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## A PHARMACEUTICAL STUDY OF *RASAPUSHPA*

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### ABSTRACT

*Rasapushpa* is a *Kupipakwa Kalpana*, falling under the category of *Sagni Nirgandha Moorchana*. Various methods of preparation of *Rasapushpa* have been explained in *Rasashastra* texts. *Rasapushpa*, as the name itself suggests is prepared out of *Rasa* (mercury) and the outcome will be like *Pushpa* (flower). The details of the preparation, its qualities and utility are available in the text *Rasatarangini*. Here an effort is made to prepare *Rasapushpa* from *Damaru Yantra* method and to document the findings.

**Keywords-** *Kupipakwa Rasayana, Rasapushpa, Damaru Yantra* method

### INTRODUCTION

*Rasa Yogas* are basically classified into *Kharaleeya Rasayana, Bhasma Kalpana, Parpati Kalpana, Kupipakwa Rasayana* and *Pottali Kalpana*. *Rasapushpa* is explained by Acharya Sadanandha Sharma in his text *Rasatarangini*. He explained three different methods of preparation of *Rasapushpa* in *Rasatarangini* 6<sup>th</sup> chapter (*Murcchana vijnaniya Taranga*<sup>1</sup>). *Rasapushpa* is a *Kupipakwa Kalpana*, falling under the category of *Sagni Nirgandha Moorchana*. *Rasa Pushpa* which was practically prepared with *Damaru Yantra* method and its findings will be discussed in detail.

**SYNONYMS OF RASAPUSHPA<sup>2</sup>**

Based on appearance,

- *Rasakusuma*,
- *Rasasuma*,
- *Sudhanidhi Rasa* etc.

**MATERIALS AND METHODS****Table 1: Ingredients and their quantity**

SL.NO.	INGREDIENTS	CHEMICAL FORMULA	QUANTITY MENTIONED	QUANTITY TAKEN
1	<i>Shuddha Parada</i>	Hg	5 Tola	50g
2	<i>Saindhava Lavana</i>	NaCl	5 Tola	50g
3	<i>Shuddha Kasisa</i>	FeSO <sub>4</sub>	5 Tola	50g

**METHOD OF PREPARATION**

**EQUIPMENTS REQUIRED:** Weighing machine, Pestle and mortar, Mud pot, Mud, Cloth, Fire source, Chalk piece (Instead charcoal was used) and Spatula

**PURVA KARMA**

- All the ingredients were taken in specific quantity.
- At first, *Shuddha Parada* and *Shuddha Kasisa* were taken in a clean *Khalwa Yantra* and homogenous mixture was done.
- Later, *Saindhava Lavana* was added and triturated well to obtain a homogeneous mixture. This drug mixture was poured in a strong, clean mud pot.
- The mud pot filled with drug mixture was taken. Another mud pot with a hole in it was placed invertedly over it.
- *Sandhibandhana* was done with mud smeared cloth.
- After proper *Sandhibandhana*, the pot was kept for drying.
- After complete drying, this *Yantra* was placed over moderate fire (*Kramagni* was given).
- 6 hours of moderate heat (350-400°C) was given.

**PRADHANA KARMA**

- As the device heated up, vapors began to emerge out of the opening at the bottom of the upper pot.
- Once the fumes stop emerging, the hole was plugged with a piece of charcoal and sealed with wet mud.
- Continuous heat was given for 1 hour.

**PASCHATH KARMA**

- Then, the device was allowed to cool down on its own.
- After complete cooling, *Sandibhandhana* was removed .
- The upper pot was gently separated and *Shashiprabha* (crystal clear white camphor like particles) was spotted adhered in droplet format at its base.
- This droplet format of *Rasapushpa* was scrapped and collected.
- Confirmatory test was performed to check its purity.
- Then, the final product was stored in an air tight container.

**CONFIRMATORY TEST**

- A drop of water was added to a pinch of the finished *Rasapushpa* product that was spread out over an iron plate.
- After sometime the water droplet was displaced.
- At that time, any black stain was regarded as unclean and unfinished product.
- It was regarded as proper and complete, if there is no blot and no salinity present.

**OBSERVATIONS**

- Quantity taken- 150g
- Finished product obtained-29g
- Expected product-40g
- Loss-11g
- color- white

Table 2: Observations during the preparation

TIME	OBSERVATIONS
10:54 am	Kept over moderate fire(350-400°C)
10:57 am	Fumes started
11:10am	Fumes were increased
11:26am	Change of colour near the hole in the upper pot
11:28am	White fumes were noticed
11:38am	Circumference of white colour increased near the hole in the upper pot
12:50pm	Fumes decreased
1:40pm	Complete stoppage of fumes
1:42pm	Corking was done. Kept over the fire at same temperature for one hour.
2:42pm	Flame was put off. Pot was allowed for self-cooling

### PROPERTIES OF RASAPUSHPA<sup>3</sup>

- *Pitta Hara* - Alleviate the *pitta*
- *Mutrala* - Diuretic
- *Vranadoshahruth*- Decreases the *Vrana Dosha*
- *Param Virechanakaram* -Best purgative
- *Bhutavishapaham* - Cures all kind of *Bhuta Visha*
- *Swasthikaranamatyantam* - Health giving
- *Jaliyamshavisoshanam*- Removes excessive *Jaliyamsha*
- *Malapittapasarakam*- Secrets *Mala* and *Pitta*
- It is effective in curing *Vishuchika*, *Krimi*, *Hikka*, *Phiranga* and *Jalodara*.

**MATRA<sup>4</sup>**

- Generally, for internal use- *Rasapushpa* is given in the dose of ½-2½ *Ratti* (approx. 60-300mg)
- *Rasapushpa* should be given in the full dose of 2½ *Ratti* (approx. 300mg) for *Virechana*.
- While for the treatment of *Phiranga* its dose is considered as ¼th *Ratti* (approx. 30mg).
- Its pediatric dose for *Virechana* is considered as ½ *Ratti* (approx. 60mg).

**THERAPEUTIC USES**

- *Rasapushpa* in the dose of 2½ *Ratti* (approx. 300mg) is mixed with *Svarjika Kshara* and administered along with water or milk. It induces purgation after two *Yamas* (6hrs)
- In the initial stage of *Visuchika*, if *Rasapushpa* is given with water in the dose of ¼th *Ratti*(30mg) .It prevents the infection and brings down the severity.

**FORMULATIONS OF RASAPUSHPA**

- *Chandanadivatika*<sup>5</sup>
- *Rasapushpada Malahara*<sup>6</sup>
- *Rasapushpa Malahara*<sup>7</sup>

**PHOTOGRAPHS SHOWING THE PREPARATION OF RASAPUSHPA****Fig1: Ingredients****Fig 2: *Shuddha Parada* was taken in a *Khalwa Yantra*****Fig 3: *Shuddha Kasisa* was added to *Shuddha Parada***



Fig 4: After *Mardana*



Fig 5: Homogeneous mixture of *Parada Kasisa* and *Saindhava Lavana*



Fig 6: Mixture was poured inside the pot



Fig 7: Another mud pot with a hole was placed invertedly



Fig 8: *Sandhibandhana* done



Fig 9: Kept for drying



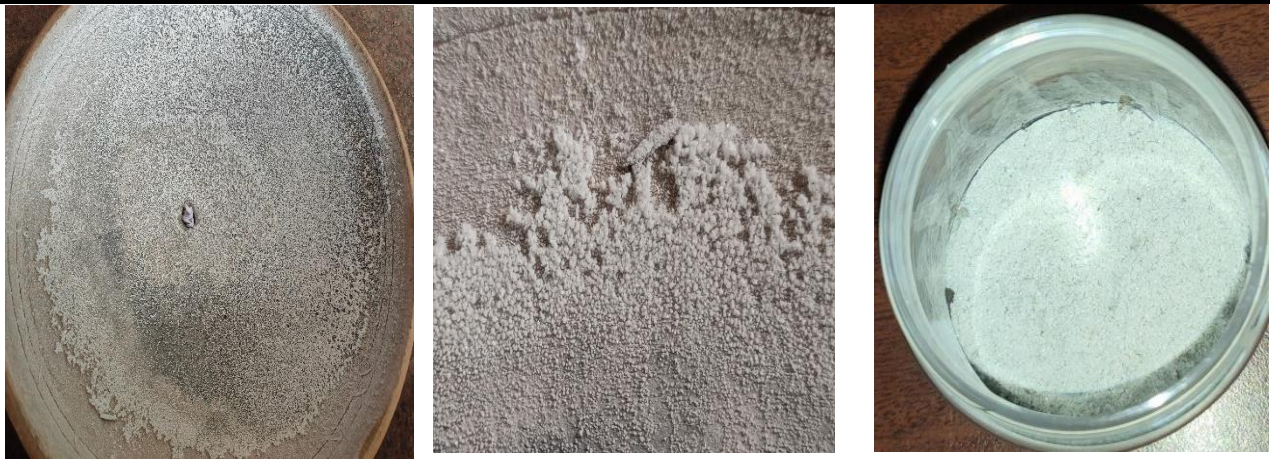
Fig 10: Kept over fire



Fig 11: Mud smeared over the Charcoal



Fig 12: *Sandhibandhana* was removed



**Fig 13: Final Product**

## DISCUSSION

### Discussion regarding the ingredients

- *Rasapushpa* is prepared out of ingredients such as, *Shuddha Parada*, *Shuddha Kasisa* and *Saindhava Lavana*.
- *Parada* has properties such as *Tridoshaghna*, *Kustaghna* by its *Prabhava*. Hence it can be used topically for the treatment in the conditions such as *Vicharchika*.
- *Kasisa* has properties like *Kaphavatahara*, *Vranashodhana*, *Vrana Ropana*, *Rakta Shodhana* etc. Hence it can be used in *Vicharchika*, *Vrana Dosha* etc.
- *Saindhava* has properties such as *Tridoshagna*, *Avidahi*, *Vranadoshahara*, *Hikkanashana*. So, this may be used in diseases such as *Vrana*, *Hikka* etc.

### Discussion regarding the temperature maintenance

- Mild to moderate heat should be given.
- If mild heat is given, then product will not be formed properly.
- If excessive heat is given, then there may be breakage of the pot and product will be burnt.

### Discussion on method of preparation

- *Rasapushpa* can be prepared by 3 different methods. There are few benefits of *Rasapushpa* prepared by *Damaru Yantra* method.
- They are, it is easy to prepare, easy to handle, less time consuming and most convenient way of preparation.

## CONCLUSION

- *Rasapushpa*, a formulation with various therapeutic indications is easy to prepare and store.
- Only with proper knowledge regarding the *Rasapushpa*, its dose and all other relevant factors one can prescribe this carefully.

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