A Brief Review of Gandhaka Kalpa Mentioned in Rasa Tarangini

Anjana. C.S
Ayurveda Physician, Guruvayoor, Kerala, India.

ABSTRACT
Sulphur which is commonly known as Gandhaka in Ayurveda literature is extensively used in therapeutics. The purified Gandhaka can be administered as a single drug with proper adjuvant. Such preparations are known as Gandhaka kalpa. In this study, a detailed literary review of Rasa Tarangini was done to understand different Gandhaka kalpa. The treatise Rasa Tarangini was written in the 20th century and is well known for its practical approach to various aspects of Rasa Shastra and Rasa chikitsa. The chapters of the text are known as Taranga. Gandhaka is explained in 8th Taranga. In this article, I tried to review the different Gandhaka kalpas explained in Rasa Tarangini.

METHODOLOGY
A detailed literary review of the eighth Taranga of Rasa Tarangini was done to understand ten different kalpas of Gandhaka.

RESULTS
Ten Gandhaka kalpas are explained in the eighth Taranga of Rasa Tarangini. Method of preparation, administration of Kalpa, and the pathya apathyas are given below.

Gandhaka kalpa-I
Fine powder of purified Gandhaka is taken and then it is mixed with an equal quantity of Triphala churna (Fine powder of triphala). Mix the powders until it becomes a homogenous mixture. Three grams of this powder is administered to the patient along with Bhringaraja svarasa (extract of Eclipta Alba) ghee and honey. This kalpa can be administered alternately, ie. The mixture of Gandhaka churna and Triphala churna is triturated with Bhringaraja svarasa for three hours and it is dried well and stored in an airtight container. While administering to the patient three grams of this powder is...
given along with ghee and honey. The duration of this kalpa is three months. It is prescribed for chronic ailments. Judicious use of this kalpa is good for eyesight. Special pathya is also mentioned for this kalpa. Milk added with sugar, Shashtika rice, and any sita virya dravya are prescribed during the kalpa kala (4).

**Gandhaka kalpa-2**

Fine powder of purified Gandhaka is taken and then it is mixed with an equal quantity of Amalaki churna (fine powder of Emblica Officinale). This homogenous mixture is triturated with Amalaki svarasa (fruit extract of Amalaki) seven times and dried under shade. This powder is then triturated with Salmali svarasa (root extract/decocction or flower extract) seven times and dried under shade. The dry powder obtained is stored in an airtight container. One gram of this powder is given to the patient along with an equal quantity of sugar and honey. A glass of milk is taken after taking kalpa. This kalpa has to be continued for 30 months. This kalpa will bring back strong virility even for an aged person (5).

**Gandhaka kalpa-3**

This is a simple version of Gandhaka kalpa. 500 milligrams of fine purified Gandhaka powder is taken along with lukewarm milk for one month. It will enhance virility. If this kalpa is taken for 6 months, the person will have sharp eyesight (divyadrishhti) and flawless skin. The radiance will enhance and skin will have a golden yellow colour (6).

**Gandhaka kalpa-4**

This is also a simple version of Gandhaka kalpa. 500 milligrams of fine Gandhaka churna is administered along with Tila taila (sesame oil) or sarshapa taila (mustard oil). A glass of hot water has to be taken after the intake of kalpa. The duration of this kalpa is 21 days. This kalpa is indicated for skin diseases like pama and other kushta(skin) diseases. It will alleviate skin disorders and enhance the luster of the skin (7).

**Gandhaka kalpa-5**

Fine powder of purified Gandhaka is taken. It is mixed with equal quantities of Pippali churna and Haritaki churna. Two grams of this homogenous mixture is taken along with ghee and honey for 90 days. This kalpa has to be taken before food. There are no dietary restrictions during the administration of this Gandhaka kalpa. This kalpa help to enhance the radiance of the body. There will be a considerable improvement in physical strength, valor, and eyesight (8).

**Gandhaka kalpa-6**

Gandhaka which is purified in Tila taila is taken and powdered. 500 milligrams of this powder is taken along with honey. The duration of this kalpa is not given in the verses. This kalpa is prescribed for 11 types of kshudra kushta. Along with this kalpa another compound is also mention for lepa (topical formulation) over the skin. This lepa is prepared by taking an equal quantity of Gandhaka churna and Maricha churna. To this Tila taila (sesame oil) or Sarshapa taila (mustard oil) is added and triturated. Using Apamarga svarasa (juice of Achyranthes aspera) this mixture is applied all over the body or on the skin lesions. After the lepa got completely dried wash out the lepa with medicated water (water boiled with Khadira, Haridra, Asana, Nimba etc). This kalpa has to be administered for 14 days to cure all kinds of kshudra kushta (9).

**Gandhaka kalpa-7**

Fine powder of purified Gandhaka is taken and it is triturated with milk for three bhavana. This powder is again triturated with the following liquid mediums. Triphala Kashaya (decoction of Triphala), Chathurjatha Kashaya (decoction of Twak: Cinnamomum zeylanicum, Pathra: Cinnamomum
Anjana, C.S. A brief review of gandhaka kalpa mentioned in rasa tarangini.

Gandhaka kalpa-8
Fine powder of purified Gandhaka churna is taken and it is triturated with Bringa raja svarasa. The bhavana has to be repeated 2 more times. An equal amount of Haritaki churna is added to it and mixeded well. On administration, ghee and honey are added to one gram of the mixture. The kalpa has to be continued for two months to get strong virility and physical strength even for an aged person. During the period of kalpa one has to take wholesome food in less quantity.

Gandhaka kalpa-9
Fine powder of purified Gandhaka is taken in a khalwa yanthra (mortar and pestle) equal quantity of purified mercury is added to this and triturated until we get jet black colored kajjali. To this equal quantity of Triphala churna and purified Guggulu is added and triturated with Triphala Kashaya (decocion of Triphala). When the mixture becomes dry a little amount of Eranda taila (castor oil) is added to this mixture and pounded well to make it into a smooth homogenous mixture. It is then rolled into pills of 125 milligrams. One pill of this kalpa has to be administered twice daily to get the desired effect of the kalpa. The duration of this kalpa is one month. The kalpa is prescribed for chronic vata, pitta, kapha disorders. By judicious administration of this kalpa the person will attain sharp eyesight like Garuda (Eagle), physical strength like Bheema (a mythological character of Mahabharatha). The person will have a strong body like vajra (diamond). By Vajra like body Acharya indicates that the person will have an immune and strong body.

Gandhaka kalpa-10
An equal quantity of purified Gandhaka churna, Triphala churna, and Bringaraja churna is taken and mixed to obtain a homogenous mixture. Two grams of this powder is administered with a suitable adjuvant. The duration of this kalpa is one to six months. If the kalpa is administered daily for one month the person will get sharp eyesight and a strong body like vajra. If the person continued to take the kalpa for six months it will cure palithya (graying of hair) and vali roga (wrinkles of the skin).

The ingredients, adjuvant, dose, duration, and therapeutic potential of ten Gandhaka kalpa is given in table no.1

Table no.1 Ten Gandhaka Kalpa of Rasa Tarangini

<table>
<thead>
<tr>
<th>Kalpa</th>
<th>Ingredients</th>
<th>Anupana</th>
<th>Dose</th>
<th>Duration of kalpa</th>
<th>Therapeutic application</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>1.Purified sulphur powder – 1 part 2.Fine powder of equal quantity of Terminalia chebula, Terminalia bellarica, Phyllanthus Emblica- 1 part</td>
<td>1.Extract of the whole plant of Eclipta Alba 2.Ghee 3.Honey</td>
<td>½ masha (500mg)</td>
<td>3 months</td>
<td>1.Chronic ailments 2.sharpens the eyesight</td>
</tr>
<tr>
<td>II</td>
<td>1.Purified sulphur- 1 part 2.fine powder of Phyllanthus Emblica</td>
<td>1.Sugar 2.honey 3.milk</td>
<td></td>
<td>30 months</td>
<td>Increased sexual virility</td>
</tr>
<tr>
<td>III</td>
<td>Purified sulphur powder</td>
<td>Luke warm Milk</td>
<td>½ masha (500mg)</td>
<td>30 days</td>
<td>Increased virility</td>
</tr>
</tbody>
</table>
Anjana, C.S. A brief review of gandhaka kalpa mentioned in rasa tarangini.

### DISCUSSION

The medicine which nourishes all the seven Rasadi Dhatu is known Rasayana. It also has a great influence on the mind. It helps to delay aging, improve mental faculties, and develop immunity. Naimittika Rasayana is a type of Rasayana therapy utilized for specific curative purposes. It fastens the recovery from prevailing diseases \(^{(14)}\). These Kalpa cannot be prescribed without proper supervision. 

Kalpa therapy is an intense course of therapy that will follow a strict dietary and lifestyle regimen during and after the Kalpa kala. Though the ten therapeutic applications explained here are named here as kalpa, the dose of these kalpas is kept constant throughout kalpa kala. A reference of Gandhaka kalpa is also available in Basavarajeeeyam text which is a formulation of Gandhaka used for all types of kushta \(^{(15)}\).

Gandhaka has madhura rasa (sweet taste) and katu vipaka. By its ushna virya it pacifies ama in the gastrointestinal tract. It is ati rasayana (rejuvenates the body). The rasayana property enhances with the addition of proper adjuvant of higher therapeutic value. Therapeutically gandhaka is effective in various types of kushta (skin diseases), kandu, visarpa, krimi, and also in visha. It improves the appetite and normalizes the metabolism of the body \(^{(16)}\).

In the first and the last Kalpa, Triphala churna is given along with Gandhaka churna. Triphala is a well-recognized Ayurvedic medicine consisting of fruits of the plant species Emblica Officinalis (Amalaki), Terminalia bellerica (Bibhitaki), and Terminalia chebula (Haritaki). Several studies have proven that Triphala has many potential uses. Apart from the laxative action of it has hepatoprotective, hypoglycemic, antioxidant, anti-inflammatory, immune-modulating, and anticancerous activity \(^{(17)}\). The other herb is Bhringa raja (Eclipta Alba). Which is a well-known

| IV | Purified sulphur powder | Sesame oil/ mustard oil | ½ masha (500mg) | 21 days | Skin diseases like Pama |
| V | 1. Purified sulphur powder-1 part | 2. fine Powder of Piper longum – ½ part | 3.Fine powder of Terminalia Chebula – ½ part | 1.ghee | 2 masha (2g) | 90days | Increased virility Healthy skin Divyaardrishti |
| VI | Purified sulphur powder | 1.Honey | ½ masha (500mg) | 11 types of kshudra kushta |
| VII | Purified sulphur powder | 1.Sugar | 1 masha (1g) | Prameha Siro roga Soola Kushta Kshaya Koshta roga |
| VIII | Purified sulphur powder- 1 part | 2. Fine powder of Terminalia Chebula – 1 part | 1.Ghee | 2.Honey | 1 masha (1g) | 60 days | Rejuvenation and Increased virility |
| IX | Guilkika kalpa | 1. Purified sulphur powder- 1 part | 2. Purified Mercury- 1 part | 3.Comminphora wightii- 1 part | 4. Fine powder of equal quantity of Terminalia chebula, Terminalia bellarica, Phyllanthus Emblica- 1 part | Suitable adjuvant | 1 ratti (125mg) | 30 days | Kaphaja roga Vataja roga Pittaja roga |
| X | 1. Purified sulphur powder | 2. Fine powder of equal quantity of Terminalia chebula, Phyllanthus Emblica- 1 part | 3. Fine powder of Eclipta alba. | Suitable adjuvant | - | 30days | Improves the eyesight |
A brief review of gandhaka kalpa mentioned in rasa tarangini.

Anjana. C.S. Herb for hair growth. The oil processed with the extract of Bhringa raja is applied over the scalp for healthy hair. Apart from the keshya property, intake of Bhringa raja churna is varnya (improves skin complexion) drishti vardhaka (improves eyesight), improves the appetite. It is beneficial in chronic skin diseases chronic wounds, skin ulcers, atopic dermatitis (eczema) (18).

In the second Kalpa, Gandhaka churna is given along with Amalaki churna i.e. Dry powder of Amalaki fruit. Several studies have proven that Amalaki fruit is analgesic, anti-tussive, cardioprotective, gastroprotective, neuroprotective and anticancer, immune-modulatory, antioxidant, and anti-inflammatory properties (19). Pama is a tridoshaja roga with a predominance of pitta and kapha. Clinical study have revealed that 95% of itching and oozing of pama can be cured with this kalpa. Katu vipaka and ushna virya of Gandhaka helps to alleviate kapha and madhura rasa alleviate pitta (20). Gandhaka Rasayana is extensively used in the treatment of various skin and gastro-intestinal disorders and in treating chronic non-healing wounds. For repairing or rejuvenating cellular functions, gandhaka rasayana plays a significant role (21). Generally gandhaka churna is effective in treating various types of skin diseases. Clinical study has proven the result of Gandhaka Rasayana in psoriasis (22). Gandhaka kalpa containing Guggulu, Kajjali, and Triphala churna is administered in the form of gutika (pill). Rasa of Guggulu is tiktha and katu. It is trodosha hara and indicated for sthaulya, amavata, vatavyadhi, sodha and kushta. Guggulu is a resin that is used in Ayurvedic medicine for joint care and immune care. It has strong immunomodulatory properties as it helps to increase the count of white blood cells. As an adjuvant with other drugs, it has proven remarkable results on therapeutics (23).

CONCLUSION

In Ayurveda, chikitsa (treatment) is categorized into two. The first one is prescribed for the svasta (healthy person) to maintain his/her mental and physical strength, which is the preventive aspect of the treatment. The second type of treatment is for curative purposes. Rasayana comes under preventive therapy. The word Rasayana means the ways (Ayana) for attaining excellent Rasadi Dhatus(24). Rasayana chikista can be done in different methods. Kalpa chikista is one among the rasayana chikista.

REFERENCES


How to cite this article: Anjana CS. A brief review of gandhaka kalpa mentioned in rasa tarangini. International Journal of Research and Review. 2020; 7(12): 162-167.

*****