A Review on Pishti Kalpana

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INTRODUCTION

Rasa Shastra or preferably called as the ancient Indian Alchemy, deals with the preparation of medicines that has helped mankind since thousands of years. Rasa which means Mercury has been the chief area of interest for the ancient alchemists of Rasa Shastra. Along with the safe use of Mercurial preparations as medicines since many years, Rasa Shastra also deals with preparation of other herbo-mineral compounds using varied drugs of plant as well as animal origin. There are also sections of formulations made in a step by step procedure viz. Bhasmas, Kharaliya Rasayanas, Kupipakwa Rasayanas, etc. These sections of formulations also depend upon the different types of raw materials that are to be used in them as chief ingredients. Pishti is one such section of formulations that is chiefly used when the raw materials cannot tolerate heat but at the same time are very effective without heat treatment. In Rasa Shastra, mainly the drugs of animal origin or precious gems are subjected to levigation or trituration in a particular media to form a particular Pishti. The word Pishti literally means that which is finely triturated and made into a very fine powder similar to flour. Mukta Pishti, Prawal Pishti being some of the important examples.

Key words: Rasa Shastra, Pishti, Mukta, Prawal.

ABSTRACT

Rasa Shastra deals with the preparation of variety of medicaments and formulations that include Bhasmas, Kharaliya Rasayanas, Kupipakwa Rasayanas, etc. These sections of formulations also depend upon the different types of raw materials that are to be used in it as chief ingredients. Rasa Shastra has a vast and varied history of preparing these medicines and its safer use since thousands of years. Pishti is one such section of formulations that is chiefly used when the raw materials cannot tolerate heat but at the same time are very effective without heat treatment. In Rasa Shastra, mainly the drugs of animal origin or precious gems are subjected to levigation or trituration in a particular media to form a particular Pishti. The word Pishti literally means that which is finely triturated and made into a very fine powder similar to flour. Mukta Pishti, Prawal Pishti being some of the important examples.

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repeated for seven days or particular number of times as specified.[1]

Chief desired characteristics of Pishti

That which is triturated with Ketaki Arka and grounded to a fine powder is called Pishti.[2] The most important characteristic of Pishti is fineness and softness. The colour of a particular Pishti varies with the colour of the raw material. The colour is usually a lighter shade of the initial raw material. Pishti is generally stored in glass bottle.[3]

Liquid media used for trituration

Generally Cow milk, Rose (Rosa centifolia) water, lemon juice, distilled water of Kevada (Pandanus odoratissimus) is used for trituration.

Raw drugs useful in making Pishti

- Precious gems like Manikya (Ruby), Mukta (Perl), Praval (Coral), Tarkshya (Emerald), Neelam (Sapphire), Pushkaraj (Topaz), Gomeda (Cinnamon Stone), Vaidurya (Cats eye), Trunakantamani (Amber), etc.
- Silicate compounds like Badarashtra, Sangeyashma, Akika, etc.
- Calcium compounds like Mukta Shukti (Oyster Shell), etc.

General usage of Pishtis

Pishtis are generally used in Pittaja disorders, or where cooling effect is desired. It is also used in Ojakshaya, Daurbalya, etc.

Some Pishtis mentioned in classics

<table>
<thead>
<tr>
<th>Name of Pishti</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manikya Pishti[5]</td>
<td>Ojakshaya, Hridroga, Kshaya, Sukrakshaya, Agnimandya, Daurbalya,</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Pishti</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trunakantamani Pishti[7]</td>
<td>Raktatisaar, Raktaj Pravahika, Raktapitta, Raktapradara</td>
</tr>
<tr>
<td>Mukta Shukti Pishti[12]</td>
<td>Amlapitta, Udavarta</td>
</tr>
<tr>
<td>Navratna Kalpamruta[14]</td>
<td>Krimi, Udara</td>
</tr>
</tbody>
</table>

CONCLUSION

Pishtis are one of the important formulations used in Rasa Shastra. Its preparation includes trituration of the powdered raw drug in given media for given period of time to form a smooth and fine powder. Generally incineration or heat treatment is not given to the Pishti. Pishtis are soft in nature with cooling properties. Yet they are considered as very useful in several diseases. It can be also taken into consideration that some drugs in Pishti form are more potent than its Bhasma form, viz, Mukta, Akik, etc. Some Pishtis are also used in mental conditions viz,
Praval Pishti used in Manodaurbalya. As few works have been done on Pishtis, still this area has much scope for future endeavors.

REFERENCES

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3. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part I pg 199
8. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part II pg 200


Source of Support: Nil, Conflict of Interest: None declared.