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## 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 pshycological 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* properties<sup>1</sup>. 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*<sup>2</sup>.

### **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 persons<sup>3</sup>.

### **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 deepiti* in the body<sup>4</sup>.

### **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 glow<sup>5</sup>.

### **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 *bhramacharya*<sup>6</sup>.

### **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 application<sup>7</sup>.

### **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<sup>8</sup>.

### **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<sup>9</sup>.

### **Gandhaka kalpa-9**

Eqaul 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<sup>10</sup>.

### **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*<sup>11</sup>.

### **Conclusion**

Table no.1 Shows properties of *Gandhaka kalpas*.

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

Benfits of *Rasayana* therapy is increase in body strength, *Prabha, Varna, Indriyabala, dehabala, Kanti, Vaksidhi*. By judicious use of these *kalpas*, the person attains *divyadrishhti* (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 *rasayana gunas*. 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.

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