Book Review on Rasa Ratnakara (*Riddhi Khanda*)


1,2,3,4Department of Rasashastra and Bhaishajya Kalpana SDMCA Hassan, Karnataka, India

Abstract

Rasashastra is one of the treasures of science in India and encompass Indian alchemy, pharmaceutics and therapeutics. The main aim of this science is to help salvation of mankind through attaining perfection over mercury (siddha Parada). During such evolution of this alchemical science siddha Parada was made suitable to get rid of diseases and promote longevity. Such transformation ability of Parada was ascertained with a test on metals; conversion of base metals into noble metals; which later gave rise to Lohavada. In due course of time, this was documented systematically in the form of treatises available since seventh century to name a few viz, Rasendra chudamani, Rasaratna samuchchaya, Rasaprakashas Sudhakara, Rasa Ratnakara, Rasa Chintamani, Rasendra Chintamani, Rasapaddhati, Rasendra Sara, Rasamangala, Rasamanjari. Among these Rasa ratnakara is an important book that describes Lohavada in detail. It has 5 khandas among them Riddhi khanda is reviewed here.

Keywords

*Rasa shastra, Indian alchemy, Rasa Ratnakara, Lohavedha, Lohavada*
INTRODUCTION
Rasashastra is considered as a branch of Ayurveda which deals with metals and minerals which gives prime importance to mercury and mercurial preparations. The main aim of this branch is to attain moksha through Rasa siddhi. Siddha Parada was made suitable to get rid of diseases and promote longevity, which later gave rise to Lohavada. In due course of time, this was documented systematically in the form of treatises available since seventh century. The book “Rasa Ratnakara” is one among them which mainly deals with loha vada.
Rasaratnakara contains 5 khandas, i.e., 1. Rasa khanda deals about Vaidhya, 2. Rasendra khanda deals about Vyadhi, 3. Vadhi or Riddhi khanda deals about dhathu vada or loha vada, 4. Rasayana khanda deals about vruddha, 5. Mantra khanda deals about mantri and rasa siddhas.
Sri Jeevananda vidyasagara in 1978 (Calcutta) translated sampurna grantha for the first time, Sri Yadavji in 1913 (nirnaya sagara press Mumbai) translated Rasayana khanda, Jeevaram kalidasa vaidhya translated Vadhi khanda in 1940 (Gondala).
(These above 3 translations are not available), Swaminath mishra hindi commentator of Riddhi khanda is available now.

Author of the book - Nithyanath siddha – Son of Srimathi Parvathi
Commentator: Hindi commentary by Swaminath mishra
Time period:
Probable time period- may be end of 13th century- as siddha names like Nagarjuna, Yashodhara etc are mentioned. Yashodhara wrote Rasaprakasha Sudhakara whose time period was 13th century, so by this we can predict that time period may be end of 13th century. Some authors consider time period as 15th century.

Chapter
The chapters of the book are named as upadesha, and total 20 chapters are explained. The commentator added four Parishishta (appendix). Contents of each chapter are as follows:

Prathamopadesha (1st chapter)
This chapter starts with prayer to lord Shiva, Akasha, Vayu, Teja, Jala, Bhumi, Shakti, Bhairava and its Kala, Eeshorudraha, Murari, Dhatru, Chandra, Arka, Tara, Sreekanta Panchanana - Mangalam, description of Parada and its synonyms, shastrasya hetu, Acharya, shishya, Anuchara, kupatra shishya, Rasa
shala, Rasa mandapa, Rasa linga phala, dhyana – pujana, rasa deeksha, rasa siddha upakaranan, uparasas (Gandhaka, Kasisa, Haratala, Manashila, Kankusha, Bhukhaga, Rajavartha, Gairika, Purva to Eshanya kept in Rasa shala), maharasa (Rasaka, Vimala, Tapya, Chapala, Tutta, Anjana, Hingula, Sasyaka), Purva-Swarna, Rajata; Dakshina Tamra, Sisa, Pashchima – Vanga, Kanta, Uttara- Tikshna munduka, Prachina Rasa siddhas like Vyala acharya, Nagarjuna, Yashodara etc 27 siddhas has been explained.

**Dwitiyopadesha (2nd chapter)**

Detailed explanation of Nanavargas – Kshara varga, Shwetavarga, Amla varga, Lavana panchaka, Mutra varga, Mitra panchaka, Kshara traya, Pitta varga, Vasa panchaka, Rakta varga, Peeta varga, Divyoushadhi gana (133 drugs), Visha varga Explanation of Vajra musha (3 types), Rasa shodhana vidhi (3 methods), tapta khalva, Hingulotha parada (2 methods)

**Tritiyopadesha (3rd chapter)**

Vajra jataya( types) - sweta, rakta, peeta, krishna

Pulinga, stree linga, napumsaka linga.

Vajra shodhana- 3 methods, Vajra marana-12 methods, Vajra mrudukarana vidhi - 6 methods, Vaikrantha shodhana,
Uparasa types and shodhana- Tankana, Shanka, Varatika, Anjana, Gairika, kasisa kept immersed in Jambira drava under sun for one day (samanya shodana) and uparasa vishesha shodana. Dhanyabhraka, Abhraka bhasma vidhi – 2 methods,
Dhatu - sarva dhatu shudhi, naga, loha, vanga, tamra, roupya, suvarna, kamsya and pittala bhasma nirmana vidhi.

**Chaturthopadesha (4th chapter)**

Gandha pishti, Swarna pishti, Shadguna Gandhi jarana, Shata guna Gandhaka jarana, sidha yogena vedaha, Gandhaka pishti sthambhana, sthambita Gandhaka pishti jarana, jarita Gandaka pishti marana, Siddha churna nirmana: Kajjali is added with Tankana to that 1 karsha Tapya (Maksika) and 2 karsha Shudha Gandhaka is added and mardana is done for 1 yama (3 hours), Tara ranjana

**Panchamopadesha (5th chapter)**

Maharasa and uparasa are used for the ranjana and varna vivardhana of Sitahema. Sita swarnasya swarna kriya vidhi- 9 methods (7th method is called as Tara vedha), Pakva beeja, ashta varna Swarnasya dasha varna karana – 5 methods, Hema
raktika karana, Tamra kaalika vinashanam, Varna vivardhanam

**Shashtopadesha (6th chapter)**
Naga ranjana – 5 methods (4th method- Bhunaga taila)

**Saptamopadesha (7th chapter)**
Pishti golam – 2 methods, nigada – 2 methods, Rasa khota- 2 methods, Rasa khota jarana, sarvadhatu vedha, pishti khota jarana (vina dravana), Rasa dravana, Tara tamra veda druta suta gola, naga vedha, Khota baddha rasa

**Ashtamopadesha (8th chapter)**
Vanga shodhana (vanga churna + masha + bhallataka phala- mardana done in khalva yantra by Bhallataka taila, pista kept in Mahisha shriniga- mahaputa given (7 times) – this shuddha vanga used for Parada samskara)
Vanga vedha-15 methods, Dhatu mrudukaranam - 3 methods, dalasya nirmali karana

**Navamopadesha (9th chapter)**
Vajra dwandwa melapanam- 4 methods, Vajra suta melapana, Swarna vajra melapana dwandwa khota – 3 methods, druta suta bhasma karana, Parada abhra jarana, Abhra pishti

**Dashamopadesha (10th chapter)**

**Ekadashopadesha (11th chapter)**
Ashta dasha samskara – has mentioned 18 samskaras- viz Swedana, Mardana, Murchana, Uthapana, Trividha Patana, Virodhana, Niyama, Deepana, Anuvasana, Jarana, Charana, Garbhadrutri, Bahya Druti, Ranjana, Saranam, Saaranaa (Anusarana), Pratisarana, Kramana, Deha Loheshu. Of these 9 samskaras are explained in detail. By subjecting to these 9 samskaras Parada will be devoid of saptha kanchuka doshas, Dhanyabhra karana.

**Dwadashopadesha (12th chapter)**

**Trayodashopadesha (13th chapter)**

**Chathurdashopadesha (14th chapter)**
Charana, jarana, grasa grahi rasa, beeja jarana, jarana, siddha beeja karana thena sarana, Gandhaka jarana shodasha guna, vasamamukhita rasa jarana, Gandhaka jarana, sahasra vedhi rasa, Swarna beeja – 4 methods,

**Panchadashopadesha (15th chapter)**
Garbha dravana yogya beeja sadhana – 6 methods, garbha dravita beeja sutha gras, Rasa ranjaka (ranjaka beeja) – 4 methods, Gandha naga druti, Gandhi naga druti jarana, purva Rasa shodhana, Sutha vyoma satva charana jarana, garbha dravana, garbha dravita jarana, jarita punaranjana, beeja dravana ranjana sarana (koti vedhi), Gandhaka jarana, Gandhi jeerna Rasa jarana yogena koti vedhi karana, Rasa beeja karana, Rasa beeja jarana, dhuma vedhi rasa.

**Shodashopadesha (16th chapter)**
Bhunaga satva – 7 methods, Bhunaga taila – 2 methods, guhya sutha, guhya sutha jarana, Chapala bhedha – 4 types

**Sapthadashaopadesha (17th chapter)**

**Ashtadashaopadesha (18th chapter)**
Druti rasena melapana or sarva druti melapana- 6 methods, lipta musha, druti jarana shatadhara koti paryanta vedha, druti jarana, Vajra beeja, Vajra beeja jarana sparsha vedhi shabdavedhi rasa, dhuma vedha vidhi, sparsha vedha vidhi, shabdha vedha vidhi, pashana vedha vidhi, medhini vedha vidhi, trailokya vyapaka vidhi, shabdha vedha rasa,

**Ekonavimshopadesha (19th chapter)**
Ratna karana- like Padma karana, Mukta karana- 4 methods, Hingula karana, Sindhura karana – 4 methods, Saindhava karana, Sauvarchala karana, Hingu karana – 4 methods, Vanga karana – 2 methods, Amla vetasa karana, masee karana, ghrita karana – 4 methods, Chandhana karana, Karpura karana, javadh kasturi karana, kasthuri karana, kumkuma karana – 3 methods, divya dhupa – 2 methods, pushpa druti, dhanya vrudhi karana – 3 methods, dravyadi vrudhi karana, dhanya vrudhi karana,

**Vimshathithamopadesha (20th chapter)**

**Parishishta - Appendix– 1**
YANTRA – Total 19 yantras have been explained.
Kachapa yantra, Dhupa yantra, Tiryak patana yantra, Jarana yantra, Bhudhara yantra, Damaru yantra, Patala yantra, Dola yantra, Garbha yantra, Nadika yantra, Adhahpatana yantra, Tpta khalva yantra, Valuka yantra, Somanala yantra, Hamsa paka yantra, Palika yantra, Vidhya dhara yantra, Urdhva patana yantra, Koshtika yantra.

**Parishishta – 2**
**PUTA - Total 10 putas have been explained.**

Maha puta, Gajaputa, Varaha puta, Kukkuta puta, kapota puta, Gomaya puta, Bhanda puta, Valuka puta, Bhudhara puta, Lavaka puta

**Parishishta – 3**

Prachina mana – Magadha mana, Kalinga mana, Adhunika mana

**Parishishta – 4**

Aushadhi sarana – Sanskrit, English, Botanical name of the drugs which are used in this treatise have been mentioned.

**Table 1** Conversion of lower metals into Swarna

<table>
<thead>
<tr>
<th>S. No.</th>
<th>BASE</th>
<th>CONVERSION TO SWARNA</th>
<th>CHAPTER no</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Gandhakajarita</td>
<td>One method, chaturshash tadvedhi</td>
<td>16th chapter</td>
</tr>
<tr>
<td>2.</td>
<td>Gandhapishti</td>
<td>16 methods</td>
<td>4th chapter</td>
</tr>
<tr>
<td>3.</td>
<td>Guhyasuta vedha</td>
<td>One method, kotivedha</td>
<td>16th chapter</td>
</tr>
<tr>
<td>4.</td>
<td>Chandrarkavedha</td>
<td>3 methods</td>
<td>7th, 9th chapters</td>
</tr>
<tr>
<td>5.</td>
<td>Chapala</td>
<td>One method, shatavedha</td>
<td>16th chapter</td>
</tr>
<tr>
<td>6.</td>
<td>Jarita rasa</td>
<td>One method, sahasra, kotivedha</td>
<td>15th chapter</td>
</tr>
<tr>
<td>7.</td>
<td>Tamra vedha (siddha churna)</td>
<td>2 methods</td>
<td>4th chapter</td>
</tr>
<tr>
<td>8.</td>
<td>Tamravedha</td>
<td>17 methods, dashavedhi, shodashavedhi, shatavedhi-5methods, sahasravedhi-5methods, lakshavedhi,</td>
<td>6th, 7th, 9th, 20th chapters</td>
</tr>
<tr>
<td>9.</td>
<td>Tararishta</td>
<td>4 methods, sahasravedhi</td>
<td>4th, 9th chapters</td>
</tr>
<tr>
<td>10.</td>
<td>Taratamra vedha</td>
<td>2methods, sahasra, kotivedha</td>
<td>7th, 15th chapters</td>
</tr>
<tr>
<td>11.</td>
<td>Tarabeeja</td>
<td>Shatavedha-3methods dashahasravedha</td>
<td>14th vedha</td>
</tr>
<tr>
<td>12.</td>
<td>Drutijarana</td>
<td>• 2methods, Shatavedha, sahasra-2methods, laksha, dashalaksha, kotivedha</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• From Rajata- swarna conversion – one method</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Nagavedha</td>
<td>10 methods, sahasravedhi- 2 methods, kotivedhi</td>
<td>4th, 6th, 7th, 15th, 20th chapters</td>
</tr>
<tr>
<td>14.</td>
<td>Pakvabeeja</td>
<td>One method</td>
<td>5th chapter</td>
</tr>
<tr>
<td>15.</td>
<td>Parada vedha</td>
<td>2 methods</td>
<td>6th chapter</td>
</tr>
<tr>
<td>16.</td>
<td>Rasabeeja</td>
<td>Shatavedha- 2methods, sahasravedhi</td>
<td>15th, 18th chapters</td>
</tr>
<tr>
<td>17.</td>
<td>Raupya karana</td>
<td>Kotivedha</td>
<td>15th chapter</td>
</tr>
<tr>
<td>18.</td>
<td>Vaikrantha</td>
<td>One method, sahasra- 2 methods, laksha, kotivedha(Swarna)</td>
<td>16th chapter</td>
</tr>
<tr>
<td>19.</td>
<td>Swarnabeeja</td>
<td>4 methods, dashahasrasa, laksha, kotivedha</td>
<td>14th chapter</td>
</tr>
</tbody>
</table>
Table 2 Conversion of lower metals into Rajata

<table>
<thead>
<tr>
<th>Sl.no.</th>
<th>Base</th>
<th>Conversion to Rajata</th>
<th>Chapter No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tamra vedha</td>
<td>10 methods (Rajata)</td>
<td>8th chapter</td>
</tr>
<tr>
<td>2</td>
<td>Tarajotaka</td>
<td>6 methods (Rajata)</td>
<td>8th chapter</td>
</tr>
<tr>
<td>3</td>
<td>Drutijarana</td>
<td>One method, sahasra, laksha, koti vedha (Rajata)</td>
<td>18th chapter</td>
</tr>
<tr>
<td>4</td>
<td>Vaikrantha</td>
<td>Shatavedha, lakshavedha (Rajata)</td>
<td>16th chapter</td>
</tr>
<tr>
<td>5</td>
<td>Vangavedha</td>
<td>17 methods (Rajata)</td>
<td>8th, 20th chapters</td>
</tr>
</tbody>
</table>

CONCLUSION

1. This book was written by Nithyanath siddha – Son of Srimathi Parvathi.
2. The text consists of 20 chapters, which deals mainly with Ashatdasha samskaras of Parada.
3. The uparatas and maharasas mentioned in this book are different from Rasaratna samuchchaya.
4. In uparasa, Kankshi and Anjana are replaced by Rajavarta and Bhoo khaga.
5. In the same way in maharasa- Abhraka and Vaikranta are replaced by Hingula and Anjana. Along with these, Tutha as well as Sasyaka has been explained.
6. Specific method of parada shodhana, Samanya shodhana of uparasas and shata guna jarana of gandhaka are mentioned. Bhunaga taila has been explained in the context of Naga ranjana. While explaining astadasha samskaras of parada, “Anuvasana” has been mentioned.
7. Artificial method of preparing Ratna, Lavana has been mentioned along with description regarding dhanyu vrudhi karana.
8. Twenty one methods of Parada bandhana and specific 3 methods of Parada bhasma are also elaborated in this book.
9. Extensive explanation of lohavada i.e conversion of lower metal to higher metal can be observed in this book. In most of the instances, tamra and naga are converted into higher metal.
10. Shodhana and bhasmikarana of dhatus, preparation of Siddha churna which was used for Tamravedha, explanation of equipments like Lipta musha, Chakra yantra etc has got a mention in this treatise.
11. The above explained procedures are tedious to perform. So, they are not practically applicable in this era. Some of the drugs like divyoushadhies are not available. Some of the other rasaoshadhies have been explained in other khandas.
12. Thus this book is handy for those who want to convert lower metal into higher metal i.e lohavada. This book doesn’t give much importance to therapeutic utility of rasa dravyas.
References