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Review Article

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 rasadravyas and dhathus with the help of arka has been described¹.

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

1st chapter – Prathama 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, shadagni 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 aushadhis, method of extraction of arka from phala and pushpa, ardra dravya bhedha, extraction of arka from patra, sadugdha dravyas, 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 (bhang), 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. Haritakyaadidravaya arka, shunti arka- indicated in vibandha, amavata, shula, adraka arka- indicated in jvara, daha, 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- garbhashaya shuddhikara; Krishna jeeraka arka, dhanya arka- indicated in daha, trusha, vamaana, tridosahara; methika arka- kapha vataja roga, jwara, amakapha nashaka; hingu arka- pachana, ruchya, krimi roga; vacha arka- vamaaka, vahni krut; vidanga arka- udara, krimi roga; samudraphena arka- lekhaana; kampilaka arka- vireki, prameha, anaha, udara roga indicated, aragvadhya arka- indicated in raktapitta, udavarta, kandu, prameha, kushta, madanaphala arka- indicated chardhi, netra roga; jyothishmati arka- buddhi and smruti prada; kushta arka- indicated in vatarakta, kushta; shrugni arka- indicated in urdhva vata, pashanabheda arka- yoni roga; manjista arka- vishajanya upadrava; bakuchi arka- panduroga, 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 shatakam-

Description of arka prepared out of shadrasa, dhanya varga, pashuvarga, madhuvarga, pakshi varga, matsya varga consumption of arka according to season are explained in this shataka. Unmatta panchaka arka: unmatta(dhattura), soma, vijaya (bhanga), jatipatri, khakhasa and yavani are added or immersed in milk and extracted the arka. Trisugandha arka- mala bhedana, mukhadurgandha hara, triphala arka- indicated in kushta, prameha, vishama jwara, trikatu arka, chaturushana arka, panchakola arka, ashtavarga arka, dashamula arka, jeevaniya gana arka, viranagana arka, dugdhakanda arka, vataphala arka- grahi, varnya, ashwattha phala arka- indicated in yoni dosha, kshirinivruksha arka, vishanamarka- if lepa is done , cures gandamala, vataroga; tailadhanya arka, bhramara bheda- makshika, bhramara, kshaudra, pautika, chatra, dala, dardya audalaka; kanji, varuni arka; gramyapashu arka- dipana, vatahara, balavardhana, bhramana, anda arka- veerya vardhaka, vatahara; according to season: vasanta- neem, amrankura arka, greshma- gulab(rose) arka, varsha- triphala arka, sharad- parijata arka, hemanta- yavani arka, shishira – nimbu arka.

5th chapter – Panchama shatakam –

Arka preparations for specific diseases like Jwara sthambhaka arka, jwarahara arka, sannipata hara arka, grahani – pravahika nashaka arka etc are explained in this chapter. Jwarahara yoga- methi, vanadya (vanamethi), tulasi, kala, amalaka, lavanga and bhunimbha arka along with mukta bhasma, atisara nashaka arka- shrungavera (nagara), nagavera immersed in eranda jala and parpata is mixed, extract the arka, balaroga nashaka arka- gairika is given 20 times bhavana with chikkanyarka, this churna is given dhuma, krimi nashaka arka- khurasani, yavani, kuberakshi, vidanga, vyosha arka is extracted indicated in mandagni, krimi, kamala nashaka arka- swarnamakshika is given bhavana with equal amount of triphala arka and guduchi arka and given along with dronapushpi rasa and rasanjana in early morning. Amlapittaghna arka- guduchi, nimba patra, patola dala arka given along with mahu, vamaahara arka- ashwattha tvak arka, kamala arka makshikavit arka or durva arka; nidrahara arka- saindhava , sveta maricha, sarshapa, kushta along

vatsamutra (goat's urine) arka is extracted; vamaadi nirodhaka arka- vacha arka for vamaana, trivrit arka for virechana, tumbura arka for pachana and kaphahara; prameha hara arka- the person who takes milk daily in that person also prameha is cured in 15 days by intake of these arka - guduchi arka and sita or gokshura arka or stambhani arka, dadru nashaka arka- kushta, krimija, dadrugghna, haridra, saindhava, sarshapa, amrasthi- arka – lepa is done

6th chapter – Shashta shatakam-

Treatment of shalya rogas like galaganda, gandamala, granthi roga, arbuda etc with the help of different arka has been explained. Galagandahara arka- sweta aparajita mula arka taken along with ghrita; grantiroganashaka arka- swarjika and mulaka kshara arka done lepa along with shankha churna; shlipadanashaka arka- arka prepared out of dhattura, eranda, nirgundi, varshabhu, shigru mulas is done paste with sarshapa and lepa done; shastrakruta vrana purakarka- Madhya or nagabala arka purana done reduces tivra vedana; agnidagdha vrana rohanarka- katuvali or kumari arka sechana done; nadi vranahara arka- arka prepared out of snuhi dugdha, arka dugdha, darvi, Madhya, varti prepared and inserted in nadi vrana; garbhanashaka arka- dushta and ushna upodika bhojana done; garbha raksha arka- malati arka is taken.

7th chapter – Saptama shatakam –

The treatment of indralupta, darunaka, arunshika, gudakandu, 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 masi, ajakshira, rasanjana, vataprarohaka- paste can be applied or arka of these drugs – lepa is done, darunakaroga nashaka arka – amrabeja, pathya- nirvapita (immersed or dipped) in dugdha for three days, then arka is prepared and lepa is done; mukha vyangghna arka- vatankura, masura, manjista, madhu immersed in water and arka is extracted; Guda kandughna 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 shamaka arka- arka extracted from punarnava, tuvari, kumari, triphala, nisha, yashti, gairika, saindhava, darvi-purana done; karnaroganashaka arka- shrinbera, kshaudra, sindhu, taila; kantarogahara arka- arka prepared out of gomutra, ativisha, devadaru, pata, visha, katuki; mukhapaka hara arka- arka prepared of jatipatra, amrita, draksha, vasa, darvi, triphala and along with madhu, gandusha is done; vishanashaka arka; garbhakara arka- ashvagandha arka, siddha dugdha and ghrita taken after rutusnana; skandapasmar hara arka; vajikarana yoga.

8th chapter – Ashtama shatakam-

With the help of arka – vashikarana, vidweshikarana, uchatikarana, shatruparajayakarana, marana, mohana karana, adrushya karana and buddhi bramsha karana etc abhicharaka karyas has been explained. Agnistambhana vidhi; jalastambhanakarma vidhi; unmattikarana vidhi; duradeshagamana sadhana; kshudhanivara yoga- ganeshapriya (mushakarni), turangahva (ashvagandha), 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.

9th chapter – Navama shatakam –

The arka which acts as nadiposhaka, netrya, lavana ksharadi gana arka and its utility in different diseases has been explained. Vamana gana- jyothishmati, hemahva, dhatura, naganiphala, swarna makshika, devadali; netrya gana- two types of rasanjana, triphala, two types of lodhra, kumara, kulattha; upavisha gana- bhallataka, ativisha, 4 types of khakhasa, two types of karavira, ahiphena, dhatura (4types), gunja, vishamushti, langali; jalapushpa gana; kanda gana; phala gana; amla gana- 17 drugs; shali gana; kshudradhanya gana; different types of pakshi gana, virechana gana- kampilaka, aragwadha, katuki, kotavaruni, shivalingi, nagapushpi, danti (two types); deepana gana- chitraka, godhanya, ajamoda, jeeraka, habusha; krimighna gana; vruksha gana; gulma gana; rasavarga- 4 types of rasa and gandhaka, tala (two types), anjana (two types), kasisa, gairika; uparasa varga; ratna varga; uparatna varga.

10th chapter – Dashama shatakam –

Dhatu shodhana, marana and bhasma guna, upadhatu shodhana, marana, sindhura sevana vidhi, ratna shodhana, marana vidhi, uparasa shodhana vidhi, visha shodhana vidhi (jayapala shodhana vidhi). Uttama vanga swarupa and bhasma guna; jasadha swarupa and bhasma; naga lakshana and bhasma guna; anupana bhedenana loha bhasma guna- vata (shunti), pitta (sita), kapha (Krishna), sandhi roga (trijataka), pandu (triphala), ashuddha loha bhasma sevana will cause tvak kantaka, hridroga, shula, hrullasa, ashmari; parada samshodhana vidhi; darada samshodhana vidhi, haratala bhasma- anupana vidhi are mentioned.

CONCLUSION

Arka prakasha 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.

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