



Review Article

AN INTEGRATED OVERVIEW OF RASENDRA CHUDAMANI

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ABSTRACT

Rasashastra is an important branch of Ayurveda which deal with the formulation and preparation of various mineral and metal preparations. *Rasendra Churamani* is one of the important ancient texts written by Acharya *Somadeva* in 12' AD. Hindi commentary of this book is available, written by *Arthabodhini Hindi Teekakar Vaidya Pravara, Rasagya Pandit Shree Rameshwar Dayal Bajpeyee*. In this classical text detailed knowledge of *Rasa, Rasashala Nirman Vidhi*, collection and storage in specific direction, terminologies to understand the *Rasa karma*, various type of *Musa, Puta, Rasa-Aushadhi, Parada* specific *Samskar, Bhasma* preparation by various mineral, metals, *Maharasa, Uprasa, Sadharan Rasa* are given. *Rasendra Chudamani* containing the experiences of previous authors. In ancient time, it has a great contrition in pharmaceutical science, by its process like *Bhasma Nirmana, Satva Nirmana* and purification methods of metals and minerals drugs.

INTRODUCTION

Rasashastra is an Indian Alchemy which deals with formulations or preparation methods and techniques from various type metal and mineral combine or without herbs combination. Formulations involves various complex procedures like *Shodhana* (purification), *Bhavana* (levigation), *Marana* (incineration), *Amratikaran, Nirvapa, Dhalan* and many more procedures which based on metal or components toxicity. *Rasendra Chudamani* is an authoritative text on *Rasashastra* and contains all the details of various procedures involved in drug preparation. It is considered to be the best classical text pertaining to *Rasashastra* written in 12 A.D.

About the Publication

The book has composed by Acharya *Siddhinandana Mishra* who on a Hindi commentary, *Siddhi Prada* on this text with participation his colleagues in 1988. The proof copy was verified with the manuscript available at *Goenka Library, Varanasi*

(Kashi Vishvanatha Library). Very recently, Dr. *Rameshwar Dayal Vajpayee* has composed a Hindi commentary on this classical text, published by *Chaukhambha Krishnadas Academy, Varanasi*.

MATERIAL AND METHODS

All relevant topics have been taken from classical text and internet and available sources.

Chapter - 1

In this chapter, *Parad* is define and also known this chapter as *Rasa Sutra*. This chapter starts from *Mangalacharan* of God *Ganesha*. In this chapter, *Raseshwar Parad Vandana* and *Rasa Bhairav* form also define. Here derivation of *Gaumans* (tongue entering into the palate) and *Varuni* (*Chandrasrava* of this process due to heat which is *Sheeta* and *Madhur*). *Kaul*, source of *Videha Mukti, Lakshan* of *Sadeha Mukti* and *Videha Mukti*, importance of *Deha*, important quality of *Parad*. Property of *Parad* with different metals, five type of *Parad* prayer and also define that grass of *Abhraka Satwa* is the *Rasa Pujan*. At the last of chapter commendation of *Parad* is define.

Chapter - 2

This chapter is based on *Guru-Shishya Parampara*. Through this chapter define that how to do *Rasa Jarana*, four great powers around the *Rasabhairav* these namely *Malini, Vajrini, Para* and *Apara*. Also define *Raseswara* worship process, eight type of

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Rasasiddhi Marg namely *Desha, Kala, Kriya, Matra, Sadupaya, Paka, Uddham* and the knowledge of *Aushadhies*.

Chapter - 3

In this chapter classical details about where a *Rasashala* will be establish, instruments, *Dika Vibhajan*, other required also describe which are necessary for *Rasashasala*, definition and synonym of coal, *Amritahast Vaidya, Dagdhavaidhya Lakshan* etc are described in this chapter.

Chapter - 4

In this chapter, terminologies for *Rasakarma* are described like *Dhanvantari Bhaga, Rudrabhag, Dhalan, Avapa* etc. Here about 54 terminologies are defined. Also added in this chapter *Ashtavidha Aanskar* of *Parad* along with *Bhasma Pariksha, Jarana, Druti, Vida Lakshan* etc.

Chapter - 5

In this chapter, 30 types of *Yantras*, definition of *Mushas* and its synonyms, total 17 types of *Musha* are described, 4 types of *Kosthi*, definition of *Putra* and its 10 types are described with fuel quantity and the synonym of *Upala* are mentioned.

Chapter - 6

In this chapter, 64 *Divya-Aushadies* i.e., *Somavalli, Somavriksha, Somalata* etc and their 6 types are described.

Chapter - 7

In this chapter, total 67 *Rasausdhies* are described i.e., *Jalotpala, Jalapipalli, Vidarikanda* etc. These *Aushadhies* help to *Parad Bandhan, Maran, Jaran, Niyaman* and free from all type of *Doshas* to the *Parad*.

Chapter - 8

In this chapter, 8 type of different *Aushadh Gana* has been described which are *Sarpakshyadi Gana, Vyaghrikadi Gana, Raktasnuhyadi Gana, Kadlayadi Gana, Vajradandadi Varga, Bhupatlayadi Varga, Panchratnaka Gana* etc.

Chapter - 9

Here about 21 *Varga/group* of *Aushadh* are described i.e., *Kshar Varga, Mutra Varga, Amla Varga, Lawan Varga* etc.

Chapter - 10

In this chapter, total 8 *Maharasa* are described which are namely *Abhraka, Vikrant, Makshika, Vimal, Adrija, Sasyaka, Rajavarta* and *Tuttha* etc.

Here detail study described on *Maharasa* which in

1. *Abhraka* properties, types of *Abhraka, Prasastha Abhraka Lakshan*, critics of *Sachandra Abhraka Bhasma*, purification and 8 method of *Abhraka Bhasma* preparation along with *Abhraka Bhasma Pariksha* and *Abhraka Satwapatan, Abhraka Satwa Shodhan, Abhraka Satwa Mridukaran, Divyabhra Rasayan* and *Abhraka Druti*.

2. *Lakshan, Guna*, properties of *Rajavarta, Bhasma* and *Satwapatan*.
3. *Lakshan*, types, *Guna, Shodhan, Maran* and *Satwapatan* of *Vaikranta*.
4. Origin of *Sasyaka, Lakshan, Guna, Shodhan, Maran* and two method of *Sasyaka Satwapatan* along with *Sasyaka Mudrika* preparation method and its therapeutic importance.
5. *Lakshan, Guna*, types of *Vimal* and its importance along with *Shodhan, Maran, Satwapatan* and also describe *Vimala Rasayan* and its therapeutic use.
6. Here described about *Shilajatu* origin, its three types i.e., *Swarna, Rajat, Tamra* etc. *Shilajatu Pariksha, Shilajatu Shodhan, Shilajatu Maran* and *Satwapatan, Shilajatu Rasayan* and its therapeutic importance also define properties and therapeutic importance of *Karpuragandhi Shilajatu*.
7. *Guna* and importance of *Rasaka* along with *Shodhan* and its types, specific action of *Rasaka* and its *Satwapana* and *Satwa Maran* with *Rasaka Satwa Rasayan*.
8. At the end of chapter, *Makshika*, it's *Guna*, types, *Shodhan* and *Maran, Satwapatan*, preparation and therapeutic importance of two types of *Makshika Rasayan* etc.

Chapter - 11

In this chapter, 8 type of *Uprasa Dravyas* are described which are same as considered in *Rasaratnasamucchya* classical text which are *Gandhak, Hartaal, Sphatika, Manahshila, Sauviranjan, Kankushtha* and *Kasis* etc.

In this chapter, here detail described.

1. *Guna* and types of *Gandhak*, three methods of *Gandhak Shodhan, Gandhak Druti* along with *Gandhak Druti* therapeutic uses, *Apathya* in *Gandhak Savanna* and intake methods of *Gandhak* in *Kushta* disease.
2. In this part, *Guna Lakshan* and types of *Hartaal*, purification and *Satwapatana* along with four methods of *Satwapatana* are described.
3. Origin, *Lakshan, Guna*, two types of *Sphatika* and *Shodhan* along with *Satwapatan* has been described.
4. *Guna, Lakshan* and types of *Manahshila* along with *Shodhan* and two methods of *Satwapatan*.
5. *Lakshan Guna* and five types of *Anajana* are described along with *Shodhan* and *Satwapatana* of *Anjana*.
6. Origin, two types of *Kankushtha* and *Guna*, confusion in different origin source are described along with *Shodhan* and its dose, *Anupana* and not to use with *Tambula Patra* and its antidote has been described.
7. *Lakshan*, two types of *Kasis* and *Guna* of these *Kasis, Shodhan* and *Satwapatan* like *Sphatika* has been described.

8. *Lakshan*, two types and *Guna* of *Gairika*, along with *Shadhan* and *Satwapatana* has been described.

In the continuation, *Sadharan Rasa Dravyas* are described in this chapter. These *Sadharan Rasa Dravyas* are described namely *Kampillak*, *Gouripashan*, *Navsadar*, *Kapard*, *Vahnijaar*, *Girisindur*, *Hingula*, *Boddharshringa* etc.

1. *Lakshan* and *Guna* of *Kampillaka* are described.
2. Three types of *Gouripashana* along with *Shodhana* have been described.
3. Origin source of *Navasadar* and *Guna* has been described.
4. *Lakshan*, two types and *Guna* of the *Varahtika* along with *Shodhana* has been clearly defined.
5. Origin and *Guna* of the *Agnijar* has been described,
6. *Girisindur* and its *Guna* have been described.
7. *Lakshan*, types along with *Guna*, *Shodhan* of *Hingula* as *Rasayan* has been described.
8. Origin and *Lakshan*, *Guna* of *Boddharsharinga* has been described.

At the end of this chapter, in shortly mentioned about *Shodhana* of all *Sadharan Rasa Dravyas* and procedure of *Satwa* of *Uparasa* and *Sadharan Rasa Dravyas* has been define.

Chapter – 12

In this chapter, 9 precious stones, their types, *Guna*, *Karma* and their *Shodhan* and *Maran* along with purpose of wearing of *Ratnas*, has been described in details. These are namely, *Manikya*, *Muktaphala*, *Prawal*, *Panna*, *Pushparaj*, *Vajra*, *Nila*, *Gomeda* and *Vaidurya* etc.

In the initiation of the chapter,

1. Types, *Lakshan* and *Guna* of *Manikya* have been described.
2. Nine *Grahya Lakshan* of *Mouktika*/pearl along with *Guna*.
3. Seven *Grahya Lakshan* and eight *Agrahya Lakshan* of *Prawal* along with *Prawal Bhasma Guna*.
4. Seven *Grahya Lakshan* and *Agrahya Lakshan* of *Panna/Takshrya* along with *Guna*.
5. Seven *Grahya Lakshan* and *Agrahya Lakshan* of *Pushparaj* and its *Guna* has been described.
6. In this chapter, three types of *Vajra*, *Lakshan* according to types along with properties, *Shodhan* and five methods of *Marana* has been described.
7. Two types and *Lakshan* of *Nilam*, its *Guna* also described.
8. *Lakshan* and *Guna* of *Gomeda* has been described.
9. *Grahya Lakshan* of *Vaidurya*, along with *Agrahya Lakshan*, *Guna* has been described.

At the end of the chapter, *Samanya Shodhan* of all *Ratnas*, *Maran* of all *Ratnas* by *Gajaputa* except *Vajra Ratna* along with *Ratna Druti* has been detail described.

Chapter – 13

In this chapter, *Rasayan* of all *Navaratnas* has been described along with preparation and therapeutic uses. These are *Manikya Rasayan*, *Mouktika Rasayan*, *Prawal Rasayan*, *Takshrya Rasayan*, *Pushparag Rasayan*, *Vajra Rasayan*, *Nilam Rasayan*, *Gomeda Rasayan* and *Vaidurya Rasayan* has been described.

Chapter – 14

In this chapter, types of *Dhatu*, their *Grahya Lakshan*, *Agrahya Lakshan*, *Shodhan*, *Maran* and some *Rasayana Yoga* has been described.

Dhatu has been defined in three categories which are *Shuddha Louha*, *Puti Louha* and *Mishra Louha*.

Initiation of the chapter

1. Types and *Nirukti* of *Swarna*, *Pariksha* of best *Swarna* along with *Shodhan* and five method of *Maran* and therapeutic properties of *Swarna Bhasma*.
2. Three types of *Rajata*, *Grahya* and *Agrahya Lakshan* of *Rajata*, *Shodhan* and two different method of *Maran* are included along with properties and therapeutic importance of *Rajata Bhasma*.
3. Two types and five *Dosha* of *Tamra* are described, four different method of *Shodhan* along with *Maran*, preparation of *Somanathi Tamra Bhasma*, therapeutic importance of *Tamra Bhasma* and *Somanathi Tamra Bhasma* are described.
4. Three types of *Louha*, *Lakshan* and properties, *Kanta Louha Patra Pariksha*, four different method of *Shodhan* and six different method of *Maran* are included. *Mandura* and its impure form complications along with *Asamyaga* and *Asuddha Bhasma Dosha* are described.
5. *Lakshan* and types of *Vanga*, *Shodhan* and two different method of *Marana* are included along with importance of *Vanga Rasayan*.
6. *Lakshan*, *Guna* of *Naag* dhatu along with *Shodhan* and *Maran* in *Bhrashtra Yantra* are described in this chapter.
7. Two types of *Pittal*, *Lakshan*, *Guna*, *Shodhana* and *Maran* along with importance of *Pittal Rasayan*.
8. Preparation method of *Kansya*, *Lakshan*, *Guna* and specification of *Kansya Patra* along with *Maran* process are included.
9. *Varta Louha*, preparation of *Varta Louha* by five different metals like *Pittal*, *Tamra*, *Kansya*, *Louha* and *Naag*. Also included in this chapter *Guna*, *Lakshan*, *Shodhan* and *Maran* of *Varta Louha* along with two different method of preparation for *Bhunagasatwa Patan*, six different method of preparation of *Ankola Taila* and its importance are described.

Chapter – 15

In this chapter, *Parad Dosh* and its detail study has been described. Here included *Guna*, origin of *Parad*, *Nirukti* of four types of *Parad* like *Rasa*, *Rasendra*, *Suta*, *Parad*. Five *Doshas* of *Parad* i.e., *Visha*, *Vahni*, *Mala*, *Darpa* and *Mada Dosh* along with seven *Kanchuka Dosh*. Here continuously described eight *Sanskar* of *Parad* with proper management and at the end of the chapter, *Swrupa* of *Bubhukshita Parad* has been described.

Chapter – 16

In this chapter, *Parad Jarana* with different material has been described. Initiation of the chapter, importance of *Abhraka Jarana*, *Guna* of fourth part of *Abhraka Jarana* and its importance, *Abhraka Satwa Garbhdhuti*, *Dandadhari Parad* and its *Lakshan*. Total *Ashtavidha Parad* grass has been described in this chapter along with *Pakshacchina Parad Lakshan* with detail procedure of *Tamra*, *Tikshan Louha* and *Swarna Jarana* has been described in this chapter.

DISCUSSION

The text is complete in itself as far as arrangement of basic principles of *Rasashastra* is concerned. *Acharya Somadeva* has justified the matter to its fullest extent by giving reasonable quotations.

In the chapter 1 *Manglacharan* by *Teekakar* and *Granthkar* has been mentioned through importance of *Parad*, result of *Parad Savana* and *Abhraka Jarana* also mentioned. 1st the 2nd chapter, *Gurushishya Parampara* which mentioned as *Shishyapnayan* and qualities of *Shishya* and *Guru* have been described through various point. In the 3rd chapter, pharmacy as *Rasashala* and its management has been mentioned along with instrument, vessels, fuels has been mentioned. In 4th chapter, various types of terminologies have been mentioned which are very important to understand the *Rasashatra* some are define to the procedure. Here about 48 terminologies have been mentioned. In the 5th chapter, various type of instrument are described which help to make *Rasaushadhies* and *Parad Sanskar* and its *Parada Jarana* like process. Here about 17 type of *Musha* has been described to perform *Satwapatan* like process. In continue four type of *Kosthi*, ten type of different *Putra* which consider as *Agni Praman* has been described. In the 6th chapter, 64 types of *Divya-ushadhies* has been mention which help to perform various process of *Parad*. In the chapter 7th, many *Rasaushadhies* are mentioned. In 8th chapter, eight types of *Gana* with their involve medicine has been described. In chapter 9th, about 21 type of *Varga Dravya* which consider as group of same characteristic are mentioned. In chapter 10th, eight types of *Maharasa* has been mentioned with their specific features i.e., *Abhraka* has been called as *Sutendrabandhi*, *Rajavarta* as *Rasayan*, *Vaikrant* mentioned as *Sarvarogaha*, *Sasyaka* also mentioned as *Rasayan*, *Vimal* mentioned

as *Vimloatirasayan*, *Shilajatu* mentioned as *Rasayan* and usefulness in UTI, *Rasaka* consider as *Lohaparadranjan* property, *Makshika* mentioned as *Sarvarasayanagraya*. In the chapter 11th, *Uparasa Varga* are considered and their specific property like *Sutendraviryaprada* property of *Gandhaka*, *Hartaal* mentioned as *Kushthahari*, *Sphatika* considered as *Manjishtharagabandhini*, *Tridoshashantiprada*, *Paradjarini*, *Manahshila* mentioned as *Sarvarasayanagraya*, *Anjana* are mentioned in various specific character like, *Vranashodhan Ropnam*, *Visharaktagadapaham*, *Sarvakshiroganuta*, *Lohamardavkarkam* etc. *Kankushtha* has been mentioned as *Atirechanam*, *Kasis* mentioned as *Kesharanjan/Kachranjanam*, *Garika* mentioned as *Sutendramektwam Gunavatram*. Continue in this chapter, *Sadharan Rasa Dravya* are involved with their specific action like *Rachyagadapahari* is *Kampillaka*, *Gouripashan* as *Rasabandhkarah/Rasaviryakrita*, *Navsadar* mentioned as *Rasendrajaranam/Lohadravanam/Bhuktamasadijaranam*, *Varatika* is very useful in *Parinamshula*, *Agnijar* as *Dhanurvatadivatanuta*, *Girisindura* as *Rasabandhanamagrimam*, *Hingula* as *Dipno-Atirasayanah*, *Bodddharshringa* as *Rasabandhanamuttkrishtam/Kesharanjanamuttmam*.

In the chapter 9th, nine types of precious stones and their therapeutic uses has been described. Specific characteristic has been described in detail i.e., *Gangambusambhutam* is *Manikya*, *Rashmivat Nirmal* to the *Moktika*, *Prawal* like *Pakwabimbphalachhayam*, *Panna* is good of seven *Guna*, *Pushpraag* is good of eight *Guna*, *Vajra* is *Rasa Viryavipakatah*. In the chapter 14th, metals and their *Shodhan*, *Maran* and their therapeutical importance has been described. 15th, *Parad* eight *Sanskar* and process with suitable material has been detail described. In chapter 16th, *Jarana* of the *Parad* through *Abhraka* and some metals has been described.

CONCLUSION

The classical text *Rasendra Chudamani* is good to guide the *Rasadavyas* and considered. There are *Sadharanrasa Uprasa* and *Maharasa* each have 8 *Dravyas* which is good for understanding and how to use through proper procedure of *Shodhan* and *Maran*. Hence, *Dhatus* has been described but here not described about *Updhatu*. *Dhatus* are considered nine and the precious stones/*Ratanas* also considered in total of nine. This text is the base of *Rasaratna Samucchya* which was written by *Achaya Rasavagbhata*. Most of the part of the R.R.S. classics is the part of this text. So this is the very helpful to understand the *Rasashastra* and its procedures which deal with *Parada* and other minerals or metals.

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