AN EXPLANATORY NOTE ON *RASAPADDHATI*- A *RASASGRANTHA*

Dr. Shakti Hiremath¹ Dr.Bankimchandra J² Dr.Pavan.K.Kulkarni³ Dr.Praaksh.R.Deshpande⁴
¹&²Final year PG Scholar, ³Lecturer, ⁴Professor, Department of Rasashastra and Bhaishajya kalapana, BVVS Ayurved Medical College and Hospital, Bagalkot.

**Abstract**-Rasashastra is an important and popular branch of Ayurveda which gained its existence since 7th century A.D. Vast literature are available in the stream of Rasashastra to get a detailed knowledge. Some of the literatures are independently written while some others are compilations. These compilations give comparative knowledge regarding the previous Rasagranthas. Rasapaddhati is one such compiled Rasagrantha in the field of Rasashastra which was compiled in 15th century AD. This paper gives a framework regarding the author’s, period, chapters, contributions, salient features and shortcomings of the text Rasa paddhati which may help the reader to have a brief idea of the text

**Key words** – Rasashastra, Rasagrantha, Rasapaddhati

**Introduction:**
The book *Rasa paddhati* is a one of the compiled treatise which belongs to Rasashastra, written by Acharya Bindu. This *Rasagrantha* is completely written in *Padya* form. Almost all the verses are in *Shardoola Vikridita Chandas* and some of them are written in *Shikhirini* and *Anushtupadi Chandas* as stated by Acharya Yadavji, a renowned scholar of Ayurveda.

**Author:** *Rasa paddhati* a compiled treatise on *Rasashastra* is compiled by Acharya Bindu. One of the renowned Ayurved scholar Y.T. Acharya suspect that, *Acharya Bindu* belongs to Maharashtra as the author has used the word ‘Kshma Shigru’ and also other Marathi words. Hence it can be proposed that *Acharya Bindu* hails from Maharashtra.

**Period:** 15th Century A.D.

Acharya Yadavji states that this book was compiled after the period of Ayurveda Prakash and Rasakamadhenu as author has
collected many verses from these former texts.

Commentaries: The Sanskrit commentary of this treatise was written by the author Bindu’s son Vaidyavara Acharya Mahadev.

About the Commentator: Vaidyavara Acharya Mahadev is an eminent scholar of Ayurveda and Vyakarana. Acharya Mahadev completed the chapters wherever it was incomplete by referring other treatise of Rasashastra.

Publication: Vaidya Y.T.Acharya, when he was searching for main copy of this treatise he got different copies at different places like Bikaner Rajakiya Pustakalaya, Vaidyavara Shree Krishna Shastri Devahara Nasik and Bhandarkar Prachya Samshodhanalaya Pune (Punyapattana). Shree Y.T.Acharya compiled all these three available scripts together and published for first time in the year 1925 along with Lohasarvaswam which was printed by Nirnayasagar Press, Bombay.

Choukhamba orientalia, Varanasi published Rasapaddhati in the year 1987 with hindi translation by Dr. Siddhinandan Mishra.

About the book: Rasa paddirhi is a small compilation in the stream of Rasashastra containing 7 Chapters in all. This book contains 231 verses. These Chapters are termed as Prakaranas.

Contents of the Prakaranas:

Prakarana 1 (ParadaSamskara):

Acharya Bindu performs Mangalucharana in the beginning and mentions about Trividha Chikitsa and explains importance of Rasashastra and Rasoushadhis in Trividha Chikitsa of Ayurveda. He explains Sapta Doshas of Parada along with their ill effects on the body. In the present Prakarana he also explains about Shodhana of Parada, Ashtasamskaras, its procedures and benefits. He also puts light on Gandhaka Jarana and Rasakarpura preparation.

Prakarana 2 (Loha Prakarana): In this chapter he mainly divided Loha Varga as Loha and Upaloha.

Loha varga includes Swarna, Roupya, Loha (Kanta, Teekshna, Munda), Tamra, Sisa, Ranga. Upa Loha Varga includes Kamsya, Vartula, Ghosha (Panchaloha). He also mentioned another classification as Shuddha Loha, Pooti Loha and Mishra Loha.
He dealt about Loha Samanya Shodhana along with Swarna Bhasma Vidhi, Rajata Bhasma, Loha Bhasma, Tamra Bhasma, Sisa Bhasma, Vanga Bhasma and Pittala Bhasma. While explaining about Gunas of Bhasma, Acharya opined that - Rajata Bhasma, Pittala Bhasma and Sisa Bhasma should not be given individually.

**Prakarana 3 (Maharasa Prakarana):** In this Prakarana Acharya considers Vaikranta as first Maharasa and he mentions 6 Maharasa and also controversies regarding number of Maharasas.

- **Vaikranta:** Explains 7 types of Vaikranta, its Shodhana and Marana.
- **Abhraka:** Explains 4 types of Abhraka, Shodhana, Dhanyabhraka Nirmana, Marana and Abhraka Bhasma pareeksha vidhi. **Shilajatu:** Explains 2 types of Shilajatu, based on origin as Achalodbhoota – Parvatasrava and Ushodbhava-oosha (Ksharamrittika).
- **Shodhana of Shilajatu, Shuddha Shilajatu Lakshana.** **Chapala:** Explains types of Chapala, its Shodhana and Marana. **Makshika:** Explains types of Makshika (Swarna, Rajata, Kamsya, Makshika), Lakshana, Shodhana, Marana and Bhasma Guna. **Tutttha:** Explains 2 types of Tutttha those are Mayura Tuttha and Kharpara Tuttha. Along with Shodhana, Satwa patana, Satwa guna, Mudrika nirmana of Tutttha.

**Prakarana 4 (Uparasa):** Only three Uparasa are mentioned in this prakarana which are Gandhaka, Haratala and Manashila.

- **Gandhaka:** Acharya mentions 3 types of Gandhaka (Peeta, Rakta, Shweta) and considered Rakta variety is Shreshta. Also Peeta Gandaka having a sub variety named Pashana Gandhaka (Lavana). Along with Gandhaka Shodhana, Shuddha Gandhaka Lakshana, preparation of Gandhaka Dhruti and Gandhaka Taila. **Haratala:** Explains 2 types of Haratala those are Patra and Pinda. Shodhana, Satwapatana, Marana of Haratala, Ashuddha Apakwa Haratala Bhasma causes Mrutyu. **Manashila:** Explains 2 types of Manashila as Shyamagni and Karnavirika (considered to be shreshta) and Shodhana of Manashila.

**Prakarana 5 (Ratna Prakarana):** In this Ratna Prakarana Acharya Bindu dealt about Nava Ratnas. He specified 9 Dishas for placing of 9 Ratnas. And
also mentioned about Navagrahas related to these Navaratnas.

**Hiraka:** Regarding Hiraka he mentions Utpatti, Chaturvarna of Vajra (Brahmana, Kshatriya, Vaishya, Shoodra). Ashtvidha Ratna Pareeksha. Based on Jati, Varna, Linga and Upayoga, he classifies Hiraka in 12 types. Pancha Doshas of Vajra explained individual Doshas elaborately. Shreshta Vajra Lakshananas. Yuganusara availability of Vajra and even how to decide the price of Vajra, based on its size and its Pareeksha vidhi is explained.

In the same chapter he also mentioned chikitsa of some other diseases which are mentioned below.

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<tr>
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<td>Shukra kshaya</td>
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<td>Phiranga Dosa</td>
<td>Rasa Karpoora/ Karpoora Vati andKsharadhoopana prayoga,</td>
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**Prakarana 7 (Rasoushadhi Yoga)**

| Bhairavika Vati, Chandra Vati, Jwarakhya Rasa, AshtayamiVati, Atankaantak Rasa, Navajwaramurari |

**Prakarana:**

49 Rasayogas have been described by the Acharya in this chapter which are as follows:

| Jwaraprothita Rasa, Navajwarari Vati, Navya Chandrabhidha Rasa, |

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**Salient features:**

1. Explains *Trividha chikitsa*.
2. Explains a unique method of Rasakarpura preparation using *vidyadhara yantra*.
4. Some new words used in context of Jarana and Parada samskara.
5. Explains elaborately the *Marana* procedure and advises cautious use of Rajata, Pittala and Sisaka Bhasma.
6. Explained directions of placing the *Navaratnas* is a unique concept.

**Pitfalls of the Grantha:**

1. Basics of *Rasashastra* including *Paribhasha* have not been dealt.
2. *Sadharana Rasa* is not found in the text.
3. *Shodhana* and *Marana* of *Ratnas* have not been dealt.
4. Description regarding *Uparatna*, *Visha*, *Upavisha*, *Sudha varga* and *sikata varga* are not found.
5. Only few *Yogas* are dealt.
6. Despite of mentioning 9 ratnas Acharya have only described two of them.

**Bibliography:**

1. Acharya Bindu, Rasapaddhati evum Lohasarvaswam, Published by Yadavji Trikamji acharya at Nirmayasagara Press, Bombay, 1925.

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**Corresponding author:**

DR. SHAKTI HIREMATH, Final year PG Scholar, Department of Rasashastra and Bhaishajya kalapana, BVVS Ayurved Medical College and Hospital, Bagalkot

Email: hshakti1993@gmail.com