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Review Article

A BOOK REVIEW ON SIDDHA BHESHAJA MANIMALA

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ABSTRACT

Rasashastra (Indian alchemy) forms the basis of Ayurveda pharmaceuticals. Many literatures are available in the form of Sanskrit texts containing the matter pertaining to preparation of drugs from metal and mineral origin. The book Siddha Bhashajya Manimala has given contribution to both herbal & mineral preparations. Devotion towards gurus & gods shows the simplicity of this book. Each chapter is divided as there on respective specifications. This book is mainly in samgrahatmka (commentary style) & poetic style of writing. Separate chapters are given for each disease with their own chikitsa prayogas (treatment applications). Importance of Parada Shodhana (purification of mercury) with related samskaras (processing) is explained showing the importance towards Rasoushadhis (herbo-mineral medicines). Present paper will highlight the framework of Siddha Bhashajya Manimala, providing information about the author, text and uniqueness. It will also throw a light towards contribution of Siddha Bhashajya Manimala in the field of Ayurveda.

Keywords: Ayurveda, Rasashastra, Siddha Bhashajya Manimala.

INTRODUCTION

Rasashastra (Indian alchemy) is the science of ancient Indian medicine which mainly deals with the preparations of formulations from metal and mineral origin. Siddha Bhashajya Manimala is one among the books which has emphasized regarding both herbal and mineral medicines, shows the equivalence of both preparations. This book is written as Sangrahatmaka (commentary style) shows the specialty of this book. There are 5 chapters in this book which are termed as Guchcha means Bunch. The book was completed in 1953 Phaalguna Sukla paksha Poornima. (Lunar fortnight)

This book begins with salutation towards gods & gurus and later deals with preparation of various medicine. Different bhedas and Vargas (classifications & groups) are explained. Sadhayasadhayata of roga (prognosis of disease) with certain arishta lakshanas (fatal signs) is explained. Various similies of dravyas (substances) and their own properties are explained easily. Various chikitsa prayogas (treatment applications) are explained with respective diseases. Visha lakshana (detection of Poison) by insects bite and their management are explained. Parada prakarana (mercury) is explained separately; different methods of extraction of Parada, Samskaras adopted for Parada karma (processing for mercury), 83 rasayogas (herbo-mineral formulations) and different kind of Chaturvidha rasayanas (4 types of mercurial preparations) like Kupipakwa, Pottali, Parpati & Kharaliya Rasayanas are also explained. So Siddha Bhashajya Manimala is an authoritative textbook of rasashastra (Indian alchemy) which contains all details regarding the various procedures involved in drug preparation. It is considered as one

among the authoritative book pertaining to rasashastra (Indian alchemy) written in modern period.

About the author

Author of this book is Sri Krishnarama Bhatt. The author has born in Gurjar Kula in 1932 in Ashtami Nakshatra. Father of the author was Sri Kundan Ram who has written 'Hikmath Mandarabha' named famous Kavya (poetry) which showcases the knowledge of Ayurveda. The author has gained knowledge from his father & guru (teacher) and has written this by an experience. He has gained mathematical knowledge and Chanda Sastra from Sri Sri Chandan Das.

Commentary, Editor & Publisher

This book consists of Vaiswanara hindi commentary, is edited by Sri R.Kaladhar Bhatt and Published by Krishnadas Academy, Varanasi.

Contents of text

Author has named the chapters of text as Guchcha which means as bunch. This book consists of 5 chapters, each chapter named as Guchcha. The matter of siddhaprayogas (application of medicines) in this book has resemblance and arranged like Mani (precious stones) in Mala (garland) and so named as Sidhabhashajya manimala. Total 5 Guchchas (chapters) encompasses Siddha bhashajya manimala. termed as, Prathama Guchcha (1st chapter) ; Dwiteeya Guchcha (2nd chapter) ; Thruteeya Guchcha (3rd chapter) ; Chaturtha Guchcha (4th

chapter) & Panchama Guchcha (5th chapter). Here author has written whole book in poetic style especially in Chaturtha Guchcha (4th Chapter).

Prathama Guchcha (First Chapter)

Prathama Guchcha mainly deals regarding Mangalacharana (worships). Devotion towards guru has been mentioned as the guru is considered as Dhanwantari. Description regarding the Raja, mantri, etc. of Jaipur are mentioned and also acknowledgment towards the Raja. Description of Vamsha parampara (family tradition) like Swavamsa Parichaya and Kurmavamsa Parichaya, Grantha Prayojana & Upodhata has been dealt.

Dwiteeya Guchcha (Second Chapter)

It begins with the Mangalacharana, salutation to Goddess Parvathy, like Worship of Mahoushadhi (bhagavathy mahadevi), which has originated from Hima Parvatha, who is saving life from disorders and who is important to lord Mahadeva. It is also given that the dravya which is having certain quality, the same will be present in parts, classification and disorders of dravyas. Like Patola Patra (leaf of *trichosanthes dioica*) is Pittaghna (pacifying pitta dosha), but Valli (climber of *trichosanthes dioica*) is Kaphapaha (pacifying Kapha-Pitta dosha). Phala (fruit of *trichosanthes dioica*) will be tridosha shamaka (pacifying three doshas), and Moola (root of *trichosanthes dioica*) will have rechaka guna (cathartics in nature).

It has the definition of Dravyas (substances) like Vataghna (pacifying vata dosha), Vata-Pittaghna (pacifying vata & pitta dosha), Vata sleshmala (pacifying vata & kapha dosha) and Vataghna- Pitta sleshmala (pacifying vata, pitta & kapha dosha).

It has given 9 bhedas of Vataghna dravya, total 27 bhedas (classifications) of Vataghna, Pittaghna, and Kaphaghna. 3 types of Vata Pittaghna – Like Vata Pittaghna, Vata pittaghna sleshmala, Vata Pittaghna sleshmodasina. Like this vatala, pittala, etc. Bhedas has been mentioned. Total 57 bhedas (classifications) are mentioned with examples. Drugs which are regularly used, which comes under the bhedas (classifications) are explained with Rasapanchaka (five constituents of a substance).

In poetic way, has given with one example as **Narayana, Gaja, Rambha** i.e., first letters which starts from all 3 words collectively named as **NaGaRa**. So in sanskrit **Nagara** (dry ginger) means **Sunthi** (dry ginger). So it is given as if preparing kashaya (decoction) with those first letter words, it will be enemy for 1st and 3rd (i.e., Vata and Kapha), and 2nd will be the friend (i.e., Pitta). So in total given as kashaya (decoction) which is prepared by nagara (dry ginger) will give vata and kapha samana and helps for pitta condition also.

It has given synonym for Ardraka (wet ginger) as Viswabheshaja. Ardraka Qualities and certain therapeutic effects are also mentioned i.e., Ardraka rasa (juice of wet ginger) with Madhura dravya is for kapha vrddhi, Kapha jwara. Ardraka rasa (Juice of wet ginger) can be taken in sukshosha (lukewarm) stage and useful in Karna soola (earache). If mixed with guda it can be useful in Ajirna, Aruchi and Pandu. Contra indication of Ardraka rasa is mentioned for Sudha kasa (cough) and Nidra nasa (insomnia).

Different vargas (groups) are mentioned like; Hareetakyadi Varga; Poushtika Varga; Suganda Varga; Pushpa Varga; Phala Varga; Dhanya Varga; Sidhanta Sangraha; Sandhana varga;

Saaka Varga; Taila Varga; Dugdha Varga; Dadhi Varga; Takra Varga; Navaneeta Varga; Ghruta Varga; Gomutra; Ikshu ; Madhu; Jala; Paradadi Varga

Triteeya Guchcha (Third Chapter)

Mainly deals with swasthya samrakshana (healthy regimen); regarding Brahma muhurta. Darsana of darpana (mirror), Ratna (gem), Bilva (*Aegle marmelos*), Sugandhita pushpamala, Vaidya (physician), Dadhi (curd) has been dealt for ayu raksha (life saving).

Salutation to Vrudha jana (old peoples) and given smarana (remembrance) of gurus and gods like ganapathi, surya, devi.

Souchadi kriya (cleansing); Dantadavana Vidhi (tooth brushing), Mukhadi praksalalana (face washing), Vyayama (exercise), Abhyanga (oil application), Udwartana (powder massage), etc. has been explained. Further importance is given to Vastra Dharana (wearing of dress), Anulepa (anointment), Aabhushana (wearing of jewels), Padatra (chappels). Bhojana karma (regulations for intake of food), Bhojanoparanta sevana (after the intake of food) of Lavanga, khadira, etc.

Tamboola sevana Vidhi (betel - chewing) with properties are mentioned like tamboola (betel) is having properties like saaraka (mobile in nature), Ushna (hot in nature), Aruchi Nashaka (anorexia), Kapha nashaka, Raktapittotpadaka, Budhikaaraka, Kamodheepaka, vatashamaka and agni dipaka & contra indications of Tamboola has explained like which is contraindicated in Jwara (fever), Raktapitta (hemorrhage), Kshaya (pthisis), Visha (poison affected condition), Swasa (asthma), Netra pida (eye disease), Murcha (fainting) & sosha (progressive wasting).

Properties of Pooga (areca nut) are mentioned like ruksha, kashaya, kapha nashaka, pitta saamaka. Also the properties like Sudha churna (slaked lime powder), Khadira sara, Tamali drugs are explained. Contra indications for vegadhaarana (suppression of urges) and udeerna Chatra dharana, Ushneesa (turban wearing), using of Danda (stick) while walking, Raatri charya (night regimens), Rutucharya (seasonal regimens), Rasadi bheda prakaranam are also mentioned. Lakshana of Vridha-Ksheena dosha and Sama dosha, Number of Dhatu bheda (125 in number). Mentioned regarding dutadi prakarana, Doota guna (qualities of Messenger), Vaidya guna (qualities of physician) and nadi Pariksha (pulse examination). Sadhya – asadhya (prognosis of disease) mentioned like whether condition is sadhya (curable), asadhya (incurable), yarya (controllable) or kashta sadhya (curable with difficulty).

Taila Bindu Pariksha (oil drop test) is mentioned for knowing sadhya asadhyatwa (prognosis of disease) of condition; like sthirata (stability) of the bindu denotes Kashta sadhya (curable with difficulty), if taila bindu (oil drop) breaks in droplets or attain different shape (dhanu, kachapa, vyaghra) consider as asadhya (incurable). If taila bindu (oil drop) breaks and forms & attain shape (vyanjana, kamala, sankhakar) indicates Sukha sadhya (easily curable).

Arishta lakshanas (fatal signs) of rogi (patient), Asubha swapna (bad dreams) and its Parihara Vidhi (precautions). Trividha desas (three kinds of habitat), Trividha Prakruti (three kinds of constitution) and Trividha Vaya (three types of age) with their features are also explained.

Yogyā –Ayogyā (indicated & contra indicated persons) for Vamana (emesis) & Virechana Vidhi (purgation) has been dealt.

Muktaka sangraha term is mentioned as some modes to get manoranjana/ Kouthukata, etc. which reduce vishada (depression) are told.

Description of lord Shiva, preparation of toys using Parada, Bali – gandaka, Chashaka Nirmana, Karpoora Sodhana Patra preparing using Baboola, Saindava, etc. to improve Agni of patient has been dealt.

Methods of making the letter appear or disappear on paper/Vastra are mentioned. In 253 tola water, 4 tola of laksha satwa is mixed & made kwatha (decoction). In this 3 tola tankana kshara is to be added, when it turns half portion a pottali is made with kajjali and mixed well. Using kadali swarasa, one can keep the letters for long time. While using kshara – if cloth is washed 100 times also letters will be there. Maduka taila pratisamskarana (processing of medicated oil) & Khadhupa varnanam are mentioned.

Chaturtha Guchcha (Fourth Chapter)

This chapter also starts with mangalacharana by worshiping to lord mahadeva. Giving acknowledge to guru janas. There is mentioning of sidha prayoga in detail.

Here the chikitsa paada begins with Jwara chikitsa (treatment for fever) and ends with Visha chikitsa (treatment for poisonous substances). Here Sri Krishna rama bhatt explains that only those yogas (formulations) have been mentioned where the mode of action is known/ whose action is not nigooda (hidden) he has tried to clarify.

Jwara Chikitsa (Treatment for fever)

Commentator explained nidana, Poorvaroopa, etc. of Jwara (fever) along with description of Daha (burning sensation), Madatyaya (alcoholism), Switra (leucoderma), etc. Adoption of Langhana (fasting) in Jwara (fever) is mentioned. For analyzing the Kshudhartha (diseased) person with Jalapoorna Kamsya patra sthapana (placing a pot filled with water) method is mentioned as while observing the vikruti (imbalance) in jala should understand the nature and type of disease and give suitable therapy or langhana (fasting). There is reference of following pathya bhojana (dietic food) immediately in this avastha.

Kashaya prayogas (administration of decoctions) in jwara with deepana (appetizers) pachana (digestives) drugs are explained like:

In **Vataja Jwara** – Paneeya (medicated drink) made up of drugs like Guduchi (*Tinospora cordifolia*), Pippalimoola (*Piper longum*), Sunthi (*Zingiber officinale*), Dhanyaka (*Coriandrum sativum*), Devadaru, Kantakaari is to be administered.

In case of **Pittaja Jwara** – Kashaya(decoction) prepared out of drugs like Draksha (*Vitis vinifera*), Mishi, Kleethakala, Vanapsa (*Viola odorata*), Sampaaka, Pota, Sumakanda is to be administered.

‘Renu’ (Kamala – *Mallotus philippensis*) Kashaya (decoction) has mentioned one among the important Kashaya Yoga (decoction) in Pittaja Jwara.

In **Kaphaja jwara** – Kashaya (decoction) prepared out of drugs like Bharngi (*Clerodendrum serratum*), Kulinjana (*Alpinia galanga*), Kirata (*Swertia chirata*), Shati (*Hedychium spicatum*), Maricha (*Piper nigrum*), Devadaru (*Cedrus deodara*), Dipyaka (*Apium graveolans*), Chavika (*Piper retrofractum*), Nala

(*Arundo donax linn.*), Kushta (*Saussurea lappa*), Viswa (*Zingiber officinale*), Simhi, Guduchi (*Tinospora cordifolia*), Pushkaramoola (*Inula racemosa*), Ativisha (*Aconitum heterophyllum*) is to be administered.

In **Kapha – Vata Jwara** – Kashaya (decoction) made up of drugs like Devadaru (*Cedrus deodara*), Bruhati (*Solanum indicum*), Chitraka (*Plumbago zeylanica*), Sunthi (*Zingiber officinale*), Pushkaramoola (*Inula racemosa*) is to be administered.

In **Rutujanya Jwara (Seasonal fever)** – Dhanyaka (*Coriandrum sativum*) and Sunthi (*Zingiber officinale*) has to be made kashaya (decoction) which should be mixed with Nimbu sarkara (lemon syrup) – Useful in sarad rtu janya Jwara (seasonal fever).

In Sarva Jwara (For all kinds of fever) – Draksha, Kala, Guduchi kashaya (decoction of *Tinospora cordifolia*) can be administered.

Kulatha Kashaya (horsegum decoction) is mentioned which is useful in Sheeta jwara after virechana (purgation) and Vamana (Emesis).

Sarkara Paribhasha (definition of syrup), Phalapsa nirmana Vidhi, preparation of Certyain medicines are explained which are useful for fever, namely Vasanta malati rasa, Manikya rasa, Parpatika rasa, Jwarakusha rasa and Manashila taila nirmana for Chaturthaka jwara is also mentioned.

Himamurchana rasa preparation is mentioned; Arka dugdha mix with malla and to be kept in tamra patra. This has to be kept for 7 days & heated on 8th day for 8 prahara. Daiva vyapasraya chikitsa (divine therapy) also has been mentioned in the treatment of fever.

Atisara Chikitsa (Treatment for diarrhoea)

Definition of Atisara is mentioned as ‘Saara’ word means – bala, purusha, sreshta and satya. It also begins with the managalacharana (Worship) to purushottama. Atisara nidana is mentioned, and definition of Ushnodaka (Warm water).

Many Anubhoota yogas (experienced formulations) are mentioned which is good for atisara. Like Kashaya (decoction) of equal parts of dhataki (*Woodfordia frutosa*), sunthi (*Zingiber officinale*), bilva (*Aegle marmelos*), mocarasa (*Salmalia malabarica schott.*), musta (*Cyperus rotundus*), ativisha (*Aconitum heterophyllum*).

Also the Prayoga of Pakwa narikela (ripened coconut) to be kept under the sunlight till oil starts oozing. When oil starts oozing out Ahiphena has to put in that & kept it as such. After some time it is taken out and can give acc.to dosha and bala of the patient. Preparation of Guda varti (rectal suppository) is mentioned for Atisara which is made up of with Ahiphena, rumi mastagi, and hingula and made varti with eswara bolaja (isabgol) jala, Ananda bhairava rasa is explained with mode of action. Lakshana of asadhya Atisara is mentioned as mala becomes Neelabha, Swacha, Sugandhayukta, Malina & Sira tantumaya.

Grahani Chikitsa (Treatment for Irritable bowel syndrome)

Administration of Chapathi prepared out of Apakwa kadaliphala (un-ripened banana fruit) is explained for grahani.ie; Apakwa kadali phala (un-ripened banana fruit) has to be taken, the inner content should be steam cooked. It has to be mixed with wheat

flour & prepared chapathi and administered along with Dadhi (curd), Grahani will reduce. Such simple recipes are described.

Parpati (flake form of mercurial preparation) preparation is mentioned for grahani chikitsa. Shodhita Parada (purified mercury), Ahiphena (*Papavar somniferum*) – each 1 part, Shodita gandaka (purified sulphur) – 2 part, Mix well – and made as Parpati (flake form of mercurial preparation according to parapti (flake form of mercurial preparation prakarana – after that Sudha kuchala (*nux vomica*), Sudha Dhatura bija (seed of *Datura metel*), Jayapala (*Croton tiglium limm*), each 1 part should be added into the above mixture-has to do bhavana of these churnas (powders) along with dadima rasa (juice of *Punica granatum*) or tintidika (*Rhus parviflora*) for 7 times. Then it is rolled in the form of pill and can give for grahani chikitsa.

Arsa Chikitsa (Treatment for hemorrhoids)

Lakshana of arsa, situated in Moola dwara, Sooladhari, and Bhayankara akruti, situated in Pravahini vali (innermost folding of rectum); application of karpura (camphor) in gudamarga (rect region). Upanaha (paste fomentation) of palandu (onion) and navasagara (ammonium chloride) over guda (rectum).

Prayogas mentioned in Raktarsa (bleeding piles):

1. Bhasma of palandu (onion ash)+Rasa karpura (mercurial formulation)+Satadhouta ghrita (100 times washed ghee)- application
2. Apamarga kalka (paste of *Achyranthes aspera*) + Buttermilk – Cure in Raktarsa (bleeding piles)
3. Dharoshna Dugdha (freshly drawn milk)+ Nimbu rasa (lemon juice)

For Nava Arsa (newly formed pile mass) - Nava arsa – Application of Dadhi (curd) + Tuttha (copper sulphate)

Agnimandyadi Chikitsa (Treatment for Dyspepsia)

It comes under Ajirna (indigestion), Visuchika (type of cholera), Alasaka and Krumi.

Phanita preparation is mentioned which is useful in Mandagni. Arka prepared out of Nimbu, pudina and ardraka is useful for Agnideepana, Palandu kanda paneeya (drink prepared out of onion tuber) is good for visuchika. In case of **Vata pradhana visuchika** – arka moola has to dry in sunshade and made as churna and add trikatu, Trijataka, 5 lavana- Bhavana with nimbu rasa & made into pills of chick pea size.

Other yogas like

- Kajjali (mercuric sulphide)+ Pippali Churna - ajirna
- Souvarchala, vida, trikatu, pathya, jiraka, yavani, dipyaka, dhany aka, chitraka, amla vetasa – made churna & useful in dipana – pachana and grahani
- In case of Krusha patients use of Souvarchala, navasagara, lavanga, Maricha can be taken in the form of gutika.

Panduroga Chikitsa (Treatment for Anaemia)

Use of Anjana (collyrium) with Drona pushpi swarasa (juice of *leucas aspera*) Nasya (nasal instillation) with Devadali rasa (juice of *Luffa echinata*) is considered good in pandu condition. Also mentions Katuthumbi rasa nasya (nasal instillation of *Lagenaria siceraria*) which is good for kamala; Tila taila gandusha (gargling with sesame oil) is considered as good for Pandu.

Rakta mitraarka (haematinic tonic) named preparation is mentioned under pandu rogadhikara which contains guda

(jaggery), Dadhi (curd) Loha churna (calcined ash of iron), Kumari swarasa (aloe vera juice), Gomootra (cow's urine) & Surya kshara (potassium nitrate).

Raktapitta Chikitsa (Treatment for Hemorrhage)

Use of Japa pushpa Arka & Phalasa arka (medicated herbal distilled liquids) is mentioned for Raktapitta chikitsa. The dose is 1 tola (12g). Morada is mentioned, which consists supernatant water of curdled milk with sugar & considered useful in Sosha (progressive wasting), Jwara (fever) and rakta srava (hemorrhage).

Rajayakshma Chikitsa (Treatment for Tuberculosis)

Chitta chandira Phanta (medicated herbal hot infusion) & Unnava Sarkara (medicated herbal syrup) are explained with method of preparation.

Chitta chandira Phanta yoga (medicated herbal hot infusion)

Musta (*Cyperus rotundus*), Maricha (*Piper nigrum*), Chavya (*Piper retrofractum*), Chitraka (*Plumbago zeylanica*), Haridra (*Curcuma longa*), Vidanga (*Embelia ribes*), Amalaki (*Phyllanthus embilica*), Lodra (*Symplocos racemosa*) etc, Dhataki Pushpa (*Woodfordia fructosa*) – 32 tola (384g) ,draksha (*Vitis vinifera*)-3 prastha (2304g), purana guda – 15 prastha (11520g). Take mudpot and apply ghrita inside. add all the ingredients in pot. Add 26 prastha jala (19968 litres of water) .Cover the mouth of pot tightly & keep it for 15 days. Taken out after the consecutive days. This phanta is useful in kasa, swasa, ksaya, agnimandya, Malavarodh (Constipation) and also have maadaka guna (Addictive in nature).

Unnava Sarkara yoga (medicated herbal syrup)

Use with unnava named Badara phala- 1 part, add 4 parts jala, then add 3 parts sarkara & Sarkara (syrup) – it is having madhura rasa (sweet in taste), kshaya, kasa, swasa and rakta vikara. It is also useful in youvana pidaka (acne) and rakta pitta (haemorrhage).

Kasa – Hikka – Swasa Chikitsa (Treatment for Upper respiratory tract Infections)

In Kasa Chikitsa (Treatment for Cough)

Churna prayoga (Powder) - Equal parts of Sunthi (*Zingiber officinale*), Ativisha (*Aconitum heterophyllum*), musta (*Cyperus rotundus*), Karkata srngi (*Pistacia integerrima*) has to be taken & made it into powder form, yava kshara (phyto-alkali of *Hordeum vulgare*) has to be added in equal to all & mix with Madhu (honey).

Another prayoga is Tankana, Ahiphena ingredients each has to be taken in 1 karsa quantity, khadira sara 8 karsha; all these are made into sukshma churna separately & mixed it & can be administered.

Gutika prayoga (Tablet) - Ingredients of Hingula (purified cinnabar), Sudha srngika (purified *Aconitum heterophyllum*), musta (*Cyperus rotundus*), pippali (*Piper longum*), maricha (*Piper nigrum*), lavanga (*Syzygium aromaticum*) has to be given bhavana (trituration) with nimbu rasa (lemon juice) & made as gutika (tablet).

In Hikka Chikitsa (Treatment for Hiccough)

Bhasma prayoga (application of calcined ash of copper) - Tamra patra is to be taken in quantity of 6 masha which is to be

pratapta in arka dugdha (latex of *Calotropis gigantea*). It is repeated for 7 times & sodhita Tamra patra (purified copper) is procured. After that Tamra patra (purified copper) has to be heated in vessel which contains 8 tola (96g) gandaka churna (sulphur powder) with dugdhika ksupa (thorn of *Euphorbia thymifolia*) small pieces keep on adding. By this one gets the nila varna bhasma (blue colored calcined ash), which is dealt by acharya Sadanand.

In Swasa Chikitsa (Treatment for Asthma)

Bhasma prayoga (application of calcined ash of copper) - Sudha tamra patra churna (purified copper flakes) is to be given mardana with arka dugdha (latex of *Calotropis gigantea*) & given 100 times puta (pit filled with cow dung cakes) till bhasma (calcined ash) is obtained.

Swarabheda Chikitsa (Treatment for Hoarseness in voice)

Kashaya prayoga (administration of decoction) – Drugs in the quantity of 7 maricha (*Piper nigrum*), 5 ela (*Elettaria cardamomum*), ½ masha kulinjana (*Alpinia galanga*), 3 masha (3g) yastimadhu (*Glycyrrhiza glabra*), sitopala (sugar candy) 2 tola (24g) which has to be made Kwatha (decoction) in sukhoshna (lukewarm) stage and administered. It is useful for swarabheda

Aruchi Chikitsa (Treatment for Anorexia)

Prayoga like - Maricha churna 6 masha, Souvarchala 1 masha (1g), add 4 tola (28ml) water in that & boil – after the reduction – add 1 tola (12g) ghee and administer for Aruchi

Chardi Chikitsa (Treatment for Emesis)

Dhumapana of Lootambara varti (suppository made with spider web); & karpura jala pana (camphor liquid) is dealt for chardi chikitsa.

Moorcha Chikitsa (Treatment for Fainting)

Mamayika, Raala has to be taken 4 tola (28g) each, which has to be heated till it attains krsna varna. Then add 2 masha (2g) kesar in that & put in sugar container. This has to be administered in 1 ratti dose with dugdha anupana.

Daha Chikitsa (Treatment for Burning sensation) - Amalaki churna (powder of *Phyllanthus embilica*), Ikshu rasa (sugar cane juice) with dugdha (milk) and sugar.

Unmada Chikitsa (Treatment for Insanity)

Paana of aja mutra with hingu (*Ferula assa-foetida*), Sodhita bhanga (purified *Cannabis sativa*) triturate with Godugdha (cow's milk) & do mardana (application) over adipati marma (vital point in intra-cranial portion).

Apasmriti Chikitsa (Treatment for Epilepsy)

Nasya prayoga - Sweta karavira nasya is mentioned. If praachina – do nasya for 6 month; Rakta nasya is also mentioned with Matkuna (Bed bug)

Vataroga Chikitsa (Treatment for Rheumatic diseases)

Yogas like Amira rasa is mentioned for vata roga. In case of upadamsayukta granti vata use of rasakarpura, hingula, saindava, etc. are mentioned. Arka of karira moola, pipalimoola, yavani, haratala are mentioned in jirna vata roga

In Ardita – Charvana chikitsa is mentioned with tambula leaf. Here tamboola leaf to be softened by dhuma of taila prepared out of pita sarsapa, kupilu, dhatura, etc. & charvana is advocated in Ardita.

Taila prepared out of pita sarsapa (yellow mustard seed), Kupilu (*Strychnos nuxvomica*), Dhatura (*Datura metel*) is useful for abyanga in paksahghata and sandhivata.

Malla taila, Guggulu taila preparation is mentioned using nalika yantra, Pada daha, Pada harsa chikitsa is mentioned; Mayura picha bhasma (calcined ash of peacock feather) siddha taila is mentioned for khalli (poly myalgia rheumatica).

Shoola Chikitsa (Treatment for Peptic ulcer disease)

Medicine with Khara mutra (donkey's urine) which has to be kept in mud pot & allowed for drying in sunlight till it turns like parpati.

Somanatha rasa is mentioned. Copper coin has to be wrapped with vanga patra & kept inside of bhringaraja panchanga kalka (paste prepared out of *Eclipta alba*) & given 11 putas till it attains bhasma. It is useful in parsva sula (pain in flanks).

Gulma Chikitsa (Treatment for Abdominal tumors)– In Vataja Gulma - Pippali vruksha dala along with Guda is mentioned for chewing.

Mutrakrechra Chikitsa (Treatment for Dysuria)

Navasada (ammonium chloride), Gandaka (sulphur), surya kshara (potassium nitrate), etc. has to be subjected to heat in urdha patina (distillation) in damaru yantra then triturated with gulab jala & applied over the nabhi (umbilical region) for mutrakrechra.

Sitala parpati prayoga (flake form of mercurial preparation) 4 tola (28g) surya kshara and 1 masha (1g) gandhaka with jiraka is taken and & made as parpati (flake form of mercurial preparation).

Mutraghata Chikitsa (Treatment for Retention of urine)

Total 9 yogas, Mainly like Swedana (fomentation) in nabhi pradesa (umbilical region) with vastra (cloth) smeared with aja laddi (goat dung) and Gomutra (cow's urine) is mentioned. For Mutra pravritti – Navasada (ammonium chloride) piece kept over/Below nabhi.

Asmari Chikitsa (Treatment for Calculi)

1 prayoga is mentioned - Sarapunkhaa moola (root of *Tephrosia purpurea*) with Pamsuja kshara (phyto-alkali).

Prameha chikitsa (Treatment for Diabetes mellitus)– 19 yogas

Here description as if Prameha (diabetes mellitus) is a demon; Vanga (Tin) prayoga with Haridra (*Curcuma longa*), etc drug. The dose is 4 ratti is mentioned for Prameha.

Rasayogas like Vangeswar, laghu mruganka, Rajata bhasma (calcined ash of silver), Sukhada vati are mentioned.

Udavarta Chikitsa (Treatment for Colicky pain)- 21 prayoga

Out of that Pancha sakaara churna is mentioned with ingredients of Saindava (rock salt), Markandi, Siva (haritaki – *Terminalia*

chebula), Sunthi (*Zingiber officinale*), Satapushpi (*Catharanthus roseus*) considered as useful in udavarta.

Udara Chikitsa (Treatment for Ascites)- 29 prayoga

Kumari pulp (aloe vera gel), Arka pushpa arka, Kumaryasava – yakrut, Plihodara; Hingu Sandana (1 ½ tola matra) - yakrut, Plihodara are mentioned.

1 Prayoga like, Krsna ela – 192 masha, hingu-110 masha, mix with 64 tola nimbu rasa and is triturated in khalwa (mortar). It has to be filled in kacaha patra & covered with cloth and kept for 8 days in sunlight.

Nimbuka drava, Tejorka, dinadaya churna, etc. prayogas are also mentioned under udara chikitsa.

Sotha Chikitsa (Treatment for Edema)- 6 Prayoga

Description of sotha (edema) as a person. Use of dronapushpi and Malla in different form for sotha chikitsa is mentioned. i.e., 1 tola Malla has to be given bhavana with dronapushpi rasa for 7 days. After that it has to be mixed with 320 tola of dronapushpi panchanga bhasma & give n heat for 8 prahara (24hrs means 1 day). It can be administered along with dugdha (cows milk).

Vrdhivartma Chikitsa (Treatment for Scrotal & axillary swellings)- 10 Prayogas

Upanaha Prayoga (fomentation therapy) is mentioned like - Hasti laddi (elephant dung) has to be fried with taila & Upanaha over vridhi.

Pralepa prayoga is mentioned. i.e., Sigru bija, tankana, Sweta gundra, Rasanjana which has to make pralepa and applied. It will give ushma sweda & it is useful to relieve in kaksha granthi (axillary swelling).

Gandamala Granthi Chikitsa (Treatment for Goitre & Cystic swellings)- 5 Prayoga

Bhasma prayoga is mentioned - Bhasma of mudga and karpasa bija

Another prayoga like Krishna jiraka churna with ghrita lepa

Vrana Chikitsa (Treatment for Wound)- 8 Prayoga

Malahara raja prayoga is mentioned. Guggulu (*Commiphora mukul*) and parada (mercury) equal quantity added with Rasanjana (aqueous extract of *Berberis aristata*), has to dip in water and macerate and applied over vrana.

Bhagna Chikitsa (Treatment for Fracture)- 6 Prayogas

Taila prayoga (oil application) is mentioned.

Madhuchista (beeswax) - 32 tola (384g), Saindava (rock salt) – 192 tola (2304g), malla, jatiphala, jatipatri, akakallaka, lavanga- each 2 tola (24g each), jyotishmati-16 tola (192g), taila has to extract through damaruyantra. This taila is useful in bhagna.

Nadi Vrana Chikitsa (Treatment for Pilonidal sinus) - 11 Prayogas

Malahara prayoga (application of ointment) is mentioned. Varti prayoga (suppository) is mentioned like - Madanaphala bija+ guggulu & made varti (suppository) with jala.

Bhagandara Chikitsa (Treatment for Fistula)- 3 Prayoga

Taila prayoga - Manushya asthi khanda sidha taila purana (filling of oil obtained from human bone) is mentioned in Bhagandara; Another prayoga like - Marjara or Nakula asthi

churna lepa (Paste of powder prepared out from bone of cat and mongoose) or Nimbu (lemon) has to burn and give dhupana (fumigation) – for Bhagandara.

Upadamsa Chikitsa (Treatment for Gonorrhoea)- 49 Prayogas

Rasakarapura, Navasagara, Ddadima sarkara prayoga, etc. are mentioned for upadamsa chikitsa.

Kusta Chikitsa (Treatment for Leprosy)

Lepa yoga (anointments), Taila Yoga, Phullma named oushadi, Taila (oil) +Sikta (beeswax) for padadari (cracked feet) are also mentioned.

Sita Pitta Chikitsa (Treatment for Urticaria)- Sudha churna (slaked lime powder) prayoga is mentioned which will give quick relief.

Snayuka Roga (Treatment for Guinea worm disease)

Prayogas like Lutambara (spider web) +Guda (jaggery) – for 3 days morning.

Vati prayoga (Tablet) like 3-4 gunja (375-500mg) of Karpoora (Camphor) with guda (jaggery) is to take & have 1 vati (tablet). After that should walk for 100 steps, 2nd vati (tablet) also to be taken. like this 3 vati's (Tablets) have to be taken. Should not touch with teeth & this to be take it using with sita jala (cold water)

Kshudra Roga (Treatment for Minor skin diseases)- Kushmanda rasa (ash gourd juice) application is mentioned to bleach hair.

Sudha churna, haritaki, Loha churna, etc. for kesa krsneekarana; Malahara application in kotha over the head.

Mukha Roga (Treatment for Oral cavity diseases)- For Damstra vedana chikitsa (toothache) – Prayoga like Ingudiphala majja in dental caries, Dhuma in krumi danta, Churna for danta manjana.

Karna Roga (Treatment for Ear diseases)- In Karna soola, Prayoga like Khavoshna madhu – 2-3 drops. Dhuma prayoga (Fumigation) with Gandaka, lasuna in karna sula.

Nasa Roga (Treatment for Nasal diseases)- Kashaya nasya prayoga for kapha vilayana in nasa & Shira – using yasti, sunthi, ela, etc.

Netra Roga (Treatment for Eye diseases)- Rasa kriya preparation, different types of rasakriyas, Netra patala chikitsa is mentioned.

Siroroga (Treatment for Diseases pertaining to head)- Malpoo bhajana, Ananta vata chikitsa is mentioned; Triphala ghrita lepa and pana for mastaka is mentioned.

Asrugdhara (Treatment for Dysfunctional uterine bleeding)- Pradaradaarini drug description, Vridhadaru, lodra prayoga for shweta pradara are mentioned.

Stree Roga (Treatment for Gynae diseases)- Aaditya hrudaya stotra (hymn) prayoga, Satavari, Gairika, etc. prayoga are mentioned.

Bala Roga (Treatment for Childhood diseases)

Vamana prayoga mentioned for balaroga; Jayapala prayoga in tantuyukta utphullika in bala Kasturi kana spread over nabhi of sadyojata, Janma ghushtika, Lavanodaka for gharshana of madana phala in kavoshna -for vamaana.

Visha Chikitsa (Treatment for Poisonous substances)

In Vrschika visha (scorpion bite posison) – Dhumapana of pipplaimula (roof of *Piper longum*) and twak for vamaana (emesis), use of mayura picha bhasma (calcined ash of peacock feather) is mentioned.

In Makshika bhramari visha (bees bite poison) –To make Sahasra pushpa patra kalka & do gharshana/lepa (local application)

In Ahiphena visha (*Papavar somniferum* poison) – Vamaana (emesis) by using Manashila (arsenic disulphide).

For Bhanga mada – Durva (*Cynodon dactylon*) tender leaves chewing cause vamaana (emesis).

Panchama Guchcha (Fifth Chapter)

Salutation to Parada, followed by explanation of rasa Samskara. different kinds of Parada extraction methods are mentioned.

- Mix Hingula (cinnabar) in Maduchista (beeswax)– Prepare varthi (suppository) & burn – Parada (mercury) will be obtained.
- Wrap hingula (cinnabar) in Vastra khanda (cloth piece) – keep in sarava (mud pot)- Burn these vastra khanda and cover it with Kharpara (zinc oxide)- thus parada (mercury) will be obtained – like this obtained parada has to be given bhavana with amla dravyas (sour liquids) – thus can be used for medicinal use.
- Haridra with Hingula – Keep it in Vastra – Burn it in Patra (Sthaalika Puta)- parada will be obtained. This can be used for all purposes.

Daradakrushta parada has to be worshipped. Then has to do Swedana, Mardana etc. Parada Sodhana is mentioned and 18 samskaras has been dealt. For removing naga, vanga and Vahni, etc. doshas and by that getting parada will get Ajaraamaratva guna.

First 8 samskara – Mainly for Dehasidhi and remaining Grasamana, etc. till Bhakshana sasakara for loha siddhi. Anuvasana samskara has been dealt instead of Grasamana. As 9th Jarana samskara has been considered as Good.

83 rasayogas (mercurial formulations) are mentioned; Like Parada Bhavana (trituration of mercury) with Nimbu (lemon) or any amla dravya rasa (sour liquids),- do urdhw patina (distillation) in 100 times. This will be effective for kapha vata rogas.

Rasa Bhasma Nirmana, preparation of Malla sindhura and Tala sindhura are mentioned.

Khalli rasa (Mercurial preparation)

Muktabhasma (calcined ash of pearl) and Swarnabhasma (calcined ash of gold) each 1part, jatiphala, Jayapala, Kasthuri,

Kesara each separately 2 parts, Sudha Gandaka (purified sulphur) and Sudha PARADA (purified mercury) each 3 parts,mix all it in navanita (butter) which taken out from milk and give bhavana.It is use ful in kshayaja kasa and kapha prominent conditions.

Anya yogas (other formulations) are mentioned like Kanchan Parpati, Uttama rama churna, etc.

Uniqueness of the book

Methodical concise and rational way of explanation about the concepts of Rasashastra (Indian alchemy) and Bhaishajya Kalpana (ayurvedic Herbal pharmaceuticals) are strongly rooted in this book. It deals with separate chapters for Parada Sodhana (detoxifying of mercury) in panchama guchcha (5th chapter). The book has given full devotion towards Gurus & gods. Each chapter is divided as there on respective specifications. This is mainly in sangrahatmka (commentary style). The whole book especially 4th guchcha (4th chapter) is written in poetic style. Most of Sidha yogas (medicinal applications) are mentioned by the authors own experience. Some of the easy preparation of medicines and home remedies have been explained. Anuvasna samkara (one among mercurial processing method) has been dealt instead of grasamana. The Paradadi varga (mercurial classifications) is written separately in 2nd Guchcha. The formulations have been written with their respective anupana (Adjuvants) and conditions have been explained clearly.

CONCLUSION

This book can be taken as by the virtue of its practical usefulness. It has given contribution to both Rasashastra and Bhaishajya preparations. Some home remedies are also mentioned. Separately explained chikitsa prayogas (treatment applications) of each diseases. Parada Shodhana (detoxifying of mercury) with related samskaras (processing) are explained. Different rasa yogas (herbo-mineral preparations) like Rasa Bhasma Nirmana, Phalasp nirmana Vidhi, Himamurchana rasa, Rakta mitra arka (haematinic tonic), Kancana Parpati (flake form of mercurial preparation), Manashila taila, Chitta chandira Phanta (medicated hot insusion), Unnava Sarkara (medicated syrup), Matkuna (bed bug)– rakta nasya, Varti (suppository) made up of Lutambara (spiderweb)+Guda (jaggery), Khadupa varnana, etc are dealt. This book is practically very useful.

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