A SURVEY STUDY ON PARPATI KALPANA

Priyanka Gupta¹, Hetal Rathod², Mita S Mashru³, Lekshmipriya⁴

¹PG Scholar, Dept. of RS&BK, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat
²PG Scholar, Dept. of RS&BK, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat
³Associate Professor, Dept. of RS&BK, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat
⁴Assistant Professor, Dept. of RS&BK, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat

ABSTRACT

Rasa shastra is one of the most important branches of Ayurveda which deals with inorganic, herbo-mineral and metallic pharmaceutical preparations like kharaliya rasayana, parpati rasayana, pottali rasayana and kupipakva rasayana. Parpati rasayana is one among rasa aushadhi which is very effective and can be prepared with less effort. In this era many ayurvedacharya prescribe parpati in many diseases and some don’t, considering the dread of heavy metal toxicity and overdose. Hence, for removing this myth a pharmaceutical study & survey and clinical survey was performed to collect data on preparation and practice of parpati. Rasa parpati, Tamra parpati, Loha parpati and Shweta parpati were prepared classically and observed. Two questionnaires were prepared and sent to three pharmacies and thirty practitioners and ample of data was collected from their experiences with parpati kalpana. On pharmaceutical preparation, an average of 13-18% of loss was observed in Rasa parpati, Tamra parpati and Loha parpati; and 50% of loss was observed in Shweta parpati. The parpati are commonly marketed in powder form; Shweta parpati and Panchamruta parpati are more commercial and no Adverse Drug Reaction is reported to any pharmacy. 28 out of 30 practitioners use parpati kalpana; Panchamruta parpati is more in practice; Adverse Drug Reaction was observed in Shweta parpati and Panchamruta parpati which are treated symptomatically.

Keywords: parpati kalpana, Rasa parpati, Tamra parpati, Loha parpati and Shweta parpati

INTRODUCTION: Rasa Shastra is an important part of Ayurveda popular from medieval period.¹ ² Rasa word is originally used to describe parada (mercury) as parada engulfs other metals, minerals etc. Mercury is always present in liquid state (at room temperature), so it can’t be handle easily as required for process. Changing its state to solid, either in powder form or bolus form is called Rasa bandha.³ There are two varieties of bandha; saagni- on exposure to heat and niragni- without being exposed to heat, like in kajjali.⁴ Parpati is Pota bandha of parada done with addition to gandhaka and other dhatu bhasma. The method of preparation of most parpati is common yet difference in ingredients gives a wide spectrum of therapeutics.⁵ Usually in Parpati kalpas, kajjali is the base material which is Guru (heavy) in nature. After agni samskara (exposure to heat) it attains laghuta, hence name as Parpati, which indicate lightness. Because of this property it is useful in most of the disorder from paediatric to geriatric. With the
advancement in modern technology regarding the heavy metals, in this era many Ayurvedacharya avoid the use of parpati dreading its complications. A research of clinical practises and industrial reviews is done to remove this illusion of ayurvedacharya, to make sufficient awareness about Parpati kalpana and to make it customary to the practitioners.

**PARPATI KALPANA ETYMOLOGY**

The word “Parpati” is derived from the word “parpata”. Parpata means palash bejja.

**SYNONYMS**

- Parpat: - like Papad
- Parpati: - thin flake
- Parpatika: - thin and brittle flake
- Pota Bandha: - adhesions or to give support

**HISTORICAL BACKGROUND**

The description of Parpati has been found in various texts of Ayurveda since 8th century A.D. Acharya Nagarjuna is the first scholar to bring out the role of Parpati in Kushta Roga. Chakrapani, the commentator of Charaka Samhita (11th century A.D.) has also emphasized the importance of Rasa parpati in grahani chikitsa. In 16th century A.D., Acharya Govind Das Sen in his Bhaishajya Ratnavali has explained many parpati.

**DEFINITION**

- The melted Kajjali when pressed in between the banana leaves, a thin flake is formed which is known as Parpati (R.R.S. 11/72).
- Kajjali which is melted, poured on the Banana leaf and pressed till it becomes like a Papada is called as Parpatika (R.T. 2/42).

**CLASSIFICATION OF PARPATI**

1. Based upon the Kajjali and other ingredients, it is of three types
   a. Parpati containing only kajjali of parada and gandhaka. Ex: Rasa Parpati
   b. Parpati containing kajjali with one or more loha/ dhatu. Ex: Swarna parpati, Panchamrita parpati, Loha parpati, Vijaya parpati, Gagana parpati, Mandoor parpati, Mani parpati.
   c. Parpati containing kajjali and one or more vegetable drugs. Ex: Pranada parpati, Bola parpati.

2. Again on the basis of ingredients Parpati are of 2 types:
   a. Sa-gandha Parpati: Containing parada and gandhaka ex: Rasa parpati, Gagan parpati, Tamra parpati, Swarna parpati, Loha parpati, Bola parpati, Panchamrita parpati, Vijaya parpati, Mandoor parpati, Mani parpati, Pranada parpati etc.,
   b. Nir-gandha Parpati: Without parada and gandhaka ex: Sweta parpati, Malla parpati, etc.,

**DOSES**

The parpati can be administered in two ways: Samanya prayoga, kalpa prayoga.

a. Samanya prayoga: 1-2 ratti mixed with fried jeeraka and hingu in divided doses.

b. Kalpa prayoga: According to Rasa Tarangini- Start from 2 ratti dose and increase gradually up to 10 ratti; according to Acharya Chakrapani: Start from 2 ratti dose and increase gradually up to 12 ratti.

**PARPATI PAKA STAGES**

As per samhita, a parpati can be possibly obtained in three different paka viz. mrudu paka, madhyama paka and khara paka.

<table>
<thead>
<tr>
<th>Paka</th>
<th>Paka Kalina</th>
<th>Paka Paschata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mrudu paka</td>
<td>Mayura chandrika varna</td>
<td>Soft to touch</td>
</tr>
</tbody>
</table>
Bends but doesn't break  
Colour - black  
Lustreless

Taila consistency  
(B.R. 8/413)  
Firm to touch  
Breaks properly with even edges  
Colour - black  
Shinning lustre  
Therapeutic

Rakta varna  
(R.Y.S.II.188)  
Rough to touch  
Breaks into dry powder  
Colour - blackish brown  
No shine  
Non therapeutic

### TABLE NO-2 PATHYA-APATHYA

<table>
<thead>
<tr>
<th>Pathya</th>
<th>Apathya</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Kakamachi (Black night shade)</td>
<td>➢ River and well water</td>
</tr>
<tr>
<td>➢ Patola (Pointed gourd)</td>
<td>➢ Amla dravya</td>
</tr>
<tr>
<td>➢ Pugaphala (Betel nut)</td>
<td>➢ Sheeta jala &amp; vayu sevana</td>
</tr>
<tr>
<td>➢ Ardraka (Ginger)</td>
<td>➢ Krodha &amp; chinta</td>
</tr>
<tr>
<td>➢ Kadalipuspha (Banana flower)</td>
<td>➢ Ushna dravya sevana</td>
</tr>
<tr>
<td>➢ Brinjal</td>
<td>➢ Tikta dravya</td>
</tr>
<tr>
<td>➢ Purana Shalidhanya</td>
<td>➢ Anupa mamsa</td>
</tr>
<tr>
<td>➢ Godugdha with sharkara</td>
<td>➢ Stri sambhashana</td>
</tr>
<tr>
<td>➢ Takra</td>
<td>➢ Vidahi anna</td>
</tr>
<tr>
<td></td>
<td>➢ Kadali kandha</td>
</tr>
<tr>
<td></td>
<td>➢ Sarshapa taila</td>
</tr>
</tbody>
</table>

### GENERAL METHOD OF PREPARATION

After *shodhana* of parada and gandhaka, they are taken in a *loha khalva yantra* and triturated in to *kajjali* till *lakshana* like *kajjalabhasa* (blackish), *slakshan* (smooth), *anjan sadrisha* (like collyrium), *sukshma* (minute) and *rehkapurnatva* (grooves in lines of fingers) are achieved. Thereafter depending upon the type of *kalpana*, other drugs are added to and proper *mardan* (trituration) is carried out in *loha khalva yantra* till a uniform homogeneous mixture is obtained. Later on, the mixture is taken in a ghee smeared iron pan and heated over *mandagni* (low fire) till it melts uniformly; immediately the melted mass is transferred over a clean *kadali patra* (banana leaf) placed over a bed of *gomaya* (cow dung). The content is covered with another *kadali patra* and pressed gently and allowed to cool and flakes (*parpati*) of desired *kalpana* are obtained. Colour and appearance of the *parpati* depends upon the kind of ingredients used in the pharmaceutical preparation. With the pressing of *kadali patra*, the impression should be seen on the *parpati* prepared. After the completion of the pro-
Procedure, the flakes are dried, powdered and preserved in air tight glass containers. 7, 8

### TABLE NO-3

<table>
<thead>
<tr>
<th>Rasa Parpati</th>
<th>![Image of Rasa Parpati]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shweta Parpati</td>
<td>![Image of Shweta Parpati]</td>
</tr>
<tr>
<td>Tamra Parpati</td>
<td>![Image of Tamra Parpati]</td>
</tr>
</tbody>
</table>
SURVEY STUDY
1. Clinical Survey:
   Questionnaire
   Survey among Doctors using Parpati Kalpana
   Purpose of the Study: Assessment of usage of Parpati Kalpana among practitioners
   Research Approach: This Survey study was conducted to evaluate the extent of practicing the Parpati Kalpana among the Clinicians. Initially a standard questionnaire was prepared for the same. Then it was done purely on Instrumentation survey method. The protocols adopted here are Telephone survey & Direct Interview method. Then based on the questionnaire format the whole data was pooled & Primary Data Analysis was done.
   Research Design: Instrumentation Survey
   Protocols Adopted: Telephone & Direct Interview Method
   Study Setting: Parul Ayurveda Hospital & Various clinicians OPD outside the campus
   Study Period: Survey has been carried out since 1 week dated from 28/07/17
   Data collection: The data was collected by using prepared survey questionnaire proforma. The proforma was sufficient to collect the targeted data. The data related to intervention was collected as per the protocol. The data were collected and summarized as per each question in the format.
   Assessment Criteria: Based on the subjective opinion final assessment was done.
   TABLE NO. 3
   The following are the Questions included in the Survey of Parpati Kalpana:
   1. Whether you are practicing Parpati Kalpana? (Yes) (No)
   2. If yes, then
   3. Which are all the Parpati’s used in practice?
   4. From which Industry/ prepared by own?
   5. If Industry, Name & Specificity of that Industry?
   6. What is the Matra used?
   7. What is the Anupana followed?
   8. What is duration of administration of Parpati?
   9. Any Adverse drug reactions reported? Yes/No
   10. If Yes, What is the Antidote administered?
   11. What is the personal opinion regarding this Parpati Kalpana?
   12. Any other valuable comments regarding this Kalpana?
   Primary Data of Clinical Survey
   The survey yielded trustworthy results, as follows
- Maximum physicians used *Panchamruta parpati* in their routine practice.
- For chronic condition *Swarna parpati* is also preferred.
- Very few practitioners used *Loha parpati* and *Pranada parpati*.
- Below 8 *parpati* are generally used by the physicians among all

### TABLE NO- 4

<table>
<thead>
<tr>
<th>S.NO</th>
<th>PHARMACEUTICAL COMPANY</th>
<th>PARPATI NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Dhootapapeshwar</td>
<td><em>Ras, sweta, kutaja, panchamrita, bola</em></td>
</tr>
<tr>
<td>2.</td>
<td>Unjha Pharmacy</td>
<td><em>panchamrita, swarna</em></td>
</tr>
<tr>
<td>3.</td>
<td>panchamrita, swarna</td>
<td><em>Sweta, panchamrita,</em></td>
</tr>
<tr>
<td>4.</td>
<td>Ayurveda rasayana</td>
<td><em>Sweta, panchamrita</em></td>
</tr>
<tr>
<td>5.</td>
<td>Rasasala</td>
<td><em>Sweta, panchamrita</em></td>
</tr>
<tr>
<td>6.</td>
<td>Vyas</td>
<td><em>panchamrita</em></td>
</tr>
<tr>
<td>7.</td>
<td>Bagewadikar rasasala</td>
<td><em>Sweta, panchamrita</em></td>
</tr>
<tr>
<td>8.</td>
<td>Dabur</td>
<td><em>Swarna</em></td>
</tr>
<tr>
<td>9.</td>
<td>By self</td>
<td><em>By self</em></td>
</tr>
</tbody>
</table>

### TABLE NO-5

<table>
<thead>
<tr>
<th>Name</th>
<th>Doses (in mg)</th>
<th>Anupana</th>
<th>Diseases</th>
<th>Duration (in days)</th>
<th>ADR</th>
<th>Antidote</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Rasa Parpati</em></td>
<td>25-250</td>
<td>Madhu, ghruta &amp; jeeraka churna</td>
<td>Grahani, shwitra, dhatvagni mandya &amp; kshaya</td>
<td>7-60</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><em>Panchamruta Parpati</em></td>
<td>30-1000</td>
<td>Nava takra, ushnodaka, ghruta, jala with jeeraka churna</td>
<td>GIT disorders, renal disorders, skin diseases, manasa vikara &amp; in carcinoma originated from duodenum.</td>
<td>30-60</td>
<td>TRushna &amp; rarely vibandha</td>
<td>Koshna jala &amp; triphala churna</td>
</tr>
<tr>
<td><em>Sweta Parpati</em></td>
<td>125-100</td>
<td>Ushnodaka, ghruta &amp; Kwatha (based on condition)</td>
<td>Renal disorders &amp; atyartava</td>
<td>30-90</td>
<td>Mouth ulcer if given for long time</td>
<td>Symptomatic treatment</td>
</tr>
<tr>
<td>Parpati</td>
<td>Range</td>
<td>Indications</td>
<td>Reference</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>-------</td>
<td>-----------------------------------------------------------------------------------------------</td>
<td>-----------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kutaja</td>
<td>120-1000</td>
<td>Ushnodaka &amp; nava takra, Grahani, atisara, stomach ulcer, L/A on repeated hook warm &amp; pravahika</td>
<td>60-180</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bola</td>
<td>25-500</td>
<td>Dadima rasa, Haemorrhage, rakta pradara</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loha</td>
<td>5-250</td>
<td>Madhu &amp; ghruta, Useful for lekhana karma (kapha dosha involvement), mamsa/meda dhatu dushti</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swarna</td>
<td>60</td>
<td>Jeeraka churna &amp; ghruta, Severity of small and large intestine disease, severity of pittaja condition, kshaya janya avastha, sangrahani, daurbalya</td>
<td>7-15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pranada</td>
<td>25-125</td>
<td>Jeeraka churna, Atisara, pravahika</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Personal opinions of practitioners:**
- It gives relief on psychological disorder.
- Better results than kashtausadhi.
- It is one among bandha of parada so we can use parpati kalpana.
- As per some practitioners, they usually use kastausadhi but in critical conditions parpati kalpana is preferred.
- There is no side effect of this medicine, if we prepare the medicine properly as per the references.
- Even without shodhana procedure, parpati acts as a good shamana aushadhi.
- As per most of the practitioners, parpati kalpana is used along with kashtausadhi & immediate action is found.
- Quick acting medicine.
- It is an important kalpana (broad spectrum use).
- It is one of the large forms of ausadhi kalpana of ayurveda. How much ever we think about parpati kalpana then you will get more useful condition.
- Good medicine for chronic condition

**2. INDUSTRIAL SURVEY:**

**Questionnaire**
Survey of Ayurvedic Pharmacies/Pharmaceutical Inc. preparing Parpati Kalpana

Purpose of the Study: we are doing an assessment study on different Parpati Kalpanas being manufactured by various Ayurvedic Pharmacies/Pharmaceutical Inc.

Method of Study: Instrumentation survey – By mail

1. Is your company/establishment manufacturing Parpati Kalpana?
If yes, please enumerate
If no, what scope do you see for Parpati?
Any manufacturers you may be aware of?

2. Which Parpati are more into production?

3. What is the dosage form of these Parpati viz. powder/capsule/suspension etc?

4. Any particular Parpati most requisitioned by Ayurveda practitioners? Any reason?

5. Any anubhut Parpati or any special technique devised for Parpati manufacturing?

6. Any ADR’s reported?

Survey of Ayurvedic Pharmacies/Pharmaceutical Inc. preparing Parpati Kalpana

Purpose of the Study: we are doing an assessment study on different Parpati Kalpanas being manufactured by various Ayurvedic Pharmacies/Pharmaceutical Inc. in India

Name of Company: Shree Dhootapapeshwar Ltd

1. Is your company/establishment manufacturing Parpati Kalpana? - Yes
If yes, please enumerate which ones? - Rasaparpati, Panchamrit Parpati, Suvarna parpati, Shweta Parpati, Kutaj Parpati
If no, what scope do you see for Parpati?
Any manufacturers you may be aware of?

2. Which Parpati are more into production? - Shweta Parpati

3. What is the dosage form of these Parpati viz. powder/capsule/suspension etc? - Powder and Tablet

4. Any particular Parpati most requisitioned by Ayurveda practitioners? Any reason? - All are of same requisition

5. Any anubhut Parpati or any special technique devised for Parpati manufacturing? - No

6. Any ADR’s reported? - No

Thank you for your valuable answers.

Survey of Ayurvedic Pharmacies/Pharmaceutical Inc. preparing Parpati Kalpana

Purpose of the Study: we are doing an assessment study on different Parpati Kalpanas being manufactured by various Ayurvedic Pharmacies/Pharmaceutical Inc. in India

Name of Company: Uma Ayurvedics Pvt.Ltd

1. Is your company/establishment manufacturing Parpati Kalpana?
If yes, please list which ones?
If no, what scope do you see for Parpati?
Any manufacturers you may be aware of?

TABLE NO- 6

<table>
<thead>
<tr>
<th>Abhrak Parpati</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bol Parpati</td>
</tr>
<tr>
<td>Loh Parpati</td>
</tr>
<tr>
<td>Panchamrit Parpati</td>
</tr>
<tr>
<td>Pranda Parpati</td>
</tr>
<tr>
<td>Ras Parpati</td>
</tr>
<tr>
<td>Sheetal Parpati</td>
</tr>
<tr>
<td>Shwet Parpati</td>
</tr>
<tr>
<td>--------------</td>
</tr>
</tbody>
</table>

2. Which *Parpati* are more into production? 

**Shwet Parpati, Panchamrit Parpati**

3. What is the dosage form of these *Parpati* viz. powder/capsule/suspension etc? **Powder**

4. Any particular *Parpati* most demanded by Ayurveda practitioners? Any reason? 

**Shwet Parpati, Panchamrit Parpati**

5. Any *anubhut Parpati* or any special technique devised for *Parpati* manufacturing? **No**

6. Any Adverse Drug Reaction (ADR) reported? **Not Reported**

Thank you for your valuable answers.

**CONCLUSION**

- On preparation, the *parpati* is classified into *sagandha* and *nirgandha* yoga. Despite its ingredients, the therapeutic effect of a *parpati* is determined by the *anupana* chosen.
- During preparation, *manda agni* is maintained and sufficiently less ghee is added to avoid burning of *gandhaka* and avoid sliminess by excess ghee. Care taken to wash off the remaining slime before powdering the *parpati*.
- On research of clinical practises and industrial reviews, it is been manufactured in small scale and administered optionally wide and still the effects are better than the anticipation, with minimal ADRs.
- We hope, the practise of *parpati kalpana* will come to custom for its efficacy.

---

5. Neelam Choudhary 2016 Greentree Group © IIAPC
7. Ibid.

**Corresponding Author:**
Dr. Priyanka Gupta,PG Scholar, Dept. of RS&BK, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat
Email: silpeegupta1992@gmail.com

---

Source of support: Nil
Conflict of interest: None Declared

**Cite this Article as :** [Gupta priyanka et al : A survey study on parpati kalpana] www.ijaar.in : IJAAR VOLUME III ISSUE IX JUL–AUG 2018 Page No:1298-1306