Pharmaceutical study & preliminary analysis of Sheetala Parpati

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ABSTRACT

The Parpati kalpana is a thin flake form of mercurial preparation which is unique in the field of Rasashastra. It is one among the Chaturvidha Rasayana and Agnisthayi Murchita Parada Bandha i.e., Pota Bandha of Parada. Sheetala parpati is an Ayurvedic medicine that comes under Parpati kalpana, used in the treatment of difficulty in urination, urinary calculi, dyspepsia, etc. There are two different references of Sheetala Parpati where the ingredients and method of preparation are different. In the present work an attempt has been made to prepare both the varieties of Sheetala parpati along with its analytical study. It is mainly indicated in Mutrakricchra (Dysurea) and other diseases like Amlapitta (Hyperacidity), Udarashoola (Abdominal pain), Ajeerna (Indigestion), Yakritivaka (Hepatic disorder), etc.

Keywords: Parpati kalpana, Chaturvidha Rasayana, Sheetala Parpati, Mutrakricchra (Dysurea)

INTRODUCTION

Rasashastra is an important branch of Ayurveda, specializing in formulations involving herbs, metals and minerals known as Rasausadhis. One of the most popular forms is Parpati kalpana. It is one among the Chaturvidha Rasayana and Agnisthayi Murchita Parada Bandha i.e., Pota Bandha of Parada.1

Parpati is a thin flake like preparation consisting of Mercury and Sulphur in most of the parpati formulations. Parpati is such a preparation which is prepared by following various specialized processing techniques like Shodhana Sanskara and Murchana2. Parpati rasayanas have high therapeutic value, potency and less toxicity. In the procedure of Parpati kalpana, Agni Sanskara is adopted therefore the heat energy enhances its therapeutic efficacy in treating many disorders.

The use of Parpati was found beneficial for alleviating associated symptoms of Grahani as well as various other diseases like Rajayakshma, Kustha, Gulma3, etc. Later various scholars derived different types of Parpatis by adding one or the other ingredients like gold, silver, iron, copper, mica, pearl and other precious stones. Some of them are Tamra Parpati (Rasa Prakasha sudhakara), Pancamrita Parpati (Rasendra Sara sangrahana), Swarna Parpati (Rasapaddhati), Loha Parpati (Rasa paddhati), Vijaya Parpati (Bhaishajya Ratnavala), etc. Sheetala parpati is an Ayurvedic medicine that comes under Parpati kalpana, used in the treatment of difficulty in urination, urinary calculi, dyspepsia, etc. There are two different references of Sheetala Parpati where the ingredients and method of preparation are different. In one reference Suryakshara (240gms) and Gandhakamla (24gms) are the ingredients4 and in another reference Suryakshara (48gms) and Gandhaka (1gm) are said5.

Preparation of Sheetala parpati:

According to Rasatantra Sara Siddha Prayoga (RTSSP)

Materials and Methods

Chullika yantra (Gas stove), Loha Darvi (Iron pan), Spoon, Khalwa yantra, Plate, Vastra (Cloth), Match box

Ingredients

Suryakshara (Potassium nitrate) – 10g
Gandhakamla (Sulphuric acid) – 1ml

**Method of preparation**

Ten gram of Suryakshara and 1ml of Gandhakamla were taken in khalwa yantra. They were subjected to mardana. During mardana fume was coming out of the khalwa. Mardana was continued till the fume stopped. After it turned into a homogeneous mixture, some amount of mixture was taken in the darvi and heated in mandagni with continuous stirring by spoon till it turned liquid. After liquefaction it was poured on the smooth marble and pressed gently with plate.

**Observation**

**Before Paka:** Suryakshara was white, crystalline form. It was easily pounded into churna. Gandhakamla was viscous in consistency. During mardana of mixture, appearance of fumes was observed.

**During Paka:** During heating, first the mixture became dry and fumes were observed. After some time it started to melt. During stirring some amount of liquefied mixture adhered to spoon and became solid. The liquid was colourless.

**After Paka:** The shweta parpati was white in colour. It was brittle on breaking. On taste tingling and cooling sensation was felt. On touch it was snigdha and mru-du.

**Total amount:** 23.49g

**Obtained amount:** 16.96g

**Dosage:** 6-12 ratti

**Anupana:** Jeeraka churna with sheetala jala (cold water)

**Indications:** Mutrakrichra, Mutravarodha, Amlapitta, Udarashoola, Ajeerna, Yakritvikara

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**According to Siddha Bheshaja Manimala (SBM)**

**Materials and Methods:**

Chullikayantra (Gas stove), Loha Darvi (Iron pan), Spoon, Khalwa yantra, Matchbox

**Ingredients:**

Suryakshara (Potassium nitrate) – 24g

Gandhaka (Sulphur) – 500mg

**Method of preparation:**

Suryakshara was powdered and taken in darvi, heated in madyamagni. When it melted, it was taken out of agni and shuddha gandhaka churna was added immediately and stirred. It caught fire due to gandhaka. When fire subsided the liquid was poured on marble from minimum height so as to get the shape of the parpati.

**Observation:**

**Before Paka:** Suryakshara was white, crystalline form. It was easily pounded into churna. Shuddha Gandhaka was yellow in colour.

**During Paka:** Suryakshara melted easily. When Shuddha gandhaka was added it caught fire in darvi. On delay in pouring some amount of liquid stuck to spoon and darvi.

**After Paka:** The sheetala parpati was white in colour. It was brittle on breaking. On taste tingling and cooling sensation was felt. After getting parpati, the clear sound was appreciated till some time which was indicative of some reaction happening. On touch it was snigdha and mru-du.

**Total amount:** 24.5g

**Obtained amount:** 23.16g

**Dosage:** 6-12gms

**Anupana:** Jeeraka, dharoshna ksheera

**Indication:** Mutrakricchra
Analytical Study

Organoleptic characters:

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<tr>
<td>Sound</td>
<td>Breaking sound as of wafer</td>
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<tr>
<td>Taste</td>
<td>Amla, Kashaya</td>
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<td>Odour</td>
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<tr>
<td>Touch</td>
<td>Mrudu, Snigdha</td>
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Physico-chemical Analysis:

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DISCUSSION

Parpati kalpana is one amongst the four murchita parada yogas that are unique and highly evolved pharmaceutical preparations with a wide range in therapeutics. Parpati is sagandha/nirgandha, sagni, pota bandha. Agni samkara plays an important role in Parpati preparation. It helps in altering the physico-chemical properties. Parpati is a popular and successfully used preparation for the management of Grahani, Mutraghata, Mutrakrichra, Rajayakshma, Gulma, Kusta, etc. diseases.

Sheetala parpati is one among Parpati kalpana which is unique as the ingredient of Sheetala parpati are Suryakshara and Gandhakamla it is a mixture of alkali and acid. This preparation is not explained in any classical texts of Ayurveda. Sheetala Parpati has two references, the ingredients vary in both, common ingredient being Suryakshara. The reference in Rasatantara saara va Siddha Bheshaja Manimala has two ingredients namely Suryakshara and Gandhakamla, as ingredients. The other reference of Siddha Bhesaj Manimala has two ingredients of Suryakshara and Gandhaka.

The method of preparation also varies. In the first reference the ingredients were added and triturated till it solidifies, then heated till it liquefies and then poured and pressed to get the parpati. Whereas in the other method, the suryakshara is first liquefied and to it the powderd Gandhaka was added and then this mixture is poured on a flat surface to get the parpati.

Sheetala parpati prepared was white in colour as the ingredients are also white in colour with Amla-kashaya rasa and mrudu-snigdha sparsha. Sheetala parpati which was prepared according to RTSSP is more acidic than other one, it is due to the ratio of suryakshara is less compared to other method. Due to its kshariya guna it is mainly indicated in Mutrakricchra and other diseases like Amlapitta, Udarashoola, Vrikkashoola, Ajeerna, Yakrityikara, etc.

REFERENCES