

Chaturvidha Rasayana Pottali Kalpana

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Serial No	CO's	PO
CO1,CO2	Describe importance and unouque features of Chaturvidha Rasayana - Kharaliya Rasayana, Parpati Rasayana, Kupipakwa Rasayana & Pottali Rasayana.	PO 1,5,7
CO1,CO2	Explain definition, types and method of preparation of Chaturvidha Rasayana.	PO 1,5,7
CO1,CO2	Determine role of Yantra, Agni & Kala for pharmaceutical process of chaturvidha rasayana	PO 1,5,7
CO6	Explain shelf-life of Chaturvidha Rasayana.	
CO5	Describe chemical changes occuring during the preparation of chaturvidha rasayana and its impact on Pharmacological action of Chaturvidha Rasayana	
CO5	Explain law of Definite proportion and proportion of Mercury and sulphur needed for preparation of sulphide of Mercury. in Chaturvidha rasayana	

Brihatrayees V/S Nagarjuna



CHARAKA



SUSHRUTHA



VAGBHATA
AND

LAGHU

VRIDDHA



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Rasa drugs for Clinical Application



**Kharaliya
Rasayana**

**Parpati
Rasayana**

**Rasa
Rasayana**

**Kupipakwa
Rasayana**

**Pottali
Rasayana**

An introduction to potali Kalpana

INTRODUCTION

- **Rasasastra [Rasa +Shastra (Science)] is the science of practicing Herbo- mineral compounds in treating a disease.**
- **The term 'Rasa' implies processed Mercury, processed Metals processed minerals and certain herbal drugs.**
- **For introducing in a living body,these drugs should be made into suitable formulations through Sodhana ,Marana etc .**
- **This enables the drug to easily pass through the its Pharmacokinetic stages, namely Absorption, Distribution, Metabolism and Excretion**

Home science and Rasa Pharmaceuticals



Reducing Surface area



A scoop of batter when elaborated becomes a thin becomes Dosa, when compressed becomes compact Idli



Idli can occupy in plenty on a plate than Dosa

CRUMBLED PAPER CONCEPT



Elaborate



Compact



POTTALI DEFINITION

“विस्तारितस्य वस्तुनः अल्पो भवनं पोट्टं ।
पोट्टलाति गृह्णाति इति पोट्टली ॥”



Parada Vigyaniya Page 168

Converting an elaborate , material into a compact form is 'Pottam'.
The method of preparing 'Pottam' is Pottali.

HISTORY

- First reference may be traced from the book 'Rasaratnakara' written by Acharya Nityanatha in 12th century AD.
- Later on different books like Rasaprakasha Sudhakara (~12th cent AD) , Sharangadhara Samhita (~ 13 th cent AD) , Rasaratnasamuchaya (~13 th cent AD), Rasayoga sagara (20th cent AD), Rasamrita (20th cent AD) have given description of Pottali Kalpana .

THREE TYPES OF POTTALI

GANDHAKA DRAVA PAKA
POTTALI



VARATA GARBHA POTTALI



BHAVANA POTTALI



POTTALI KALPANA AT A GLANCE

Gandhakadrava Paka Pottali

Principle	Swedana
Drava Dravya	Gandhaka
Yantra	Dola Yantra
Final product	Solid compact form like shiva linga , Puga phala , shankha

Varata Garbha Pottali

Principle	Marana
Pooraka Dravya	Varatika
Putra	Gajaputa
Final product	Incinerated product , which may be finely powdered in Khalwa Yantra

Bhavana Pottali

Principle	Bhavana
Drava Dravya	Optional
Yantra	Khalwa Yantra
Final product	Powder/ Rolled pill

GANDHAKA DRAVA PAKA POTTALI



Method of preparation

Step 1: Grinding the drug in Kumari Swarasa (Aloe vera Juice) to mould into Shiva linga/ Conch shell / Arecanut.

Step 2: Dry the drug and Tie in a silk cloth

Step 3: Hang the drug in a pot containing Gadhaka (Sulphur) , which is mounted in a Valuka yantra and Kept in Fire .

Step 4: On melting the dravya will undergo paka and become compact. The end point is dark colour of gandhaka / metallic sound of Pottali .

Step 5: Retrieve the Pottali from molten gandhaka and Keep for Swangasheeta (Self cooling)

Step 6: scrap off the cloth and now the drug is ready for application



Administration Of Gandhaka Drava Paka Pottali



- For clinical practice ,Pottali is administered,by rubbing it on an even stone smeared preferably with honey or plain ghee or medicated ghee and then made into a paste.
- The dose of Pottali in general is fixed based on the factors like age of the patient, strength of the patient, strength of the disease.
- The dose is then organized through the number of rotations in the stone.

VARATA GARBHA POTTALI



Method of preparation

Step 1: Grinding the drug in suitable medium and drying .

Step 2: Filling the drug in Varatika (Cowrie)

Step 3: Sealing the Varatika with Tanka + milk , and drying

Step 4: arranging the Varatika in Sarava followed by Samputeekarana (Closing with another Sarava and Sealing with mud smeared cloth).

Step 5: Giving Puta (Generally Gajaputa), After swangasheeta , collect the drug .

BHAVANA POTTALI



Method of preparation

Step 1: Grinding the drug in suitable medium and later drying .

Step 2: After Ideal Bhavana lakshana (Subhavita Lakshana) the drug is kept for drying

Step 3:The drug is collected .

Physical Pharmaceutics of Gandhaka Dravapaka Pottali Kalpana

- The principle of preparation is Swedana (Sudation), where gandhaka acts as the Dravadravya (liquid medium).
- The molded metallo- mineral ingredients should undergo a gradual processing inside the molten Sulphur.
- The escape of Sulphur is minimum but instead it invades the entire ingredients.
- The chemical reaction may also involve oxidation.

**Hemagarbha Pottali Rasamrita -
Rasayoga vigyaniam Adhyaya
218-222**

शुद्धसूतं चतुर्भागं द्विभागं गन्धकस्य च ।
भागमेकं स्वर्णभस्म त्रिभागं शुल्बभस्म च ॥218॥
कुमारीरससंयुक्तं सप्ताहं मर्दयेद्दहदम् ।
गुटिकां कारयेत्तस्य शङ्क्वाकारां भिषग्वरः ॥219॥
वस्त्रे किञ्चिद्द्वलिं दत्त्वा गुटीं तत्र निधाय च ।
मृत्पात्रे गन्धकं दत्त्वा दोलायन्त्रेण तां पचेत् ॥220॥
मन्दाग्निना पचेद्यावद् व्योमवर्णं तु गन्धकम् ।
किञ्चिच्छीते ततो वस्त्रमपसार्य प्रयत्नतः ॥221॥
पोट्टली हेमगर्भाख्या सत्रिपाते प्रयुज्यते ।
आर्द्रकस्वरसे पृष्टा पर्णखण्डरसेऽथवा ॥222॥

**Hamsa Pottali
Sarangadhara Samhita -
Madhyama Khanda -12/170-171**

अथ हंसपोट्टलीरसः प्रहणीरोगे—
दग्ध्वा कपर्दकं पिष्ट्वा श्यूषणं टङ्कणं विषम् ।
गन्धकं शुद्धसूतं च तुल्यं जम्बीरजैर्द्रवैः ॥ १७० ॥
मर्दयेद्भक्षयेन्मापं मरिचाज्यं लिहेदनु ।
निहन्ति प्रहणीरोगं पथ्यं तक्रौदनं हितम् ॥१७१॥

Rasayoga Sagara – Part 1 -1284-1289

२६१. लोकनाथरसः (लोकेधा.) ३

भस्म मृतस्य भागिकं चतुष्ट. शुद्धगन्धकात् ।
शित्या यराट्टिकागर्भे द्रुणेन निरुद्धप च ॥ १२८४ ॥
भाण्डे रुद्धा पुटे पाच्यं स्वाह्मशीत समुदरेत् ।
लोकनाथरसो नाम क्षौट्टेर्गुञ्जाचतुष्टयम् ॥ १२८५ ॥
नागरातिविषामुस्तं देवदारुचान्वितम् ।
कषायमनुपानन्तु सर्वात्तासारनाशनम् ॥ १२८६ ॥
चतुर्गुञ्जो घृते र्दयो विशद्भि मरिचैस्तथा ।
जातीमूलपल्लेकन्तु छागीक्षीरेण पाचयेत् ॥
शर्कराम्भोयुतञ्चाऽनु पात्वा कृच्छ्रहरं ध्रुवम् ॥१२८७॥

Thank You

