

AN EXPLANATORY NOTE ON *RASAPADDHATI- A RASASGRANTHA*

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Abstract-Rasashastra is an important and popular branch of Ayurveda which gained its existence since 7th century A.D. Vast literature are available in the stream of Rasashastra to get a detailed knowledge . Some of the literatures are independently written while some others are compilations. These compilations give comparative knowledge regarding the previous Rasagranthas. Rasapaddhati is one such compiled Rasagrantha in the field of Rasashastra which was compiled in 15th century AD. This paper gives a framework regarding the author's, period, chapters, contributions, salient features and shortcomings of the text Rasa paddhati which may help the reader to have a brief idea of the text

Key words – Rasashastra, Rasagrantha, Rasapaddhati

Introduction:

The book *Rasa paddhati* is a one of the compiled treatise which belongs to *Rasashastra*, written by *Acharya Bindu*.

This *Rasagrantha* is completely written in *Padya* form. Almost all the verses are in *Shardoola Vikridita Chandas* and some of them are written in *Shikhirini* and *Anushtupadi Chandas* as stated by Acharya Yadavji, a renowned scholar of Ayurveda.

Author: *Rasa paddhati* a compiled treatise on *Rasashastra* is compiled by

Acharya Bindu. One of the renowned Ayurved scholar Y.T. Acharya suspect that, *Acharya Bindu* belongs to Maharashtra as the author has used the word '*Kshma Shigrū*' and also other Marathi words. Hence it can be proposed that *Acharya Bindu* hails from Maharashtra.

Period: 15th Century A.D.

Acharya Yadavji states that this book was compiled after the period of Ayurveda Prakash and Rasakamadhenu as author has

collected many verses from these former texts.

Commentaries: The *Sanskrit* commentary of this treatise was written by the author *Bindu's* son *Vaidyavara Acharya Mahadev*.

About the Commentator: *Vaidyavara Acharya Mahadev* is an eminent scholar of *Ayurveda* and *Vyakarana*. *Acharya Mahadev* completed the chapters wherever it was incomplete by referring other treatise of *Rasashastra*.

Publication: *Vaidya Y.T.Acharya*, when he was searching for main copy of this treatise he got different copies at different places like *Bikaner Rajakiya Pustakalaya*, *Vaidyavara Shree Krishna Shastri Devahara Nasik* and *Bhandarkar Prachya Samshodhanalaya Pune (Punyapattana)*. *Shree Y.T.Acharya* compiled all these three available scripts together and published for first time in the year 1925 along with *Lohasarvaswam* which was printed by *Nirnayasagar Press, Bombay*.

Choukhamba orientalia, Varanasi published *Rasapaddhati* in the year 1987 with hindi translation by *Dr. Siddhinandan Mishra*.

About the book: *Rasa paddhati* is a small compilation in the stream of *Rasashastra* containing 7 Chapters in all. This book contains 231 verses. These Chapters are termed as *Prakaranas*.

Contents of the Prakaranas:

Prakarana 1 (ParadaSamskara):

Acharya Bindu performs *Mangalacharana* in the beginning and mentions about *Trividha Chikitsa* and explains importance of *Rasashastra* and *Rasoushadhis* in *Trividha Chikitsa* of *Ayurveda*. He explains *Sapta Doshas* of *Parada* along with their ill effects on the body. In the present *Prakarana* he also explains about *Shodhana* of *Parada*, *Ashtasamskaras*, its procedures and benefits. He also puts light on *Gandhaka Jarana* and *Rasakarpura* preparation.

Prakarana 2 (Loha Prakarana): In this chapter he mainly divided *Loha Varga* as *Loha* and *Upaloha*.

Loha varga includes *Swarna, Roupya, Loha (Kanta, Teekshna, Munda), Tamra, Sisa, Ranga*. *Upa Loha Varga* includes *Kamsya, Vartula, Ghosha (Panchaloha)*. He also mentioned another classification as *Shuddha Loha, Pooti Loha* and *Mishra Loha*.

He dealt about *Loha Samanya Shodhana* along with *Swarna Bhasma Vidhi, Rajata Bhasma, Loha Bhasma, Tamra Bhasma, Sisa Bhasma, Vanga Bhasma* and *Pittala Bhasma*. While explaining about *Gunas* of *Bhasma*, *Acharya* opined that - *Rajata Bhasma, Pittala Bhasma* and *Sisa Bhasma* should not be given individually.

Prakarana 3 (Maharasa

Prakarana): In this *Prakarana* *Acharya* considers *Vaikranta* as first *Maharasa* and he mentions 6 *Maharasa* and also controversies regarding number of *Maharasas*.

Vaikranta: Explains 7 types of *Vaikranta*, its *Shodhana* and *Marana*.

Abhraka: Explains 4 types of *Abhraka, Shodhana, Dhanyabhraka Nirmana, Marana* and *Abhraka Bhasma pareeksha vidhi*. **Shilajatu:** Explains 2

types of *Shilajatu*, based on origin as *Achalodbhoota – Parvatasrava* and *Ushodbhava-oosha (Ksharamrittika)*. *Shodhana* of *Shilajatu, Shuddha Shilajatu Lakshana*. **Chapala:** Explains

types of *Chapala*, its *Shodhana* and *Marana*. **Makshika:** Explains types of *Makshika (Swarna, Rajata, Kamsya, Makshika), Lakshana, Shodhana, Marana* and *Bhasma Guna*. **Tuttha:**

Explains 2 types of *Tuttha* those are *Mayura Tuttha* and *Kharpara Tuttha*. Along with *Shodhana, Satwa patana, Satwa guna, Mudrika nirmana* of *Tuttha*.

Prakarana 4 (Uparasa): Only three *Uparasa* are mentioned in this *prakarana* which are *Gandhaka, Haratala* and *Manashila*.

Gandhaka: *Acharya* mentions 3 types of *Gandhaka (Peeta, Rakta, Shweta)* and considered *Rakta* variety is *Shreshta*. Also *Peeta Gandaka* having a sub variety named *Pashana Gandhaka (Lavana)*. Along with *Gandhaka Shodhana, Shuddha Gandhaka Lakshana*, preparation of *Gandhaka Dhruti* and *Gandhaka Taila*. **Haratala:**

Explains 2 types of *Haratala* those are *Patra* and *Pinda*. *Shodhana, Satwapatana, Marana* of *Haratala, Ashuddha Apakwa Haratala Bhasma* causes *Mrutyu*. **Manashila:** Explains 2 types of *Manashila as Shyamagni* and *Karnavirika* (considered to be *shreshta*) and *Shodhana* of *Manashila*.

Prakarana 5 (Ratna Prakarana): In this *Ratna Prakarana*. *Acharya Bindu* dealt about *Nava Ratnas*. He specified 9 *Dishas* for placing of 9 *Ratnas*. And

also mentioned about *Navagrahas* related to these *Navaratnas*.

Hiraka: Regarding *Hiraka* he mentions *Utpatti, Chaturvarna* of *Vajra* (*Brahmana, Kshatriya, Vaishya, Shoodra*). *Ashtvidha Ratna Pareeksha*. Based on *Jati, Varna, Linga* and *Upayoga*, he classifies *Hiraka* in 12 types. *Pancha Doshas* of *Vajra* explained individual *Doshas* elaborately. *Shreshta Vajra Lakshanas*. *Yuganusara* availability of *Vajra* and even how to decide the price of *Vajra*, based on its size and its *Pareeksha vidhi* is explained.

In the same chapter he also mentioned *chikitsa* of some other diseases which are mentioned below.

Roga	Chikitsa
<i>Kruchra Prameha</i>	<i>Shilajatu prayoga, Lakshmi vilas Rasa, Mehadhwanta Rasa, Gajendrakasari Rasa.</i>
<i>Shukra kshaya</i>	<i>Madana Panchavana Rasa, Sukrati sruti, Shankhodhara Pottali</i>
<i>Pandu</i>	<i>LohaRasayana</i>
<i>Grahani</i>	<i>Chintamani Rasa</i>
<i>Gulma and UdaraShoola</i>	<i>Agastya Vati</i>
<i>Kushta, Shwitra</i>	<i>Tala Rasa</i>
<i>Vatarakta / Vataroga</i>	<i>Talasindhoora</i>
<i>Klaibhya, Phiranga</i>	<i>Rasa sindhoora</i>
<i>VatajanyaVikara</i>	<i>Rasa Karpoora</i>
<i>SandhigtaVata</i>	<i>Gandhakdhruti+ Rasasindhoora</i>
<i>Phiranga Dosh</i>	<i>Rasa Karpoora/ Karpoora Vati andKsharadhoopana prayoga,</i>

Prakarana 7 (Rasoushadhi Yoga Prakarana):

49 *Rasayogas* have been described by the *Acharya* in this chapter which are as follows:

Regarding *Mukta, Shreshta Mukta Lakshana, Mukta Dosh* – 5 types of *Laghu Doshas*, 4 types of *Guru Dosh*, types of other *Dosha*, 3 types of *Chaya*, 5 types of *Sadharana Dosh*, *Ashta Yoni* of *Mukta* and 6 *Varnas* of *Mukta*.

Prakarana 6 (Chikitsa Prakarana):

Roga pariksha that is the *Nidana panchaka* of 5 diseases have been dealt in this *Prakarana* like *Raktapitta, Kasa, Shwasa, Hikka* and *Rajayakshma*.

Bhairavika Vati, Chandra Vati, Jwarakhya Rasa, Ashtayamika Vati, Atankaantak Rasa, Navajwaramurari Rasa, Jwaraprothita Rasa, Navajwarari Vati, Navya Chandrabhidha Rasa,

Mrutyunjaya Rasa, Chintamani Rasa, Vidhyadhari Gutika, Trailokya Tapapaha Rasa, Swachhanda Golaka Rasa, Maha Jwarankusha Rasa, Sootesh Rasa, Ekasooteshwara Rasa, Sheetari Rasa, Jwarantaka Rasa, Ardhanarishwara Rasa, Kushtadi Vati, Varadi Vati, Chintamani (taila) Rasa, Chintamani taila (Rasakoumudi), Kalanala Rasa, Ashwaanala Rasa, Jwarari Rasa, Sheetajwarari Rasa, Jwararipu Rasa, Chaturthi kebhankusha Rasa, Vasantamalati Rasa, Laghu vasantamalati Rasa, Sudha pippali Yoga, Panchamruta Parpati, Swarna Parpati, Raja mruganka Parpati, Maha mruganka Rasa (2 types), Mukta mruganka Rasa, Navaratna mruganka Rasa, Sarveshwara Rasa, Chaturmukha Rasa, Trailokya chintamani Rasa, Vasanta kusumara Rasa, Vasanta raja Rasa, Kaamadev Rasa (2), Lakshmivilas Rasa(2), and Mahalakshmivilasa Rasa.

Salient features:

1. Explains *Trividha chikitsa*.

2. Explains a unique method of *Rasakarpura* preparation using *vidyadhara yantra*.
3. Explains *Gandhaka jarana* in detail.
4. Some new words used in context of *Jarana* and *Parada samskara*.
5. Explains elaborately the *Marana* procedure and advices cautious use of *Rajata, Pittala* and *Sisaka Bhasma*.
6. Explained directions of placing the *Navaratnas* is a unique concept.

Pitfalls of the Grantha:

1. Basics of *Rasashastra* including *Paribhasha* have not been dealt.
2. *Sadharana Rasa* is not found in the text.
3. *Shodhana* and *Marana* of *Ratnas* have not been dealt.
4. Description regarding *Uparatna, Visha, Upavisha, Sudha varga* and *sikata varga* are not found.
5. Only few *Yogas* are dealt.
6. Despite of mentioning 9 ratnas Acharya have only described two of them.

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