



Review Article

A CRITICAL REVIEW ON HEMAGARBHA POTTALI: AN EFFECTIVE AYURVEDA FORMULATION

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ABSTRACT

One of the most significant branches of Ayurveda is *Rasa Sastra*, which deals with pharmaceutical preparations made from minerals and plants, such as *Kharliya rasayana*, *Parpati rasayana*, *Kupipakva rasayana*, and *Pottali rasayana*. One form of *Rasa aushadhi*, commonly referred to as emergency medicine, is *Pottali Rasayana*. There are various ways to prepare *Pottali Rasayana*. *Pottali Kalpana* is made in a way that is extremely different from other dosage forms, and it offers advantages including a tiny dose, a high potency, ease of handling, and a long shelf life. The specific technique is developed for potentiating the constituents and forming a complex with high therapeutic efficacy. The primary ingredients used in *Hemagarbha Pottali Rasa* are *Suddha Parad*, *Suddha Gandhak*, *Tamra Bhasma*, and *Swarna Bhasma*, which is combined with *Kumari Swarasa* to produce a compact form.

INTRODUCTION

Mercury has been utilised as medicine in *Rasashastra* for many years. One of the most cutting-edge mercurial preparations currently in the market is called *Pottali Rasayana*. Because of its advantages over conventional Ayurvedic medications, such as immediate action, stability, extended shelf life, portability, ease of dosing, and miraculous action in emergency medical situations, *Pottali Rasayana* is a powerful emergency drug. Examples of such well-known *Pottalis* in action include *Hema Garbha*, *Rajmriganka*, and *Ratna Garbha*. However, Vaidya still finds the pharmaceutical manufacturing process to be a difficult endeavour. It belongs to the category of formulations that need a standard operating procedure for preparation. Traditional techniques in-process quality assessment are still employed in the production of *Pottali*; nevertheless, standardised production requires validation, standardisation, and uniform expression of the parameters. The *Rasaratnakara* of *Nityanatha* in the 12th century A.D. has the first mention of *Pottali kalpana*.

The preparation of *Pottali* by *Gandhaka Dravapakva* in the context of *Vajra Pottali* is documented in *Rasaprakasha Sudhakara* from the 13th century A.D. *Gandhaka Drava* in an iron vessel was mentioned by *Yogaratanakara* in the 18th century. One of the *Pottali Kalpanas* described in *Rasa* literature is *Hema Garbha Pottali*. It is a significant gold therapeutic formulation.

Derivation of Hema Garbha Pottali

Hema Nirukti: 'Hinoti Vardhate Sphutati Veti. Hi+manin'= Swarnam (Gold)

Garbha- Garbhate Jeeva Sanjeeva Karma Phaladaatta. That possesses all the essence and that which gives life.

Pottali: Pottali- Potena Sansleshena Leeyate Iti. Pottalika- Vastrabaddha Dravyam.

The meaning of *Pottali* is, as to concise, to compact a substance, to minimize a substance, making into bundle, pocket of the substances or to put different substances into a bundle or pocket which means similar in case of *Pottali Kalpana*.

Necessity of Pottali Kalpana

All the inventions in each and every field of science are the solutions for the previous problems. Similarly certain points may be taken in to consideration for the origin and development of the *Pottali Kalpana*.

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They can be categorized as

1. Convenience
 2. Enhancement of properties
 3. Need of emergency medicine- The requirement for emergency medication- *Pottalis* are frequently used as *Atyayik Chikitsa*. Among the *Rasa Rasayanas*, they are extremely effective and only need to be used in tiny dosages.
- Convenience- Packing and transporting medications back in ancient times was a laborious task. In accordance with the needs of the patients, doctors weren't always readily available everywhere. So, *Pottali Kalpana* was created to eliminate this inconvenience. *Pottali* were the hard, solid, marble-like forms of medication that did not require special administration equipment or protective containers. The doctor used to carry the *Pottali* with him in his pocket, which reduced the hassle of transit and loss from breakage and mixing.

- Enhancement of Properties: In the ancient *Rasashastra* writings, this subject is not explained. However, *Rasa Shastra* claims that as the amount of Sulphur burned in *Jarita* and the duration of the procedure rise, so does the medicine's power when describing the processing of mercury. It is difficult to heat-potentiate the medicinal effects of mercury in liquid sulphur. Finally, doctors were in need of an emergency drug that required fewer preparations and tiny doses. To put it briefly, the *Pottali Kalpana* was created with a goal for improved potencies, ease of administration, fixation of doses, and transportation.

MATERIALS AND METHODS

All the *Rasashastra* related texts were evaluated. The text from *Rasendra Sara Sangraha*, *Rasa Prakash Sudhakar*, *Rasa Ratna Samuchchaya Yogaratnakar*, *Bhaishjya Ratnavali* etc and their respective commentaries were thoroughly gone through. Various articles, journals and related websites were searched.

RESULTS

References of Hemagarbha Pottali

Kala	Text name	Method
13 th cent	<i>Rasendra Sara Sangraha</i> ^[1]	<i>Putapaka</i>
13 th cent	<i>Rasa Prakash Sudhakar</i> ^[2]	<i>Bhudhar Yantra and Gajaputa</i>
14 th cent	<i>Rasa Ratna Samuchchaya</i> ^[3]	<i>Kapardpurana</i>
14 th cent	<i>Sharangadhar Samhita</i> ^[4]	<i>Kapardpurana, Putapaka</i>
17 th cent	<i>Rasa Kamdhenu</i> ^[5]	<i>Putapaka</i>
18 th cent	<i>Yogaratnakar</i> ^[6]	<i>Gajaputa, Sikta Yantra, Vitastimatra Bhugarta, Gandhaka Drava Swedana</i>
18 th cent	<i>Kaparda purana, Gajaputa, Gandhaka drava sweana Bhaishjya Ratnavali</i> ^[7]	<i>Kaparda Purana Gajaputa</i>
19 th cent	<i>Nighantu Ratnakara</i>	<i>Kaparda Purana Gajaput</i>
19 th cent	<i>Sidhdha Bhesaja Manimala</i>	<i>Gandhaka Drava Swedana</i>
19 th cent	<i>Ras Chandansu</i> ^[8]	<i>Gajaputa</i>
20 th cent	<i>Rasayana Sara</i> ^[9]	
20 th cent	<i>Ras Jala Nidhi</i> ^[10]	<i>Putpaka</i>

Classification of Hemagarbha Pottali according Gandhaka Paka

By Dola Yantra	<i>Rasavatara</i>
Without Dola Yantra	<i>Y.R.</i>
Primarily Swedana by <i>Krishara</i> then sulphur bath	<i>R.Y.S.</i>
<i>Gandhaka Taila</i>	<i>S.B.M</i>

Different Hemagarbha Pottali Mentioned In Rasa Yoga Sagara [11]

Name of the Pottali	Reference	Contents	Processing method	Indications
<i>Hiranya Garbha Pottali</i> [1] (Balagnikumara)	<i>Rasa. Chi.</i>	<i>Suwarna, Parada, (1:1)</i>	<i>Swedana, Puta Paka with Gandhaka</i>	<i>Rasayana, Prameha Jwara, Atisara, Ajirna, Pandu, kamala, Vata Vyadhi, Jara 1-1 Ratti</i>
<i>Hiranya Garbha Pottali</i> [2] (Hemagarbha Pottali)	<i>Yoga Ratnakara, Rasa Chandanshu</i>	<i>Suwarna, Parada, Gandhaka, Tamra (1:4:2:3)</i>	<i>Dola Yantra Gandhaka Paka</i>	<i>Kasa, Shwasa, Kshaya, Vata, Kapha, Grahani 4-4 Ratti</i>
<i>Hiranya Garbha Pottali</i> [3] (Hemagarbha Pottali)	<i>Yoga Ratnakara, Rasayana Sangraha, Nighantu Ratnakara, vaidya Vin.</i>	<i>Suwarna, Parada, Gandhaka, Tamra (1:6:2:6)</i>	<i>Puta Paka with Gandhaka</i>	<i>Kasa, Kshaya, Sarva Roga 1-1 Ratti</i>
<i>Hiranya Garbha Pottali</i> [4] (<i>Suwarna Garbha Pottali</i>)	<i>Rasayana Sara</i>	<i>Suwarna, Parada, Gandhaka, Tamra, Vanga, Kaparda, Shankha, Tankana, Mukta</i>	<i>Dola Yantra Gandhaka Paka</i>	<i>Grahani, Kshaya, Atisara, Jwara, Kasa, Mandagni. 2-2 Ratti</i>
<i>Hiranya Garbha Pottali</i> [5] (Hemagarbha Pottali)	<i>Rasayana Sara</i>	<i>Rasasindura, Suwarna, Mukta, Gandhaka, Tamra, Vanga, Naga</i>	<i>Sealing in Kaparda with Tankana, with Shankha Gajaputa then Gandhaka Paka</i>	<i>Sangrahani, Rajayakshma</i>
<i>Hiranya Garbha Pottali</i> [6] (<i>Maha Hemagarbha Pottali</i>)	<i>Yoga Ratnakara, Nighantu Ratnakara, Rasa Chandanshu, Vai. Chi., Rasayana Sangraha</i>	<i>Suwarna, Parada, Gandhaka (3:12:1)</i>	<i>Puta Paka with Gandhak</i>	<i>Kshaya, Kasa, Rajayakshma 1-2 Ratti</i>
<i>Hiranya Garbha Pottali</i> [7]	<i>Vaidyak Chintamani</i>	<i>Suwarna, Parada, Gandhaka, Tamra, Mukta, Praval</i>	<i>Gandhaka Paka</i>	<i>Kshaya, Vata, Kapha, Grahani 1-1 Ratti</i>
<i>Hiranya Garbha Pottali</i> [8] (<i>Apurva Hemagarbha</i>)	<i>Rasayana Sangraha</i>	<i>Suwarna, Parada, Gandhaka, Navasadara, Rasa Sindura</i>	<i>Putapaka with Gandhaka</i>	<i>Pakshaghata, Dhanurvata, Khanja, Dantabandha, Vata, Kapha 1-1 Ratti</i>
<i>Hiranya Garbha Pottali</i> [9] (<i>Shweta Hemagarbha</i>)	<i>Rasayana Sangraha</i>	<i>Talastha Chandrodaya, Rasakarpura, Naga, Vanga, Suwarna, Malla</i>	<i>Dola Yantra Gandhaka Paka</i>	<i>Shwasa, Kasa, Mahavata, Jwara, Bhagandara, Dantabandha, Shula, Gulma 1-1 Ratti</i>
<i>Hiranya Garbha Pottali</i> [10] (Hemagarbha Rasayana)	<i>Rasayana Sangraha</i>	<i>Gandhaka, Parada, Pravala, Mukta, Abhraka, Naga, Vanga, Tamra, Rajata, Suwarna</i>	<i>Puta Paka with Gandhaka</i>	<i>Shwasa, Kasa, Vata, Amavata, Unmada 1-1 Ratti</i>

<i>Hiranya Garbha Pottali</i> ^[11]	<i>Ra. Yo. Sa.</i>	<i>Parada, Gandhaka, Suwarna, Mukta, Hiraka, Tamra, Haratala, Kasturi, Amba</i>	<i>Krishara Paka then Dola Yantra Gandhaka Paka</i>	<i>Unmada, Sannipata, Rasayana 1 Brihi- 1 Ratti.</i>
<i>Hiranya Garbha Pottali</i> ^[12] (<i>Pita Hemagarbha</i>)	<i>Rasayana Sangraha</i>	<i>Manahshila, Haratala, Suwarna, Pita Somala</i>	<i>Dola Yantra Gandhaka Paka</i>	<i>Sannipata, Vajikarana 1-1 Brihi</i>
<i>Hiranya Garbha Pottali</i> ^[13]	<i>Rasayana Sangraha.</i>	<i>Rasakarpura, Suwarna, Somala,</i>	<i>Dola Yantra Gandhak a Paka</i>	<i>Sannipata 1-1 Ratti</i>
<i>Hiranya Garbha Pottali</i> ^[14] (<i>Hemagarbha Pottali</i>)	<i>Siddha Bhesaja Manimala</i>	<i>Parada, Gandhaka, Tamra, Rajata, Suwarna, Mukta, Haratala, Pravala, Loha, Abhraka,</i>	<i>Dola Yantra Gandhak a Taila Paka</i>	<i>Kshaya 1-1 Ratti</i>

DISCUSSION

Hemagarbha Pottali Rasa is a special metal based remedy that has been referenced in several *Rasasastra* literature and has the property of being able to treat all illnesses. It is used mostly in *Kshaya*, *Sosha*, and *Atisara* and is also known as *Rasayana*, *Yogavahi*, *Vrishya*, and *Sarv Vyadhi Nashak*. In all variations of *Kushtha Roga* and *Kasa*, *Shwasa*, *Gandik* is employed. *Swarna Bhasma* is effective in *Antra kshaya* and *Visama Jwara* and has the same *Guna* as *Madhur Rasa*. It is also used as *Vrushya*, *Medhya*, and *Rasayana*. *Tamra Bhasma* has qualities similar to *Lekhana* and *Pittasaraka*, and it can treat all *Kapha-* and *Pitta-* dominance-related illnesses.^[12] Despite this, the secretive preparation process and expensive cost of this formulation make it rarely used in clinical settings. There are four basic ways to make *Pottali*: *Gandhak Drava Swedana*, *Putpaka*, *Kapard Purana*, and *Valuka Yantra*. However, *Gandhak Drava Swedana* method is the most widely used.^[13]

CONCLUSION

Hemagarbha Pottali Rasa is *Sagni Sagandha Murchhana* of *Parad* along with other *Dhatus*. *Parad* is recognised as a fast thinker or *Yogavahi*. Because of *Agnisanskara*, prolonged heat of pattern, and media use for its paka, this drug has a lower dose but is more effective. Due to *Parad's* *Yogavahi* properties and the fact that it may be combined with other medications to boost their strength, the drug is simple to administer, easily absorbed even from the tongue, and has a longer shelf life. Despite claims to the contrary, these products are not extensively used and this medication is not produced on a significant scale. The manufacture of *Pottali Rasayana* on a wide scale and thorough documentation of standards and quality control should be encouraged by more pharmaceutical businesses.

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