

**REVIEW STUDY OF USES OF DOLA YANTRA W.S.R. TO
RASTARIGANI AND RAS RATNA SAMUCCHYA****Dr. Kunal Gurav*¹ and Dr. Ravikumar Rathod²**

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ABSTRACT

Rasashastra deals with metallic, mineral and poisonous drugs. In this science, yantra is the measure by which the specialist of Rasashastra controls the Parad during the Swedan, Mardan, Jaran, Shodhan, Satwapatan etc procedure with conation, these procedures which are used for the preparation of different formulations. Swedan is one the process applied in purifications of Parad, Maraharas, Uparas, Visha Varga, Dhatu Varga etc. Dola yantra is an apparatus is used for Shodhan process of Ras aushadhi in which drug containing pottali to be suspended like pendulum in particular liquid media for specific time, since the material for purification is kept swinging in the liquid in a pot, this equipment is named as Dola yantra. It is used for Swedan Samskar for Rasaushadhi. In present work of Dola Yantra explained

various uses of Shodhan of Rasaushadhi w.s.r. in Rasatarnigini and Rasa Ranta Samuccchay.

KEYWORDS: *Rasashastra, Yantra, Dola Yantra, Swedan samskar.*

INTRODUCTION

The word Rasashastra literally means the “Science of Mercury”.^[1] It is a specialized branch of Ayurveda dealing mainly with materials which are known as ‘Rasa dravas’. The products deals with under this discipline are an important component of Ayurvedic therapeutics. This branch of Ayurveda deals with Rasa, Uparasa, Lohas (i.e. Minerals & Metals), Yantras, Methods of Shodhana, process of Satvapatana, Druti and Process of Bhasma preparation etc.^[2]

Acc.to Rasa Ratna Samuchchaya the yantra is the Instrument which used for Swedan, Mardan, Murchhan etc. process of Parad and by execution of this procedure the mobility of parad to be controlled.^[3] In Rasa Tarangini mentioned the equipment used for the purification, incineration etc procedure of Rasa, Uparas, Sadharan ras, Visha varga, Ratna, Uparatna, Sudhavarga and controlling the mobility of Parad is named as Yantra.^[4] In various Rasashatra classical texts diffident types of Yantra are mentioned. Yantra are named basing on their shape e.g. Dola yantra, Damaru yantra, Tula yantra, Kacchap yantra etc. and some of them named acc to its specific procedure like Swedani yantra, Patan yantra etc. likewise some Yantra are explained on the basis of material to be used e.g Valuka yantra, Lavan yantra.

Dola yantra first mentioned 19th century in Rasa Ratna Samuchchaya and after also explained in rasa tarangini in 20th century for swedan samskar of various rasa aushaddhi. In current era of pharmaceutical industries they are also following same methods and procedure of yantra for purification of Ayurvedic rasa aushaddhi. So the review and study of Dola Yantra mentioned in the text of Rasa Ratna Samucchyaa and Ras Taringini will help in advancement of Ayurvedic Formulation.

AIM AND OBJECTIVE

Aim of this literary research is to review the details study of Dola Yantra used in detoxifying process of Rasadravya using Swedan samskar given in Rasa Tarinigini and Ras Ratna Samucchya.

MATEREALS AND METHODS

Here the literary sources of data collection are Rasa Ratna Samucchyaa and Ras Taringini. Definition and detail explanation of dola yantra and its uses given in texts was considered as assortment criteria. After collection of data regarding dola yantra were analyzed acc. to their usefulness and uniqueness.

Dola yantra is a conventional apparatus used for swedana of rasa dravya (Parada, Maharas, Uparas, Dhatu and visha varga etc) as a part of their purification. To construct this 'Dolayantra', a clean and strong mud pot or any mouthed metallic container of desired size is selected. At its neck, two holes are made from one side to the other and a thin rod is inserted through these holes. The pot is now filled with the specific liquid (Go-dugdha, Kanji, Jal etc) for Swedana up to the required level. Meanwhile, the medicinal drug is tied in a clean, white

triple folded cloth like a 'Pottali' with a strong and long thread. It is now hung into this liquid by tying its thread at the midpoint of the rod. Here one should see that the pottali neither touches the bottom of the pot nor it remains above the liquid level. The pot is now carefully placed over mild fire and heated. As the liquid inside the pot starts boiling, the drug material under- goes Swedana Process when the liquid level goes down, the length of the pottali thread has to be increased little by little, so that the Pottali stays completely immerse in the liquid. The process of Swedana should be continued for specified time.^[5,6]

In Ayurveda shastra, Saṃskara refers to the “detoxification” process of metals and herbs. The Swedana samskara is commonly used for Rasayan karma and Dravya karma but also to remove various types of rasa doṣha (mercury impurities). In other words, the first eight samskaras are sequentially used to purify and detoxify mercury in preparation for internal use. Swedana refers to the process of ‘sweating’, or fomentation of mercury in a water bath together with plant and mineral substances.^[7,8]

Table 1: Dola yantra used for Parad Shodhana

Sr,no	Rasa Dravya	Kalka dravya	Drava Dravya	Time	Reference
1	Parad	Shunthi Marich Pippali Rajika Mulika Saidhav Lavan Chitrak Adraka (each 1/16 th part of Mercury)	Kanji	3 days	R.R.S 11/29
2	Parad	-	Kshariya Jala or Amliya Jala	Not mentioned	R.T 5/46
3	Parad	Trashun Rajika Saindhav lavan Chitrak Adraka Mulika (each 1/16 th part of Murcury)	Kanji	3 days.	R.R.S 11/29
4	Parad	Trashun Rajika Saindhav lavan Chitrak Adraka Mulika	Kanji	3 days	R.T 5/49

	(each 1/16 th part of Mercury)			
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Table 2: Dola yantra used for Maharas, Uparas and sadharan Rasa Sodhana.

Sr,No	Rasa Dravya	Kalka Dravya	Drava Dravya	Time	Reference
1	Vikarnta	Saidhava Lavan Yavakshar	Kulatha Kwath	3 hrs.	R.T 23/61
2	Vikarnta	-	Kulatha Kwath	3 hrs	R.R.S 2/66
3	Suvarna Makshik	-	Erand Tail or Matulunga Swaras or Kadali Kanda Swaras	6 hrs	R.R.S 2/78
4	Rajata makshika	-	Meshashringi Rasa	6 hrs.	R.T 21/66
5	Vimal	-	Vasa Swaras or Jambir Nimbu Swaras or Meshashringi Swaras	3 hrs	R.R.S 2/98-99
6	Kasisa	-	Bhringaraj Swarasa	3 hrs	R.T 21/230
7	Haratal	-	Kushmand Swarasa or Tila kshara Jala or Churnodak	3 hrs	R.R.S 3/70
8	Manashila	-	Bhringaraj Swarasa or Jayanti Swarasa	12 hrs	R.T 11/110-112
9	Gauripashan	Incised Karwellak Phala	Karavellak Swaras	3 hrs	R.R.S 3/125 R.T 11/136
10	Kaparda	-	Kanji or Nimbu Swaras	3 hrs	R.T 12/87-89

Table 3: Dola yantra used for Ratna and Upratna Sodhana.

Sr,no	Rasa Dravya	Kalka dravya	Drav Dravya	Time	Reference
1	Manikya	-	Nimbu Swaras	3 hrs.	R.T 23/46
2	Mukta	-	Jayanti Swaras or Agasti Patra Swaras	3 hrs	R.T 23/67-68
3	Praval	-	Jayanti Swaras or Sarjika Kshar Jala or Tanduliya Jala	3 hrs	R.T 23/131-133
4	Tarkshya	-	Go-Dugdha	3 hrs.	R.T 23/107
5	Pushapraga	-	Kullatha Kwath And Kanji	3 hrs	R.T 23/91
6	Vajra	-	Kullatha Kwath	3 day	R.T 23/11
7	Nila	-	Nili Swaras	3 hrs	R.T 23/99

8	Gomeda	-	Nimbuk Swaras	3 hrs	R.T 23/123
9	Vaidurya	-	Triphala Kwath	3 hrs	R.T 23/115
10	Vikarnta	Saidhava Lavan and Yavakshar	Kulatha Kwath	3 hrs.	R.T 23/61
11	Vikarnta	-	Kulatha Kwath	3 hrs	R.R.S 2/66
12	Rajavarta	-	Gomutra, Yavakshar and Nimbu Swaras (Equal quantity of each)	3 hrs	R.T 23/193-194
13	Rajavarta	-	Shirish Pushpa Swaras	3 hrs	R.T 23/193-195
14	Pairojka	-	Shirish Pushpa Swaras	3 hrs	R.T 23/209
15	Spatik mani	-	Shirish Pushpa Swaras	3 hrs	R.T 23/214

Table 4: Dola yantra used for Sudha Varga Sodhana.

Sr,no	Rasa Dravya	Kalka dravya	Drav Dravya	Time	Reference
1	Kaparda	-	Kanji or Nimbu Swaras	3 hrs	R.T 12/87-89
2	Mukta-Shukti	-	Jayanti Swaras or Kanji or Amla Dravya	3 hrs	R.T 12/65-67
3	Shanka	-	Jambir Swaras	12 hrs	R.T 12/6-7
4	Shanka	-	Jayanti Swaras or Tanduliya Swaras or Kanji or Nimbuka Swaras	3 hrs	R.T 12/8-11
5	Godanti	-	Nimbu Swaras or Dronpushpi Swaras.	1.5 hrs	R.T 11/239

Table 5: Dola yantra used for Visha and Upvisha Varga Sodhana.

Sr,no	Rasa Dravya	Kalka dravya	Drav Dravya	Time	Reference
1	Vatsnabha	-	Go-dugdha or Aja-dugdha	3 hrs	R.T 24/23-25
2	Vishatinduka	-	Go-dugdha	3 hrs	R.T 24/176-177
3	Jayapal	-	Go-dugdha	12 hrs	R.T 24-310-312
4	Dhattura	-	Go-dugdha or Go-mutra	3 hrs	R.T 24-345-347
5	Gunja	-	Go-dugdha or Kanji	3 hrs	R.T 24/442-444
6	Bhallatak	-	Coconut Water	3 hrs	R.T 24/478

DISCUSSION

Dola yantra in 19th and 20th century text of Rastaringini and Ras Ratna Samucchyha shows most practical applicability. There are various types of drava dravya were used as a liquid media for the swedan procedure. As we mentioned in methodology, specific precaution

should be taken during the swedan procedure like uniform level of solvent should be maintained throughout the procedure. The pottali should neither touch the bottom nor above the liquid level of pot.

As per the table no. 1 to 5 dola yantra is significantly use in rasa tarangini as compare to Rasa Ratna Samucchaya for shodhan procedure of rasa aushaddhi and also we noticed that dola yantra is not significantly use for dhatu varga for purification. Role of Dola yantra is not only use for minerals and metals but poisonous herbal plants also.

CONCLUSION

In this study we conclude that Dola Yantra is plays important role in purification method. It is significantly important not only in parad ashtasankra but also shodhan of Maharas, Uparas, Sadharan Ras, Ratna, Upratna Sudha varga and Visha Varga. Before internal administration of these Ras dravya it has to undergo swedan procedure and then further maran procedure will be carried out for internal administration of the drug is possible. Hence that's why in present era dola yantra is widely used by pharmaceutical industries for detoxification and quality drug manufacturing.

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