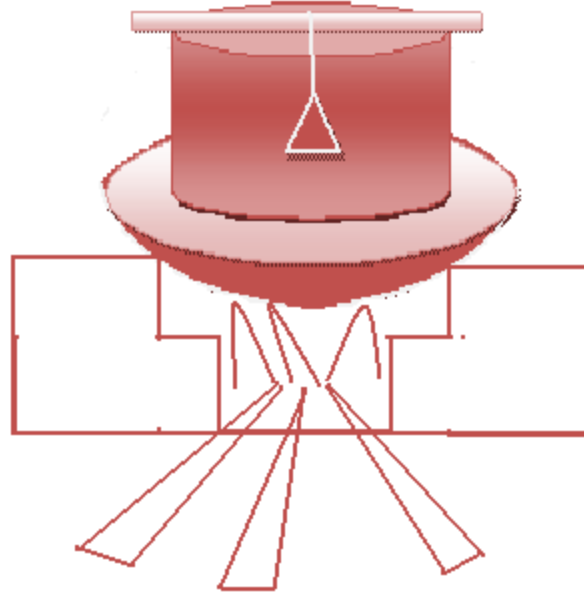


POTTALI KALPANA



Dr Raghuv

Dept of Rasashastra

KVG Ayurveda Medical College Sullia (D.K.)

ayuraghu@rediffmail.com

IMPORTANCE OF RASASHASTRA

“Rasam adhikritam shastram Rasashastram”

- Subject dealing with mercury, allied substances and their therapeutics is Rasashastra.

ALPAMATROPAYOGITVAAD ARUCHERAPRASANGATA: |

KSHIPRAMAAROGYADAAYITVAAD DUSHADHEBHYO ADHIKO RASA:|

- Rasa kalpas are popular during past and present because of lesser dosage palatability and quickness in combating disease pathology.

NA DOSHANAAM NA ROGANAAM SAMYAGEVA PAREEKSHAANAAM |

NA DESHASYSA KALASYA KAARYAM RASA CIKITSITE ||

NIRUKTI

VISTAARITASYA VASTUNO ALPA
APIBHAVANAM POTTAM |

POTTALA LATI GRIHNAATI ITI POTTALI ||

Pottali = concise; minimise; compact;

IDEA BEHIND THE CONCEPTION OF POTTALI

Word pottali means to minimize, to concise and to make compact.

- It can be defined as to collect
- scattered materials in to compact and comprehensive size
- Otherwise the kalpana or the processing which give compactness to scattered materials.



HISTORY

- 12th century
- Rasaratnakara
- Rasa prakasha sudhakara
- Rasayogasagara Vol-II
- Yogaratnakara
- Sharangadhara samhita
- Siddha bhesaja manimala
- Bhaishajya Ratnavali
- Rasa koumudi
- Rasakamadhenu
- Rasayana sara

83 pottali kalpas

DIFFERENT METHOD OF PREPARATION

1

- PUTAPAKA

2

- GANDHAKA DRAVA PAKA

3

- BHAVANA VIDHI

Contd...

- All Pottali preparation are not made in one particular method, some are prepared by boiling a midst **liquefied Sulphur**, while some are processed through **incineration** and some more with bhavana vidhi (trituration).
- The method of boiling amidst melted Sulphur was introduced by **Yashodhara** in the context of **vajra pottali** in around 13th cent.

- Again the author of **Yogratnakara** of 18th cent. Described the method of preparing **Hemagarbha Pottali** by boiling in melted Sulphur.
- **Krishna Rama Bhatta**, the author of **Siddha bhesaja Manimala**, has also adopted the same technique for this compound. The further writers have preferred this method for the compounds given by the previous authors wherever it is possible.

SPECIFICATIONS

- Ingredients: Parada, Gandhaka, Lohadi varga
- Binding agents: Kumari swarasa, Babbula niryasa
- Shape: Pooga phala, Shikharakara
- Container: Loha patra, mrittika patra
- Cloth: Silk cloth
- Qty of sulphur for paka
- Nature of heat: indirect heat
- Yantra: Valuka yantra

Contd...

- Paka lakshana: Neelashyama varna, metallic sound, and burning of silk cloth
- Paka kala: 1-8 hrs
- Paschat karma: polishing of pottali

PROCEDURE

POORVA KARMA

PRADHANA KARMA

PASCHAT KARMA

POORVA KARMA

Identification and collection of raw materials

Shodhana of raw materials

Preparation of kajjali

Arrangement of valuka yantra

collection of thread and silk cloth, mud pot

Firing apparatus

PREPARATION OF POTTALI

- Ingredients → kajjali → triturated with kumari / babbula niryasa → shikharakara / pooga phala sadrusha → dried in shade to avoid cracks → wrapped in silk cloth → pottali



PRADHANA KARMA



- PAAKA: stainless steel vessel → pottali is suspended → kept in valuka yantra → shuddha gandhaka is filled in stainless steel vessel containing pottali → valuka yantra heated → gandhaka liquifies and paka starts → level of gandhaka should be maintained throughout the procedure → observed for siddhi lakshana

PASCHAT KARMA

- After swangasheeta pottali is removed
- Gandhaka adhered to that pottali is scraped out
- Remove the silk cloth
- Polished with silk cloth



EXAMINATION OF FINAL PRODUCT

- Metallic sound
- Hard
- Lustre
- Colour – shyama varna

EXAMPLES

TEXT	KALA	POTTALI	METHOD
Rasa Ratnakar	12 th cent	Ratnagarbha Pottali Sankhagarbha Pottali	Putapaka Putapaka
Rasendera Sangraha	13 th cent.	Taragarbha Pottali Lokeshwar Pottali Hemagarbha Pottali Grahani kaparda Pottali HamsaPottali	Putapaka(vartika) Putapaka Bhavana vidhi Putapaka Bhavana vidhi
Rasa Prakash Suddhakar	13 th cent.	Mrungaka Pottali Hemgarbha Pottali(1) Hemharbha Pottali(2) Vajra Pottali Rajamrungaka Pottali Loknath Pottali Rasa Pottali	Putapaka In bahudhara yantra In gajaputa Gandhaka dravapaka Putapaka By only Parada and Gandhaka with different method.
Rasa Ratna Samuchya	14 th cent.	Mrungaka Pottali Pottalli rasa Visesh varna Pottali Hemagarbha Pottali Gandhaka marda Pottali1 Gandhaka marada Pottali2	Putapaka Putapaka Putapaka Vartika, gajaputa Bhavana vidhi Bhavana vidhi

TEXT	KALA	POTTALI	METHOD
Rasendera Chudamani	14 th cent.	Ratnagarbha Pottali Hams Pottali Lokeshwar Pottali	Putapaka Bhavana vidhi Putapaka
Rasa Chintamani	14 th cent.	Lokesh Pottali Laghu Pottali Kanchana Pottali Shanka Pottali Hiranyagarbha Pottali	Putapaka Putapaka Putapaka Putapaka Putapaka
Rasa Kankaliya	14 th cent.	Kanka Pottali rasa Mrungaka Pottali Loknatha Pottali Shankhagarbha Pottali HiranyagarbhaPottali'	Putapaka Putapaka Putapaka Putapaka Putapaka
Rasavatara	14 th cent.	Mrungaka Pottali Ratnagarbha Pottali Loknath Pottali	Putapaka Putapaka Putapaka
Sharangdhar Samhita	14 th cent.	Mrungaka Pottali Hemgarbha Pottali 1 Hemgarbha Pottali 2	Putapaka Kapardapurana putapaka Kapardapoorna, putapaka

TEXT	KALA	POTTALI	METHOD
Rasa Koumudi	16 th cent.	Ratnagarbha Pottali Shankagarbha Pottali	Putapaka Putapaka
Rasa Kamdhenu	17 th cent.	Ratna garbha Pottali Mrungaka Pottali Hiranyagarbha Pottali Hemgarbha 1 Hemgarbha 2 Lokeshwara Pottali Loknath Pottali Shankhgarbha Pottali	Putapaka Putapaka Putapaka Putapaka Putapaka Putapaka Putapaka Putapaka
Yogratnakara	18 th cent.	Ratnagarbha Pottali Lokeshwara Pottali Hemgarbha 1 Hemgarbha 2 Hemgarbha 3 Hemgarbha 4	Gajaputa in mud pot Varahaputa in mud pot Gajaputa Sikatayantra paka Paka in bhugarta Gandhaka drava paka
Bhaishajya Ratnavali	18 th cent.	Ratnagarbha Pottali Likeshwara Pottali HamsgarbhaPottali Hiranyagarbha Pottali Hemgarbha pottalli	Kaparda poorana gajaputra Kaparda poorana gajaputa Putapaka Putapaka Kaparda poorana gajaputa

TEXT	KALA	POTTALI	METHOD
Bhruhat yoga Tarangani	18 th cent.	Ratnagarbha Pottali Lokeshwara Pottali	Putapaka Kapardapoorna, puta
Nighantu Ratnakara	19 th cent.	Mrungaka Pottali Ratnagarbha Pottali Loknath Pottali Shankgarbha Pottali 1 Shankagarbha Pottali2 Hemgarbha Pottali1 Hemgarbha Pottali2	Putapaka Putapaka Kapardapuranaputapaka Kapardapuranaputapaka Kapardapuranaputapaka Kapardapoorna, gajaputa Kapardapoorna, gajaputa
Rasayana Sangraha	19 th cent.	Mrungaka Pottali Ratnagarbha Pottali Hams Pottali Shankgarbha Pottali Hiranyagarbha Pottali	Putapaka Kapardapoorna,gajaputa Bhavana vidhi Putapaka Putapaka
Sidha Bheshaja Manimala	19 th cent.	Hemgarbha Pottali Retorodhana Pottali NetraPottali	Gandhaka dravapaka Paka in dugdha
Rasayana Sara	20 th cent.	Netra Pottali Hemgarbha Pottali Swaranagarbha Pottali	Kapardapoorna,Gajaputa Gandhaka drava paka

TEXT	POTTALI	METHOD
Rasayoga Sagara	Ratnagarbha Pottali Shankhgarbha Pottali Loknath pottali Lokeshwar Pottali Hams Pottali Gandhakadi Pottali rasa Retrodhan Pottali rasa Narshimha Pottali rasa Vikranta Pottali rasa Kanka Pottali Kaparda Pottali rasa Kashyape Pottali rasa Panchamrita Pottali Muktagarbha Pottali Mrungaka Pottali Vajragarbha Pottali Sankhagarbha Pottali Hiranya garbha Pottali Hemgarbha Pottali (14 type) Rasagarbha Pottali 1 Rasagarbha Pottali 2 Rasagarbha Pottali 3 Rasagarbha Pottali 4	Varatikapoorna, gajaputa Putapaka Putapaka Putapaka Bhavana vidhi Bhavana vidhi Paka in dugdha Vrantikapuranapaka Gandhaka drava paka Kapardapoorna, gajaputa Lavanayantra paka Kapardapoorna, gajaputa Paka in laghuputa Kapardapoorna, gajaputa Lavanayantra paka Kapardapoorna, Bhudharputa Gajaputa pka Bhudharapaka Putapaka Putapaka Bhavanavidhi Putapaka

Significance - Positive aspects

- Easy to administer
- Life saving remedy
- Helps to tackle the acute condition
- Long shelf life
- Absorbs from the tongue
- Easy to handle

Significance - Negative aspects

- Scarcity of Classical reference or research data.
- Administration method is also not revealed.
- Market is not demanding hence not using often.

INDICATIONS

- Kasa
- Shwasa
- Prameha
- Shukra dushti
- Pradara
- Rajayakshma
- Grahani
- Mootrakrichra
- Mootradaha
- Jwara

ANUPANA

- Breast milk
- Honey
- Jeeraka
- Poogaphala twak churna
- Ardraka swarasa
- Dronapushpi swarasa or kwatha
- Bhunimba kwatha
- Laaja

MODE OF ADMINISTRATION OF POTTALI

- Pottali which are having gutikakara should be rubbed over a scratch stone for desire number of rotation by applying ghrita or madhu and whole paste is administered orally.
1. In **Rasaamruta** text, the author has told to rub the Pottali with ardraka rasa or Nagavalli swarasa.
 2. Hiranyagarbha Pottali is administered by rubbing this Pottali over a hole made in talu pradesh of patient or its powder is administered in the form of pradhamana nasya.

PATHYA AND APATHYA DURING POTTALI SEVANA KALA

- In the text of **Rasa Kamdhenu**, the author has mention the pathya, apathy ahara and vihara and also has mentioned treatments if any complications arise during Pottali sevana.
- **PATHA-** *Ghrita, Dadhi, Sali rice, Saka sevana without adding hingu etc.*
- **APATHYA-** *Amladravyas, Taila, Bilva, Kanji, Kakarashtakaghana dravyas, Ratrijagrana, Strisevana, krodha etc.*

Thank you

