AN OVERVIEW ON GANDHAKA KALPA AND ITS RASAYANA EFFECT

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Abstract

Living healthy is the prime motto of this era but increased use of antibiotics and immuno- suppressive drugs, sedentary life, the quality of life get affected. Many kalpas have been described in Rasashastra for the conservation of immunity, physical and psychological state of the body. In the field Rasayana, Gandhaka holds top after Parada. It possess ‘Katu’ rasa, ‘Ushna’ virya and Pachaka karma. Sudha Gandhaka when consume for many days with suitable adjuvant will provide good eye sight and improves jataragni. It is a good Rasyana also. Acharya Charaka has described Rasayana as a means to promote vigor and health which is mainly virilific and promotive of vitality. In the eighth chapter of Rasatarangini mentions 10 Gandhaka Kalpas. By judicious use of these kalpas, the person attains divyadrishti (sharp eye sight), suvarna kaya (golden radiance in the body), virya (high virility) and shaurya (physical strength) even in aged persons, vajra kaya (sturdy body), cures vali and palita roga (hair fall and hair greying), and also cures many of the chronic Kaphaja, Vataja and Pittaja rogas.

Keywords: Gandhaka, Kalpa, Rasayana.

Introduction

Living healthy is the prime motto of this era but increased use of antibiotics and immuno- suppressive drugs, sedentary life, the quality of life get affected. Anti-oxidants – Rasayana foods, herbs and regimens helps to re-establish this balance. Rasayana should be used for three fold purpose –

1. Maintaining health,
2. Prevention of diseases and old age
3. To avoid the recurrence of diseases.

Sharangadhara has advised that in each group of age, every person should take specific rasayana for keeping healthy and fit. It should be kept in mind that Rasayana has a more preventive aspect than a curative one. Hence it is done after the
treatment of disease to prevent recurrence of that disease or to nourish the tissues that have been damaged by the disease. It can also be done in absence of a disease to prevent the occurrence of diseases.

The word Rasayana is a combination of two separate words Rasa and ayana. The word Rasa in this context means the first Dhatu which nourishes all the tissues in the body and Ayana is its circulation. This means that if rasa dhatu is produced in optimum quality and quantity, then naturally all the tissues in the body will be nourished properly. Rasayana also means the purification of all tissues from Rasa to Shukra. It also aims at giving strength to senses, mind and intellect. Hence Rasayana or rejuvenation is such a form of treatment in which all the tissues are nourished and enhanced.

Literatures of Rasashastra the word rasayana has been used in two senses, one for medicine as a whole for example “Kupipakwa rasayana” or some authors have used rasayana word for whole group of medicine having mercury or other mineral in them. On the other hand, this word is used for rejuvenation while describing the properties of substance or in specific chapters entitled “Rasayana”.

Gandhaka as Rasayana

Mercury (Parada) is considered to be very powerful medicine. When mercury is properly processed, it balances all the three doshas, has soothing effect on the body and prevents disease and old age. Apart from mercury there are lot of minerals and metals with rasayana properties1. Many kalpas have been described in Rasashastra for the conservation of immunity, physical and psychological state of the body. In the field Rasayana, Gandhaka holds top after Parada. It possess ‘Katu’ rasa, ‘Ushna’ virya and Pachaka karma. Sudha Gandhaka when consume for many days with suitable adjuvant will provide good eye sight and improves jataragni. It is a good Rasyana also. In the eight chapter of Rasatarangini mentions ten Gandhaka Kalpas.

Gandhaka kalpa-1

Sudha gandhaka churna with triphala churna, goghrita and bhringaraja swarasa administered daily along with honey for three months cures many of the chronic diseases. During this period diet should cooked shashtika
shali with milk and sugar, and also many other sheeta virya dravya. **Gandhaka kalpa-2**

Equal quantity of sudha gandhaka and Amalaki churna are taken khalva yantra and subjected to 7 bhavana each with Amalaki swarasa and Shalmali swarasa respectively. 1 masha of this dry powder along with equal quantities of sugar and honey followed by intake of goksheera for 30 months will bring high virility even in aged persons³.

**Gandhaka kalpa-3**

Half masha of sudhagandhaka, if administered daily in morning along with warm milk for a month will increase virya (Virility) in the person. If the same medicine is administered for 6 months, the person attains divyadrishti and suvarna varna deepti in the body⁴.

**Gandhaka kalpa-4**

Half masha of sudha gandhaka, if administered daily in morning along with Tila taila for 21 days, the skin becomes healthy and attains golden glow⁵.

**Gandhaka kalpa-5**

Equal quantity of sudha gandhaka churna, Pippali churna and Haritaki churna are homogenously triturated, 2 masha of this mixture is added with 4 masha of goghrita and honey administered daily 3 months. After 3 months the person attains golden radiance in the body, shaurya, virya, divya drishti. During this period follow bhramacharya⁶.

**Gandhaka kalpa-6**

Half masha of taila shodhita gandhaka is administered daily with honey for few days cures kshudra kushtas. Alternatively, equal quantity of taila shodhita gandhaka, maricha churna, sarshapa taila and make paste with Apamarga swarasa. Apply this paste daily over the affected skin for 14 days and take bath with Khadira sara or haridra samskrita jala after drying the application⁷.

**Gandhaka kalpa-7**

Sudha Gandhaka is subjected to 3 bhavana with goksheera and followed by 8 bhavana each with Triphala kashaya, Chaturjata kashaya, Guduchi swarasa, Bhringaraja swarasa and Adraka swarasa. This bhavita gandhaka is added with equal quantity of sugar and homogenously mixed. One masha of this mixture is daily along with suitable anupana to cure
Dhatu kshaya janya koshtaroga, Prameha etc. During this period person should avoid Kshara, Lavana, Amla rasa ahara, anger, worry and sex.

**Gandhaka kalpa-8**

Sudha Gandhaka is subjected to 3 bhavana with bhringaraja swarasa and dry it. One masha of this mixture is added with equal quantity of goghrita, honey, and haritaki churna administered daily in the morning for 2 months bring virility and physical strength even in aged persons. During this period follow pathya and laghu foods.

**Gandhaka kalpa-9**

Equal quantity of sama bhavita kajjali is added with sudha guggulu and triphala churna and pounded thoroughly and make gutika by adding required quantity of eranda taila. One gutika (1 ratti size) is administered daily for a month cure chronic kaphaja, vataja, pittaja rogas. And also attains sharp eye sight, physical strength, radiance of sun and a sturdy body.

**Gandhaka kalpa-10**

Homogenous mixture made by sudha Gandhaka, Triphala churna, Bhringaraja swarasa. Two masha of this mixture if administered daily for a month with suitable anupana provides divya drishti, vajra kaya. If same medicine consumed for 6 months cures valita and palita roga.

**Conclusion**

Table no.1 Shows properties of Gandhaka kalpas.

<table>
<thead>
<tr>
<th>Gandhaka kalpa</th>
<th>Action</th>
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</thead>
<tbody>
<tr>
<td>Gandhaka kalpa -1</td>
<td>Chakshushyam, Chronic diseases</td>
</tr>
<tr>
<td>Gandhaka kalpa -2</td>
<td>Vajikaranam</td>
</tr>
<tr>
<td>Gandhaka kalpa -3</td>
<td>Varnyam , Chakshushya</td>
</tr>
<tr>
<td>Gandhaka kalpa -4</td>
<td>Varnyam</td>
</tr>
<tr>
<td>Gandhaka kalpa -5</td>
<td>Varnyam , Kanti, Balyam, Chakshushya</td>
</tr>
<tr>
<td>Gandhaka kalpa -6</td>
<td>Twak prasadanam(Kshudra kushtas)</td>
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<tr>
<td>Gandhaka kalpa -7</td>
<td>Dhatu kshayaja rogas</td>
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<tr>
<td>Gandhaka kalpa -8</td>
<td>Balya</td>
</tr>
<tr>
<td>Gandhaka kalpa -9</td>
<td>Varnya , Kanti, Balya, Chakshushya</td>
</tr>
<tr>
<td>Gandhaka kalpa -10</td>
<td>Balyam, Chakshushyam, Vali &amp; Palita nasana</td>
</tr>
</tbody>
</table>

Benefits of Rasayana therapy is increase in body strength, Prabha, Varna, Indriyabala, dehabala, Kanti,Vaksidhi. By judicious use of these kalpas, the person attains divyadrishī (sharp eye sight), suvarnavarna kaya (golden
radiance in the body), virya (high virility) and shaurya (physical strength) even in aged persons, vajra kaya (sturdy body), cures vali and palita roga (hair fall and hair greying), and also cures many of the chronic Kaphaja, Vataja and Pittaja rogas, these are all rasyana guns. Actions of gandhaka kalpas are tabulated in table no. 1, this shows 10 gandhaka kalpas have rasayana effects,

So Rasayana effects of gandhaka kalpas nourishes whole body and improves immune system and hence the natural resistance.

References


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