POTTALI KALPANA

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IMPORTANCE OF RASASHASTRA

“Rasam adhikritam shastram Rasashastram”

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

ALPAMATROPAYOGITVAAD ARUCHERAPRASANGATA: |
KSHIPRAMAAROGYADAAYITVAAD OUSHADHEBHYO 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 breshaja manimala
- Bhaishajya Ratnavali
- Rasa koumudi
- Rasakamadhenu
- Rasayana sara

83 pottali kalpas
DIFFERENT METHOD OF PREPARATION

1. PUTAPAKA

2. GANDHAKA DRAVA PAKA

3. BHAVANA VIDHI
• 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 13\textsuperscript{th} 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 *Siddhabheshaja 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
• 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 liqifies 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
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<th>TEXT</th>
<th>KALA</th>
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<th>METHOD</th>
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<tr>
<td>Rasa Ratnakar</td>
<td>12\textsuperscript{th} cent</td>
<td>Ratnagarbha Pottali Sankhagarbha Pottali</td>
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<td>Rasendra Sangraha</td>
<td>13\textsuperscript{th} cent</td>
<td>Taragarbha Pottali Lokeshwar Pottali Hemagarbha Pottali Grahani kaparda Pottali HamsaPottali</td>
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<td>Rasa Ratna Samuchya</td>
<td>14\textsuperscript{th} cent</td>
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<td>Putapaka Putapaka Putapaka Vartika, gajaputa Bhavana vidhi Bhavana vidhi</td>
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<td>Rasendera Chudamani</td>
<td>14&lt;sup&gt;th&lt;/sup&gt; cent.</td>
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<td>Ratnagarbha Pottali Lokeshwara Pottali Hemgarbha 1 Hemgarbha 2 Hemgarbha 3 Hemgarbha 4</td>
<td>Gajaputa in mud pot Varahaputa in mud pot Gajaputa Sikatayantra paka Paka in bhugarta Gandhaka drava paka</td>
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<td>Rasagarbha Pottali 4</td>
<td>Putapaka</td>
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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