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## Review article on *Swarna Parpati* with special reference to *Aushadhi Gunadharm Shastra*

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### ABSTRACT

In Ayurveda, *Swarna* (gold) *Bhasma* in different formulations has been administered to patients as a therapeutic agent for several clinical disorders including respiratory disorders, rheumatoid arthritis, diabetes mellitus and nervous system diseases. It is one of the metals which is even indicated since the birth. *Parapati Kalpana* is well known and successfully used preparations for the management of *Grahani Roga*. *Swarna Parpati* is one of the formulation of Ayurveda which comes under *Parpati Kalpana*. This article has reviewed *Swarna Parpati* from different classics with special reference to book *Aushadhi Gundharma Shastra* of Acharya Gune Shastri.

**Key words:** *Swarna Parpati, Gold, Parapati Kalpana, Aushadhi Gundharma Shastra.*

### INTRODUCTION

The therapeutic wonders of gold preparations have been reported in Indian, Arabic and Chinese medicine literature from as early as 2500 BC.<sup>[1]</sup> In Ayurveda, *Swarna* (gold) *Bhasma* in different formulations has been administered to patients as a therapeutic agent for several clinical disorders including respiratory disorders, rheumatoid arthritis, diabetes mellitus and nervous system diseases. It is one of the metals which is even indicated since the birth. In common practice it is usually administered orally mixed with honey, ghee or milk.<sup>[2]</sup>

*Parapati Kalpana* is well known and successfully used preparations for the management of *Grahani Roga*.

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Before the invention of *Parpati Kalpana*, *Grahani Roga* was very difficult to cure. Later many *Parapati Kalpana* were formulated by *Acharyas* which are administered in many other conditions like *Rajyakshma*, *Kushtha*, *Gulma*, etc. apart from *Grahani*.

Different *Acharyas* derived many other *Parpatis* by adding one or the other ingredients like Gold, silver, copper, mica, etc. Like *Swarna Parpati*, *Tamra Parpati*, *Loha Parpati*, *Vijaya Parpati* etc.

*Swarna Parpati* is one of the formulation of Ayurveda which comes under *Parpati Kalpana*. It is used in treatment of *Rajyakshma*, *Grahani*, *Udarshoola*, (*Bhaishajya Ranthalavali*). Here an attempt is made to throw some light on therapeutical application of *Swarna Parpati*.

### MATERIALS AND METHODS

#### Ingredients

Name of the ingredient	Quantity
<i>Shudha Parada</i>	4 parts
<i>Shuddha Gandhaka</i>	4 parts
<i>Shuddha Swarna</i>	4 parts

**Mode of preparation**

*Shudha Parada* is taken into a *Khalwa Yantra* and *Shudha Swarna* is added to in prescribed quantity and it is triturated well to make amalgam. It is then added with *Shudha Ghandhaka* and again trituration is continued.

This mixture is then taken into a stainless still spatula and heated over fire till it gets liquefied and then it is poured over plantain leaf and pressed with a flat surface firmly to obtain *Parpati*.

Dose - 1/20 to 1/10 gm

Anupana - ghee, honey, sugar candy.

Duration of administration - once a day for 21 to 42 days

**Chief qualities of ingredients**

*Kajjali* - *Yogawahi*, *Rasayana*

*Suwarna* - *Vrishya*, *Balya*, *Rasayana*

**Therapeutic Utility****Grahani Roga**

It acts in very severe *Grahani Roga*. In chronic *Grahani Roga* when there is severe diarrhea associated with emaciation and loss of strength *Suwarna Parpati* gives good results.

While taking this medicine patient should be advised to stay only on following diet - *Dadima Rasa*, *Moong Daal* soup, butter and butter milk. Author has assured relief from the disease within 15 days by intake of this medicine and following prescribed diet. But it should be still continued for 40 days.

This strengthens the intestine, improves metabolism and helps in improvement of *Dhatuskhaya*.

**Rajyakshama**

In *Adhogami Rajyakshma* *Swarna Parpati* gives good results. In this condition patient presents with increased thickness of skin over abdomen and distention of abdomen begins. There is loss of strength, weakness, paleness of skin, excessive perspiration and mild fever. In such conditions *Swarna Parpati* is very useful. It reduces the intestinal

inflammation and clears *Strotoavarodha* and improves circulation of *Rasa Dhatu*.

*Kshaya Roga* is seen in many females during peripartum which is usually presented with fever, cough and weakness. In such cases *Swarna Parpati* should be administered and patient should be allowed to take only milk for 42 days this will induce normal hunger in the patient and she will regain the strength gradually.

In children if there is abdominal tuberculosis like presentation administration of *Swarna Parpati* should be started along with goat's milk proceeds with *Ashwagandha*, *Vidanga*, *Pippali*. *Swarna Parpati* literally destroys *Dosha Dusthi* in *Rajyakshama* and improves nourishment of *Dhatu*.

**Swarna Parpati prepared with Rasa Sindura**

If instead of *Kajjali*, *Rasa Sindura* is used for preparation of *Swarna Parpati* it is formed in red color.

Author has mentioned that *Rasa Sindura Yukta Swarna Parpati* is fast acting and shows better results.

In emergency conditions where symptoms like low pulse rate, feeble respiration, low heart rate, profuse sweating of hands and feet causing cold hands and feet, pale face are present. This indicates the *Ojus Kshaya*.

In such cases *Swarna Parpati* gives excellent results.

**DISCUSSION**

In *Yogratnakar* it is mentioned to do *Mardana* of *Swarna* with *Nimbu Swarasa* and then *Prakshalana* is done with *Ushnodaka*. It is then let to dry completely and later *Gandhaka* is added to it and *Kajjali* is prepared. This is done may be because *Swarna* used here is *Apakwa*. (*Sidhinanadana Mishra*). In *Rasatantrasara* & *Sidhaprayoga Sanghra*, *Sawarna* foils are used. But this cannot be considered ideal as *Swarna* foils have *Ashudha* and *Apakwa Swarna* which may cause adverse effects on administration. (*Sidhi Nandana Mishra*). So it is better to use *Swarna Bhasma* rather than using *Swarna Patras*.

In *Bhaishjya Ratanavali* there is reference of administration of this *Parpati* in *Kalpa Karma*. It is administered for a week in  $\frac{1}{2}$  *Ratti Paramana* increasing it by  $\frac{1}{2}$  *Ratti* every day for a week and then reduced by  $\frac{1}{2}$  *Ratti* every day. In this way on 15<sup>th</sup> day 1 *Ratti Matra* is administered.

### CONCLUSION

Based on authors clinical experience, he has stated that *Swarna Parpati* is drug of choice in chronic and severe disorders like *Grahani*, *Rajyakshma*, *Kshaya* and even in emergency conditions.

### REFERENCES

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