

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

iv. Principles of auşadha nirmāṇa, jāraṇa, māraṇa, satvapātana, nirvāpa and āvāpa

Table Of Contents

Add a header to begin generating the table of contents

Auşadha Nirmāṇa (Preparation of Medicines)

Raw drug collection in Ayurveda follows **strict guidelines** to ensure each plant part (or mineral) is harvested at its peak potency. The references from Caraka, Suśruta, Rāja Nighaṇṭu indicate specific **rtu** (season) best suited for each part:

Part	Caraka	Rāja Nighaņţu	Suśruta
Śākhā	Varṣā & Vasanta	_	_
Patra	Varṣā & Vasanta	Grīṣma	Varṣā
Mūla	Grīṣma, Śiśira	Śiśira	Pravṛt
Tvak	Śarat	_	Śarat
Kandha	Śarat	Hemanta	_
Kṣīra	Śarat	_	Hemanta
Sara	Hemanta	_	Vasanta
Puṣpa	Yathā-kāla (flower season)	Vasanta	_
Phala	Yathā-kāla	_	Grīṣma
Pañcāṅga	_	Śarat	

Additional Notes:

- Suśruta states sowmya dravyas in sowmya rtu & agneya dravyas in agneya rtu.
- For kṣīra, mutra, purīṣa, collect after āhāra is jīrṇa.
- Vamana dravyas from agni-ākāśa-vāyu predominant soils, Virecana dravyas from pṛthvī-ambu soils.
- Some dravyas used after 1 year: guda, ghṛta, kṣoudra, dhānya, pippalī, vidaṅga.

Preparation of Medicines: General Outline

- 1. Technology in Making Formulations
 - **Storage**: maintain correct container & dryness to preserve potency.
 - **Shelf-life**: each dosage form has a known "saveeryatā" (potency duration).
- 2. Parts Collected (summary)
 - Sowing or collecting times often revolve around maximizing the active phytoconstituents in that plant part.
- 3. Pañcavidha Kaṣāya Kalpanā
 - **Swarasa** (juice by grinding & squeezing).
 - Kalka (paste from grinding).
 - **Kwātha** (decoction: 1 part dravya in 16 parts water, reduced to 1/4).
 - **Hima** (cold infusion).
 - o Phanta (hot infusion).
- 4. Other Forms
 - Cūrņa, Vaţī, Avaleha, Sneha Kalpanā (Ghṛta, Taila), Sandhāna Kalpanā (Āsava, Ariṣṭa), Pathya Kalpanā (dietary forms like mandā, peyā, yūṣā, vilepī, etc.).

Shelf Life (Sāveeryatā Avadhi)

Name of the Kalpanā	Shelf life
Pañcavidha Kaṣāya Kalpanā	Immediate
Dadhi, Pānaka, Peya, Māṇḍa, Māṃsa rasa, etc	. 1 day (some texts mention Lakṣā rasa 7 days)
Śākṭu	1 month
Malahāra, Cūrṇa	2 months

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.

Khanda Kalpanā 1-4 months Aścyotana, Dhūpa Kalpanā 6 months Kṣāra sūtra 4-6 months

Arka 3-6 months or 1 year

Māṣī Kalpanā, Añjana, Lavana kalpanā, etc. 1 year

Ghṛta, Taila 16 months (some references mention 4 months)

Āsava, Ariṣṭa, Bhasma, Rasauṣadhis Improves over time (no strict expiry)

Jāraṇa

"जारणा हि नाम गालन-पातन-व्यूतिरिकेण ग्रस्त घन-हेमादि-रसस्य पूर्वावस्था प्रतिपन्नत्वम् । (आ.प्र. 1/107)"

(Meaning: Jāraṇa is a specialized process distinct from simple melting/distillation, in which mercury 'digests' or envelops metals like gold but retains its original form and weight.)

1. Significance

- Mercury "swallows" or "assimilates" metals (e.g., gold, silver), forging synergy for advanced rasāyana or potential transmutation.
- Ensures no net weight change of mercury itself, indicating successful assimilation.

2. Prerequisite

 Often Gandhaka jāraņa is done first, preparing mercury to integrate other metals sequentially (abhraka, naga, vanga, etc.).

3. Types

- o Bāla, Yuva, Vrddha: Variation in how much metal is introduced relative to mercury.
- o **Bhūcārī** vs. **Khecarī**: Different operational environment or apparatus.

4. Procedure

- Typically uses special yantras (Kacchapa Yantra).
- Balanced heat, repeated trituration, or layering with supporting dravyas ensures stable assimilation of metal in mercury.

Māraņa (Bhasmīkaraņa / Incineration)

"शोधितान् लोहादीन् विमर्द्य स्वरसादिभिः,

अग्निसंयोगतो भस्मीकरणं मारणं स्मृतम्।"

(Meaning: "Māraṇa is incineration: purified metals/minerals, thoroughly ground with herbal juices, then exposed to fire, yielding bhasma.")

1. Importance of Māraņa

- o Transforms metals/minerals into a fine, non-toxic **bhasma** easily assimilated by the human body.
- Bhasma tested for classical yardsticks (rekhāpūrņa, varţi tests, etc.) ensuring safe ingestion.

2. Methodologies

- o **Agnipāka**: employing various intensities of fire (puṭa)—laghu, madhyama, tīkṣṇa.
- o **Bhānupāka**: Sun-based mild heat, used when minimal heat is needed.
- **Kupipākva**: Mercury-sulfur preparations in closed flasks (kupī), producing substances like Rasasindūra or Makaradhvaja with potent rasāyana attributes.

3. Outcome

 Freed from heavy-metal toxicity, the resultant bhasma is considered therapeutic, e.g., svarna bhasma, abhraka bhasma.

Sātva-pātana

"क्षाराम्लद्रावकैर्युक्तं ध्यातमाकारकोष्ठके ।

यस्ततो निर्गतः सारः सत्विमत्यिभधीयते □□" (R.Cu. 4/38)

(Meaning: "When the ore is combined with kshāra/amla dravakas and heated in a furnace (ākāra koṣṭha), the extracted essence is known as sātva.")

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



AYURVED BHARATI® WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

1. Concept

- o Extracting the pure metallic essence (sātva) from an ore or compound.
- o Typically involves fluxes (like borax) and repeated high-temperature cycles.

2. Classification

- o Dhātu-rūpa sātva (metals like iron, copper, abhraka satva).
- Adhātu-rūpa sātva (non-metal ore like orpiment, etc.).
- o Nagarjuna credited with early references to satva extraction processes.

3. Yantras and Dravyas

- o Common apparatus: muṣā (crucible), koṣṭhi, patana yantra, etc.
- o Supportive agents: tankana (borax), certain acids or kshāra, reduce the melting point and assist separation.

Nirvāpa and Āvāpa

Nirvāpa (Quenching)

- Synonyms: Niśeka, Snāpana.
- A red-hot metal/mineral is immediately plunged into water, oils, or decoctions.
- Often modifies metal's mechanical or chemical property, removing subtle doşas or adding beneficial transformations.

Āvāpa (Prativāpa / Acchādana)

- **Definition**: Pouring molten metal onto or into another metal/mineral, or vice versa.
- Used for partial alloy formation, doping, or surface layering, e.g., melding a base metal with a more potent alchemical substance.

Conclusion

The principles of Auşadha Nirmāṇa in Ayurveda unify:

- 1. Raw drug collection with seasonal appropriateness,
- 2. Pharmaceutical manipulations (kalpanā) for turning raw substances into classical forms (kwātha, cūrṇa, etc.),
- 3. **Rasaśāstra**-specific transformations:
 - Jāraṇa (mercury's assimilation of metals),
 - Māraṇa (incineration into bhasma),
 - Sātva-pātana (extracting pure essence from ore),
 - Nirvāpa (quenching hot metals), and
 - o Āvāpa (pouring molten metal onto another).

Each technique ensures **safety** (removal of toxicity), **efficacy** (enhancing rasāyana or therapeutic potency), and synergy in combined formulations. This methodical approach—rooted in classical texts—underscores the sophistication of Ayurveda's pharmaco-alchemical knowledge and fosters integrative possibilities alongside modern scientific validations.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.