ARKA PRAKASHA – A REVIEW

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ABSTRACT

Arka prakasha is a classical treatise written in 16th century by Lankapathi Ravana, which focuses on Arka Kalpana ie distillate preparations using herbal and mineral drugs. Arka kalpana is a dosage form with longer shelf life. This book comprises of 10 chapters, hindi commentary given by Indradeva Tripathi. This review highlights the basic information and principles related to arka kalpana given in “Arka Prakasha”.

Keywords: Arka prakasha, Kalpana, Dosage form, Shelf life, Ravana, Arka kalpana.

INTRODUCTION

Arka prakasha – a book which throws light on arka kalpanas used in treating diseases. In this book, arkas (distillates) prepared out of herbal and mineral drugs indicated in different rogas have been mentioned. History of arka starts from time immemorial. The author of this book Lankapathi Ravana, is the grandson of Bramhana Pulasthya rishi, and son of Vishwashrava.

The hindi commentary of this book is written by Sri Panditha Mukundaramji who hails from Bhansbareli. But the complete information about the commentator is not available. The chikitsa based on arka preparation is followed by unani system of medicine. But the usage of arka kalpana for treating vyadhi is not mentioned in any classical Ayurveda text books. Its utility in treating diseased condition has to be substantiated with the help of research.

In this treatise arka of all drugs has been mentioned based on rasa panchaka, gana, vyadhi nashakata etc criteria. Some of them act as oushadhi (medicine) some as anupana (vehicle). The arkas mentioned in this treatise has marana, mohana, vasheekarana etc effects. The method of shodhana, marana of rasadrvyas and dhathus with the help of arka has been described. 1

There are 10 chapters in Arka prakasha, which are termed as “shataka”.

1st chapter – Prathamah shatakam – Description of Ravana and mandodari, oushadhi – types, laxana, useful parts, rasa and guna, veerya, vipaka, prabhava, Pancha vidha kashaya kalpana, importance of arka and about the arka yantra, different methods of preparation of arka has been mentioned in this chapter. Explanation of patra to prepare arka out of visha dravyas has been explained. Arka vaidhya, arka sevana vidhi, Nishidha arkasya sevana doshas, arka pana vidhi, shadagri laxanas (dhumagni, deepagni, mandagni, madhyamagni, kharagni, bhatagni) to prepare arka, arka panottara krama (tambula sevana), etc are mentioned.

2nd chapter – Dwitiya shatakam – Description of pancha vidha oushadhis, quantity of drug to extract arka, arka ayogya aushadhies, method of extraction of arka from phala and pushpa, ardra dravya bhedha, extraction of arka from patra, sadugdra dravya, kashta dravya and nirasa dravya, method to remove durgandha from arka, gandhakavasana to that arka has been explained (dhupa); dhupana vidhi to remove vatadhi doshas of all arkas, name of drugs include in different vargas, method to do nirgandha of palandu and lashuna and method of preparation of arka from them has been explained, preparation of arka from mamsa has been quoted, shankha drava nirmana vidhi, method of extraction of Madhya from anna and from other dravyas and explanation of satvakadhi Madhya, arka extracted from madhaka dravya (bang), dhathura beejadi arka guna are mentioned.

3rd chapter – Tritiya shatakam – Properties of arka prepared out of herbal drugs and their effect on different diseases has been elaborated. Haritakyaadidravya arka, shunti arka- indicated in vibandha, amavata, shula, adraka arka- indicated in jvara, dha, agni deepani; pippali and...
maricha arka- indicated in swasa; pippalimula arka- pliha, gulma roga; chavya arka- indicated in guda rogas, gaja pippali and chitraka arka- indicated in agni mandhya; yavaani and ajamoda arka , jeeraka arka- garbhshayana shuddhikara; Krishna jeeraka arka, dhanya arka- indicated in daha, trusha, vanama, tridoshahara; methika arka- kapha vataja roga, jwara, amakapaka nashaka; hingu arka- pachana, ruchya, krimi roga; vachya arka- vamaka, vahni krut; vidanga arka- udara, krimi roga; samudraphena arka- lekhana; kampillaka arka- vireki, prameha, anaha, udara roga indicated, aragvadha arka- indicated in raktapitta, udavarta, kandu, prameha, kushtha, madanaphala arka- indicated chhardi, netra roga; jyothishami arka- buddhi and smruti prada; kushtha arka- indicated in vatarakta, kushtha; shrugni arka- indicated in urdhva vata, pashanabheda arka- yoni roga; manjista arka- vishajanya upadrava; bakuchi arka- parduroga, shotha; kantakari arka- pachana, kapha kasahrut, Devadali arka - gulma, arsha, udara, langali arka lepa- shotha, vrana, arsha; sudarshana arka- ushna in nature, indicated kapha and vata roga

4th chapter – Chaturtha Shatikam

Description of arka prepared out of shadrasa, dhanya varga, pashuvarga, madhuvarga, pakshi varga, matsya varga prameha, anaha, udara roga indicated, aragvadha arka- indicated in raktapitta, urdhva vata, pashanabheda arka- yoni roga; manjista arka- vishajanya upadrava; bakuchi arka- parduroga, shotha; kantakari arka- pachana, kapha kasahrut, Devadali arka - gulma, arsha, udara, langali arka lepa- shotha, vrana, arsha; sudarshana arka- ushna in nature, indicated kapha and vata roga

5th chapter – Panchama Shatikam

Arka preparations for specific diseases like Jwara sthambhaka arka, jwararaha arka, sannipata hara arka, gudabramsha etc. with the help of different arka has been explained. Keshakrishnakara yoga- triphala, nilikapatra, bhringaraja, ayomala done paste by using avimutra; Indralupta nashaka yoga: gajadanta atisara, rasanjana, vataparohaka- paste can be applied or arka of these drugs – lepa is done, darunakaroga nashaka arka – amrabejja, pathya-nirvapita (immersed or dipped) in dudgha for three days, then arka is prepared and lepa is done; mukha vyangaghna arka-vatankura, masura, manjista, madhu immured in water and arka is extracted; Guda kandugha arka- arka extracted from shankha, sauvira (kanji), yasti- daily prakshalana done at gudha region; Shira shulahara yoga- arka extracted from triphala, rajani, guda, bhunimba, nimbaka, guduchi- lepa is done; Netraroga shakama arka- arka extracted from punarnava, tuvari, kumari, triphala, nisha, yashhti, gairika, saindhava, darvi-purana done; karnarogaharsa arka- shrinbera, kshaudra, sindhu, taila; kantarogahara arka- arka prepared out of gomutra, atishiva, devadar, pata, visha, katuki; mukhapaka hara arka- arka prepared of jatipatra, amrita, draksha, vasa, darvi, triphala and along with madhu, gandusha is done; vaisnaksha arka; garbhakara arka-ashvagandha arka, siddha dudgha and ghrta taken after putusana; skandapasmara hara arka; vajikarana yoga.

8th chapter – Ashtama Shatakam

With the help of arka – vashikaran, vidweshikaran, uchatikaran, shatruparajayarakara, marana, mohana karana, adrushya karana and buddhi bramshe karana etc abhicharaka karyas has been explained. Agnistambhana vidhi; jalastambhakarma vidhi; unnattikarana vidhi; duradeshagama sadhana; kshudhavivara yoga- ganeshapriya ( mushakarni), turangahva (asvagandhha), mulaka, neelotpala mula, kesara- payasa is prepared and along with ghrita it is taken, the person will not feel hunger for one month; sarvakarya siddhikara vidhaya.
CONCLUSION

Arka prakash is a classical treatise written by Lankapathi Ravana. It is a book in which he has given importance for both Bhaishajya as well as Rasashastra. The book deals with a special dosage form Arka (Distillation), which has more shelf life and better palatability. Apart from classical reference he has mentioned different preparations as panchavidha kashaya kalpana (basic preparations) like Kalka, Churna, Rasa, Taila, Arka. In which Arka is also mentioned and is said to be the most potent among the other preparations. Starting from instrument used for extraction of arka i.e. arka yantra, importance of arka and its anupana. He has explained arka preparation with various drugs along with ratio of water to extract arka. And arka ayogya aushadhies, Shanka drava nirmana. He has given the Ritu kramena arka sevana. Arka for almost all systemic diseases. Both internal and external administration of arka has been quoted. He has given a special importance about the arka prepared out of some drugs used as vasheekarana. Different vargas of vamana, virechana, krimighna, vataghna, phala, dathu, upadathu, ratna and uparatna, etc. has been mentioned. Shodhana, marana of different Rasoushadies are explained. Indication of loha and haratala bhasma with different anupanas is mentioned as well. It is a complete and unique book of Arka Kalpana and is comprehensive as well.

REFERENCES


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