

ENGLISH TRANSLATION

Chapter : 6

I. Uparasa (Eight types)

6.1. *Uparasaḥ* (Minerals of *Uparasa* group)

As per *Rasaprakāśa Sudhākara* following eight drugs are included in this (*uparasa*) group, viz-

Tālaka/haritāla (orpiment), *tubari/sphaṭikā* (alum), *gandhaka* (sulphur), *kañkuṣṭha* (rhubarb extract), *kunaṭi/manah śilā* (realger), *sauvīra/nīlāñjana* (lead sulphide), *gairika* (hematite-red) ochre and *khecara/kāsīsa* (green vitriol/ferrous sulphate) (1).

6.2-10. *Tālaka* (Description of Orpiment)

Varieties: *Tālaka* is of two types, viz-

1. *Dalākhya/Patra tāla* (scally variety)
2. *Aśma Sañjñaka/Piṇḍa tāla* (stony variety)

Physical Properties

Patratāla

It contains *sūkṣmapatras* (small scales/layers), *hemavarṇa* (golden colour), *guru* (heavy in weight), *snigdha* (greasy), *bhāsura* (brightly shining), *bahusatva* (containing more quantity of *satva* (metal-arsenic). Its therapeutic property is *rasāyana* (2).

Aśma (Piṇḍa) Tāla

It is without scales/layers or like a mass, *aśma sadṛśa* (like a stone), contains *kiñcit* (less) *satva* (metal content) *aguru* (not so heavy in wt), *nārīṇām puṣpahṛt* (it stops menses in ladies), *kupathyam* (not recommended for internal use) (3).

Śodhana Method

Make it in small pieces, tie it in a cloth bundle and subject it for *svedana* (heating) in boiling *kūṣmāṇḍa rasa* for six hours and then apply *svedana* again either with *kṣāra jala* or with *cūrṇodaka* (lime water) (4).

Satva Pātana Method

So purified *tālaka* should be put in a *khalva* with *kulattha kvātha*, *ṭaṇḍaṇa* (borex), *mahisājya* (buffalo-ghee) and *madhu* (honey) and triturate it for one day. Then remove the outer covering of the *eraṇḍa bīja* and prepare their powder. Take eight *tolās* of *tālaka* and 1/8th part of *eraṇḍa bīja* powder and mix these well by grinding. Prepare their balls similar to *yava* in weight, dry these and put these in a *kupi* and apply heat in *Bālukā Yantra* for 12 *yāmas* (36 hours). On self cooling take out the bottle and collect the sublimed *satva* (5-8).

There are number of *Pāṣaṇa dhātu satvas* and their extraction methods but of these I have mentioned only those which are considered *kāryakara* (effective) (9).

Pharmaco-therapeutic Properties

It is claimed as *vātasleṣmahara*, checks *rakta srāva* and *bhūtabādhā* (effects of evil spirits), stops menses in ladies, vary in anointing properties, *kaṭu* in *rasa*, *dīpana* (digestive stimulant) and *kuṣṭhahara* in *karma* (10).

6.11-15. Saurāṣṭrī (Description of Alum)

That which is produced from the mines of *Saurāṣṭra Pradeśa* is known as *saurāṣṭrī*. It is also known as *tuvarī*. And if it is pasted on white cloth it makes the colour fast hence it is known as *raṅgabandhakarī* (11).

Varieties

Its two varieties are mentioned,

1. *Fullikā* and 2. *Khaṭikā* (12½)

Physical and Therapeutic Properties

Fullikā is slightly yellowish, very smooth and destroys *garaviṣa*.

The other variety-*Khaṭikā* is white in colour and *amla* in taste. Of the two *Fullikā* is used for *lohamāraṇa* (12½-13½)

Pharmaco-therapeutic Properties

The *Kāñkṣī* (Alum) is *kaṣāya*, *madhura* and *kaṭu rasas*, destroys *kaphadoṣa* and *viṣadoṣa*, cures *vraṇas*, *netrarogas*, *tridoṣaja rogas* and also *kuṣṭha rogas*. It helps for *bījajāraṇa* in *pārada* (mercury) (13½-14).

Śodhana Method

For its purification it should be kept in *dhānyamla* for three days and washed (15½).

Satvapātana Method

It should be ground well with *kṣāra* and *amla dravas* and then subjected to strong heating for extraction of its *satva* (metal content). Its *satva* is considered useful in *Dhātuvāda* only and for medicinal purposes it is not advised (15).

6.16-21. Manaḥ Śilā (Description of Realger)**Varieties**

Manaḥ śilā is said to have three varieties

(i) *Śyāma*, (ii) *Rakta (Kaṇavīrā)* and (3) *Khaṇḍikā*. (16½)

Syāmikā

Śyāmikā is either blackish red or mixed coloured and heavy in weight (16).

Kaṇavīra

This variety is highly red in colour or sometimes like copper in colour (17½).

Khaṇḍikā

It looks deep red on powdering, heavy and *snigdha* in properties (17).

These are better and better in properties in preceding order (18).

Śodhana Method

It becomes purified by subjecting it to seven *bhāvanās* either with the juice of *agastya patra* or with *śṛṅgavera* (*ardraka*) juice. It is without any doubt (19).

Satvapātana Method

For this purified *Manah śilā* should be mixed with ghee, *guda* (*jagery*) and *kiṭṭa* (*maṇḍūra*) or *guggulu* and triturate well, prepare small balls and apply strong heat in a *mūṣa* through the *koṣṭhī yantra*. In this way *satva* can be extracted from *manah śilā* (20).

Pharmaco-Therapeutic Properties

All the varieties are considered to possess best *rasāyana* property, it may destroy *vāta* and *kapha doṣa*, possess more amount of *satva*, checks *viṣa prabhāva*, prevents *bhuta-bādhā* (evil spirits effects), cures *kaṇḍū* (itching), *kṣaya roga*, *agnimāndya* (sluggishness of digestive fire) and destroys *koṣṭha gata rogas* (21).

6.22-28. Anjāna (Description of different types of collyriums)**Varieties**

In this texts five types of *Anjānas* are described.

(i) *Sauvīrānjāna* (ii) *Rasānjāna* (iii) *Strotoṅjāna* (iv) *Puṣpānjāna* (v) *Nīlānjāna* (22)

Here the names, colours, properties and forms of all the five types of *Anjānas* are mentioned by me alongwith their *śodhana*, *śatvapātana* and *māraṇa* methods (23).

Sauvīrāñjana

This *añjana* is just like *dhūma* (smoke) in colour, pacifys *pitta* and *aśadoṣa*, cures vomiting, hicough and wounds. In eye diseases it may be used for the *śodhana* and *ropaṇa* purposes and it is also good for curing *karna rogas* (ear diseases) (24a).

Rasāñjana

The *rasāñjana* prepared from *dārvi* (*dāruharidrā*) *kvatha* is considered best. It is yellowish in colour, pacifys *viṣa doṣa* and *raktadoṣa*, destroys hicough associated with *śvasa* (asthma/breathing trouble), improves complexion, destroys *vātaprakopa* and *kṛmiroga* (worms manifestation) (24b).

Strotoñjana

It is *snigdha* (greasy) in appearance, *madhura* and *kaṣāya* in *rasa*, *lekhana* in *karma*, destroys *viṣa prabhāva*, *vami* (vomiting), *pitta* and *rakta rogas*. It is good for eyes and cures *hidhmarūjā* (distress due to hicough) always (25).

Puṣpāñjana

It is white in colour, *snigdha* in appearance, *sita* in *vīrya*, destroys eye diseases and *viṣaprabhāva*, cures *jvara* (highfever) and severe hicough (26).

Nīlāñjana

Nīlāñjana is said to be *rasāyana* in *karma*, possesses the property of killing gold (helps in making gold *bhasma*), heavy in wt., *snigdha* in appearance, claimed *tridoṣaghna* (pacifys all the three *doṣas*). If it is mixed with metals may induce softness in them i.e. it possesses *lohamārdavakāraka* property (27).

Śodhana Method

All the varieties of *añjanas* become purified if these are treated with the juice of *bhr̥ṅgarāja*. It is as true as the statement of a teacher (27½).

Satvapātana Method

Their *satva* (metal content) may be extracted just like *manaḥ śīla* (realger) *satva* (28).

6.29-52. Gandhaka (Description of Sulphur)**Varieties**

Four varieties of *gandhaka* have been told by the ancient *Sūri* (scholars)

(i) *Śveta* (white), (ii) *Pīta* (yellow), (iii) *Rakta* (red), (iv) *Kṛṣṇa* (black) (29).

Śveta

It is similar to *khaṭikā* (chalk) in colour (white), by its paste *loha māraṇa* (reducing of metals to ashes) may be done without any doubt, it is my experience says the author (30).

Pīta

That which is yellow in colour is said as *amāla-sāraka*. It is considered best for using in *rasa* (mercury) processes and *rasāyana* preparations (compounds having *rasāyana* property). It is also called as *śukapiccha* (31).

Rakta

Rakta gandhaka looks red like *lākṣārāsa* (melted lac), the same is called *śukatunḍa*. It gives colours to the metals and also makes *rasabandhana*. (solidification of mercury) (32).

Kṛṣṇa

The black coloured sulphur is claimed *durlabha* (very rare to get). If available it can destroy/prevent *jarā* (senile changes) and *upamṛtya* (untimely death). On using it internally it makes the body as strong as *vajra* (a weapon of Indra) and the body becomes very beautiful and free from all types of diseases (33).

***Śodhana* Method**

Fill the milk in a pot (*ghaṭa*), tie a cloth piece on its mouth, put sulphur powder over the cloth and close it with a *śarāva* (lid), put this pot on the earth and apply heat to this pot using twenty *vanyopālās* by *puṭa*-system. On self cooling take out the sulphur granules from milk. Repeat the process several times. So purified sulphur may be used for all purposes or *karmas* (34-36).

Pharmaco-therapeutic properties of sulphur

The *vipāka* of sulphur is *madhura*, its *karmas* are *rasāyana*, *dīpana*, *viśahā*, *rasaśoṣaṇa*, *sūtavīrya prada* (potentiates mercury-powers/effects), destroys *kṛmiroga* (worms), cures *visarpa*, *kaṇḍu* and *kuṣṭharogas*, and *āmājī rṇa* (indigestion due to *āmādoṣa*), if it is mixed with mercury definitely converts it into *mūrcchita* state (compound suitable for destroying diseases), its origin is similar to the menstrual flow of Goddess Pārvatī (37-39).

As this very charming sulphur is taken internally by the king Bali for acquiring more strength hence it is also called *Balivasā* (39½).

Method of Uses

First Formulation

Prepare a paste of sulphur with equal part of *marica*, also add six times (six parts) *triphalā* to it and triturate it with the juice of *kṛtamālaka* (*āragvadha*) and use this paste with the juice of *āragvadha mūla* internally to cure various types of *kuṣṭhas*. Rub the Juice of *kṛtamāla* on the whole body or apply it (juice) as paste. This formula and its internal and external uses as above cures various types of *kuṣṭhas* quickly. It is a well tried remedy (39½-42).

Second Formulation

Prepare a paste of *śuddha gandhaka* with *tila* oil. This paste mixed with *apāmārga kṣāra jala*, and *marica* may be applied on the whole body and ask him to sit in sunrays and give him *takra* (butter milk) and *bhakta* (rice boiled) in 3rd *prahare* (between 1-2 P.M.) and apply *sveda* through fire in the night, next day morning rub the body with the buffalo dung and take bath with cold water.

In the same way every day take bath in the morning after applying sulphur oil. By this method if sulphur oil is used it may destroy *kaṇḍu* and *pāmā*. I have seen its effectiveness many times personally hence it is told by me here. The use of sulphur as above definitely cures even chronic *kuṣṭha*, *pāmā* and *vicarcikā* diseases (43-46).

Third Formulation (*Gandhaka Taila* and its uses)

Mix sulphur powder with 1/16th part *vyoṣa* (*trikaṭu*) *cūrṇa*, mix this *cūrṇa* with *taila* and apply it on a cloth of one *vitasti* (9") size. Roll it and prepare its *varti* (rolls), wrap it with a thread. Catch the *varti* (roll) with a forcep in its middle and lit it (apply fire), by heating so sulphur will melt and fall in drops it may be collected in glass pot (47-49½).

Method of Use

Put three drops of this *druti* on *nāgaballī dala* (betal leaf) and add one *balla* (3 *guṇjā*) mercury and rub it with a finger for mixing. Now eat it along with *nāgaballī dala* and drink milk after its ingestion as *anupāna* (49½-50).

Its Effects

It stimulates *kāma* (sexual desire), destroys *kṣaya*, *pāṇḍu*, *duṣṭa grahaṇī*, *śūlaroga*, *śvāsa* and *kāsa roga*, cures *amājī rṇa* (indigestion due to *āmadoṣa*) and induces *laghutva* (lightness) in the body and what more except lord Śaṅkara none else could describe the properties of sulphur (51-52).

6.53-61. *Kaṅkuṣṭha* (Description of Rhubarb)

Beautifully shining *kaṅkuṣṭha* is produced on the mountains which are very near to Himalaya (52½).

Varieties

It has two varieties, one is *nalikā kaṅkuṣṭha* and another *renuka kaṅkuṣṭha* on the basis of their form. In *Gujarati* it is called as *pīliyo* which means it is yellow in colour (53).

Physical Properties

1. The *nalikā* variety is yellow in colour, *masṛṇa* (smooth) on touch, *guru* (heavy) in wt. and *snigdha* (oily greasy) in appearance. It is considered best or superior most.

The *reṇuka* variety is blackish yellow in colour, contains very much less *satva* in it and is considered inferior (54).

Other opinions about *kaṅkuṣṭha* as mentioned in the text

There are a few scholars who consider *kaṅkuṣṭha* as a fecal matter of newly born elephant child. It is blackish yellow in colour and highly purgative in action (55).

There are other scholars who consider it as the *nāla* (umbilical cord) of baby horse. Out of these that which is produced from the elephant is either white or deep yellow in colour and that produces purgation quickly and this one is considered best for *rasakarma* and *rasāyana karma*, it is associated with *satva* content and is heavy in weight (56).

Śodhana Method

For *Śodhana* it would be given one *bhāvanā* of *suṅṅhi kvatha* (57).

Pharmaco-therapeutic Properties

It is *tikta* and *kaṭu* in *rasa*, *uṣṇa* in *vīrya*. Its specific action is *rācana* (purgative). The ancient scholars consider it better for destroying *guda śūla*, *gulma* and *vraṇaśūla* (58).

Method of Use and Doses

Its *satvapātana* method has not been mentioned as it is *satva* only. For *virecana* (purgation) purposes it should be given in one *yava* dose (half *guṅjā* /60 mg.). It should be used with *tāmbūla patra* (betal leaf). By its use *āmajvara* may be cured immediately after getting purgation. As it is a good purgative drug hence after its internal use the patient gets purgation and his fever comes down immediately (59-60).

Antidot of *kañkuṣṭha*

If the poisonous effect of *kañkuṣṭha* is seen i.e. purgation (loose motions) does not stop at its own, give *babbūlamula kvatha* mixed with *śuddha taiñkaṇa* and *jīraka* powder frequently (every half an hour) to check its bad/unwanted poisonous effect (61).

6.62-69. *Kāśīsa* (Description of Ferrous Sulphate)**Varieties**

Kāśīsa has two varieties, *bālukā kāśīsa* and *puṣpa-kāśīsa* (62).

Pharmaco-therapeutic Properties

Bālukā kāśīsa is *kṣāra* or *amla* in *rasa*, heavy in weight, *uṣṇa* in *vīrya*, smoky in colour, acts as *viṣahṛt* (antipoisonous), imparts colour to *mukha* and *keśa* (hairs)- act as a dye, gives colour to mercury or cloths, cures *śvitra roga*. The other variety *puṣpa kāśīsa* is also associated with the above properties. It should be used always to destroy diseases (62½-63).

It is said further about *puṣpa kāśīsa* that it is famous for *netrarogas* (for curing eye diseases). It is *kaṣāya* and *amla* in *rasa* and *uṣṇa* in *vīrya*, it is *viṣaghna* in *karma*. Pacifys *kapha doṣa*, cures *vraṇa* and *kṣaya roga* and considered best dyer for cloths (64-65).

Śodhana Method

Its *śodhana* should be done by applying *svedana* in *bhṛṅgarāja* juice or *bhāvanā* with *bhṛṅgarāja* juice (66½).

Satvapātana

Its *satvapātana* may be done just like *saurāṣṭrī* (alum) (66).

Method for Internal Use

Mix *kāśīsa bhasma* and *kāntaloha bhasma* in equal parts, add *triphala* and *viḍaṅga cūrṇa* also with it and mix all with *ghee* and honey taken in unequal proportion and use it in the morning immediately to destroy *pāṇḍu*, *yakṣmā*,

plihodara, gulma, guda śula and all type of *mūtrakṛcchras*. If it is used as per the method of *rasāyana* destroys all the *rogas*, stimulates all the *agnis*, checks wrinkles and greying of hairs and all the disease caused by *āmājīrṇa* are cured by its use certainly (67-69).

6.70-73. *Gairika* (Description of Hematite/red ochre)

Varieties

There are two varieties of *gairika*

1. *Pāsāṇa gairika* and 2. *Svarṇa gairika* (70½)

Characteristics

Pāsāṇa gairika is hard and copper colour while *svarṇa gairika* is deep red, *snigdha* (oily) and *masṛṇa* (smooth) (70½).

Pharmaco-therapeutic Properties

Svarṇa gairika is *madhura, tikta* and *kaṣāya* in *rasa*, *hima* in *vīrya* and *netrya* in *karma*. It destroys *hikkā, vami, viṣa prabhāva, raktapitta* and *raktasrāva*.

The other variety *pāsāṇa gairika* is inferior to above variety in properties (71-72).

Śodhana Method

For *śodhana*, *gairika* should be subjected to *bhāvanā* with *godugdha* (cow's milk).

Regarding its *satvapātana ācārya Nandī* has mentioned that *gairika* is in the form of *satva* only hence there is no necessity of its *satva-pātana* (73).

II.1. *Sādhāraṇa Rasaḥ* (Minerals of *Sādhāraṇa Rasaḥ*)

6.74-75. *Navasāra* (Description of *Navasāra*-Amonium Chloride)

Navasāra is also called *culhikā lavaṇa*. It is also known as *lohadrāvaṇaka* (helps in the melting of metals) and *rasajāraṇaka* (helps in the *jāraṇa saṃskāra* of mercury) (74).

Pharmaco-therapeutic Properties

It stimulates *agni* (digestive fire), destroys *gulma* and *plīharoga*, acts as *māṃsajāraṇa* (help in the digestion of flesh and also in food digestion) (75).

6.76-79. Varāṭika (Description of Cowrie)**Characteristics**

The yellow *varāṭikā* which is of the size of one and half *niṣka* (about 4½ gms.) is considered best. That which is of the size of a *ṭaṅka* (about 3 gms.) is considered *madhyama* (medium) and that which is of the size of the quarter to *ṭaṅka* (¼th part less than a *ṭaṅka* about 2¼th gms.) is considered inferior (76).

Pharmaco-therapeutic Properties

It is used in *rasakarma* and *rasāyana karma* both, destroys the pain in abdomen due to *pariṇāma śūla* (duodenal ulcer), *grahaṇī roga*, *kṣayaroga* and *kaphavātadoṣajaroga*, its *vīrya* is *uṣṇa*, acts as *dīpana* (digestive stimulant) *vṛṣya* (aphrodisiac), *netrya* (good for eyes or eye diseases) and *doṣa hāri* (pacifier of all the *doṣas*). It is highly useful for the *jāraṇa saṃskāra* of mercury and best amongst *viḍa dravyas* (in the drugs recommended for the *jāraṇa karma* of mercury). There are big (*sthūla*) cowries which are claimed as *guru* (heavy in wt.) or in digestion and destroyer of *śleṣma-pitta doṣas* (77-78).

Śodhana Method

Their *śodhana* (purification) is done by subjecting these to *svedana* (boiling) in *āranāla* (an acidic fermented liquid) for one *yāma* (3 hrs.) (79).

6.80-83. Hiṅgūla (Description of Cinnabar)**Varieties**

Hiṅgūla is said to have two varieties

Śukatunḍa (also known as *Carmāra*) and *Haṃsapāda* or (*Pāka*)

The first *carmāra* possess less *satva* (mercury), means associated with more impurities and considered inferior (80).

The second *haṃsapāda* is like a red *pravāla* (coral) and is full of *śalākās* (long niddle like structures) and considered best (81½).

Pharmaco-therapeutic Properties

Hiṅgūla is *dīpana* (digestive stimulant), *sarvadoṣaghna* (destroyer of all *doṣas*), *atirasāyana* (best rejuvenator), and *sarvarogahara*, (curative for all the diseases). It is also recommended for *drāvaṇa karma* (may be useful in *dhātudrāvaṇa* or *kāminīdravaṇa*) (81½).

Specific Properties of *Hiṅgūlotha Pārada*

According to *Rasaprakāśa Sudhākara hiṅgulottha pārada* is considered as good as *ṣaḍguṇa gandhaka jārita pārada* in properties (82).

Śodhana Method

Hiṅgūla pieces should be kept inside the pieces of *kuṣmāṇḍa* and prepare its *poṭṭalī*, it is then subjected to *svedana* (boiling) by *dolāyantra* method with *lakuca* juice for 3 hrs. One such treatment makes it purified and suitable for use in all purpose (83).

II.2. Drugs Included in *Sādharaṇa Rasa* Group in other Texts

6.84-85. *Ambara (Agnijāra)*

Agnijāra is an external covering of *āgninakra* (a species of crocodile) and taken to the sea shore by the sea waves and got dried there by sunrays or according to other it is a dried mouth froth of a crocodile taken to sea shore by sea waves (84).

Pharmaco-therapeutic Properties

It pacifys all the three *doṣaprakopa*, acts as *grāhī* and a drug of choice for *dhanurvāta (tatanus)*. It improves the potency of mercury and acts as the best *jāraṇa* drug for *rasagrāsa* (85).

6.86-87. *Girisindūra* (Red Oxide of Mercury)

Girisindūra is red coloured liquid exudates coming out of the rocks of big mountains which when dried with sunrays is known as *girisindūra* (85).

Properties of *Girisindūra*

It is considered as *tridoṣa śamana* (pacifyer of vitiated all the three *doṣas* of the body), acts as *bhedana* (a type of purgative), *netrya* (good for eyes), used as *rasabandhakara* (mercury binder) and also *dehalohakara* (acts as therapeutical and alchemical agent) (87).

6.88-90. *Boddaraśṛṅga/Mṛddaraśṛṅga* (Yellow Oxide of Lead)**Habitat and Form**

It occurs in Gujarāt Pradeśā near Arbuda (Ābū) hill. Its form is yellow and contains *dalas* (*patras* or layers) (88).

Properties

Naga (lead) metal is obtained as its *satva*, cures *liṅga dosa* (diseases of penis), removes *kaphaja vikāras*, acts as best *rasabandhakara* (binder of mercury), imparts colour (black) to *śmaśru* (beard) and facial hairs (89).

General Śodhana Procedure for Sadharana Rasas

All the *sādhāraṇa rasas* may be purified by giving three *bhāvanās* of *bījapūra rasa* (citrous acid juice) and on drying these become free from *doṣas* (bad effects) (90).

6.91. *Biḍa*

In the same way *Biḍa* is also claimed to remove all the *doṣas* (bad effects) (91).