



## PROSPECTS OF PARPATI KALPANA IN THE MANAGEMENT OF GRAHANI ROGA: A CUSTOMARY LIFESTYLE DISORDER

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### ABSTRACT

*Grahani*, one of the *Ashta Maha Roga*, is primarily a disease of *Annavaha Srotas* (Gastro Intestinal Tract) seen in day to day practice. It is a chronic disease occurring due to weakness of the *Agni* (Digestive fire) whereby patient passes liquid, dried, thin & undigested stool with sound. Frequent motions, which are of sometimes, dry & sometimes watery consistency is the cardinal symptom. *Parpati Kalpana* is a fortunately used preparation treating *Grahani Roga* (Chronic Gastro-Intestinal Disease). Before the invention of *Parpati*, *Grahani Roga* was considered difficult to cure but after the invention of *Parpati* it became curable. The description of *Parpati* (*Parpati Ras*) has been used in therapeutics since 8<sup>th</sup> /9<sup>th</sup> century A.D. Probably *Acharya Nagarjuna* was the first scholar to introduce therapeutic use of *Parpati* and other *Rasa* preparations in his treatise named *Rasendra Mangal*. Elaborated description of *Rasa Parpati* in *Grahani Chikitsa* was given by *Acharya Chakradutta* in 11<sup>th</sup> century. The use of *Parpati* was found favourable for attenuating related symptoms of *Grahani* as well as various other diseases like *Rajayakshma*, *Kustha*, *Gulma* etc.

**KEYWORDS :** *Grahani*, *Parpati Kalpana*, *Rasa Parpati*, *Lifestyle disorder*, *Agni*

### INTRODUCTION-

Balanced diet and regular exercise are the keys to good digestive health. But in current era, faulty dietary habits viz. eating junk or highly processed food with preservatives, sedentary lifestyle and stress contributes significantly to mal digestion, poor absorption and irritable bowel leading to several digestive disorders. These disorders related to digestion and its absorption is broadly covered under the heading of "*Grahani Dosh*" in *Ayurvedic Lexicon*.

*Parpati Kalpana* (Flakes) is a well-known and successfully used preparation for the management of *Grahani Roga* (Chronic Gastro-Intestinal Disease).<sup>1</sup> Before the invention of *Parpati*, *Grahani Roga* was considered difficult to cure but after the formulation of *Parpati* it became curable. With the description of *Rasa parpati* in *Grahani Chikitsa* by *Acharya Chakradutta*,<sup>2</sup> a number of *Parpati Kalpa* are derived in subsequent periods such as *Swarna Parpati* (*Rasa Paddhati*),<sup>3</sup> *Tamra Parpati* (*Rasa Prakasha Sudhakar*),<sup>4</sup> *Vijaya Parpati* (*Bhaisajya Ratnavali*),<sup>5</sup> *Panchamrita Parpati* (*Rasendra Sara Sangraha*), *Loha Parpati* (*Rasa Paddhati*)<sup>6</sup> etc. by addition of any one of the ingredients like Iron, Copper, Gold, Silver, Mica, Pearl and other Precious stones.

### Role of Parpati In Grahani Roga

*Grahani Roga* can be considered as a syndrome in which due to malfunctioning of *Agni*, (the digestive fire) *Ama Dosh* (undigested waste material) accumulates in the body and is passed in the stools (persistent chronic diarrhoea as the predominant feature). *Mandagni* is mainly responsible for causing *Grahani Roga* (gastro-Intestinal Disorders). Hence fixing of *Agni* is the foremost concern in the management of *Grahani Roga*.

The process of *Parpati* preparation is a *Sanskara* provided through *Agni*. With the contact of *Agni*, *Ushna guna* and *Deepana* properties responsible for increasing the appetite are derived. By alleviation of the vitiated *Vayu*, the main symptom i.e. *Atipravritti* of *Mala* gets converted to *Samyaka Parvriti*. By the virtue of *Deepana*, *Pachana* and *Ushna*

properties, the intestinal ducts are opened and absorption of properly digested *Poshak Rasa* starts. Due to the lack of proper nutrition, *Pandu*, *Shvayathu*, *Gulma*, *Jalodar* etc. associated symptoms arise in *Grahani*, *Deepana* and *Grahi* property of *Parpati* improves absorption of nutritive materials and supplementation of Iron, Copper etc. gradually relieves the associated symptoms.

### Importance of Parpati Preparation-

*Parpati Kalpana* is amidst 25 *Parada Bandha* which aims to control the movement and fragility of the *Parada*.

In the procedure of *Parpati Kalpana*, heat application is conducted: therefore heat energy may enhance its therapeutic efficacy in treating many GIT disorders. With the use of Ghee smeared leaves, one can easily scrap out the *Parpati*, and also ghee is useful in treating indigestion, hence may have a synergistic effect along with *Parpati*. The therapeutic properties of *Parpati* may enhance due to impact of *Gomaya* (*Prabhdev*). *Parpati* is generally dark colored, easily breakable, glittery and flakes like in appearance. *Parpati* increases strength, lustre, appetite and is beneficial in *Antra vrana*, *Antra shotha* and *Durgandha Pureesha*. *Parpati* is useful in all sorts of disease starting from childhood to old age.<sup>6</sup> According to *Acharya Chakrapani*, *Rasa Parpati* is known for alleviating *Grahani*, *Arsha*, *Kshaya* and *Ajirna*.<sup>2</sup> According to *Rasa Tarangini*, *Parpati* is useful in the treatment of *Grahani*, *Arsha*, *Kshaya*, *Kamala*, *Kasa*, *Pandu* with *Shvayathu*, *Jalodara*, *Bhasmaka*, *Gulma*, 18 types of *Kushtha*, *Amavata*, *Daha*, *Amlapitta*, *Atisara*, *Pliha*, *Jwara*, *Matibhrama*, *Vridha Dosh*, *Shotha* and is *Vrishya*.<sup>7</sup>

Many different *Parpati* preparations are mentioned in our classics which are having different ingredients and are being used in different ailments but *Parpati* used in *Grahani Roga* are mentioned in below table no 1.

**Table 1-** Specific *Parpati* used in *Grahani roga* mentioned in our Classics:

S.No.	Name of Parpati	Ingredients and Quantity	Dose and Anupana	References	Indications
1.	Rasa Parpati <sup>8</sup>	Parada-1 part and Gandhak α-2 parts	1-2 Ratti (125-250 mg) with Takra, Dugdha & Dadima swarasa	Rasa Tarangini (6/140-142)	Grahani, Chronic Atisara, kasaya, Kasa, Daha, Shotha, Arsha, kamala, Pandu, Agnimandya
2.	Panchamrita Parpati <sup>9</sup>	Parada-4 Masha Gandhak α-8 Masha Loha Bhasma-2 Masha Abhrak Bhasma-1 Masha Tamra Bhasma-4 Ratti	2 Ratti (250 mg) with ghee, Ksheer, Madhu	Bhaishjya Ratnavali-Grahanini (468-479)	Grahani, Aruchi, Chardi, Dushta Arsha, Atisara, Raktapitta
3.	Loha Parpatil <sup>0</sup>	Parada, Gandhak α, Kanta Loha Bhasma (All equal parts)	1-2 Ratti (125-250 mg) with Sheeta Jala, Dhanyaka and Jeerak kwath	Bhaishjya Ratnavali-Grahanini (444-452)	Grahani, Ama Shula Atisara Pandu, Kamala, Pleeha Roga, Agnimandya Bhasmaka Roga, Kustha, Udavarta, Amavata

As far as 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 hematopoietic system, respiratory system, uro-genital system and metabolic disorders. *Parpati* has been claimed in classics for every disease if used with appropriate *Anupana*. *Rasa Parpati* and *Panchamrita Parpati* are two specific *Parpati* for Chronic *Grahani* diseases.

#### Role of *Rasa Parpati*-

It is the best medicine for all types of digestive disorders if used properly by removing the morbid condition of *Grahani*. It is given in increasing doses starting from 2gms gradually rising to 15 grams. In this treatment the patient is kept only on butter milk or fruit juice as and when required.<sup>11</sup>

#### Role of *Panchamrita Parpati*-

This is another specific medicine for *Grahani* especially in chronic type. This is sure remedy for the cure of chronic diarrhoea (*Jeerna-Atisara*), chronic gastro-intestinal disorders (*Grahani*), Sprue and chronic colitis. This removes anorexia, deficiency of digestive power and anaemia due to *Grahani Roga*. *Panchamrita Parpati* is assumed to be used for Mal absorption syndrome, Dyspepsia, Chronic Cough, Haemoptysis, Arthritis, Tuberculosis and Skin disorders. Dose 2 grams to 5 grams twice or thrice daily with fried cumin powder (*Jeeraka*) and honey followed by milk.<sup>12</sup>

*Acharya Yadav Ji* opines that *Saptamrita Parpati* prepared by mixing one part *Vanga Bhasma*, 1 part *yasadha bhasma* in *Panchamrita Parpati* is more effective than *Panchamrita*

*Parpati* and may be used in "*Antra Kshaya*" (Intestinal tuberculosis) either alone or with gold preparations.<sup>13</sup>

Hepato-protective property of *Loha Parpati*: *Loha parpati* has been known to decrease enzyme activity of both SGOT and SGPT. Thus hepato-protective action of a drug is likely to be due to its ability to induce microsomal enzymes, there by accelerating the excretion of CCl<sub>4</sub>. Hepatoprotective activity of *Loha parpati* has been proved and is attributed to the combined effect of *Lekhaniya*, *Rasayana*, *Deepana*, *Pachana*, *Raktavardhaka* and *Amahara* properties.<sup>14</sup>

#### Administration of *Parpati*:

The *Parpati Prayoga* is of 2 types i.e. *Samanya Prayoga* and *Kalpa* or *Vardamana Prayoga*.

#### *Samanya Prayoga*:

- 1) *Parpati* is given in a dose of 1-2 *Ratti* mixed with fried *Jeeraka* and *Hingu* in divided doses. In these *Prayoga*, a dieteric restriction is not necessary.
- 2) In case of *Unmada* and *Apasmara* the starting dose mentioned is 8 *Gunja* per day.

#### *Kalpa Prayoga/Vardamana Prayoga*:

- 1) Start with dose of 2 *Ratti* (250mg) and increase gradually upto 10 *Ratti*.<sup>15</sup>
- 2) According to *Chakrapani*, starting dose should be 2 *Ratti* (250mg) and increased gradually upto 12 *Ratti*.<sup>2</sup>
- 3) In *Kalpa Prayoga*, *Parpati* should be administered in 2 *Ratti* dose initially and increase it by 1 *Ratti* daily or alternate days till 10 *Ratti* dose per day is reached. This dose should be pursued till the disease is cured and there after it should be reduced by 1 *Ratti* daily till it becomes 2 *Ratti*. Then the treatment may be stopped. This is a common procedure to be followed for all types of *Parpati* while using as *Kalpa Prayoga* which takes 40 days for completion. Depending upon the ferocity of disease and vigour of the patient, it can be utilized for 36 days, 40 days, 60 days or 96 days. This 36/40/60/96 day's *Prayoga* duration is called *Mandal/Chakra*. The quantity of *Parpati* consumed when used for 36 days *Chakra* is 288 *Ratti*, for 40 days- 310 *Ratti*, 60 days-480 *Ratti*, 90 days-768 *Ratti*.

**Table (2): *Kalpa Prayoga Matra*** (Number of days and total quantity of drug administered)

<i>Kalpa Prayoga</i>	<i>Matra</i> ( 1 <i>Ratti</i> =125 mg)
36 days	288 <i>Ratti</i>
40 days	310 <i>Ratti</i>
60 days	480 <i>Ratti</i>
96 days	768 <i>Ratti</i>

***Pathya-Apathya*** (Do's and Don'ts) during *Parpati* intake as medication

#### 1. *Pathya*

In *Rasa Tarangini*, some drugs indicated which are to be taken during *Parpati Sevan*-

- *Kakamachi* (Black night shade)
- *Patola* (Pointed gourd)
- *Pugiphal* (Betel nut)
- *Ardrak* (Ginger)
- *Kadalipuspha* (Banana flower)
- Brinjal
- Old *Shalidhanya*
- *Godugdha* with *Sharkara*
- *Takra* (buttermilk)

*Acharaya Chakrapani* advised to take lots of betel nut in a day after taking *Parpati*. On 3<sup>rd</sup> day patient is allowed to take meat, ghee, milk and patient should take water waking up in early morning.

#### 2. *Apathya*

In *Rasa Tarangini*, following drugs are contra-indicated during *Parpati Sevan*-

- River or well water for drinking
- *Amla Sevan* (Intake of sour things)
- *Shita Jala Snana* (Cold Water bath)
- *Shita Vayu Sevan* (Exposure to cold winds)
- *Krodha* (Anger)
- *Chinta* (Stress)
- *Ushna Dravya Sevan* (Intake of hot things)
- *Tikta Dravyas* like *Nimba* (Bitter drugs)
- Sweet substances like *Jaggery*
- *Anupa Mamsa* (Aquatic/frozen meat)
- *Stree Sambhashana* (Sexual activity)

## DISCUSSION-

Metallic preparations occupied a significant place in Ayurvedic Pharmacopoeia and are routinely being practiced in different parts of Indian Sub-continent since times immemorial. *Parada* is an inseparable part of *Rasa Shastra* and is used in preparations of *Rasaushadhies*. Classical procedures such as *Shodhana* (Purification), *Marana* (Incineration) etc. make it safe and render suitable for therapeutic use. Meticulous guidelines have been laid down in Ayurvedic Lexicon that one can refer while preparing *Rasaushadhies*. Great emphasis has been laid down on *Anupana* while using *Rasaushadhies* as in absence of appropriate *Anupana*, adverse reactions are likely to happen. Hence, *Parpati Kalpana* and other mercurial compounds are effectively be administrated when prepared by following classical guidelines.

The organ *Grahani* is the seat of *Jatharagni* (digestive fire) which receives the ingested food, releases the digested food through sides of lumen to next *Ashaya* i.e. *Pakvashaya*. In abnormal conditions due to malfunctioning of *Agni*, it gets vitiated and releases indigested food which gets fermented and acts like poison in the body i.e. *Ama*. *Ama Utpatti* leads to *Grahani Dosh*. *Agnimandhya* is an important factor in the pathogenesis of *Grahani Roga*. This corroborates with symptomatology like *Vibaddha* and *Atishrusta Mala Pravritti*, *Arochaka*, *Jwara*, *Udgara* etc. *Parpati Kalpana* being prepared with the help of fire, use of *Gomaya* in its preparation makes it suitable for correcting malfunctioning of *Agni*. *Rasa Parpati*, *Panchamrita Parpati* and *Saptamrita Parpati* have been described in Ayurvedic Lexicon to alleviate *Grahani Roga*.

## CONCLUSION-

*Parpati* was formulated for the first time in 8<sup>th</sup> century by the name of *Rasa Parpati*. *Parpati* is a type of *Parada Moorchana* having disease alleviating property especially in *Grahani Vikara*. It is a distinguished preparation in *Rasa Shastra* for the management of *Grahani*. Many researchers have proved that Sulphur and Mercury are in more free form in *Kajjali* as compared to *Parpati* due to temperature and titration, making *Parpati* a safe, effective and beneficial for therapeutic purpose.

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