



ISSN 2456-3110

Vol 2 · Issue 2

Mar-Apr 2017

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

A Review on *Pishti Kalpana*

Bhupendra Khairnar,¹ Mayur Barve,² Sanjay Khedekar,³ Pandit Sawant.⁴

¹Post Graduate Scholar, ²Assistant Professor, ³Associate Professor, ⁴Professor, Department of Rasa Shastra and Bhaishajya Kalpana, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

ABSTRACT

Rasa Shastra deals with the preparation of variety of medicaments and formulations that include *Bhasmas*, *Kharaliya Rasayanas*, *Kupipakwa Rasayanas*, etc. These sections of formulations also depend upon the different types of raw materials that are to be used in it as chief ingredients. *Rasa Shastra* has a vast and varied history of preparing these medicines and its safer use since thousands of years. *Pishti* is one such section of formulations that is chiefly used when the raw materials cannot tolerate heat but at the same time are very effective without heat treatment. In *Rasa Shastra*, mainly the drugs of animal origin or precious gems are subjected to levigation or trituration in a particular media to form a particular *Pishti*. The word *Pishti* literally means that which is finely triturated and made into a very fine powder similar to flour. *Mukta Pishti*, *Prawal Pishti* being some of the important examples.

Key words: *Rasa Shastra*, *Pishti*, *Mukta*, *Prawal*.

INTRODUCTION

Rasa Shastra or preferably called as the ancient Indian Alchemy, deals with the preparation of medicines that has helped mankind since thousands of years. *Rasa* which means Mercury has been the chief area of interest for the ancient alchemists of *Rasa Shastra*. Along with the safe use of Mercurial preparations as medicines since many years, *Rasa Shastra* also deals with preparation of other herbo-mineral compounds using varied drugs of plant as well as animal origin. There are also sections of formulations made in a step by step procedure viz. *Bhasmas*, *Kharaliya Rasayanas*, *Kupipakwa Rasayanas*, etc. These sections of

formulations also depend upon the different types of raw materials that are to be used in them as chief ingredients. *Pishti* is one such section of formulations that is chiefly used in *Rasa Shastra* that may not be much useful after incineration or when the raw materials cannot tolerate heat. Such materials are also very effective without heat treatment. The word *Pishti* literally means that which is finely triturated and made into a very fine powder similar to flour. In *Rasa Shastra*, mainly the drugs of animal or precious gems are subjected to levigation or trituration in a particular media to form a particular *Pishti*.

Concept of *Pishti*

Pishti means finely powdered using the process of trituration in a particular media. They are as fine as *Bhasmas* but they do not undergo heat treatment as in *Bhasmas*. *Pistis* are generally made up of soft drugs. They are more coolant in property than other section of formulations.

General method of preparation

The raw drug is first put into *Shodhana* or purification and then subjected to dry. After drying it is powdered and then triturated in the given media (*Bhavana*) with the help of mortar and pestle. This process is

Address for correspondence:

Dr. Bhupendra Khairnar

Post Graduate Scholar, Department of Rasa Shastra and Bhaishajya Kalpana, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik.

E-mail: dr.bhupendra.p.k@gmail.com

Submission Date : 02/03/2017 Accepted Date: 23/03/2017

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v2i2.7730

repeated for seven days or particular number of times as specified.^[1]

Chief desired characteristics of Pishti

That which is triturated with *Ketaki Arka* and grounded to a fine powder is called *Pishti*.^[2] The most important characteristic of *Pishti* is fineness and softness. The colour of a particular *Pishti* varies with the colour of the raw material. The colour is usually a lighter shade of the initial raw material. *Pishti* is generally stored in glass bottle.^[3]

Liquid media used for trituration

Generally Cow milk, Rose (*Rosa centifolia*) water, lemon juice, distilled water of *Kevada* (*Pandanus odoratissimus*) is used for trituration.

Raw drugs useful in making Pishti

- Precious gems like *Manikya* (Ruby), *Mukta* (Perl), *Praval* (Coral), *Tarkshya* (Emerald), *Neelam* (Sapphire), *Pushkaraj* (Topaz), *Gomeda* (Cinnanmon Stone), *Vaidurya* (Cats eye), *Trunakantamani* (Amber), etc.
- Silicate compounds like *Badarashma*, *Sangeyashma*, *Akika*, etc.
- Calcium compounds like *Mukta Shukti* (Oyster Shell), etc.

General usage of Pishtis

Pishtis are generally used in *Pittaja* disorders, or where cooling effect is desired. It is also used in *Ojakshaya*, *Daurbalya*, etc.

Some Pishtis mentioned in classics

Name of Pishti	Indications
<i>Praval Pishti</i> ^[4]	<i>Kasa</i> , <i>Pittaj Vikaar</i> , <i>Manodaurbalya</i> , <i>Ojakshaya</i> , <i>Hriddaurbalya</i> .
<i>Manikya Pishti</i> ^[5]	<i>Ojakshaya</i> , <i>Hidroga</i> , <i>Kshaya</i> , <i>Sukrakshaya</i> , <i>Agnimandya</i> , <i>Daurbalya</i> ,

	<i>Buddhimandya</i>
<i>Mukta Pishti</i> ^[6]	<i>Raktatisaar</i> , <i>Raktapitta</i> , <i>Manodosha</i> , <i>Unmaad</i> , <i>Hridroga</i> .
<i>Trunakantamani Pishti</i> ^[7]	<i>Raktatisaar</i> , <i>Raktaj Pravahika</i> , <i>Raktapitta</i> , <i>Raktapradara</i>
<i>Akika Pishti</i> ^[8]	<i>Hridrog</i> , <i>Pittaj Vikaara</i> , <i>Kaasa</i> , <i>Kshaya</i> , <i>Shiroroga</i> , <i>Vaataj Vikaara</i>
<i>Jaharmohra Pishti</i> ^[9]	<i>Hruddaurbalya</i> , <i>Chaardi</i> , <i>Daaha</i> , <i>Visuchika</i>
<i>Gomeda Pishti</i> ^[10]	<i>Kshaya</i>
<i>Tarkshya</i> ^[11]	<i>Sannipata Jwara</i> , <i>Visha Vikaara</i> , <i>Vamana</i> , <i>Amlapitta</i> , <i>Pandu</i> , <i>Malavarodha</i> , <i>Arsha</i> , <i>Shotha</i> .
<i>Mukta Shukti Pishti</i> ^[12]	<i>Amlapitta</i> , <i>Udavarta</i>
<i>Sangeyashav Pishti</i> ^[13]	<i>Hriddaurbalya</i>
<i>Navratna Kalpamruta</i> ^[14]	<i>Krimi</i> , <i>Udara</i>
<i>Yakuti</i> ^[15]	<i>Hriddaurbalya</i> , <i>Sannipata Jwara</i> , <i>Swedadhikya</i> .

CONCLUSION

Pishtis are one of the important formulations used in *Rasa Shastra*. Its preparation includes trituration of the powdered raw drug in given media for given period of time to form a smooth and fine powder. Generally incineration or heat treatment is not given to the *Pishti*. *Pishtis* are soft in nature with cooling properties. Yet they are considered as very useful in several diseases. It can be also taken into consideration that some drugs in *Pishti* form are more potent than its *Bhasma* form, viz, *Mukta*, *Akik*, etc. Some *Pishtis* are also used in mental conditions viz,

Praval Pishti used in *Manodaurbalya*. As few works have been done on *Pishtis*, still this area has much scope for future endeavors.

REFERENCES

1. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part I pg 199
2. Yadavji Trikamji Acharya, Dravyaguna Vignana, Uttarardha, first edition, Bombay, 2003, pg 84.
3. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part I pg 199
4. Yadavji Trikamji Acharya, Siddhayoga Sangraha, 11th Edition, Nagpur, Shri Baidyanath Ayurved Bhavan, 2000, pg 167.
5. Joshi Ramdayal, Ayurved Sara Sangraha, Kolkata, Baidyanath Ayurved Bhavan Ltd, 2002, pg 743.
6. Yadavji Trikamji Acharya, Siddhayoga Sangraha, 11th Edition, Nagpur, Shri Baidyanath Ayurved Bhavan, 2000, pg 166.
7. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part I pg 233
8. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part II pg 200
9. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part II pg 201
10. Joshi Ramdayal, Ayurved Sara Sangraha, Kolkata, Baidyanath Ayurved Bhavan Ltd, 2002, pg 103
11. Joshi Ramdayal, Ayurved Sara Sangraha, Kolkata, Baidyanath Ayurved Bhavan Ltd, 2002, pg 103
12. Krishnanad Maharaj, Rasatantra Sar Siddhaprayog Sangraha, 19th Ed, Rajasthan, Krishnagopal Ayurved Bhavan, 2010, pg 10.
13. Joshi Ramdayal, Ayurved Sara Sangraha, Kolkata, Baidyanath Ayurved Bhavan Ltd, 2002, pg 174
14. Krishnanad Maharaj, Rasatantra Sar Siddhaprayog Sangraha, 19th Ed, Rajasthan, Krishnagopal Ayurved Bhavan, 2010, pg 301.
15. Anonymous, Ayurved Formulary of India, first edition, New Delhi, Ministry of health and family welfare, New Delhi, 2000, part II pg 281.

How to cite this article: Bhupendra Khairnar, Mayur Barve, Sanjay Khedekar, Pandit Sawant. A Review on *Pishti Kalpana*. J Ayurveda Integr Med Sci 2017;2:212-214.

<http://dx.doi.org/10.21760/jaims.v2i2.7730>

Source of Support: Nil, **Conflict of Interest:** None declared.
