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ABSTRACT
Poorna Chandrododaya Rasa, is a formulation of kupipakva type in Rasashastra. Classically described manufacturing procedures of this formulation are different in many ways. In different classical texts Poorna Chandrododaya Rasa is formulated by different procedures and its various indications are mentioned as per the procedure of manufacturing. Among all these, the book, Rasa Tantra Saara Evam Siddha PrayogaSangraha describes its manufacturing procedure as per the GandhakaJarana: 100 times in Vishesha and 2 times in Saamanuya. This review will summarize details of different methods of Nirmaana (Manufacturing Procedures) of Poorna Chandrododaya Rasa as per the referenced book.

KEYWORDS: Poorna Chandrododaya Rasa, Nirmaana, Rasa Tantra Saara Evam Siddha PrayogaSangraha.

INTRODUCTION
1. Introduction to Poorna Chandrododaya Rasa
Poorna Chandrododaya Rasa is a classical formulation described in different classical and modern texts of Rasashastra.[1] It is also mentioned as Chandrododaya Rasa or Makaradhwaaja Rasa in some texts. But only the ingredients are same i.e. Paarada, Suvarna and Gadhaka. Proportion of ingredients, Bhavana Dravya, GunaJaarana and Manufacturing Procedures have a vast variety of differences. So, it is a topic of research that to categorise this formulation under one head. The rogaadhihikara (indication) of this formulation is very diverse including Kaarsya (Emaciation), Rajayakshma (Tuberculosis), Vajikarana (aphrodisiac) and Rasayana (Anti-ageing) etc.[2][3]

2. Introduction to GandhakaJarana
GandhakaJarana is an important process in which sulphur in different proportions is added in the mercury and made to burn in it with the help of fire applied through Valuka Yantra system of heating. The Rasashastra texts claim that Paarada treated with GandhakaJarana process becomes highly potentiated and many pharmacological and therapeutic properties. This potentiation depends on the proportion of Sulphur made burnt during Jarana process. According to textual references Sadagunabaljirijaparada is claimed to be much more effective than Samguna or Dwigunabaljirijaparada. Not only this, some texts claim that without sadagunabaljirajaparada, paridadoes not develop a disease curing capacity. Hence from therapeutic point of view it is essential.[4] In textual references, it is also described to do the gandhakajarana eight times, twenty-six times and even one hundred times.[5]

MATERIALS AND METHODS
In this method, twentytola of AshitaSamskaritaPaarada is taken and made bubhukshita by bubhukshavidhi. Bubhukshavidhi is to triturate the asthasamskarita.paarada for seven days with each of seven upavisha viz. ArkaKshira, ThooharaKshira, Dhattura Patra Swarasa, Kalihari Moola Kwatha, Kanera Moola Kwatha, Shweta GunjaphalaKwatha and Ahifference Rasa (liquid made by sixteen times of water to Ahifference); followed by urdhwapatana with damaru yantra each time; then next followed by trituration with NimbuSwarasa with addition of one fourth proportion of Beerabahuti (Bhunaga/Earthworm) and one sixteenth proportion of Saindhava (Rock salt); then next followed by urdhwapatana with damaru yantra and then next followed by sixteen times gandhakajarana by antardhoomavidhi. By this process, AshitaSamskarita Para becomes bubhukshitaparada.

Further, this bubhukshitaparada is subjected for trituration in strong stoned mortar and pestle. On the first day, it is triturated for twenty-four hours with nimbuswarasa with addition of one eighth part of vidalavana. On the second day, it is triturated with some amount of nimbuswarasa with addition of one by sixty
The twenty-five times gandhakajauritaachandrodwaya is again taken in damaru yantra with fortytyola gandhaka just like previous procedure. The gandhakajaurana is started by processing in damaru yantra and twenty tola gandhaka is added from the upper hole of damaru yantra each time upto next five hundred tola gandhakajaurana.

Then this paarada-mixture is again taken in valuka yantra and chandrodaya is made by same procedure as after the first five hundred tola gandhakajaurana. The obtained chandrodaya is known as fifty times gandhakajauritaachandrodwaya.

The fifty times gandhakajauritaachandrodwayais again processed for another five hundred tola gandhakajaurana in damaru yantra; and then processed for chandrodayanirmaana in valuka yantra. The obtained chandrodaya is known as seventy-five times gandhakajauritaachandrodwaya.

The seventy-five times gandhakajauritaachandrodwaya is again processed for another five hundred tola gandhakajaurana in damaru yantra; and then processed for chandrodayanirmaana in valuka yantra. The obtained chandrodaya is known as Poorna Chandrodaya (Vishesh) Talastha.

With this manufacturing process, there are some instructions given herewith.

1. For gandhakajaurana, any of the yantra viz. Ishitika yantra, gaari yantra, kachchhapya yantra, valuka yantra, bhoodhara yantra, kharpura yantra and moosha yantra as per experience can be used.

2. In valuka yantra, if one-part gandhakajaurana is done for one hundred times then it causes very much loss of paarada and excessive consumption of manpower and time. To change the bottles of valuka yantra and to change the kapadamitti each time repeatedly takes more than three years of time while in the process described above it take only two years of time.

3. While doing jaarana in damaru yantra, only mild fire is to be given so that jaarana process is done as it meant to be.

This Poorna Chandrodaya Rasa (Vishesh) Talastha is made out of ashta samskara yukt, bubhukshitaaparada, with graasa of abhhrakasata, suvarnamaakshikasatva and suvarna; alongwith one hundred times gandhakajaurana. So it shows qualities as described in the classical texts.

2. Poorna Chandrodaya Rasa (Samanya) Talastha

Pakshachhinna and BubhukshitaPaarada is taken in the quantity of sixteen tola. Suvarna varka in the quantity of two tola is added into it. Then it is triturated with nimbuswaraasa for three consecutive days. At morning of each day, one tola saindhava is added into it. On the fourth day, processed paarada is washed three to four times with water to remove the kshara. Then thirty-twotola gandhaka is added and kajjali is prepared out of it. Then it is processed with swarasa of red
kaarpasapushpa and swarasa of ghritakumari for three days each. It is dried well and subjected for paaka in valuka yantra.

The processed kajjali is kept in aatasishtish (glass bottle) and subjected for heat for sixty hours. After almost thirty six hours, it will be needed to close the open upper end. After closing it, intense fire is given for twenty-four hours so that the medicines get pakva.

With this manufacturing process, there are some instructions given herewith.

1. If paarada is not bubhukshita, then black swarnabhasma remains at the base and chandrodaya becomes kanthastha. Being pakshachchhinn, it would become talastha.

2. The tree of kaarpasa which remains alive for many years, swarasa of flowers is to be taken from it only. Which remains alive for only one year, swarasa of its flowers is not usable here.

3. Poorna Chandrodaya Rasa (Samanya) Kanthastha

Shuddhapaarada is taken in the quantity of sixteen tola and ghandhaka is taken in the quantity of thirty-two tola. Kajjaliis made out of these two and two tola suverna raja or suvarnavarka is added into it. Then it is triturated for three consecutive days with nimbuswarasa and then transferred to valuka yantra containing atashishishi with kapadamitti. Heat is given for twenty four hours and Chandrodaya is obtained.

This Poorna Chandrodaya becomes kanthastha only.

DISCUSSION

Here three different pharmaceutical procedures are given for manufacturing of Poorna Chandrodaya Rasa. First method is very complex and consists of many sub-procedures. The second method is less complex and consists of only two sub-procedures; while the third method is not complex. To simplify the above description of methods it is converted into tabular format below.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name</th>
<th>Sub-procedures</th>
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| 1.      | Poorna Chandrodaya Rasa (Vishesha) Talastha | Ashhasamskaraparada subjected for bubhukshanvidhi  
Triturate with seven upavisha followed by urdhwapatana each time.  
Triturate with nimbuswarasa with addition olbeerbahatni and saindhvah followed by urdhwapatana  
Sixteen times gandhakajaraana by antardhoomavidi |
|         |      | Bubhukshiptaparada is triturated with nimbuswarasa with addition of vidalavana  
Then triturate with nimbuswarasa with addition of 1/64th abhrakasatva  
Then triturate with honey and nimbuswarasa with addition of 1/64th suvernamakshikasatva  
Made bolus  
Lepa of saindhalavana and yavakshara triturated with nimbuswarasa, applied to cotton cloth, made fourfold and bolus is kept in it  
Made potali  
Swedana with kanji in dola yantra  
Second sub-process is repeated for respective amount of 1/32th, 1/64th and 1/8th of abhrakasatva and swarmanakshikasatvaputo 5 tola each.  
2 ½ tolasuvarna also added by the same procedure |
|         |      | GandhakaJuarrana 500 tola  
Addition of 40 tola gandhaka and processed in damaru yantra  
Addition of 20 tola gandhaka each time and processed in damaru yantrauputo 500 tola gandhaka  
Paaradamishran is transferred into valuka yantra and chandrodaya is obtained by kupipvakchandrodadvavidhi  
Fifth sub-process is repeated for three more times |
|         |      | Poorna Chandrodaya (Vishesha) Talastha is obtained |
| 2.      | Poorna Chandrodaya Rasa (Samanya) Talastha | Suvarna Varka is added to Pakshachchhinnu and BubhukshitaPaarada  
Triturated with nimbuswarasa for three days, saindhava is added at morning of each day  
Washed 3 to 4 times to remove kshara  
Kajjali is made by trituration with Gandhaka  
Processed with swarasa of red kaarpasapushpa and swarasa of ghritakumari three days each  
Transferred to valuka yantra  
Heated on mild fire for 36 hours with open mouth  
Closed after almost 36 hours  
Intense heat for next 24 hours  
Poorna Chandrodaya Rasa (Samanya) Talastha is obtained |
| 3.      | Poorna Chandrodaya Rasa (Samanya) Kanthastha | Kajjali is made from paarada and gandhaka  
Suvarna raja or suvarnavarka is added  
Triturated with nimbuswarasa for 3 days  
Transferred to valuka yantra  
Heated for 24 hours  
Poorna Chandrodaya Rasa (Samanya) Kanthastha is obtained |
CONCLUSION
All the three types of Poorna Chandrodaya Rasa are useful in Ayurved Chikitsa as per the need. For Rasayana Chikitsa, the first method is undoubtedly useful as the medicines made by such complex procedures will show the qualities as described in classical texts. For VajikaranaChikitsa, the second method would be useful and the third method would be useful to make formulation for treatment of diseases. After formulating the Poorna Chandrodaya Rasa as described here, it is yet to be mixed with other medicines as shown in classical texts.

REFERENCES