



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**“PREPARATION OF KASISA-GODANTI BHASMA A -LITERATURE REVIEW”**

**KEY WORDS:** Kasisa Godanti bhasma

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**ABSTRACT**

As Rasa-Shastra in growing science, new things are always introduced in it and accepted. The yoga 'Kasis- Godanti Bhasma, the herbo-mineral preparation is introduced in the galaxy of Rasa-Shastra in 20th century by Acharya Yadavaji Trikamaji in Rasamritam. The ingredients Kasisa and Godanti both are effective against Pandu. But the preparation method of this Kasisa-Godanti Bhasma is different one. Any substance which is intended to be utilised as medicine for global / human care, in scientific manner it demands the correct identification, proper pharmaceutical standards procedures, Good final product, presentation, perfect preservation & dosage of proper indication.

**INTRODUCTION:**

Rasa-Shastra, the science which may transform poison into nectar or elixir of life, deals with the wide range of formulation. Medicinal plants, animal products, metals and minerals are widely used in formulation.

In early part of evolution of Ayurveda, only herbal products i.e. Kastaushadhis were basic drugs. But after 7<sup>th</sup> & 8<sup>th</sup> century A.D. the invention of mercury and other minerals and metals revolutionised Ayurvedic Pharmacopeia and evolution of Herbo-mineral formulation (i.e. Rasaushadhi) changes the trend. The galaxy of herbo-mineral substances intended to be used to achieve the goal of Loha & Deha Siddhi.

As Rasa-Shastra in growing science, new things are always introduced in it and accepted. The yoga 'Kasis- Godanti Bhasma, the herbo-mineral preparation is introduced in the galaxy of Rasa-Shastra in 20<sup>th</sup> century by Acharya Yadavaji Trikamaji in Rasamritam.

The ingredients Kasisa Godanti bhasma is effective against Pandu. But the preparation method of this Kasisa- Godanti Bhasma is different one.

Any substance which is intended to be utilized as medicine for global / human care, in scientific manner it demands the correct identification, proper pharmaceutical standards procedures, Good final product, presentation, perfect preservation & dosage of proper indication.

**Review Of Literature:**

**Kasisa- Godanti Bhasma:**

1. One part of purified kasisa mixed with seven parts of purified Godanti, triturate Kumari swaras and apply Gajaputa heat. Within one puta Red coloured bhasma is prepared which is very good in Pandu - Roga.

Dose - 1/2 to 1 Gram.  
Anupana - Honey, Milk, Ghrita

2. One more preparation of same Yoga Kasisa Godanti Bhasma is coated by author in their text – Rasatantrasara Avam Sidhaprayog Sangraha

Artificially prepared Kasisa and purified Godanti in equal quantities (two tola each) are triturated with Kumari Swaras for about six hours. Prepare small cakes, dry the cakes and apply Gajaputa heat. After 2-3 Gajaputas the Sindurvarnatmak - red coloured bhasma is obtained.

**Uses:**

This Bhasma is used in treatment of

1. The Jwar originated from Ama.
2. Malaria - Visham Jwar
3. Jirna - Jwara
4. Pandu
5. Shweta Pradara.

It removes Mandagnita (AignamaaMV) and Ama from body and increases blood.

This drug is helpful in – Garbhini, Prasuta & Children.

Many more special properties are present in this bhasma as that of Kasis - bhasm alone. Addition of Godanti gives some good properties to enhance the properties & use of Kasis Godanti Bhasma.

Dosa - 2 to 4 Ratti  
Anupana - Honey, Milk, Ghrita

**AIM:**

Litreure review of Preparation of Kasisa Godanti Bhasma according to text Rasamritam.

**MATERIALS AND METHODS:**

**Bhawana Of Ghritkumari Swarasa To Purified Kasisa And Godanti**

**Procedure** – Bhavana

**Apparatus**

1. Pashan Khalvayantra
2. Knife

**Drugs**

1. Pure Kasisa – 1 Part
2. Pure Godanti (Powder) – 7 Part
3. Ghritkumari swarasa (Pulp) – Qs for Bhavana

**Procedure**

– 1 Part of purified Kasisa was transferred into clean, dry khalvayantra, pure Godanti powder – 7 Part was added into it, in divided quantities with continuous dry trituration to achieve a homogenous mixture. After the homogenous mixing the Ghritkumari pulp was added into it, in little quantity with continuous trituration. Addition of Ghritkumari pulp along with trituration was maintained up to the level that the whole mixture gets converted into liquid. Trituration is continued until a thick uniform paste was formed. Chakrikas of 3 cm diameter and about 0.5 cm thickness are prepared and

kept in sharva. Chakrikas were kept in sunlight for drying.

**Observation & Inference**

1. Dry homogenous mixture of Kasisa and Godanti gives slight greenish ting.
2. Heavy trituration is required for formation of homogenous paste.
3. After the addition of Ghritkumari pulp the mixture colour changed to yellowish green

Chakrikas were dried for 12 hours

**Stage IV Marana (Incineration)**

Ref.-

**Put Required – 1 Gajaputa**

The process of incineration involves two stages

1. Preparation of Sharav Samputa
2. Put (pak) process

**1. Preparation Of Sharav Samputa –**

**Apparatus**

- a) Earthen Sharava D = 24 cm, Thickness = 0.8 cm, Circumference = 45 cm
- b) Vastra Length = 45 cm, Width = 5 cm
- c) Fine, filtered Gopichandan Mruttika = 150 Gms
- d) Broad & thick thread

**Drugs – Kasisa Godanti Chakrikas 270 Gms**  
(Wt. of each Chakrika 15 to 18 Gms)

**Procedure**

The earthen sharava of equal diameter, circumference & equal thickness were taken. The sharp bordered were made rough by rubbing on rough or sandy surface with uniform force. The Sharavas were washed with purified water & dried well. The well dried chakrikas were arranged in a sharava and another sharava placed on it to form samputa. Sharavas were sealed with mrittika lepita thread so as to become airtight. White cloth of mentioned measurement was taken, washed well and wrapped with uniform layer of Gopichandan Mruttika (wet). Cloth is wrapped along the circumference of the sharavas without any gap. Sharava is kept aside for drying of sandhibandhana. After complete dryness another layer is applied such 7 layers were applied for each sharava, thus the process of sandhibandhana is completed. In such a way 6 sharavas were prepared and marked as 'A', 'B', 'C', 'D', 'E', 'F'.

**2. Put – paka --• Name of Puta – Gajaputa**

**• Apparatus**

- a) Pit for Gajaputa Length = 90 cm, Breadth = 90 cm, Height = 90 cm
- b) Cow dung Cakes No – 1000 (20 Kg.)  
Content of Cow dung cakes
  - i) Cows dung
  - ii) Charcoal Particles
  - iii) Husk of Rice
- c) Heat Produced -

**Procedure**

700 cow dung cakes were arranged in a Gajaputa pit without any gap. The sharava 'A' was kept in the middle and covered with 300 cow dung cakes. The cow dung cakes were subjected to fire. After swangshitata the sharavas were removed from pit. Same procedure is applied for all the sharavas. The sandhibandhan was opened carefully and light red colour bhasma was obtained in the form of chakrikas.

**Observation & Inference**

1. Rough margins, helps in airtight fixation of samputa.
2. Washing and drying of sharavas avoids mud or sand impurities in bhasma.
3. Application of mud – wrapped thread helps in airtight fixation of samputa.

4. Washing of white cloth removes starch or gum from the cloth.
5. Fine and Filtered Gopichandan Mruttika avoids air bubble or Gap formation in sandhibandhan.
6. Application of second layer after drying of 1<sup>st</sup> layer helps in strong fixation between the layers.
7. Uniform arrangement of cow dung cakes in pit helps to maintain position of sharavas as it is and helps in regulation of uniform heat from all side.
8. 36 hours were required for complete swangshitata.

Careful opening of sharava – samputa avoid falling of mud or ash into the bhasma.

**CONCLUSION:**

1. At least two Gajaputas are required for the preparation of Uttam / Grahya Kasisa Godanti Bhasma.
2. The method of formulation of Kasisa Godanti Bhasma by means of Shodhan, Marana, etc. processes with specific drugs influences the therapeutic activity of the drug.

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