



iii. uparasa sādharmaṇa rasa, ratna, and uparatna

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iii. Uparasa, Sādharmaṇa rasa, Ratna - Definition; Types of śodhana and māraṇa

The term **Rasa** often denotes **Parada (mercury)** in **Rasaśāstra**, but the classical corpus extends beyond Parada to include various metals and minerals, organized into categories like **Mahārasa**, **Uparasa**, **Sādharmaṇa Rasa**, and **Ratna** (precious gems). Each category has specific **Śodhana (purification)** and **Māraṇa (incineration / transformation)** protocols ensuring safety and therapeutic efficacy.

Below is an integrated presentation of **Uparasa**, **Sādharmaṇa Rasa**, and **Ratna**—their definitions, types, and key processing methods (śodhana / māraṇa)—as gleaned from the textual references and the information provided.

1. **Uparasa** represents a classification of **secondary mineral substances** in Rasaśāstra. Though considered less potent than **Mahārasa**, these **Uparasa** play essential roles in alchemical/pharmaceutical formulations—particularly in the purification (śodhana) and potentiation of metals/minerals for therapeutic application.
2. **Sādharmaṇa Rasas** are **common metallic and mineral substances** recognized in Rasaśāstra that hold **therapeutic** or **supportive** importance in various formulations. They often augment or modify the action of primary (Mahārasa or Uparasa) components in remedy preparations.
3. **Ratnas** (gemstones) are recognized in Ayurveda for potential influences on **physiology** and as key components in certain **alchemical** or **therapeutic** formulations, especially in higher-level rasāyana preparations. They are believed to enhance various aspects of health or doṣa balance when properly purified and incinerated (māraṇa).

Types of śodhana and māraṇa of Uparasa, Sadharana rasa & Ratna

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Śodhana and Māraṇa: General Principles

1. **Śodhana**
 - A crucial **purification** step removing external/intrinsic toxins, ensuring these minerals/metals/gems are safe.
 - Typically involves **bhāvana** (trituration) with herbal juices, **swedana** (heat-based steaming in decoctions), or other specialized processes (like *dhūpana*, *dolā yantra*, etc.).
2. **Māraṇa**
 - “Incineration” or transformation into bhasma (calcined form).
 - E.g., repeated *puṭa* (heating cycles) in specialized furnaces with carefully measured temperatures and specific *samagri* (cow dung cakes, wood) as fuel.
 - A properly done māraṇa yields a fine, non-metallic powder that is tested for fineness (rekhāpūrṇa) and assimilation (like sinking in water or niruttha tests)

Effects

- **Toxicity Reduction:** Shuddha (pure) forms do not hamper normal physiology.

Enhanced Therapeutic Efficacy: Freed from harmful doṣas, enabling rasāyana potential or synergy with other dravyas.

Uparasa

Sāmānya Śodhana: Bhāvanā in Svarasa or Kvātha of Sūryāvartaka / Kadalī / Śigru / Kākamācī with Kṣāra, Lavaṇa & Amla Dravyas. (RRS 3/119)

NAME	SYNONYMS	TYPES	GRĀHYA-AGRĀHYA	ŚODHANA	MĀRAṆA	DOSE / ANUPĀNA	INDICATIONS	VIŚIṢṬA YOGAS
Gandhaka (Sulphur S)	Gandhapāṣāṇa, Kuṣṭhārī, Sugandhikā, Sulvarī, Pūṭigandha, Pāmārī, Navnita	According to Varṇa: 1. Rakta - Uttama 2. Pīta - Madhyama 3. Śveta - Adhama	AP: Śūka-piccha sama chāyā, Navanīta sama prabhā, Mr̥du, Kathina, Snigdha	Melt Gandhaka in Ghṛta, filter with cloth in vessel containing Go-dugdha for 21 times. RRS-3/20-22	Not necessary, but it can be done by, Arjunakṣīra + Gandhaka in Śarāva, 1 Laghuputa, then Bhāvanā with Bhūmyāmalakī for 3 Yāma, then Śarāva Saṁputa, 1 Kapotapūta	1 to 8 Ratti with Triphala, Madhu, Ghṛta, Bhṛṅgarāja Svarasa	Pāmā roga, Tvak roga, Dṛṣṭi māndhya, Kāsa, Kṣaya, Kaṇḍu-kuṣṭha-vīsarpa, Dadru, Plihā roga	Kajjali, Mr̥tyuñjaya rasa, Gandhaka vaṭī, Rasa parpaṭī, Rasa sindūra, Loha parpaṭī, Hamśa poṭṭalī, Rasa garbha poṭṭalī, Pañcāmṛta parpaṭī Viśama jvarāntaka loha, Jvarāṅkuśa loha, Jvarāṅkuśa rasa, Pradārāntaka rasa, Puṣyānuga cūrṇa
Gairika (Red Ochre)	Raktadhātu, Gaireya, Girijā, Girimudbhava, Girimṛtikā, Lohadhātu	RRS (2): PāṣāṇaSuvarṇa AP (Additional): 3rd - Sāmānya	Grāhya: Snigdha, Mr̥du, Atayanta Agṛāhya: ṣoṇitavarṇa, Kathina, Tāmravarṇa	RRS & RT By Go-dugdha Bhāvanā. Bhārjana (frying) in Gomūtra.	Not mentioned	2 to 4 Ratti	Viśarpa, Jīrṇa jvara, Śīta pitta, Karṇamūla śoṭha, Kaṇḍu	Kāśīsādi gutikā, Kāśīsādi rasa, Rajahpravartini vaṭī, Loha rasāyana, Plihārī vaṭī
Kāsisa (Green Vitriol)	Kāsīsaka, Puṣpa Kāsīsa, Pāmśū Kāsīsa, Dhātu Kāsīsa, Khaga	AP: 1. Dhātu Kāsīsa2. Puṣpa Kāsīsa3. Suvarṇa RRS: 1. Valuka2. Puṣpa	Sveta-Pīta varṇa, Tikta-Kaṣāya rasa, Guru guṇa, Uṣṇa vīrya, Kaṭu vipāka	Bhāvanā of Bhṛṅgarāja Svarasa (3 hrs.) - RT Swedana in Bhṛṅgarāja Svarasa (9 hrs.) - AP	<i>Snuhi-patra svarasa bhāvanā, Chakrikā, Laghu-pūta</i> RT-21	½ to 2 Ratti	Pāṇḍu-ksaya-jvara, Śvitra, Plihā vṛddhi, Rajo āvarodha, Aśmarī	Kāśīsādi gutikā, Kāśīsādi rasa, Rajahpravartini vaṭī, Loha rasāyana, Plihārī vaṭī
Kāṅkṣī (Alum)	Sphaṭika, Phāṭika, Tuvārī, Adhaki, Raṅgadā, Raṅgadṛḍha, Saurāṣṭra, Saurāṣṭraja, Pītikā, Surāmṛtikā, Mṛtsnā, Mṛtalaka	According to Rasārṇava: 1. Śīta (Khaṇḍātmika)2. Kṛṣṇa (Cūrṇa) RRS: 1. Phāṭakī2. Phūlikā	Kāntya, Keśya, Vraṇaghna, Tridoṣaghna, Viśahara, Cakṣuṣya	By Nirjalikaraṇa, take into Śarāva and give heat till total removal of water.- AP	Śarāva saṁputa & 1 or 2 Laghu pūta	2 to 4 Ratti	Viśarpa, Kaṇḍu, Śvitra, Arśa, Vraṇa, Viśama jvara, Mukharoga	Śveta parpaṭī, Śankha dravana, Catuhsudhādi rasa, Garudañjana drāvaka rasa, Viśakalpa
Haratāla (Orpiment)	Tāla-Tālaka, Nāta Bhūṣaṇa, Śaīla Bhūṣaṇa, Citra Gandhaka, Vaṅgārī	RRS & RT1. Patra Haratāla2. Piṇḍa Haratāla	Kaṭu rasa, Kaṭu vipāka, Snigdha guṇa, Uṣṇa vīrya, Dipana	Swedana by Cūrṇodaka (3 hrs.)- RRS	Śuddha Haratāla + Sukti Bhasma (E.Q.), Kumārī Svarasa Bhāvanā, Chakrikā, Śarāva Saṁputa, 1 Laghu Pūta - RT-11	½ to 2 Ratti With Madhu, Ghṛta, Guḍūcī kaṣāya	Vāta-kapha vyādhi, Apasmāra, Kuṣṭha, Vātarakta, Kṣaya, Prameha, Vṛścika damśa	Sāmīra pānnaga rasa, Rasa māñīkya, Śītāmśu rasa, Tāla sindūra, Suvarṇa sūtaśekhara rasa
Manahśīlā (Realgar)	Rogaśīlā, Śīlā, Naipalika, Kalyānikā, Manogna, Nāgajihvakā, Nāgamātā	AP 1. Śyāmā2. Kānāvīra3. Dvikhaṇḍa	Śīlā-khaṇḍa śūnya, Rakta upala prabhā, Gurotra bhāra, Dīptā (shining)	Keep in Cūrṇodaka (2 days), Swedana in Jayantī Svarasa or Bhṛṅgarāja Svarasa (4 Yāma).- AP	Not mentioned	1/32 to 1/16 Ratti (3 to 6 mg.)	Kāsa, Śvāsa, Kṣaya, Anāha, Kaṇḍu, Chardi, Bhūta bādha, Viśaghna	Smṛti sāgara rasa, Kṛmī vināśaka rasa, Kṣaya kesarī rasa, Manahśīlādi ghṛta, Manahśīlādi añjana/ vaṭī
Añjana (Collyrium)	Mocaka, Locaka	1. Sauvīrāñjana2. Rasāñjana3. Strotāñjana4. Puṣpāñjana5. Nilāñjana	Grāhī, Snigdha, Dhūma varṇa, Śīta vīrya, Rakta-Pīta śamaka, Ropaṇa, Kaṣāya-Madhura rasa, Cakṣuṣya	Bhṛṅgarāja Rasa Bhāvanā	Not mentioned	-	Rakta pitta, Hikkā, Viśa vikāra, Jīrṇa jvara	Timīrāñjana, Aśoka ghṛta, Nāgrārjuna añjana, Chanda bhairava rasa, Cūrṇāñjana, Timīrāñjana, Sulbādi vartī



Kānkuṣṭha (Rhubarb)	Kākakānkuṣṭha, Virāṅga, Kolāvalūkā, Recaka, Tālakuṣṭha, Tīkṣṇa, Dugdhiḱā	-	Recaka, Āmavāta nāśaka	Ādraka Kvātha Bhāvanā	Not mentioned	1 Yava (1/4 Ratti)	Vraṇa, Udāvarta, Pliḥā roga, Arśa	Udāvarta ghrta, Dhanvantari rasa, Mr̥tasañjivāni rasa, Dhanvantari ghrta
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Sādhāraṇa Rasa

Sāmānya śodhana - Mātuluṅga & Ādraka svarasa bhāvanā for 3 days.

NAME	SYNONYMS	TYPES	PROPERTIES	ŚODHANA	MĀRAṆA	DOSE / ANUPĀNA	INDICATIONS	VÍŚIṢṬA YOGAS
Kampillaka (Mallotus philippinensis)	Phala rajah, Rakta cūrṇaka, Recaka, Lohitāṅga, Raktāṅga, Virekī	It is a Tree , 25-30 feet height, leaves oval shape with sharp end, small greyish-red flowers & fruit.	Iṣṭikā cūrṇa, Sāma, Saha Candrikā, Recaka, Saurāṣṭra deśotpanna	Swedana by Harītakī Rasa - or Kañjī	-	General dose: 4-6 Ratti Rechana: 3-6 Māshā with Madhu or hot water	In Kṛmi (1.5 Karṣa, with Guḍa) In Anāha (1/2 g., with Bhāskara Lavaṇa)	Kampillaka Malahara, Kṛmi Ghātanī Guṭikā, Triphalādi Ghrta, Indu Ghrta, Paṭolādi Cūrṇa, Mahākalka, Gagana Garbha Rasa
Gaurī pāṣāṇa (Vitrous arsenic)	Malla, Vikata, Phenasma, Sambala, Hatachūrṇaka	AP: Śveta & RRS: Pitta, Vikata & Hatachūrṇaka RT: Śveta, Rakta, Pitta, Kṛṣṇa	Snigdha guṇa, Kapha-vāta-hara, Rasa-bandhopayogī, Rasa-bala-varadhaka	Swedana by Nimbu Svarasa for 3 hrs.	Mardana with Lajjālu rasa, Make Chakrikā, 7 Puta	1 - 4 mg Fatal dose: 1 Ratti Antidote: Milk + Ghee + Tānkan + Kārvellaka rasa	Śvāsa, Kuṣṭha, Pāṇḍu, Ślipada, Jvara, Kṣaya, Āmavāta, Hrdaya daurbalya, Vṛścika daṃśa	Malla Vaṭī, Malla Sindūra, Sāmira Pannaga Rasa, Cāṇḍeśvara Rasa, Sucikābharāṇa Bhasma
Navāsāra (Ammonium chloride)	Navya kṣāra, Nṛsāra, Narasāra, Narasādāra, Cuḷlikā lavaṇa, Vid lavaṇa	AP: Kṛtrima, Akṛtrima According to Occurrence: Khānija, Vānaspatija	Snigdha, Sūkṣma, Laghu, Tīkṣṇa, Pācana, Sāraṇa, Tridoṣaghna, Dipana	1 part Aśuddha Navasādāra + 3 parts water, dissolve, filter, mild heat till water evaporation.	-	2-8 Ratti with water	Phupphusa roga, Udara, Adhmāna, Ajirṇa, Jaṭharāgni dipana	Śveta Parpaṭī, Śaṅkhadrāva, Drāvaka Rasa, Suvarṇa Vaṅga
Kaparda (Cowrie shell)	Varāṭika, Varāṭī, Varāṭa, Chara, Caracarā, Bālakriḍānaka	RRS: Varāṭika & Varāṭa Varṇa: Pitta, Śveta, Dūsara	Kaṭu rasa, Uṣṇa vīrya, Dipana, Netrya, Pārada Jāraṇopayogī, Vṛṣya	Swedana by Nimbukāmala Drava / Amla Varga Dravya (3 hrs.)	Fire till red-hot, fine powder, filter by cloth	2 Ratti with water	Grahānī, Karṇapūraṇa, Agnimāndhya, Kāsa, Sphoṭa, Raktapitta	Agni Kumāra Rasa, Lokanātha Rasa, Kapardaka Rasa, Pradārāntaka Loḥa, Pravalapañcāmṛta Rasa
Agnijāra (Ambergris)	Agnijā, Sindhu-pravāla, Agni-garbha, Agni-niryāsa, Tuṅḍāmaya	-	Tridoṣaghna, Rasa vīrya vardhaka, Rasa dipana, Rasa jāraṇa	Naturally purified in alkaline sea water.	-	¼ to ½ Ratti with Madhu, Ghrita	Dhanurvāta, Vāta roga, Pakṣāghāta, Vājīkaraṇa	Bṛhaṭ Vāta Cintāmaṇi Rasa, Dhātrī Rasāyana, Jaharmoharā Vaṭī, Vadvānala Rasa
Giri sindūra (Red oxide of mercury)	Śuṣkaṣoṇa, Sindūra, Raktarenuh, Māṅgalya, Nāgagarbha	-	Tridoṣaghna, Rasa-bandhana dravya, Netrya, Tvacya	Nimbu Svarasa Bhāvanā, heat till water evaporation, then Tandulodaka Bhāvanā & heat.	-	For external use	Vīśarpa, Śidma, Vraṇa Ropaṇa-Śodhana, Netraroga, Pāda-sphuṭana	Sindūrādi Lepa, Gandhakādyā Malahara, Gairikādyā Malahara
Hīṅgula (Cinnabar)	Mleccha, Rakta, Sūraṅga, Rañjana, Sūkātuṇḍa, Haṃsapada, Darada, Rasasthāna, Rasodbhavā, Cūrṇa Pārada	AP: Charmāra (Adhama), Sūkātuṇḍa (Madhyama), Haṃsapāda (Uttama)	Jāpākusuma varṇa, Manohara svarūpa, Bhārapūrṇa, Tridoṣaghna, Snigdha, Ṣaḍarasa, Uṣṇa vīrya, Madhura vipāka	Ādraka / Nimbu / Lakuṣa Svarasa, 7 Bhāvanās.	Mardana with Ādraka Svarasa, Bhallātakabija, Lavaṅga Cūrṇa, and Ghrta; make Chakrikā, mild heat for 3 hrs	½ to 1 Ratti with Nāgara, Dālchini, Tejapatra	Dīpana-Pācana, Rasāyana-Vājīkaraṇa, Gandhaka Jāraṇopayogī, Kāsa, Śvāsa, Yakṣmā, Jvara, Āmātīsāra	Mr̥tyuñjaya Rasa, Ānanda Bhairava Rasa, Hīṅguleśvara Rasa, Nityānanda Rasa, Tribhuvana Kīrti Rasa, Kastūrī Bhairava Rasa
Mr̥dūdarāśṛṅga (Litharge)	Mr̥dāra śṛṅgaka, Bodara śṛṅgaka, Mūr̥dhaśaka, Śiṣa garbhañ/satvam	AP: 1. Pitta, Pāṇḍu, 2. Sadal, Nirdala	Guru, Śīta vīrya, Keṣya, Vātakapha-hara, Keśarañjaka, Vraṇa-ropaka, Pārada-bandhaka, Tvacya	Make it powder form, then Mardana with Jala for 15 days.	-	Internal: 125-500 mg External: 100 g mixed with 25 g Tankana	Pāmā-Kaṇḍū nāśaka, Bhaṅga sandhāna kara, Upadamsā hara, Phiraṅga roga hara	For local application on Phiraṅga Vraṇa - 1 part Mr̥dāraśṛṅga + 2 part Boric acid, Mardana

Ratna Varga

NAME	SYNONYMS	TYPES	GRAHYA-AGRAHYATA PROPERTIES	SHODHAN-SWEDAN	MAARANA INDICATIONS	VISISTA YOGAS
Manikya (Ruby)	RaṅgamāṅkīyaLohitamRaviratnaPadmārgaṢoṅaratnaVasuratna	RRS Padmārga (Red)Nīlagandhi (Bluish)	Grāhya: Kamala-dala-chāyā, Clean, Snigdha, Guru, Sphutana, Vrttāyattam Agrāhya: Randhrayukta, Rūkṣa, Laghu, Malina, Chipita (Flat), Uneven	Madhura Rasa, Snigdha, Śīta, Dipana, Vṛṣya, Balyā, Rasāyana, Medhya, Hṛdya, Āyu, Vājīkara, Netrya, Tridoṣaghna	Nimbu Svarasa or Nimbukāmala Drava	Mardana (7 days) with Śuddha Manahśīlā, Haratāla, Gandhaka in Jambīra Rasa; Chakrikā, 8 Gajapūta. ¼ - ½ Rati - Krimijavādhi, Kṣaya, Prameha, Pittaroga, Hikkā, Viśūcikā, Amśūla Maniparpatī Rasa, Brāhmi Vatī, Ratnagarbha Pottālī, Jahamoharā Piṣṭi, Mānikya Piṣṭi
Mukta (Pearl)	Candra RatnajīvaratnaMuktāphalaSaśipriyaSauktijaSindhujāta	According to source (AP): Saṅkhaja, Suktija, Gajaja, Meghaja, Phañija, Vamsaja,Minaja, Varāhaja	Grāhya: Śveta, Laghu, Snigdha, Hṛlādaka, Nirmala, Mahatā, Toya-prabhā, Vṛtta, Navadhā, Śubha, Chidra-rahita Agrāhya: Rūkṣa, Nirjala, Syāva, Dīrgha, Trikoṇa, Chinna-yukta, Prabhā-hina	Madhura Rasa, Laghu, Śīta, Br̥mhaṇa, Vṛṣya, Āyu, Medhya, Dipana, Bhedana, Varnya, Balyā, Netrya, Viryaprada	Jayantī Svarasa or Cūrṇodaka	Mardana with Godugdha or Gulābi Jala; Chakrikā; 3 Laghu Pūta. ¼ - 1 Rati - Yaksma, Śvāsa, Kāsa, Āṅgimāndhya, Hikkā, Dāha, Unmāda Maniparpatī Rasa, Kāma Dugdha Rasa, Pravāla Pañcāmṛta, Lakṣmivilāsa Rasa, Ratna Bhagottara Rasa
Pravāla (Coral)	BaumaratnaVidrumaPravālaka	According to parts used: 1. Pravāla Saṅkha2. Pravāla Mūla Varieties by color: White, Grey, Black, Red	Grāhya: Pakva Bimbāphala-chāyā, Vṛtta, Avakrakam (not uneven), Sthūla, Avraṇaka, Snigdha Agrāhya: Pāṇḍu, Rūkṣa, Laghu, Chidra-saha	Kaṣāya-Madhura-Kṣāra-Amla Rasa, Laghu, Snigdha, Śīta, Dipana, Pācana, Balyā, Netrya, Tridoṣaghna	Jayantī Svarasa or Kañji or Cūrṇodaka	Mardana with Kumārī Svarasa or Godugdha; Chakrikā; 3 Gaja Pūta. ½ - 2 Rati - Mūtrakṛcchra, Vibandha, Bājala Śvāsa, Prameha, Arśa Pravāla Pañcāmṛta, Kāma Dugdha Rasa, Kastūrī, Bhairava Rasa, Maniparpatī Rasa, Ratna Bhagottara Rasa
Tārksya (Emerald)	MarkataBhūdaratnaPannāAśmagarbha	Green - GoodBlue - MediumWhite - Ordinary	Grāhya: Guru, Snigdha, Haridra Varna, Soft, Śubha, Kānti-yukta, Svaccha Agrāhya: Rūkṣa, Laghu, Having holes, Durvarna	Madhura Rasa, Śīta, Balyā, Viśahara, Dipana-Pācana, Rucikara, Vṛṣya	Go-dugdha	As like Mānikya or as per general method. ¼ - 1 Rati - Śvāsa, Chardi, Arśa, Sopha, Pāṇḍu, Unmāda Maniparpatī Rasa, Markata Bhasma, Markata PiṣṭiRatna Bhagottara Rasa
Puṣparāga (Topaz)	GururatnaPītamāñjiGuruvallabhaPuṣparājā	According to Yuktikalpataru: 1. Padmāragodbhava2. Marakatodbhava	Grāhya: Guru, Snigdha, Svachcha, Sthūla, Transparent, Bright colour, Shining Agrāhya: Prabhāvahina, Kārsya, Dvinetra, Rūkṣa, Syāma, Pitta, Pāṇḍu Varna	Kaṣāya-Madhura Rasa, Laghu, Śīta, Dipana, Pācana, Viśaghna, Medhya, Br̥mhaṇa, Āyu	Kulattha or Kañji	As like Mānikya or as per general method. ¼ - 1 Rati - Śvāsa, Chardi, Arśa, Viṣa, Kuṣṭha, Mūtrakṛcchra, Dāha Ratna Bhagottara Rasa, Navaratna PiṣṭiRatnagarbha Pottālī, Maniparpatī
Vajra (Diamond)	HirakaAbhedyaBhiduraKuleesaVajrakaBhārgava-priya	1. Nara 2. Nārī	Grāhya: Snigdha, Vidyutibhāmā, Svachcha, Kathina, Tikṣṇa, Śatakoṇa, Aṣṭāśra, Attractive, Colourless, Transparent Agrāhya: Vartula, Malina, Nīla Varna, Rūkṣa, Sphutita	Ṣaḍrasa, Snigdha, Āyu, Hṛdya, Yogavāhī, Dipana, Vayostambhaka, Balyā, Kāntijanana, Rogaghna, Rasamāraka	Kulattha Kvātha	Śuddha Hiraka, Gandhaka, Manahśīlā, Rasa Sindūra, Mardana, Śarāva, Medoroga, Pāṇḍu, Klibyaroga 1/32 - 1/16 Rati - Sakala Rogaghna, Vallī, Pālita, Rājayaksmā, Prameha, Medoroga, Pāṇḍu, Klibyaroga Vasantakusumākara Rasa, Kandarapasundara Rasa, Ratnagarbha Pottālī, Vajra Bhasma, ManiparpatīHiraka Rasāyana
Nīlamanī (Sapphire)	NīlaNīlamaNīlophalaNīlaratnaSaniratna	RRS 1. Indranīla2. Jalānīla	Grāhya: Guru, Snigdha, Vṛtta, Svachcha, Mṛdu, Ujjvala Agrāhya: Komala, Rūkṣa, Nirbhara, Chipita, Raktasandhi	Balyā, Vṛṣya, Dipana, Rasāyana, Medhya, Hṛdya, Viśahara, Tvacya	Nīli Svarasa	As like Mānikya or as per general method. ½ - ½ Rati - Śvāsa, Kāsa, Jvara, Kuṣṭha, Pāṇḍu, Arśa Navaratna Pottālī, Ratnagarbha Pottālī, Ratna Bhagottara Rasa
Gomeda (Zircon)	PīngaphātikaPīta RatnaGomedaka	1. Brāhmana (Whitish)2. Kṣatriya (Reddish)3. Vaiśya (Yellow)4. Sūdra (Blackish)	Grāhya: Gomeda-sama Varna, Gojala-sama Svachcha, Snigdha, Guru, Nirdala, Mṛdu Agrāhya: Niścaya, Laghu, Rūkṣa, Chipita, Nisprabhā, Laghu, Pitta Varna	Amla Rasa, Uṣṇa, Dipana, Pācana, Rucya, Tvacya, Balyā, Pāpanāśaka	Gorocanā or Nimbu Svarasa	As like Mānikya or as per general method. ¼ - 1 Rati - Pāṇḍu, Kṣaya, Tvakdoṣa, Vātavikāra Navaratna Pottālī, Rājāmrāṅka Rasa, Ratna Bhagottara RasaMṛngaka Rasa
Vaidūrya (Cat's Eye)	ViśuraratnaKeturatnaVidalākṣaVidalākhyā	1. Brāhmana2. Sūdra3. Kṣatriya4. Vaiśya	Grāhya: Blackish white colour, Svachcha, Guru, Snigdha, Vidalākṣa-sama Prabhā Agrāhya: Syāma, Toya-sama Chāyā, Chipita, Laghu, Karkaśa, Shows red lines	Madhura Rasa, Śīta, Dipana, Pācana, Netrya, Br̥mhaṇa, Medhya, Mālabhedaka, Balyā, Āyu, Pittaghna	Triphalā Kaśāya	As like Mānikya or as per general method. ¼ - 1 Rati - Raktapitta, Pittamāya Navaratna RasaRatna Bhagottara RasaMṛngaka Rasa

- All Ratnas are Bhutabadhahara (भूत बाधा हर).
- **Ratna Dosha** - Grasa, Trasa, Bindu, Rekha, Jalagraha -Dosha.
- **Sarva Ratna Bhasmikanara (except Vajra)** - Mardana with Manahshila. Gandhaka, Lakuchadravana. Chakrika. 8 putas.
- **Ratna-Graha Sambhandha** - Surya, Chandra, Mangala, Budha, Guru, Shukra, Shani, Rahu, Ketu - respectively.

Concluding Remarks

Uparasa, Sādhāraṇa Rasa, and Ratna represent critical classes of minerals and gems in **Rasaśāstra**:



- **Uparasa:** Secondary minerals used in advanced formulations, each requiring thorough śodhana (removal of doṣas) and occasionally mārāṇa for safe usage.
- **Sādhāraṇa Rasa:** Common metals/minerals playing supportive or main roles in formulations.
- **Ratna** (precious gemstones): Purified and incinerated for higher-level rasāyana or specific disease cures.

The multi-step procedures of **śodhana** and **mārāṇa** reflect Rasaśāstra's meticulous tradition, ensuring minimal toxicity and maximum potency. These protocols—rooted in classical references—persist in modern Ayurvedic practice, highlighting the fusion of **material science** and **therapeutic** alchemy integral to ancient Indian pharmaco-medical knowledge.

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