

**Pishti Kalpana in Ayurveda – Review**

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**Abstract**

The entire science of Ayurveda has been framed upon Trisutras (Hetu,Linga,Aoushadi) among them Aoushadha is more important, the drug source may be animal origin, plant origin, or mineral origin. Rasashastra is the branch that deals with preparation of formulations using metal mineral and marine drugs, Different forms of medicaments prepared like bhasma, Parpati kalpas kupipakva rasayana,pishti kalpana etc. In which Pishti Kalpana is mainly used in Unani Therapy. In ayurveda pishti kalpana previously mentioned in term of Rasapanka, Rasapishti, Navnitapishti as per the Rasendra chudamani, Ratnas may be used for rasakarma,rasayankarma,dana, dharana,and devatacharana not only combat the god effects grahas but are likely to produce vaibhava,soubhaghya and dhairya in human beings besides this they remove daridrya (poverty),kashta (misery) also. Pishtis are generally prepared from Ratnas and Upratnas. They are in the form of fine powder prepared by triturating with herbal juices and used therapeutically in various disorders. Practically can be seen it gives better result than other formulation.

**Keywords:** Pishti, Ayurveda pharmaceuticals, Rasadravyas, Ratnas, Pitta vikara

**Introduction**

Rasashatra is a branch of Ayurveda dealing with Ayurveda pharmaceuticals. Pishti Kalpanas are use in clinical practice of Ayurveda in various ailments. Pishties are usually prepared from Ratnas (Precious gem stones). Unani practitioners use it commonly instead of bhasmas of Ratna to retain its potency.

Pishties are prepared by triturating the drug with the specified liquids under the exposure of the sun or moonlight. These are termed as anagniputa bhasma (Bhasma prepared without the medium of fire).

**Concept of Pishti**

All Rasadravyas are given in the form suitable for quick absorption and assimilation. Pishties are one such form that has smaller particles size and are as fine as bhasma. Pishties are more soumya and sheeta as compared to bhasma. Conversion of Ratna into bhasma is varjya (to be avoided) as it leads to Rourava (loss of mental peace and wealth).

**Method of Preparation**

After purification the drug is put in Khalwa yantra (Mortar and Pestle) and triturated generally with rose water, unless otherwise mentioned it is triturated with the liquid for a day and dried in sun. This process is generally continued for 7 day

or more till fine pishti in powder form is obtained. Maradana process in bhavana sanskara help to convert drug (dravya) into fine particle.

Lakshana of Pishti – That which is triturated with Ketaki arka (pandanus odoratissimus) and ground to a fine churna form is termed as pishti or pishtika.

Characteristics and preservation –

Depending on the colour of the drug pishties are of different colours. They are as fine as bhasma and have the characteristics of the bhasma. They preserve their potency indefinitely. They are stored in glass stoppered bottles.

Bhavana Dravya for Pishties –

Rose water (Rosa centifolia), Kevada Arka (Pandanus odoratissimus), Kadali rasa (Musa paradisiacal), Chandanadi Arka etc.

### Drug Used For Pishti Nirmana

Usually Ratnas are turned into pishti form after shodhana (purification) for therapeutic dosage form. Example: Manikya (Ruby), Tarkshya (Emerald), Neelam (sapphire), Pushparaga (Topaz), Mukta (Pearl), Pravala (coral), Gomeda (cinnamon stone), Vaidurya (cats eye) Uparatna ( Semi precious stone) are also converted to pishti form. Example : Trunakantamani(Amber), Sikata Varga (Silicate compounds) Dravyas like Badarashma, Sangeyashma, etc. Shukti Varga Dravya (Calcium compound)- Ex. Shukti (Oyster shell) Pishti. Pishties are used in combination also such as yakuti, Navaratna kalpamruti,etc.

Indications-

Generally useful in Ojokshaya, Dourbalya, Pittavikara, etc.

**Table No. 1- Different Type of Pishties**

S.No.	Pishti	Matra	Anupana	Indication
1	Trunakantamani Pishti	2-4 ratti	Madhu(Honey) Jala (Water) Durva Swarasa	Raktatisara, Rakta Pravahika, Raktapita, Pitta Vikara, Raktapradara
2	Pravala Pishti	2 ratti	Madhu Ghrita Navaneeta (Butter)	Kasa, Pittaroga, Manodaurbalya, Ojakshaya, Hrudbourbalya
3	Manikya Pishti	½ -1 ratti	Madhu Takra (butter milk)	Ojokshaya, Hrudroga, Kshaya, Shukrakshaya, Agnimandya, Dourbalya, Buddhimandya
4	Akika Pishti	1-2 ratti	Madhu, Ashwagandha Shringavera swarasa (Juice of Ginger)	Hrudroga, Pitaroga, Vataroga, Kasa, Hrudroga, Kshaya, Shiroroga
5	Jaharmohar Pishti	2-8 ratti	Jala	Hruddourbalya, Chardi, Visuchika

			Gulabarka	
6	Mukta Pishti	½ -1 ratti	Madhu Navaneeta Dugdha (Milk)	Raktatisara, Raktapitta, Manodosha, Unmada, Hrudroga
7	Shukti Pishti	2-4 ratti	Sita Madhu Dugdha Navaneeta	Sheetala, Amlatanashaka, Udaravataharaguna
8	Badarashma Pishti	4-8 ratti	Madhu	Mutrashmari, Mutarghata, Vamana, Hrudroga
9	Gomeda Pishti	1-3 ratti	Madhu Ghrita	Kshayaroga
10	Tarkshya Pishti	½-1 ratti	Madhu Ghrita	Sannipata Jwara, Visha vikara, Vamana, Amlapitta, Pandu, Malavarodha, Arsha, Shotha
11	Sangeyashav Pishti	2-4 ratti	Madhu	Hruddourbalya
12	Akika Pishti (Vishesh)	1-3 ratti	Navaneeta	More beneficial than akika pishti
13	Trunakantamani Pishti (Vishesh)	1-4 ratti	Jala Madhu	Raktasrava, Krimi

#### Few Pishtis Used In Combination

Navaratna Kalpamrutha -

Manikya Pisht, Neelam Pishti, Tarkshya Pishti, Pushparaga Pishti, Vaidurya Pishti, Gomeda Pishti, Mukta Pishti, Rajavarta Pishti, Pravala Pishti and bhasma of Roupya, Swarna, Loha, Yashada, Abhraka, Shuddha Guggulu (Commiphora Wightii), Shuddha Shilajatu (Black Bitumen), Guduchi (Tinospora cordifolia) satva and Goghrita (Ghee) are all mixed homogenously and triturated with jalao make vati of 2 Ratti Pramana useful in Udara, krimi, Jalodara, Garbhashaya poshanartha etc.

Yakruti –It's a pishti made with combination of Manikya Pishti, Tarkshya pishti, Mukta pishti, Pravala pishti, Trunakanta pishti, with Swarna and other churnas useful in Hrudourbalya, Sannipatajwara, Swedadhikya.

#### Physico – Chemical Analysis – As Per API

1. Colour
2. LOD
3. Total Ash ( % of ash )
4. Acid insoluble ash ( % of insoluble inorganic content )
5. Water soluble ash
6. Solubility
7. Particle size

8. NPST
9. Essay of elements

### **Discussion**

Pishties are novel dosage forms of rasa dravyas. From yunani though incorporated form allied system of medicine, use is inevitable in Ayurveda pharmaceuticals. Method of Preparation is simple. The concept of Bhavana can be adopted here making the drug into smaller particle size and it incorporates the properties of the bhavana dravya utilized for the purpose. Here the heat produced during grinding and the atmospheric heat helps in drying the materials quickly. By applying bhavana the drugs are rendered fine and potentiated. The particle size is small as that of bhasma, for example akika pishti however is considered to be more soumya than bhasma. Though most of the pishties are said to be useful in pittaja condition it is use in other avasthas of doshas cannot be annulled. It is indicated in both shareerika and manasika vikaras.

### **Conclusion**

From above study it can be concluded that pishties are useful in various pitta vikara and ojokshaya lakshana. As it has sheeta, mutral, soumya properties. In pishti particle size reduced due to bhavana process which increases its efficacy. Ratnas pishties are generally used, they are soumya than bhasma.

Though few studies have been carried out on Pishties still there remains a dearth for evaluation in the field of research.

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