured mineral is used in the medicine preparation. It provides energy and minerals to the body. Akik pishti is very useful in heart diseases. Also it can be used in cough, heart burn etc. It can be used in general debility and weakness.

Key words- akik, pishti, agate, silica.

Introduction

Ayurveda is one of the most complete holistic types of medicine having various branches. Among these Rasashastra is one branch which deals with the drugs of minerals, metals etc.

There are various drugs which were included by various Acharys in later Rasagranthas, which were still unknown and less use. ¹Akik is one of them which included in later Rasagranthas. There were no reference of Akik in Vedas, Samhitas but it is found that at the time of Sindhu Civilization Akik was in us, because it has been unearthed in Hadappa and Mohenjodaro.

At the period of Kushan various gems, vessels, silk cloths, spices were used to export to Roam and gold was imported. There was great demand of gems like Sphatika, Heerak, Akik, Manikya etc in the Roam. At that time good quality of Akik was found at “Ratanapur”.

AVAILABILITY;

²Akik is available in almost all over India i.e. at the bank of Krishna, Godavari, Bheema rivers, in Kashmir, Bihar, Jabalpur, Ahmadabad, Guntur, Madras, Gujarat, Orissa etc.

SYNOYMS;

³ Rudhir, Puteeka
Raktashma
Raktapashana, Raktabham, Shona
Hradayopa

TYPES;

Shweta, Peeta, Hareeta, Krishna, Rakta, Neela

GRAHYA LAXANA;

⁴Kathina, Shlakshna, Raktavarnayukta, Yakrut varnayukta

GUNA LAXANAS;

⁶Rasa -- Kashaya, Madhura
Veerya -- Shita
Veepaka -- Madhura
Guna --Ruksha, Soumya
Doshagnata -- Pittashamaka
Karma -- Hradya, Chakshushya, Raktasthambhana, Ashmarigna
Kamottejaka, Ativrushya, Medhya, Mashtishkabalakarak
Smaranashaktivardhaka, Ojovardhaka, Vajikara.

ROGAGNATA;

⁷Along with internal uses it is also used in the form of Anjana and Dharana

INTERNAL USES;

⁸Hradroga, Raktapitta, Jwara, Raktasrava, Raktapradara, Hast paada-netr- daha, Amlapitta, Apasmara, Urakshata, Hraddaha, Kasa, Kshaya, Shiroroga

Akik is known as **Agate** in modern science. Agate is available abundantly in earth's crust. Less used in medicinal field being available in low cost.

⁹AGATE is common semiprecious silica mineral that has long been used as a gem and 'Chalcedony', which is a form of Quartz. It is cryptocrystalline variety of the mineral quartz. It makes up about 12% of the earth's crust.

¹⁰Quartz varieties are commonly separated into two groups based on the size of individual grains or crystals; macro crystalline quartz in which individual crystals are distinguishable with the naked eye and cryptocrystalline quartz in which individual crystals too small to be easily distinguishable under the high microscope. Agate is a type of 'cryptocrystalline'.

Historical information;

The name Agate is form by an old locality on the "Achate" river in south-western Sicily. Agate has been used as gemstones and ornamental object for thousands of years. Beads of beautiful workmanship made out of Agate and other varieties of chalcedonies have been unearthed in Mohenjodaro and Harappa.

FORMATION AND MINING;

¹¹Agate forms when gas bubbles trapped in solidifying lava become filled with alkali and silica bearing water, which coagulate into a gel. The alkali attracts the iron in the surrounding lava and bands of the resulting iron hydroxide are created in the gel, which loses water and crystallizes, leaving the bands intact. ¹²No systematic mining method is employed to get Agate. Narrow pits are excavated to workable depth at random. The size of Agate stones thus mined ranges from few mm to as much as 15 to 20 cm. The stones are exposed to sun rays for couple of months and finally they are heated up to a certain temperature.

APPEARANCE;

Agates have a banded structure with varying colour, translucent to opaque with waxy or greasy lustre the bands run parallel to each other but are often curved or concentric. They may be straight, wavy or zigzag.

VARIETIES;

¹⁴Most known varieties of Agate are

1] Eye 2] Moss 3] onyx 4] Riband 5] Ring 6] White 7] Red

USES;

¹³It was said to quench thirst and protects from fever. Persians magicians used Agate is believed to cure the stings of scorpions and the bites of snakes, sooth the mind, prevent contagion, still thunder and lightning, brings the victory over enemies.

Varieties of Agates are used to prepare ornamentals and necklaces, rings, beads etc.

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