



Review Article

REVIEW ON *VAIDYAKA PARIBHASHA PRADIPA*- A COMPREHENSIVE TREATISE OF INDIAN PHARMACEUTICALS BY GOVIND SEN

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ABSTRACT

Vaidyaka Paribhasha Pradipa was written by Govind Sen, son of Krishna Vallabh Sen. *Vidyotini Hindi Tika* was written by Indradev Tripathi. The book *Vaidyaka Paribhasha Pradipa* consists of almost all references collected from various *Samhitas* regarding the fundamental principles and different Ayurvedic herbal pharmaceutical preparations and descriptions on *Panchakarma*. The whole content of the book is divided into 4 *Khandas*. *Prathama khanda* deals with *Mana paribhasha*, *Dravya samgrahana vidhi*, and shelf life of different *Kalpans* etc. *Dwitiya khanda* deals with *Panchavidha kashaya kalpana* and its *Upakalpana* and dose. *Tritiya khanda* deals with *Sneha kalpana*, *Sandhana kalpana* and *Paribhasha* of different *Gana*. *Chaturtha khanda* deals with *Panchakarma* procedures and *Sneha murchana*. The present book review mainly focuses to highlight the framework of *Vaidyaka Paribhasha Pradipa*, provides information about the author, details of 4 *Khandas*, a special contribution to the field of pharmaceutical science by the author. Thus, *Vaidyaka Paribhasha Pradipa*, the compilation book on *Bhaishajya Kalpana* is a very essential and mandatory book for those who aspire to gain basic, clear and thorough knowledge in Ayurvedic pharmaceuticals. It is one of the indispensable reference books. The present book is designed to help the young practitioners who prepare medicines and graduates and post-graduate scholars get a clear idea of medicine preparation.

INTRODUCTION

Vaidyaka Paribhasha Pradipa^[1] was written by Govind Sen. The book mainly comprises the basic principles of the method of preparation of herbal medicines. The book has 4 parts, which are *Prathama*, *Dwitiya*, *Tritiya* & *Chaturtha khanda*. *Prathama khanda* contains basic definitions, different opinions regarding *Mana paribhasha* or weight measurements, rules of collection of raw drugs, etc. *Dwitiya khanda* consists of explanations of *Panchavidha Kashaya kalpana* and its *Upakalpana* and dose fixation of different formulations. *Tritiya khanda* explains *Sneha Kalpana*, *Sandhana Kalpana* and different *Gana*.

Chaturtha khanda explains various *Panchakarma* procedures like *Vamana*, *Virechana*, *Nasya*, *Basti*, *Raktamokshana*, *Dhoomapana*, *Kabala*, *Gandoosha*, etc.

At the beginning of the chapter, the author himself narrates that he had collected all the *Paribhashas* from different ancient books. He mainly collected references from *Sarngadhara Samhita*^[2] and materials from *Bhaishajya Ratnavali*^[3], *Caraka Samhita*^[4], *Susruta Samhita*^[5] Vagbhata, *Lauha Pradipa* by Trivikrama pada, Viswamitra, Anand Sen, etc. He also quoted references regarding *Agastya Muni*, *Patanjali*, etc. Along with other opinions, he quoted his views on each topic. This book can be considered as one of the best reference books for Ayurvedic practitioners and students interested in medicinal preparations as this is the best compilation book since all concepts regarding the preparations are covered in a single book.

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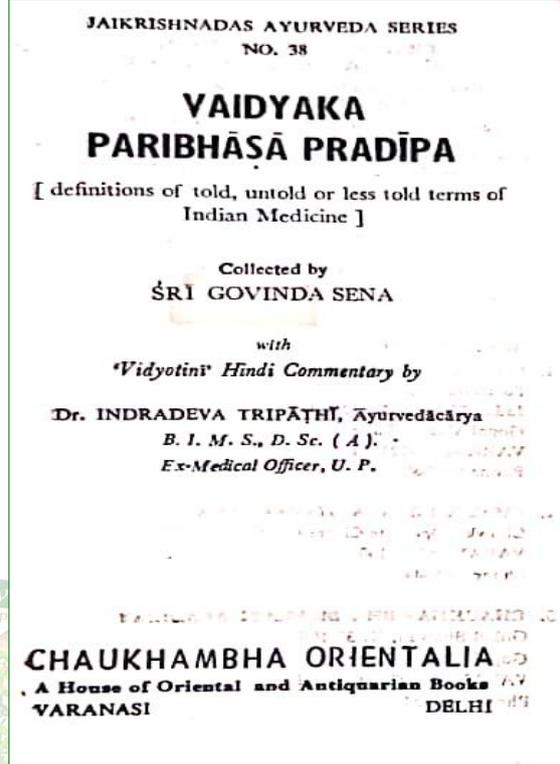
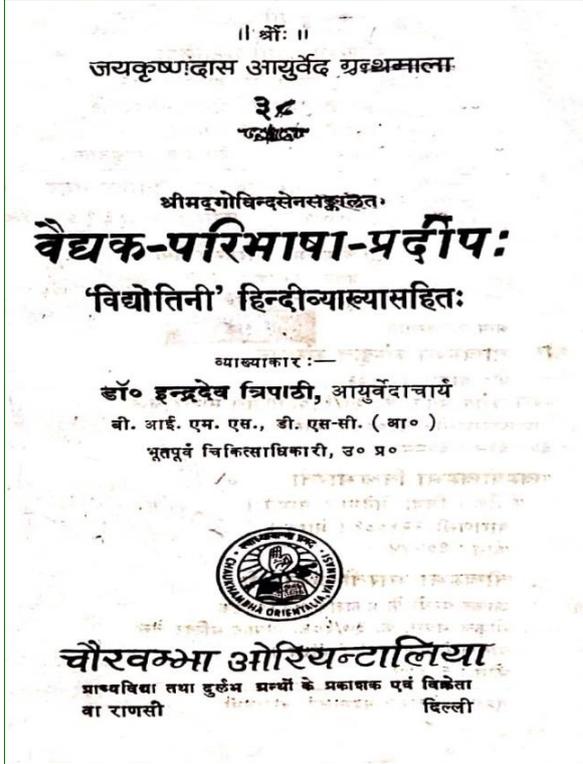
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Details about the Author

Vaidyaka Paribhasha Pradipa was written by Govind Sen. The author narrates in the first *khandā* that he is the son of Krishna Vallabh Sen. Few consider Govind Sen & Govind Das Sen, the author of the eminent book *Bhaishajya Ratnavali* are one and the same, but the author of *Bhaishajya Ratnavali*, Govind

Das Sen belongs to 18th century AD. He was from Bengal and his father's name was Chandrachuda, and his mother's name was Ambika^[6]. This book contains references from *Sarngadhara Samhita*, all *Brihatrayi*, *Trivikrama pada*, *Bhaishajya Ratnavali*, etc. So *Vaidyaka Paribhasha Pradipa* by Govind Sen was most probably written in the 19th century AD.



Subject Matter of *Vaidyaka Paribhasha Pradipa* at Glance

Entire *Vaidyaka Paribhasha Pradipa* is composed of 205 verses divided into 4 *Khandas*. More than 6 ancient books are compiled by the author for writing this book. As the name suggests this book enlightens the basic principles of Ayurvedic medicinal preparations. Overall, this work is a treasure given for the Ayurvedic pharmaceuticals especially for *Bhaishajya Kalpana*, he also gave some ideas regarding the *Marana* process for iron and *Trividha paka* mentioned for *Lauha Kalpana* and proper dosage for *Rasaushadhi's* and included descriptions regarding *Panchakarma*. Thus first 3 *Khandas* are purely related to pharmaceutical preparations and 4th *Khandā* explains *Panchakarma* and *Sneha murchana*.

Editor, Publisher and Commentaries

This book was edited by Dr. Indradev Tripathi, with *Vidyotini Hindi* commentary published by Jaya Krishna das Ayurveda Series No.38, by Chaukhamba Orientalia Varanasi. It was published for the first time in the year 1982. This edition has been taken into consideration for writing this article.

Another Hindi commentary was written by Krishna das Sen, with the help, of Sri. Lalitha Prasad from Moradabad is published in the year 1953. English

commentary was published by Dr. K. Ramachandra Reddy^[7] & Dr.Parimi Suresh in the year 2003 by Chaukhamba Sanskrit Bhavan Varanasi. Another english commentary written by Dr.Ravindra Angadi^[8] is published by Chaukhamba Subharati prakashan Varanasi in the year 2013.

Distinctive Features of the Text

Among Ayurvedic medicinal preparations, the author gives prime importance to herbal preparations. Based on this, he constructed the structure of the book and it mainly focused on all the available references of the *Mana Paribhasha*, collection of the raw drugs, the general rules of *Panchavidha Kashaya* and their *Upakalpana*, *Sneha Kalpana*, *Sandhana Kalpana*, route of drug administration, *Anupana*, the dose of *Rasaushadhi*, *Aushadha sevana kala*, etc. Along with the medicinal preparations the author gave importance to various *Panchakarma* procedures like *Vamana*, *Virechana*, *Nasya*, *Basti*, *Raktamokshana*, *Dhoomapana*, etc.

Literary Review

Prathama khandā

- Begins with giving oblations to Lord Sri Krishna. In this section, the name and identity of the author as Govind Sen, son of Krishna Vallabh Sen is noted. *Prathama khandā* deals with different opinions

regarding *Mana Paribhasha*. In the case of *Magadha mana*, he followed Sarngadhara's opinion were as in the case of *Kalinga mana* he explained his own opinion. According to Sarngadhara, *Kalinga mana* starts from 12 *Gaura sarshapa* were as in this book

it starts from 30 *Paramanu* [Acc. to Sarngadhara *Magadha mana* starts from 30 *Paramanu*.]

- *Kalinga mana* and *Magadha mana* mentioned in *Vaidyaka Paribhasha Pradipa* as follows:

No.	<i>Kalinga Mana</i>	<i>Magadha Mana</i>
1.	30 <i>Paramanu</i> =1 <i>Trasarenu (Dhvamsi)</i>	30 <i>Paramanu</i> =1 <i>Vamsi</i>
2.	6 <i>Dhavmsi</i> = 1 <i>Marici</i>	6 <i>Vamsi</i> = 1 <i>Marici</i>
3.	6 <i>Marici</i> = 1 <i>Sarsapa</i>	6 <i>Marici</i> = 1 <i>Rajika</i>
4.	6 <i>Sarsapa</i> =1 <i>Yava</i>	3 <i>Rajika</i> = 1 <i>Sarsapa</i>
5.	3 <i>Yava</i> =1 <i>Gunja</i>	8 <i>Sarsapa</i> = 1 <i>Yava</i>
6.	8/7 <i>Gunja</i> = 1 <i>Masa</i>	4 <i>Yava</i> = 1 <i>Gunja</i>
7.	4 <i>Masa</i> =1 <i>Sana</i>	6 <i>Gunja</i> = 1 <i>Masa</i>
8.	6 <i>Masa</i> =1 <i>Gadyana</i>	4 <i>Masa</i> =1 <i>Sana</i>
9.	10 <i>Masa</i> =1 <i>Karsa</i>	2 <i>Sana</i> = 1 <i>Kola</i>
10.	2 <i>Sana</i> =1 <i>Kola (Karsardha)</i>	2 <i>Kola</i> = 1 <i>Karsa</i>
11.	2 <i>Karsardha</i> = 1 <i>karsa (Suvarna)</i>	2 <i>Karsa</i> = 1 <i>sukti</i>
12.	2 <i>Suvarna</i> = 1 <i>Palardha</i>	2 <i>Sukti</i> = 1 <i>Pala</i>
13.	2 <i>Palardha</i> =1 <i>Pala</i>	2 <i>Pala</i> = 1 <i>Prasruti</i>
14.	2 <i>Pala</i> = 1 <i>Prasruta</i>	2 <i>Prasruti</i> = 1 <i>Anjali (Kudava)</i>
15.	2 <i>Prasruta</i> = 1 <i>Kudava</i>	2 <i>Kudava</i> =1 <i>Manika (Sarava)</i>
16.	2 <i>Kudava</i> = 1 <i>Manika</i>	2 <i>Sarava</i> = 1 <i>Prasta</i>
17.	2 <i>Manika</i> = 1 <i>Prasta</i>	4 <i>Prasta</i> = 1 <i>Adaka</i>
18.	4 <i>Prasta</i> = 1 <i>Adaka</i>	4 <i>Adaka</i> = 1 <i>Drona</i>
19.	4 <i>Adaka</i> =1 <i>Drona</i>	2 <i>Drona</i> = 1 <i>Kumba (Surpa)</i>
20.	2 <i>Drona</i> = 1 <i>Soorpa</i>	2 <i>Surpa</i> = 1 <i>Droni</i>
21.	2 <i>Soorpa</i> = 1 <i>Droni</i>	4 <i>Droni</i> = 1 <i>Khari</i>
22.	4 <i>Droni</i> = 1 <i>Khari</i>	100 <i>Pala</i> = 1 <i>Tula</i>
23.	100 <i>Pala</i> =1 <i>Tula</i>	2000 <i>Pala</i> = 1 <i>Bhara</i>
24.	20 <i>Tula</i> = 1 <i>Bhara</i>	

- *Chathurguna mana* is also mentioned as his own opinion like *Masa- Sana- Tinduka- Pala- Kutava- Prasta- Rasi- Droni- Khari*.
- More than 15 *Sadaivaardra dravyas* are mentioned in addition to Sarngadhara's opinion.
- Shelf life of different *Kalpans* like *Sneha Kalpana, Guda Kalpana, Churna, Gutika, Leha, Lakhupaka aushadhi, Asava, Dhatu bhasma*, etc is mentioned. For that, he followed Sarngadhara's opinion.
- Collection of raw drugs was based on *Desa, Ritu, Kala*, etc., are mentioned. Here he quoted different opinions from Sarngadhara *Samhita* and *Bhaishajya Ratnavali*. Before cutting a tree he should fast on the previous day and *Vetala, Pisacha*, etc. should be eradicated. *Udharana mantra* should be chanted facing *Uttara dik* in the morning while collecting the drug.

- Based on *Bhaishajya Ratnavali* and Sarngadhara-*Anukta anga grahana* (~ if a specific part is not mentioned) is mentioned. *Abhava pratidinidhi dravya* (~Alternate drugs) is also mentioned based on *Bhaishajya Ratnavali*.

Dwitiya Khanda

- *Dwitiya khanda* explains *Panchavidha Kashaya Kalpana* and its *Upakalpans* as well as dosage fixation of *Sneha, Kalka, Kwatha, Guda, Khanda, Modaka, Vataka, Avaleha, Guggulu* and *Rasaushadhi*.
- It begins with definitions of *Panchavidha Kashaya Kalpana* and different methods of preparation of *Swarasa* including *Putapaka swarasa* are mentioned. Then preparation of *Kalka* and its type *Choorna* is mentioned.
- The method of preparation and dose of *Kwatha* and *Sita Kashaya* is mentioned.

- In the case of *Tandulodaka* preparation, 1:4 ratio of water is mentioned. Here Govind Sen quoted Vishvamitra's opinion regarding *Sita* and *Phanda Kalpana*.
- In *Usnodaka*, water is reduced to 1/8, 1/4, 1/2
- After *Kwatha*, *Avaleha* and *Vataka* are mentioned. *Vataka*, *Modaka*, *Pindi*, *Guda*, *Varti*, *Vati*, *Vatika*, *Gutika* are similar preparations in which dose, dried

under shade, sunlight, churning, crushing, usage of water, etc plays a major role in the preparation as well as inducing its therapeutic efficacy.

Dose determination

- Dose determination depends on the strength, time, digestive fire, life span, *Desa* and *Prakriti* of the person.

No.	Kalpana	Uthama matra	Madyama matra	Avara matra
1.	<i>Sneha</i>	1 Pala	3 Karsa	1/2 Pala
2.	<i>Kwatha</i>	1 Pala	3 Karsa	1/2 Pala
3.	<i>Guda</i>	1 1/2 Pala	1 Pala	1/2 Pala
4.	<i>Khanda</i>	1 1/2 Pala	1 Pala	1/2 Pala
5.	<i>Modaka</i>	1 Pala	2 Karsha	1 Karsha
6.	<i>Vataka</i>	1 Pala	2 Karsha	1 Karsha
7.	<i>Leha</i>	1 Pala	2 Karsha	1 Karsha
8.	<i>Guggulu</i>	12 Masa	8 Masa	4 Masa

Rasaushadhi Dose

No.	Name of Rasaushadhi	Dose
1.	<i>Rasa bhasma</i>	1 Gunja
2.	<i>Swarna bhasma</i>	1 Gunja
3.	<i>Rajatabhasma</i>	3 Gunja
4.	<i>Tamra bhasma</i>	2 Gunja
5.	<i>Loha bhasma</i>	6 Gunja
6.	<i>Abhraka bhasma</i>	6 Gunja
7.	<i>Naga bhasma</i>	6 Gunja
8.	<i>Vanga bhasma</i>	6 Gunja
9.	<i>Kharpara bhasma</i>	6 Gunja
10.	<i>Silajathu</i>	6 Gunja
11.	<i>Mandura bhasma</i>	1 Masa
12.	<i>Uparasa</i>	1 Masa
13.	<i>Kamsya</i>	2 Gunja
14.	<i>Pithala</i>	2 Gunja
15.	<i>Visha</i>	1 Yava
16.	<i>Visha matra for Kusta</i>	1 Gunja
17.	<i>Vajra bhasma</i>	2 Yava
18.	<i>Haratala bhasma</i>	7 Yava

- According to the author, *Kalinga mana* is mainly adopted for *Sudha lohadi dhatu bhasma* and *Magadha mana* is for *Kashaya- Anuvasanadi aushadha Kalpana*.
- The quantity of water used for *Dravya pachana* is mentioned thereafter. For 1 *Karsa* to 1 *Pala* drug, 16 times of water should be added. For 1 *Pala* to 1 *Kudava* drug, 8 times of water should be added. For

1 *Kudava* to 1 *Prasta* drug, 4 times of water should be added.

- For *Mrdu dravya* 4 times of water, for *Kathina dravya* 8 times of water, and *Kathinatkathina dravya* 16 times of water should be added. If all these types are mixed, 8 times of water should be added.
- Thereafter method of preparation of *Kwatha* for *Yavagu*, *Yusa*, *Rasaka* are explained. 1 *Anjali* (192

gm) *Kwatha dravya* is added with 1 *Adaka* water (3.072 kg) and reduced to ¼.

- In *Pathya Kalpana* for the preparation of *Anna* 5 times water should be added. In the case of *Vilepi* 4 times water, for *Manda* 14 times water, and *Yavagu* 6 times water should be added. Sarngadhara's opinion regarding the preparation of *Yavagu*, *Vilepi*, *Yusa*, *Manda* and *Mamsa rasa* is also included.
- *Laksarasa* is prepared by boiling 1-part *Laksa* in *Dola yantra* with 6 times water and filtered 21 times.
- *Prakshepa dravya* (adjuvants) are added in ¼ quantity to *Kwatha*. In *Sneha Kalpana*, it should be equal to *Kalka* and if *Hingu* or *Saindhava* are *Prakshepa dravyas*, only 1 *Masa* quantity should be taken.
- This *Khanda* ends with a description of *Ksheerapaka*. He mentioned that *Ksheera*, *Masthu*, and *Aranala* should always be prepared with 4 times water.

Tritiya khanda

- *Tritiya khanda* deals with *Sneha Kalpana*, *Guda paka*, *Guggul paka*, purification of Iron, *Bhanupaka*, *Sthalipaka* of *Loha*, *Trividha lauhapaka*, definition of *bhavana*, *Ksharodaka*, *Anupanavidhi*, Dose mentioned for children, *Bheshaja sevana kala*, *Paribhasha* of certain group of drugs and *Sandhana kalpana*.
- *Tritiya khanda* begins with the rules regarding drug collection for the preparation of *Sneha Kalpana*.
- ¼ -part *Kalka*+ 1-part *Sneha*+1-part *Ksheera* + 4- or 8-part *Kwatha*.
- If *Sneha* is to be prepared with only milk, milk should be 4 times that of *Sneha*. If another *Drava dravya* is mentioned, then take milk equal to *Sneha*.
- *Kwatha* prepared with 8 times water and reduced to ¼. *Sneha* is prepared with 4 times *Kwatha*+ 1-part *Sneha* + ¼ *Kalka*.
- If 1, 2, or 3 different *Drava dravyas* are mentioned then each liquid should be 4 times that of *Sneha*. If milk is one among them, then take equal to *Sneha*.
- If *Sneha* is prepared only with water, then take *Kalka* 1/4 to that of *Sneha*, if with *Kwatha* add 1/6 times to that of *Sneha*, if with *Swarasa* add 1/8 times to that of *Sneha*.
- If *Sneha* is to be prepared with either *Swarasa*, milk, or curd, then add 4 times water also.
- *Anukta mana* for *Sneha* preparation:
- If the ratio is not mentioned, then take 1 *Kudava Sneha* and 1 *Pala Kalka*. If the quantity is not mentioned for ghee or oil, take 1 *Prastha*. If the liquid is not mentioned, then take water as *Drava dravya*.

- If *Kwatha* is not mentioned in *Yoga*, then take *Gana* which is disease-specific for the preparation of both *Kwatha* and *Kalka*.
- *Ksharataila paka* is mentioned as the origin of *Phenodgama* (appearance of froth) and is like spoiled milk.
- Different opinions regarding *Tailapaka* collected from both *Sarngadhara Samhita* and *Bhaishajya Ratnavali* are mentioned. *Trividha paka* and its utilities from *Charaka Samhita*, *Sarngadhara Samhita* and *Ashtanga* are mentioned.
- *Guda Paka* and *Guggul paka* are mentioned according to *Sarngadhara* and *Bhaishajya Ratnavali* respectively.
- *Loha* purification quoted from *Lauha Pradeep* written by *Trivikrama pada* is mentioned. Method of *Triphala kwatha* preparation for both purification as well as *Marana* process is mentioned.
- *Lohapaka lakshana* mentioned by *Pathanjali* is quoted here. *Mridu*, *Madhyama* and *Kharapaka* are mentioned for *Lauha kalpana*. *Mrdupaka* is mentioned for *Pitha prakriti*, *Kharapaka* for *Kapha prakriti* and *Madhyama paka* for *Vata* or *Sarva prakriti* persons.
- *Anupana*, its utilities, dose, indication, contraindication etc. are mentioned. *Anupana* dose for *Kapha* is 1 *Pala*, for *Pitha* is 3 *Pala*, for *Vata* is 2 *Pala*.
- *Bheshaja sevana kala* according to *Sarngadhara*, *Caraka* etc are mentioned. 8 types of *Bheshaja sevana kala* are mentioned as *Bhaktadi*, *Madya*, *Paschat*, *Muhurmuhu*, *Samudgam*, *Bhaktasambuktam*, *Grasa*, *Grasanthara*.
- *Paribhasha* of *Caturamla*, *Pancamla*, *Pancalavana*, *Astamutra*, *Catu sneha*, *Astaksheera*, *Trisugandhi*, *Trijatha*, *Caturjatha*, *Sarvagandha*, *Triphala dvaya*, *Trushana*, *Trimada*, *Panca ksheeri vruksha*, *Pancapallava*, *Pancakola*, *Shadushana*, *Pancamoola*, *Dasa moola*, *Truna pancamoola*, *Valli pancamoola*, *Kandaka pancamoola*, *Astavarga*, *Jivaneeyagana* are mentioned.
- References of *Gudambu*, *Kanjika*, *Katvara*, *Dadhikurchika*, *Takrakurchika*, *Sukta*, *Aranala*, *Amla vataka*. *Asava*, *Arista*, *Sura bheda*, *Thushambu* etc., are mentioned.

Chaturtha Khanda

Chaturtha khanda mainly deals with *Panchakarma* and *Sneha murchana*.

Indication, contraindication, *Vega*, *Samyak*, *Asamyak Lakshana* of *Vamana*, *Virechana*, *Nasya*, *Vasti*, *Rakta mokshana* are mentioned. For this, he followed *Sarngadhara's* opinion mainly.

Types of indication, contraindication *Hina*, *Midhya yoga's* of *Dhumapana*, *Kavala*, *Gandoosha* are mentioned.

Murchana of Ghrta, Katutaila, Erandataila and Tilataila and its Gandhadravya's are mentioned.

DISCUSSION

Practical Aspect of the Book

- Govind Sen tried to collect all the fundamental principles and the various rules mentioned by different Acharyas in the case of Ayurvedic Pharmaceuticals in one book.
- He has given prime importance to herbal preparations.
- He has included all most different types of preparations available in ancient Samhitas, along with alternatives for untold areas, dose, Anupana, etc to all the preparations.
- Purification and incineration method of only Iron is mentioned. The dose of Rasaushadhi is also mentioned.
- He has given importance to Panchakarma therapy also and is included in the last chapter.
- Even though this book is very recent, he took a strong decision to give prime importance to herbal preparations.

Demerits of the Book

- Only herbal preparation methods are explained.
- Even though the book's name says that it will enlighten Paribhasha, it is mentioned in a very less manner and different Ganas are mentioned only in the 3rd chapter.
- Sandhana Kalpana is not explained clearly.
- Even though he collected different opinions, no specific method for each preparation is mentioned and this may confuse the younger generation.

Peculiarity of the Book

On over viewing the text, Acharya Govind Sen has mentioned details regarding Bhaishajya Kalpana procedures which are realistic and usable in the present scenario. He omitted Herbo mineral preparations completely except for Lauha Kalpana. He mentioned that this is a compilation book and has collected all the concepts regarding Bhaishajya Kalpana in one book.

CONCLUSION

Vaidyaka Paribhasha Pradipa is one of the most authentic reference books written on Bhaishajya Kalpana in which all the concepts are combined. It is a compilation book in which some important ideas of his own are also there. Thus, it can be used as a Practitioner's handbook and a very useful consultative text for undergraduate and postgraduate scholars of Ayurveda.

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