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Review Article

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Ayurvedic Concept, Significance and Therapeutic Value of *Pishti Kalpas*

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Abstract

A vast range of preparations, including *Kharaliya Rasayana* and *Kupipakwa Rasayana*, are included in the field of *Rasa Shastra*, the traditional Ayurvedic branch devoted to the creation of herbo-mineral remedies. The type of raw materials utilized and the particular steps are involved in the formulations of specific *Kalpas* of *Rasa Shastra*. *Pishti* is one such *Kalpa* of this branch which holds a prominent place in *Rasa Shastra*. *Pishti* is a unique Ayurvedic concoction that is especially useful in treating many illnesses. *Pishtis* are prepared by repeated controlled triturating with herbal solutions. This procedure guarantees that raw materials are transformed into a very fine, bio-available state. *Pravala Pishti* and *Mukta Pishti* are important formulations amongst this category. The production of *Pishti*, its historical development and its clinical significance in Ayurvedic medicine are discussed in this article.

Keywords: *Ayurveda*, *Rasa Shastra*, *Kalpas*, *Pishti*, *Rasayana*

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1. Introduction

Rasa Shastra, often known as ancient Indian alchemy, is a specialty area of Ayurveda that has been used for thousands of years to improve human health by preparing powerful medicines. Mercury, which has been the main object of fascination for the alchemists of this school, is what the term *Rasa* mainly refers to. *Rasa Shastra* includes a broad spectrum of herbo-mineral preparations that contain ingredients of plant, animal and mineral origin in addition to the safe and therapeutic use of formulations based on mercury. (1-3)

Based on the composition and compatibility of the raw ingredients, *Rasa Shastra* divides its formulations into a number of different varieties. Each type is prepared via a set of sequential steps. *Pishti* stands out among these as a specific category created especially for materials that are either heat-intolerant or inefficient after burning. These substances, which are frequently obtained from animal sources or valuable stones, continue to work effectively when treated using non-thermal techniques. (3-5)

Pishti is finely triturated, preparation in which the material is levigated with particular herbal solutions until it takes on the consistency of flour. In most cases, this trituration is done without the use of direct heat, in natural

settings like the moonlight or sunlight. As a result, *Pishtis* are also known as *Anagniputa Bhasma* or preparations that do not include burning.

Significance of *Pishti Kalpas*

- ✓ *Pishti Kalpas* are frequently employed in the clinical treatment of a variety of illnesses in Ayurvedic pharmaceuticals.
- ✓ When working with heat-sensitive materials, *Pishtis*, which are traditionally made from *Ratnas* provide a sophisticated substitute for *Bhasmas*.
- ✓ Ultra-fine particle sizes seen in *Pisti* formulations facilitate quick absorption and assimilation within the body.
- ✓ In contrast to *Bhasmas*, they are regarded as *Soumya* and *Sheeta* which makes them especially appropriate for *Paittik* circumstances.
- ✓ *Pishti* is an essential, non-thermal, and effective formulation in *Rasa Shastra* that preserves the therapeutic integrity of material being utilized during their preparation.

- ✓ *Pishti* provides substitute for heat-sensitive therapeutic ingredients.
- ✓ When *Pishti* is kept in tightly sealed, glass-stoppered bottles, its strength stays constant permanently. (4-6)

Methodology of Preparation

Material Utilized:

- ✚ *Kevada Arka*, *Kadali Rasa* and *Chandanadi Arka* are the most often utilized liquids for levigation as *Bhavana Dravya*.
- ✚ *Ratnas* like *Manikya*, *Tarkshya*, *Neelam*, *Pushparaga*, *Mukta*, *Pravala*, *Gomeda* and *Vaidurya* are typically used to make *Pishtis*.
- ✚ Additionally utilized materials include calcium-based materials like *Shukti*, *Badarashma* and *Sangeyashma*.
- ✚ *Uparatnas* like *Trunakantamani*, etc.

Pishti is prepared using a precise procedure which includes first crushing to a coarse powder and *Shodhana*

of the source material. That after rose water and other herbal liquids are used to levigate the coarse powder, which is then vigorously triturated often in the presence of sunlight or moonlight until it achieves a micro-fine, silky consistency. Post-preparation approach guarantees the final formulation's safety, effectiveness and stability by involving drying, storing, and appropriate labeling or performing test for quality evaluation. The heat-free process guarantees a high level of therapeutic efficacy; improves bioavailability and maintains the active qualities of delicate medicines. Because of its unique non-thermal preparation technique, *Pisti* stands out as a noteworthy addition to Ayurvedic pharmaceuticals. Unless otherwise noted, the medicine is triturated with rose water in a *Khalwa Yantra*, a traditional mortar and pestle, following the *Shodhana* of the raw material. After a full day of this trituration, it is allowed to dry in the sun. To get a fine, flour-like *Pishti*, the procedure is repeated for at least seven days. Adjuvants such as honey, milk, butter, water, or particular herbal juices are used to provide the doses. A range of valuable stones and natural materials are used as raw materials to make *Pishitis* as mentioned in **Figure 1**. (6-8)



Figure 1. Valuable stones and natural materials used to make *Pishitis*

Therapeutic Importance of *Pishti*

According to Ayurvedic principles, the main indication for *Pishti* formulations is the treatment of *Paittik* diseases, which are problems linked to an excess of heat or inflammation in the body. Certain minerals and gemstones are used to create these formulations, such as *Manikya Pishti* and *Mukta Pishti*, made from ruby and pearl respectively. Their clinical applications include

improving general cooling of the system, relieving digestive problems and enhancing mental and cardiac well-being. These formulations are considered effective in the management of *Hriddourbalya*, *Sannipata Jwara*, *Garbhashaya Poshana*, *Jalodara*, *Udarakrimi*, *Raktapitta*, *Ojokshaya*, *Unmada*, *Manodosha*, *Vataroga* and *Amlapitta*, etc. The specific therapeutic applications of different *Pishtis* are as follows as depicted in **Table 1** (7-10):

Table 1. Therapeutic application of *Pishtis*

S. No.	Name of <i>Pishti</i>	Therapeutic Indications
1	<i>Manikya Pishti</i>	<i>Ojokshaya</i> , <i>Hriddroga</i> , <i>Kshaya</i> , <i>Shukrakshaya</i> , <i>Agnimandya</i> , <i>Daurbalya</i> , <i>Buddhimandya</i>
2	<i>Mukta Pishti</i>	<i>Raktatisara</i> , <i>Raktapitta</i> , <i>Manodosha</i> , <i>Unmada</i> , <i>Hriddroga</i>
3	<i>Pravala Pishti</i>	<i>Kasa</i> , <i>Pittaja Vikara</i> , <i>Manodaurbalya</i> , <i>Ojokshaya</i> , <i>Hriddaurbalya</i>
4	<i>Trunakantamani Pishti</i>	<i>Raktatisara</i> , <i>Raktapitta</i> , <i>Raktapradara</i> , <i>Raktaja Pravahika</i>
5	<i>Akika Pishti</i>	<i>Hriddroga</i> , <i>Pittaja Vikara</i> , <i>Kasa</i> , <i>Kshaya</i> , <i>Shiroroga</i> , <i>Vataja Vikara</i>
6	<i>Jaharmohra Pishti</i>	<i>Hriddaurbalya</i> , <i>Chardi</i> , <i>Daha</i> , <i>Visuchika</i>

S. No.	Name of Pishti	Therapeutic Indications
7	Tarkshya Pishti	Sannipata Jwara, Visha Vikara, Vamana, Amlapitta, Pandu, Malavarodha, Arsha, Shotha
8	Mukta Shukti Pishti	Amlapitta, Udavarta

Conclusion

Pisti is a special and useful dose form in the field of *Rasa Shastra*, by using a non-thermal, triturative preparation procedure it provides a sophisticated way to use delicate and heat-sensitive materials including precious stones, calcium-rich compounds and minerals, etc. Because of their *Sheeta*, *Soumya* qualities, *Pistis* are considered helpful in treating *Pittaja* diseases. The use of *Bhavana Dravyas* such as rose water, herbal liquids and *Kevada Arka*, etc. enhances their effectiveness. *Gomeda*, *Vaidurya*, *Tarkshya*, *Manikya*, *Mukta*, *Pravala*, *Neelam* and *Pushkaraj*, etc. are important materials which are used in the preparations of *Pistis*. *Mukta Shukti*, *Badarashma*, *Akika* and *Sangeyashma* are also employed in their preparation. The different types of *Pishti* are used in various conditions such as *Kasa*, *Manodaurbalya*, *Ojokshaya*, *Hriddaurbalya*, *Shukrakshaya*, *Agnimandya*, *Raktapitta*, *Unmada* and *Shiroroga*, etc. *Pishti Kalpas* facilitate quick absorption and assimilation of drug within the body. Being non-thermal and effective formulation *Pishti* provides substitute for heat-sensitive therapeutic ingredients.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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