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Critical review of *Rasa Ratna Samuchchaya* w.s.r. to its *Rasaprabha Teeka*

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ABSTRACT

Rasa Ratna Samuchchaya (RRS) was written by *Rasa Vagbhatta*. This text sheds light on the extraction, purification, and transformation of metals and minerals into therapeutically useful forms, as well as the various instruments created for alchemical uses and the use of herbo-mineral preparations to treat a wide range of illnesses. *Rasaprabha Teeka* of RRS written by *Dr. Indradev Tripathi*. This *Teeka* is Hindi commentary of RRS. This *Teeka* consists total 30 chapters, 3871 verses and detailed description of 960 formulations. The main components of RRS are classification of metals and minerals, descriptions of instruments and formulations and avoiding the use of metals and minerals during pregnancy. RRS covers all eight branches of *Ayurveda*, although it mainly deals with therapeutic aspects of *Rasashastra*. Thus, the *Rasaprabha Teeka* of RRS is a necessary and required book for individuals who wish to learn the fundamentals and in-depth details of *Rasashastra* and is regarded as one of the most important reference books.

Key words: *Rasa Ratna Samuchchaya*, *Rasa Vagbhatta*, *Rasaprabha Teeka*, *Dr.Indradev Tripathi*

INTRODUCTION

In *Rasashastra* we study about Mercury along with number of metals, minerals, gems and animal product and many plants. The primary goal behind the development of *Rasashastra* is *Dehavada* (living a long and healthy life through the use of formulations created from mercury and other metals and minerals). Later this knowledge was applied for *Lohavada* (the transformation of lower metals into valuable metals

like gold and silver). It is clear from the history that 8th Century was the golden era of *Rasashastra* due to contribution of *Nagarjuna*. *Rasa Ratna Samuchchaya* was written by *Rasavagbhatta* in 13th century. He was son of *Singhgupt*. The period of *Rasavagbhatta* is exactly not clear. However, given that it includes quotations from the Kings of Karwal, Nityanath Siddha, and Singhan as well as accepts the ideas presented in *Rasendra Chudamani* and *Rasaprabha Sudhakar*, one might assume that *Rasavagbhatta* complete this work in the 13th century. The book RRS denotes a compilation (*Samuchchaya*) of *Ratna* (gems) i.e., priceless wisdom of *Rasashastra*. It is commonly used by scholars as the primary textbook of *Rasashastra* classics. The themes of *Rasa Ratna Samuchchaya* were mostly inspired by *Rasendra Chudamani*. *Rasaprabha teeka* written by *Dr.Indradev Tripathi*. It is Hindi commentary of RRS. This *Teeka* consists total 30 chapters. In this manuscript author has focused on the compile to all 30 chapters. The 30 chapters can be divided into 2 parts. The first 11 chapters give information about *Rasashastra* and the

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pharmaceutical processes of metals and minerals. Remaining chapters provide information about formulations for treatment of various diseases. These 19 chapters briefly discuss about histology, symptoms, and various disease categories while providing detailed descriptions of many herbal, metallic, and mineral formulations. The beauty of this *Teeka*, there are many herbo mineral formulations for disease. The content of each chapter summarized in Tables 1 respectively.

MATERIALS AND METHODS

The book has been reviewed chapter wise. Summary of each chapter is mentioned as below.

CHAPTER 1

Acharya Rasavagbhata starts the first chapter with *Mangalacharana* where worshipped Lord Shiva. This chapter give a description of the 27 *Rasa Siddhas*, information about the *Himalaya*,^[1] five different types of *Rasapooja* (worship). The speciality of *parad* described as *siddherasekarishyami Nirdaridyagadamjagat*.^[2] The superiority of *Rasayana* made from *Rasa*, and the origins of the five different *Parada* varieties from the five *Kupa* (wells) are all provided. *Loha* is not described in the order of merging in "*Kashthosdhayonagenagevangam*".^[3] Due to effectiveness of *parad* a common man become *Devtyabalayushh* (powerful and long life like as Lord),^[4] and origin of *Hingula* is detailed.^[5]

CHAPTER 2

Abhraka (Mica), *Vaikranta* (Turmuly), *Makshika* (Copper pyrite), *Vimala* (Iron pyrite), *Shilajatu* (Compound of mineral oil), *Sasyaka*, *Chapala* (Bismuth), *Kharpara* (Smithsonite and calamite) eight *Maharasa*^[6] (eight metals that are thought to be superior in processing mercury) are covered in this chapter, along with information on their types, acceptable variety, therapeutic properties, and procedure of purification and calcination processes. *Abhraka* described as *Gauriteja* (semen of parvati).^[7] Worship of God *Vinayaka* and *Bhairava* at the collection site of *Vaikranta*.^[8]

CHAPTER 3

This chapter deals with the description of *Gandhashma* (Sulphar), *Gairika*, *Kasisa*, *Kankshi* (*Sphatika*), *Tala* (*Haratala*), *Shila* (*Manahshila*), *Anjana*, *Kankushtha* & *Uparasas*.^[9] Their origin, types, *Grahyalakshana*, *Guna*, *Karma*, *Shodhana*, *Marana*, *Satvapata*, dose, *Anupana*, *Rogaghnata* and *Doshaghnata* has been explained in this chapter. Three types of *Gandhak* are mentioned *Shukchanchunibha*, *Peetvarn* and *Shuklavarn*.^[10] In *Kasisa Shodhan Pitta* and *Striraja* are mentioned for *Bhavana*.^[11] *Shyamangi*, *Kanveerka* and *Khandakhya* these 3 types of *Manahshila* are described.^[12] *Kankushtha* origin described as *Sadyojata Dantinh Varch*.^[13] The description of 8 *Sadharana* rasa are *Kampillaka*, *Gauripashana*, *Navasadara*, *Kaparda*, *Vahnijara*, *Girisindoora*, *Hingula* and *Mriddarashringa*.^[14] *Patana Yantra* described for *Hingula Satvapatan*.^[15] Common *Satvashodhana* method mentioned with *Suddhivarg Darvya*.^[16]

CHAPTER 4

Eight different *Ratna* (gems) and five best *Ratnas*, their relation to specific planets described and their types, *Guna*, *Shodhana*, *Marana*, *Satva* also described. Five types of *Ratnadosha* are mentioned.^[17] Specific *Dravya* mentioned for specific *Ratna Shodhan*.^[18]

CHAPTER 5

In RRS first time detailed and systematic classification of *Lauhas* (metals) found. The methods of conversion of lower metals into precious metals are not given but their types, attributes, purification, calcination and indications of each *Lauha* are mentioned. Five types of *Swarna* are mentioned with their origin description.^[19] *Marakdrvyas* are described for *Lauhas*.^[20] *Garbha Yantra* mentioned for the preparation of *Somnathitamrabhasma*.^[21] Detail description of *Maritani Lohani Rasibhavanti*.^[22] Detail description of *Bhunagsatvapatna* method mentioned and 1/12th part *Shuddha Tamra Bhasma* used in it.^[23]

CHAPTER 6

This chapter details about quality of *Guru*, *Shishya*, *Anuchara*, *Ayogya Shishya Lakshana* and duties of *Shishya* has been mentioned. Name of *Uparasa* and

Maharasa, location and establishment of *Rasashala*, preparation of *Rasalinga*, method of worship of *Rasalinga* are mentioned in detail.

CHAPTER 7

In this chapter detail description about site for *Rasashala Nirmana*, *Chalanibheda* (type of sieve), synonyms of *Upala*, materials required for preparation of *Kupi*, *Chashaka*, *Pricharaka Lakshana*, *Amrita Hasta* and *Dagda Hasta Vaidyalakshana*. Persons suitable for *Dhatuvada* are mentioned.^[24]

CHAPTER 8

Kajjali means a black coloured powder, but when this word is used in *Rasashastra*, it means black sulphide of mercury prepared from definite proportions of Mercury and Sulphur. So terminology is an essential part of *Rasashastra* because meaning of a word or collection of words may be quite simple in day to day affairs but could be totally different technically. This chapter contains 78 terms which were originally defined by *Somadeva* in his famous treatise *Rasendrachudamani*.

CHAPTER 9

This chapter provides information on 33 different *Yantra* (instruments) required in *Rasashala*.

CHAPTER 10

This chapter gives information about 17 types of *Musha* (crucibles), 4 types of *Koshthi* (furnace), 10 types of *Putra* (various sized pits) for calcination of metals and minerals and their manufacturing. 24 frequently used terminology are mentioned in this chapter and six types of *Lauhs* are described.

CHAPTER 11

This chapter explains various units of measurements and 8 *Parada Samaskara* (eight basic processing steps of mercury), 25 *Parada Bandhas* (stable mercury). 8 type methods of *Paradamarana* (incineration of mercury) detailed in this chapter. Intake process of *Paradabhasma* mentioned and *Pathya* and *Apathya* during the consumption of *Parada* has been detailed.

In the end of this chapter *Devishastrokta* and *Shrikrishnadevokta Kakaradigana* explained.^[25]

CHAPTER 12 TO 25

Total 64 diseases (*Jwara*, *Kasa*, *Shwasa*, *Kshaya*, *Hikka*, *Visha Chikitsa* etc.) explained in these chapters with their pathology, types and symptoms and description of many useful formulations. All formulations present the therapeutic aspects of *Rasashastra*.

CHAPTER 26 & 27

Chapter 26th related to *Jara Roga* (geriatric diseases), *Rasayana* (rejuvenation) and chapter 27th are devoted to *Vajikarana* (aphrodisiac therapy). 63 herbal and herbo-mineral formulations are described in these chapters.

CHAPTER 28

In this chapter total 30 *Lauha* (*Swarn*, *Rajata*, *Tamra* etc.) *Kalpa* (formulations) are described with devoted to many diseases.

CHAPTER 29

This chapter detailed about many *Visha Kalpa* (formulations prepared from poisonous drugs) w.s.r. to many diseases and many types of *Visha* are mentioned.

CHAPTER 30

Many *Parada Bhasma Kalpa* (formulations of calcinated mercury) and *Parada Jarana* also mentioned in this chapter. *Apthaya* (incompatible food) during *Rasa Sevan* (intake of mercurial formulations) and *Achararasayana* are detailed.^[26]

Table 1: Brief description of main subjective matter in chapters no. 1-30 of RRS

Chapter number	Key points mentioned	Total number of formulations	Total number of Shloka
1.	Detailed description of <i>Parada</i>	-	88

2.	List of <i>Maharasa</i> and various process of their <i>Sodhana</i> and <i>Marana</i>	-	162
3.	List of <i>Uparasa</i> and <i>Sadharanarasa</i> along with various process of their <i>Sodhana</i> and <i>Marana</i>	4	158
4.	Detailed description of <i>Ratna</i>	-	84
5.	Detailed description of <i>Ashta-Lauha</i>	5	243
6.	Qualities of good student and method of worshipping in pharmacy	-	64
7.	Blue print of pharmacy and qualities required in staff	-	37
8.	Definitions of terms frequently used in <i>Rasashastra</i>	-	101
9.	Introduction of instruments	-	87
10.	Description, method of preparation and uses of <i>Musha</i> , <i>koshti</i> and <i>puta</i> used in <i>Rasashastra</i>	-	97
11.	Measurements and <i>Parada-ashta Samskara</i>	-	135
12.	<i>Jvarachikitsa</i>	38	150
13.	<i>Raktapittachikitsa</i>	38	96
14.	<i>Rajyakshmachikitsa</i>	26	100
15.	<i>Arshachikitsa</i>	21	88
16.	<i>Udavarta</i> , <i>Atisara</i> , <i>Sangrahani</i> , <i>Ajirnachikitsa</i>	44	158
17.	<i>Mutrakrichhra</i> and <i>Prameha chikitsa</i>	47	142

18.	<i>Vidradhi</i> , <i>Vrddhiroga</i> , <i>Gulma</i> , <i>Sula</i> , <i>Karshya</i> , <i>Sthaulya</i> , <i>Amlapitta</i> and <i>Pittaroga chikitsa</i>	59	221
19.	<i>Udara</i> , <i>Paṇḍu</i> and <i>Kamala chikitsa</i>	31	109
20.	<i>Visarpa</i> and <i>Kustha Chikitsa</i>	89	227
21.	<i>Aṣṭamahagada Chikitsa</i>	63	193
22.	<i>Bandhyatva</i> , <i>Garbhiniroga</i> , <i>Sutikaroga</i> and <i>Balaroga chikitsa</i>	84	167
23.	<i>Unmada</i> and <i>Apasmara Chikitsa</i>	52	89
24.	<i>Karna</i> , <i>Nasa</i> , <i>Mukha</i> , <i>Shiiroroga</i> and <i>Bhagna Chikitsa</i>	104	144
25.	<i>Kshudraroga</i> , <i>Lingaroga</i> and <i>Visha Chikitsa</i>	102	125
26.	<i>Jarachikitsa</i>	29	59
27.	<i>Vajikarana</i>	34	144
28.	<i>Lauha Kalpa vivechana</i>	30	104
29.	<i>Vishakalpa vivechana</i>	76	161
30.	<i>Rasakalpa</i> , <i>Achara Rasayana</i> , Characteristics, need and importance of <i>Vaidya</i>	60	138

DISCUSSION

All the eight branches of *Ayurveda* described by very few texts (*Aṣṭanga Sangraha* etc.). In *Rasashastra* RRS is only text which covers all eight branches of *Ayurveda*, although it mainly deals with therapeutic aspects of *Rasashastra*. In this *Theeka* the author has done hindi translation of 30 chapters of *Rasaratna Samuchchaya*. The systematic arrangement the subject of RRS is briefly summarized in Table 1. First 11

chapters deals with basic principle of *Rasashastra* and remaining 19 chapters briefly discuss about histology, symptoms, and various disease with detailed descriptions of many herbal, metallic, and herbo-mineral formulations. *Parada* is considered superior among *Rasa Dravyas* in *Rasashastra*. So, 1st chapter details about origin, types and worship of *Parada*. On the basis of utility of drugs in processing of *Parada*, they are classified in to *Maharasa*, *Uparasa* and *Sadharana Rasa*. Thus chapter no. 2nd and 3rd detailed as *Maharasa*, *Uparasa* and *Sadharana Rasa* with their origin, types, *Shodhana*, *Marana* etc. In these chapters colour of many *Bhasma* and *Satva* mentioned. Chapter no. 4th and 5th deals with *Ratnas* and *Lohas*. *Ratnas* are prior mentioning because of they require more processing and are more precious than *Lohas*. 6th chapter deals with detail description *Shishya*, *Guru* and *Anucharapareeksha* (qualities of attender to be appointed in *Rasashala*). Qualities of student and attendant mentioned in RRS are very closely to the description available *Ashtanga Sangraha*. Chapter 7th details about blueprint for present era Good Manufacturing Practice (G.M.P) guidelines. Location of *Rasashala*, required equipment's, raw materials used for the manufacturing of *Rasaushadhi* are mentioned in this chapter. For the better understanding of *Paradakarma* and *Samskara* there many technical terms described in the 8th chapter. Term *Dhauta* explained as *Bhubhujangashakrita*^[27]. Chapter 9th compiled and elaborated as *Yantranirupanam* with detail description of 33 types of different *Yantra* (instruments). *Marana* process done before using all *Rasadavyas* as therapeutically. For completion of this purpose description of different type of *Musha*, *Koshti* and *Putra* has been given in 10th chapter. In the 11th chapter, the commentator has added *Manaparkarana* (Measurements), various pharmaceutical details regarding *Parada Samskara* and *Parada Bandha*. By the end of this chapter, *Pathya-Apathya* during *Parada Sevana* has also been mentioned to get the desired benefit of *Parada*. Chapter 12 to 25 explained much disease with their pathology, types and symptoms and description of many formulations. Many classical texts like *Sushruta*, *Ashtanga Sangraha*, *Ashtanga Hridaya* and *Chakradatta* mentioned *Kshudrarogas* (minor skin

diseases). It's very difficult to say that these *Kshudrarogas* directly taken from which text. The last three chapters are the most beautiful in this book since they contain sufficient information to a doctor as an expert in the field of disease treatment using only *Lauha Kalpa*, *Visha Kalpa*, or *Parada Bhasma* respectively.

CONCLUSION

In this *Theeka*, *Theekakara* done hindi translation of RRS. This work contains a comprehensive summary of all relevant material concerning RRS, hence it is anticipated that it will prove to be an important contribution to the field of *Rasashastra*. Thus, the *Rasaprabha Teeka* of RRS is a necessary and required book for individuals who wish to learn the fundamentals and in-depth details of *Rasashastra* and is regarded as one of the most important reference books.

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