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Clinical use of *Gandhak Kalpa*; a review

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Abstract:

Ayurveda is one of the primitive health care science. The use of plant origin drugs are been mentioned in Ayurveda classics. Along with it the science of Parada – mercury, Rasashastra introduces the clinical utility and application of mineral origin drugs. Here the use of Gandhaka – Sulphur in form of Gandhaka Kalpa as per mentioned in Rasatarangini is been discussed. The contemporary clinical know how of these Kalpa is been evaluated in present article.

Keywords: *Rasashastra, Gandhaka Kalpa, Rasatarangini*

Introduction:

Ayurveda had mentioned the use of mineral drugs along with mainstream herbal drugs for therapeutics. The branch of Ayurveda – *Rasashastra*; the science of mercury had described the use of all such mineral origin drugs in details. In present context *Gandhaka* – Sulphur is been studied with its clinical utility. *Parada* and *Gandhaka* collectively are the prime part of many formulations mentioned in *Rasashastra* texts. Purified *Gandhaka* can be used as a single drug therapy with appropriate *Anupana* in various disorders. The preparations of *Gandhaka* where it is been used single along other *Anupana* in various disorders are been termed as *Gandhaka Kalpa*. Ten *Gandhaka Kalpa* are mentioned by *Acharya Sadanand Sharma* in his book *Rasatarangini*. These ten *Kalpa* are been discussed for its contemporary clinical utility as follows,

Gandhaka Kalpa 1

Purified *Gandhaka* powder is triturated well to get fine *Gandhaka* powder. This is then mixed

with equal quantity of fine *Triphala* powder. This mixture is then administered along with *Bhringaraj Swarasa*, *Go Ghrut* and *Madhu*. The mixture of *Gandhaka churna* and *Triphala churna* is triturated with *Bringaraja svarasa* for three hours and it is dried well and stored in an airtight container. These powder can be given in 3 gm dose along with Ghee and honey. It is indicated in chronic ailments and is to be taken for three months.

Gandhaka Kalpa 2

Purified *Gandhaka* powder is mixed with equal quantity of *Amalki Churna* and seven *Bhavna* – trituration is done with *Amalki Rasa* and seven with *Shalmali Swarasa* respectively. Then this mixture is dried and stored in airtight container. One gram of this powder is given along with sugar and honey followed by milk. It is indicated to be used for thirty months to regain the vitality in geriatric patients.

Gandhaka Kalpa 3

Purified *Gandhaka* powder which is fine enough is taken in half gram quantity and is taken along with lukewarm milk for thirty days. It is indicated in obtaining the *Virya* within thirty days. If taken for six months the person taking it will have sharp eyesight and lustrous skin complexion.

Gandhaka Kalpa 4

Fine powder of Purified *Gandhaka* is taken in half gram quantity. It is administered along with sesame oil – *Tila Taila* for twenty one days. It is indicated in all sorts of skin disorders to gain healthy skin texture.

Gandhaka Kalpa 5

Fine powder of Purified *Gandhaka* is mixed with equal quantity of *Pippali Churna* and *Haritaki Churna*. The mixture is triturated well and stored in airtight container. This powder is taken in 2 grams dose along with ghee and honey for three months. It is indicated in incising luster of skin, improvement in physical strength, vitality and also improves eyesight.

Gandhaka Kalpa 6

Purified *Gandhaka* powder is taken in half gram quantity which is purified in *Tila taila* and given with *Anupana* of honey in *Kshudra Kushta*. It is also mentioned for local application as *lepa* along with *Marich Churna* and *Tila Taila*. By applying this *lepa*, one has to seats in sunlight and dry the *lepa*. Followed by bath of *Khadir Haridra Jala*.

Gandhaka Kalpa 7

Purified *Gandhaka* powder is triturated with cow milk for three *Bhavana*. Thus obtained powder is then subjected for trituration for seven *Bhavana* with following liquids, *Triphala Kashaya*, *Chaturjat Kashaya*, *Guduchi Swarasa*, *Bhrungaraj Swarasa* and *Adrakha Swarasa* respectively. Then it is mixed with equal quantity of sugar and stored in airtight container. It is given in one gram quantity in various diseases like *Prameha*, *Shiroroga*, *Shool*, *Kushta* and other skin disorders.

Gandhaka Kalpa 8

Purified *Gandhaka* powder is triturated with *Bhrungaraj Swarasa* for three *Bhavana*. Then it is dried and stored in an airtight container. One gram of this powder is given along with *Haritaki Churna* in equal quantity by mixing it in honey in morning. The *kalpa* has to be continued for two months to get strong vitality and physical strength even for an old aged person.

Gandhaka Kalpa 9

Purified *Gandhaka* powder is triturated with equal quantity of *Shuddha Parada* to get *Kajjali*. To this mixture the fine powder of *Shuddha Guggulu* and *Triphala* are added and triturated further to get a homogenous mixture. Then some quantity of castor oil – *Eranda Taila* is added to the mixture and triturated it to get a paste like smooth mixture. Pills of this can be made of 125 to 250 mg and administered for one month in chronic *Vata, Pitta, Kapha* disorders.

Gandhaka Kalpa 10

Purified *Gandhaka* powder is mixed with equal quantity of *Triphala Churna* and *Bhrungaraja Churna*. It is to be given for two months in dose of one gram. It is indicated in *Palitya* and *Vali roga*.

Inference:

Gandhaka has *Madhura Rasa* and *Katu Vipaka*. Due to its *Ushna Virya* it pacifies *Ama* in the gastrointestinal tract. It is mentioned to be *Ati Rasayana*. The *Rasayana* property enhances the health of *Sapta Dhatu* and rejuvenates mind also. Therapeutically *Gandhaka* is effective in various types of *Kushta, Kandu, Visarpa, Krimi*, and also in *Visha Vikara*. It improves the appetite and optimize *Jatharagni* there by maintaining normal metabolic health of the body. If we observe these *Gandaka Kalpa*, all of *Rasayan* utility and when administered along with appropriate *Anupana* can give us beneficial results.

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