

A review on Importance of Put in medicine preparation

Rohini Shinde*¹, Rajendra G. Mane²

1. M. D. Scholar
2. Assistant Professor

Rasashastra Dept., PDEA'S College of Ayurved and Research Center,

Sector no 27, Pradhikaran, Nigdi, Pimpri-Chinchwad, Pune, 411044. , Maharashtra, India

*Corresponding author: Mob.: +91 7045052208; Email: drrohinis04@gmail.com

Abstract:

Rasashastra is a science of medicine preparations by using mostly *parad* i. e. mercury. Ras is synonym used for *parad*, which is Most of the time used for preparation of medicines. Lot of types of *Sanskaras*^[1] are done on the contents of a prepared medicine. Bhasmikaran sanskar is most important *sanskar* described in *Rasashastra*. The *Bhasmikaran sanskar* is done by using varies types of *Put*. Ras, *upras*, *sadharan ras*, *dhatu*, *updhatu* and *Ratn-upratna*^{2]} etc. all these has to undergone in Pak state to prepare a medicine. The process which is used to evaluate the whether this Pak is done correct or not is call us put. Aim of this review study is to

evaluate the importance of put and *putpak kalpana* in *Rasashastra*^[3]. After various literatures reviewed found that the bhasm nirman is a main part of medicine prepared in *Rasashastra*. Various types of put are described in *rasshastra*. The puts are advocated accordingly the properties of dravyas who much *Agnisaskar* (heating) is required to convert these *dravyas* in form of bhasm. Bhasm is a state molds the dravyas to assimilate in human body. Therefore this review significantly found that the *put* and *putpak kalpana* which described in *Rasashastra* is most important in medicinal drug preparation,

Keywords: *put*, *putpak*, *agnisanskar*, *parad*, *sanskar*, *bhasma*, *bhasmikaran*,

Introduction:**Aim and Object:****Material and Method:**

- From *Ayurvedic and rasshastra related compendia, put and putpak kalpana* are reviewed.
- Published journals related to subject, update information available on internet is critically analyzed and assessed

A] Literature search:**Definition of Put^[4]:**

*Rasaadidravayapakanam
pramandyapanan putam /*

*Neshito nyunadhikah pakah supakam
hitamoushadham || (rasratnasamucchay
10/47)*

Parad, Abharak etc. ras, Gandhak etc. upras, gouripashana etc sadharan-ras Manika etc. Navaratnas, Suvarna etc dhatu and shankh, shukti etc dravyas are used as a medicine in the treatment of diseases. These are used in medicinal contents in the form of bhasmas. To make the bhasmas of these rasadi dravyas have to give agni sanskar (fired). The method which is done to prepare the bhasma by using agni is called as put.

Types of Put^[5]:

Various types of putas are described in classical text of rasshastra i.e. rastaragani, rasratnsamuchay etc. Types of putas are as follows:

1. Mahaput,
2. Gajput,
3. Varahput,
4. Kukkutput,
5. Kapotput,
6. Lavatput,
7. Bhudharput,
8. Balukaput,
9. Kumbha put

Importance of Put^[6]:

*Putattdoshvinashah syaat putaddev
gunodayah/*

*Mriyate cha Putat-lohstamat putam
samacharet/*

*Bhavedatah putaddev
doshahanirgunodayah/*

*Raso-upraslohanam putpakstatah
smutah//*

*Putapaken lohade-nirutthavtvacha
dipanam/*

*Bhavetvararitaratvach putapakstatah
smutah//*

*Raso-upraslohadeh
pakmanaprapamakam*

*Utpaladhya-agnisanyogaat tattadatra
putam smutaam||*

(rastaragangani 3/32-34)

*The Bhasma made by using put of Lohadi
dhatu are becomes best quality. The
bhasmas are floated on water (vaaritar).
The bhasmas are also qualifies*

*rekhapurnatva pariksha, which is one
parameter to test the bhasma. These
bhasmas develop the properties of
Agnideepan. The Same qualities of
Jaranjanya Parad are developed in
dhatu's bhasmas which are made from
putpak. Therefore after the appropriate
put pak the medicines prepared from the
bhasmas of lohadi dhatus having
excellent qualities.*

Recommended appropriate putas with the respective Rasadi dhatus dravyas^{[7], [8]}:

Sr. No.	Types of Put	Used for the preparation of bhasmas
1.	<i>Mahaput</i>	<i>Abhrak and Loha</i>
2.	<i>Gajput</i>	<i>Loha, Tamra, Abhrak, Makshik, Vimal, Shankh, Shukti, Godanti etc.</i>
3.	<i>Varahput</i>	<i>shankh, Shukti, Godanti, Shrung etc.</i>
4.	<i>Kukkutput</i>	<i>Swarn, Naag, Vang, Mukta</i>
5.	<i>Kapotput</i>	<i>Parad</i>
6.	<i>Govarput</i>	<i>Parad</i>
7.	<i>Lavak put</i>	<i>Mrudu dravya (fragile elements)</i>
8.	<i>Balukaput</i>	<i>Parad and Gandhak jarana</i>
9.	<i>Kumbha put</i>	<i>Parad and Gandhak jarana, Parad Bhasma</i>
10.	<i>Bhudhar put</i>	<i>Parad and Gandhak jarana, Parad Bhasma</i>

Discussion:

In the classical text of Ayurveda and Rasshastra the Preparation of medicine from an element is done by various type of Sanskaras (procedures). For the gunantardhan i.e. change in properties of the elements is done by the sanskar. Agni sanskar on elements done for to achieve the laghavatva, aggravate the deepan guna. This agni sanskar on Rasadi dravyas (elements) is done in put (furnace). Putas are having significant importance in preparation of medicines from a row elements.

Conclusion:

The medicines which are prepared by using put-pak are become purified and gains high quality. These medicines are having niruttha, vaaritar and dipan gunas. The bhasmas, made by using put are become highly strengthen. Therefore puts are advocated to do the bhasmikarn of drugs.

References:

1. Shukla V, Tripathi RD, Charak Samhita of Agnivesha, Choukhamba Sanskrit pratishthan Delhi, Reprint edi-2015
2. Sharma Anant ram, Sushrut Samhita of Sushruta, Chaukhamba surbharati prakashan, Varanasi, 1st edition 2013,
3. Tripathi Brahmanand, Ashtang Hridaya of Vagbhat, Choukhamba Sanskrit pratishthan Delhi, Reprint edition 2011
4. Dr. Sidhinandan Mishra, Ayurvediy Rasshastra, Choukhamba orientaliya, Varanasi, reprinted 2007.
5. Prof. N. E. Muthuswami, Bhadant naagarjuna's rasvaisheshik sutra, Govt. of Kerala, 1976.
6. Dr. Shobha Hiremath, A text book of bhaishajya Kalpana, Shri Gajanan Book depo, Pune, 3rd edition, 1983
7. Vishwanath Dwivedi, Aushadhi Nirman Shastra, Shri. Baidhyanath Ayurved Bhavan Pvt. Ltd. Nagpur, 3rd Edition 1986.
8. Ibid Dr. Sidhinandan Mishra, Ayurvediy Rasshastra.

Cite this article:

A review on Importance of Put in medicine preparation

Rohini Shinde, Rajendra G. Mane

Ayurline: International Journal of Research In Indian Medicine 2019; 3(4) : 1 - 4