

**A Literary Review study of Kaphakunjar Rasa**
**Sayali Joglekar- Joshi**

 Assistant professor, Dept. of Rasashastra & Bhaishajya Kalpana,  
 SCM Aryangla Ayurved Mahavidyalaya, Satara, Maharashtra, India

**Author Correspondence:** [sayalijoglekar@gmail.com](mailto:sayalijoglekar@gmail.com)
**Abstract:**

In Ayurvedic classics reference of *Kaphakunjar Rasa* is found in three texts i.e. *YogRatnakar*, *Brihat RasaRaj Sundar* and *Rasa Chintamani*.

After going through all references, it was found that; the method of preparation, dose, anupan and roghadhikar are similar in all texts. Only slight difference is in material (*churna*) used for coating of *Shankhas* in different texts.

Operating procedure is as: *Kajjali* triturated with *snuhikshir*, *arkakshir*, *panchalavan*; all filled in *shankhas* then coated with *pippali*, *gajapippali*, *chitrak*, *ushir churna*; heated for 1 *yaam* and finally fine powder is obtained called “*Kaphakunjar Rasa*”

As our classics consider, “*Loknath Rasa*” under both *kharaliya rasayan* as well as *pottali kalpana*; same way can be consider about “*Kaphakunjar Rasa*”?

This study gives literary review of “*Kaphakunjar Rasa*”

**Keywords:**

*Kaphakunjar Rasa* , operating procedure, *Kharaliya rasayan*, *pottali kalpana*

**Introduction:**

Literary review is the backbone of science especially when we are concerned about traditional knowledge. It is the foremost step before dealing with any kind of scientific and informative study.

In this study, review of literature regarding the concepts and preparation of *Kaphakunjar Rasa* has been carried out.

Medicines prepared using *Parad* are called *Rasaushadhies*; which are more potent and effective in small dose.

*Kharaliya rasa* are the combination of herbal, mineral and animal products, so that we can have effects of all collectively in a single formula. Such compound formulations improve palatability, ease in oral administration and shelf life is also improved.

Such *Rasaushadhies* (Herbomineral preparations) occupies greater portion in therapeutics as compared to other *kalpana*.

*Kaphakunjar Rasa* selected for the present study is herbomineral preparation comes under “*Kharaliya rasayana*”

Heating is done for '1 yaam' in procedure but its not direct heating, all triturated material is filled in *shankhas* and then *shankhas* are heated. So we will discuss whether it is "Sagandha Sagni" OR "Sagandha Pottali kalpana" in later discussion.

#### Aims & Objectives:

1. Detailed literary study of references of *Kaphakunjar Rasa*.
2. Detailed literary study of operating procedure of *Kaphakunjar Rasa*.
3. Detailed literary study of *Kharaliya Rasayan*.

*Yog Ratnakar*<sup>1</sup>:

<i>Parad</i>	1 Pal each
<i>Gandhak</i>	
<i>Snuhikshir</i>	
<i>Arkakshir</i>	
<i>Panchalavan</i>	

<i>Shankha</i>	Quantity sufficient
<i>Pippali</i>	
* <i>Gajapippali</i>	
<i>Vaari</i>	

*Brihat RasaRajaSundar*<sup>2</sup>:

<i>Parad</i>	1 Pal each
<i>Gandhak</i>	
* <i>Shuktimansa</i>	
<i>Snuhikshir</i>	
<i>Arkakshir</i>	
<i>Panchalavan</i>	

<i>Shankha</i>	Quantity sufficient
<i>Pippali</i>	
* <i>Chitrak</i>	
* <i>Triphala</i>	

*Rasa Chintamani*<sup>3</sup>:

<i>Parad</i>	1 Pal each
<i>Gandhak</i>	
* <i>Sipimansa</i>	
<i>Snuhikshir</i>	
<i>Arkakshir</i>	
<i>Panchalavan</i>	

<i>Shankha</i>	Quantity sufficient
<i>Pippali</i>	
* <i>Chitrak</i>	
<i>Vaari</i>	

4. Detailed literary study of *Sagni/Pottali kalpana*.
5. Detailed literary study about *Agnimatra / Pachan* of *shankhas*.

#### Literary Review:

##### 1. Detailed literary study of references of *Kaphakunjar Rasa*

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There are three references of *Kaphakunjar Rasa* mentioned in three different classic texts as follows

Operating procedure is similar in all tests. Only difference is in added material and coating material.

In *Brihat RasaRajaSundar* and *Rasa Chintamani*, *Shuktimansa* and *Sipimansa* is added respectively in triturated mixture additional to ingredients in *Yog Ratnakar*.

In *Yog Ratnakar* coating of *shankhas* is done with *Pippali*, *Gajapippali* & *Vaari*.

In *Brihat RasaRajaSundar* coating of *shankhas* is done with *Pippali*, *Chitrak* & *Triphala*.

In *Rasa Chintamani* coating of *shankhas* is done with *Pippali*, *Chitrak* & *Vaari*.

## 2. Literary study of operating procedure:

Preliminary step as shodhan of *Parad*, *Gandhak* and *Shankha* is done.

*Kajjali*<sup>4</sup> preparation using *sambhag sh. Parad* & *sh.Gandhak* done. Then *snuhikshir*, *Arkakshir*<sup>6</sup> added to it and again trituration done after adding *panchalavan*<sup>8</sup>. Whole triturated mixture filled in *shankhas* & *shankhas* coated with *pippali*/*Gajapippali*/*Vaari* etc. then *shankhas* heated for 1 *yama* & triturated to make fine powder of it called as *Kapha Kunjar Rasa*

Dose, *Anupan* & *Rogadhikar*: *Kapha Kunjar Rasa* in *ardhagunj matra* along with *karpur* and *nagavalliswaras* cures five types of all *shwas*, *kaas* & *Hridroga*.

## 3. Literary study of *Kharaliya Rasayana*:

*Kharaliya Rasayana* is widely used dosage form. Literary meaning of

*Kharaliya Rasayana* is *Rasaushadhies* prepared in *Kharal*. It includes procedures like *bhavana*, *mardan* etc.

*Bhavana dravyas*<sup>5</sup> may be various juices/ decoctions used to form *churna* or *vati*.

*Mardan* is very important. It involves pressure, friction and motion by which material becomes fine. Heat generated during friction makes proper mixing resulting in increase of its stability and potency.

## 4. Literary study of *Pottali kalpana*:

*Pottali* can be defined as collection of scattered materials into compact and comprehensive size in short the processing which gives compactness to the scattered material.

No reference of *pottali* found in vedic literature. In *Charak samhita*<sup>9</sup>, *swedan pottali* and *Rakshoghna dravya pottali* reference is found. No special reference found in *Sushrut Samhita*<sup>14</sup>. Some references found in *Vagbhat* in various diseases.

Uptill then *pottali* keeps resemblance with the pouch having some herbal/ other drugs and not indicated as separate *kalpana*.

The first reference as *kalpana*/pharmaceutical technique is found in *RasaRatnakar* of *Nityanand* in 12<sup>th</sup> A.D. mentioned in two types as

- a) *Ratnagarbha Pottali*
- b) *Shankha Garbha Pottali*

Then after different *pottali kalpanas* mentioned in different texts like *Rasaprakash Sudhakar*<sup>12</sup>, *Rasratna Samuchaya*<sup>11</sup>, *Sharangdhar samhita*, *Bhaishajya Ratnavali* etc.

### 5. Detailed literary study about *Agnimatra / Pachan of shankhas*:

For *pachan* of coated *shankhas* “*Prajwalayet Yaamamatram*” is the only thing mentioned in original text. It means *pachan* with *agni* for 3 hours. As fine powder of *shankhas* is expected in final product; *pachan* of *shankhas* should be done in *puta* only.

As per our classics, in preparation of *Shankha Bhasma* ‘*Gajaputa*’ is needed. So detailed pharmaceutical and analytical study should be done to decide *agnimatra*.

#### Discussion:

- According to all references main ingredients are same with slight differences in added material and coating material which we have discussed earlier.
- *Parad shodhan*, *Gandhak shodhan*, *Shankha shodhan* should be done as per standard procedures.
- Preliminary step is preparation of *Kajjali* using *sambhag Parad* & *Gandhak*.
- *Kajjali* increases shelf life of drug, gives bacteriostatic action and acts as catalyst to enhance property of herbal drugs.
- *Snuhikshir*, *Arkakshir* are common in all texts. *Shuktimansa* in *Brihat rasa raj sundar* and *Sipimansa* in *Rasa chintamani* is added to the mixture for trituration.
- *Panchalavan* –*Saindhav*, *Samudra*, *Souvarchala* and *Bida* are common. Fifth *lavana* is *Romak/Audbhid* according to different texts.

- In coating material, *Pippali* and *Gajapippali* is common and *Chitrak / Triphala churna* are added according to *Brihat RasaRajaSundar* & *Rasa chintamani*.
- For *pachan* of *shankhas* 1 *yaam agni* is mentioned. *Gajaputa* can be used for making fine powder of *shankhas* i.e. *Shankha Bhasma*. Further study should be done to standardize *Agnimatra*.
- After going through all references of *Kaphakunjar Rasa*, we can see, method of preparation of *Kaphakunjar Rasa* is almost similar as that of *Loknath Rasa*; only change is prepared material has to be filled in *shankha* instead of cowries.
- As our classics considered *Loknath Ras* under both *pottali kalpana* as well as *Kharaliya Rasayan*.
- I slightly dare to say *Kaphakunjar Rasa* can also be considered under both *pottali* as well as *Kharaliya Rasayan* on the basis of similarity in method of preparation.
- Dose, *Anupan* & *Rogadhikar* similar in all references i.e. *ardhagunj matra* of *Kaphakunjar Rasa* along with *Karpura* and *Nagavallipatraswaras* cures five types of all *shwas*, *kaas* & *Hridrog*.

#### Conclusion:

- Total 3 references of *Kaphakunjar Rasa* have been found in Ayurvedic classics.

- Slight difference in ingredients of different references has been found.
- Operating procedure, dose, *anupan* found same in all text references
- *Kaphakunjar Rasa* is useful in all five types of *shwas/kaas* and *hridrog*
- The term “*Prajwalayet Yaamamatram*” can be interpreted as *pachan* of *shankhas* with *Gajaputa* only.
- This is all about literary review of *Kaphakunjar Rasa*.
- Finally to standardize the procedure used for preparation of *Kaphakunjar Rasa*, pharmaceutical and analytical study is essential and it should be done.

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