



A REVIEW ARTICLE ON RASA JALA NIDHI (OCEAN OF INDIAN CHEMISTRY AND ALCHEMY)

Dr. Swathi K.S, Assistant Professor Department of Rasashastra and BhaishajyaKalpana, JayotiVidyapeeth Women's University Jaipur, Rajasthan, swathiks091@gmail.com

Dr. Priya K.pillai, Assistant Professor Department of PanchakarmaJayotiVidyapeeth Women's University Jaipur, Rajasthan

Dr. ShyamveerGurjar, Assistant Professor Department of Roganidana and Vikriti VignanaJayoti Vidyapeeth Women's University Jaipur, Rajasthan

Dr. Mayukh Sharma, Assistant Professor Department of Agadatantravyavahara- Ayurveda Evum VidhivaidyakaJayoti Vidyapeeth Women's university Jaipur, Rajasthan

Dr. Jyoti Yadav, Assistant Professor Department of KriyaSharirJayotiVidyapeeth Women's University Jaipur, Rajasthan

Dr. Deepak Sharma, Assistant Professor Department of Maulik-siddantJayotiVidyapeeth Women's University Jaipur, Rajasthan

Abstract- Rasa JalaNidhi is a compilatory book in Rasashastra, where it includes the matter from varied books that are extinct currently. The book is an ocean of Indian Chemistry and Alchemy of the 20th century. The present work is an expository of the text Rasa JalaNidhi and to focus on its contributions and specialities in the field of Rasashatra.

Keywords: Rasa jalanidhi, Rasashastra, Ayurveda.

I. INTRODUCTION

Rasashastra is a branch of Ayurveda which deals with a combination of metals, minerals and herbal drugs helps in forming herbo-mineral formulations. Rasa-Jala-Nidhi compilatory work in rasashastra, it includes the matter from various books that are extinct now and it is a style of compilation of Indic verses transmitted to us from generation to generation, either through oral tradition or by approach of citations occurring in ancient texts on drugs. This can be a terribly elaborate addition to Rasa Shashtra in Indic with English literature by the author himself. A Bengali scholar, the author, Bhudeva Mukherji, wrote this in five volumes, primarily based on the previous works.

II. CHAPTER-WISE DESCRIPTION OF RASA JALANIDHI

Volume 1 - Contains 8 chapters.

Chapter 1 – Rasasaadhanasyaprayojanaani – to begin with, he has mentioned Rasacharyalakshanam and ShishyaLakshanam. Rasashaalanirmaana, Rasa Linga, Rasa shaalaupakaranas are described here.

Chapter 2 – Shishyopanyana – deals with kalinistree description and Rasamantapa.

Chapter 3 – Rasaprasanga – brief description of Parada is available, synonyms of Parada, Rasapoojas, ParadaBheda are mentioned. Only 3 types of Parada are enumerated and have said that Rasa and Pavana are the two things that sustain life.

Chapter 4 – ParadaPrasanga – A detailed description of Parada available-Doshas of Parada, shodhitaParadalakshana, tyajyaParadalakshana, Paradaastadashasamskaras, hingulaakrustaparada. Also, a systematic way for the administration of Pathya for Paradayogas has been given. 1st first day virechana and upavasa; 2nd day krushara to be taken; 3rd day Aushadasevana. After discontinuing the medicine bhrigui and bilvaphala has to be taken for a couple of days. In the end, vyadhianusaaraParada yoga bhakshaneanupanas are mentioned.

Chapter 5 – Parada – Ranjana, and Vedhanasamskaras are explained in detail.

Chapter 6 – Yantra – 37 types of yantras, 15 types of mooshas, 10 putas are described in detail. The unique yantras include Khalachariyantra, Gouriyantra, chakra yantra and Bakayantra.

Chapter 7 – Paribhasha: In this chapter technical terminologies to be known for a Rasavaidya are enlisted and explained in detail. Also deals with dravyavarga and manaparibhasha.

Chapter 8 – AtiriktaVedhanaprakriyaSwarnakarna: various method for the conversion of lower metals into swarna and rajata are explained.

Volume 2: Contains 4 chapters.

Chapter 1 – Uparasa: different drugs are explained concerning their types, properties, shodhana, and maarana. These drugs are distributed in three groups as mentioned below.

Group I – Vajraabhra, makshika, vimala, shilajatu, tutthaka, capala, rasaka.

Group II – Gandhaka, gairika, kasisa, kankshi, haritala, manashila, anjana and kankushta.

Group III – Kampilla, gouripashana, navasara, kapardaka, agnijara, girisindura, hingula, mriddarashringaka and bhunaga.

In this chapter, all maharasa are explained but the term maharasa is not mentioned, also vaikranta has been excluded from the group of maharasa.

- Chapter 2 – Uparasa: gandhaka, gairika, kasisa, kankshi, haritala, manashila, anjana, kankushta are described. Rare varieties of haritala namely godantiharatala and vakadalalaratala are described.
- Chapter 3 – Sadharana Rasa: kampilla, gouripashana, navasara, kapardaka, agnijara, girisindura, hingula, mriddarashringaka, bhunaga are dealt here. Gouripashana is mentioned as the essence of haratala.
- Chapter 4 – Dhatu: dhatu classification as suddhaloha and Mishra loha with its description of swarna, rajata, and tamra are described in detail here. The remaining dhatus are dealt in third volume.
- Appendix – at the end of 2nd volume, an appendix has been added. 453 list of plants, their vernacular names & Latin names mentioned.

Volume 3 – Contains 11 chapters.

- Chapter 1 – Lauha: deals about loha and mandoora in detail.
- Chapter 2 – Yashada: naaga, vanga, and yashada are described in detail.
- Chapter 3 – Mishravarga : Deals regarding pittala, kamsya, vartaloha, triloha, triloharasayana are described in detail. Triloha – a unique preparation contains 25 parts gold, 16 parts silver, 10 parts copper (melted together) - one ratti every morning with madhu, sarpi, triphala, trikatu by following pathyapathya lives a healthy, happy and long life.
- Chapter 4 – Ratnaani: ratnasar 16 in numbers namely Vajra, marakata, manikya, mukta, nilamani, gomedaka, vaidurya, vaikranta/dagdahiraka, sphatika, chandrakanta, suryakanta, pravala, karkataka, pushparaga, rajavarta and bhismaka.

Uparatnas are 7 in numbers namely palanka, rudhira, puttika, tarkshaja, pilu, upala and sugandhikam.

Deals with Varieties, guna, characteristic features, properties, shodhana and maarana of each ratna and uparatnas.

- Chapter 5- Kshaara: its derivation, types, samanyaksharaguna, ksharanirmana and properties have been described here.
- Chapter 6- Lavana: description of all shat lavanas, samanyalavanaguna and atiyuktalavanagunalakshana has been mentioned.
- Chapter 7 – Visha: classification of visha into sthavara(10), jangama(16) and garavisha, different vishavegas, and its treatment is dealt with
- Chapter 8 – Upavisha: 13 number of upavishas are described. They are snuhi, arka, langali, dattura, vishamusti, gunjaa, karaveera, jayapaala, bhallataka, ativisha, ahiphena, jayapaala. Bhavana with panchagavya's has been mentioned as samanyashodhana for all the upavisha. Also, deals with visheshadravyashodhana.

- Chapter 9 – Tailapathana: The extraction of oil from seeds of any kind is described. Any kind of seed is to be powdered very finely and subjected to bhavana with arkapatraswarasa. Then, tightly confined in a piece of cloth and placed upon the pot in sun. The oil will come out of the bundle containing the seed.
- Chapter 10 – Sandhanavarga: three types of sandhanavargadravyas namely madiranvita, madiraheenabheshaja and amadira are explained.
- Chapter 11 – Paribhasha: different technical terminologies and 37 names of Rasasiddha's are enlisted.

Volume 4 – contains 6 chapters.

Chapter 1 –Rasabheshajasevanavidhi: the procedure of rasoushadhisevana - All rasoushadhis in any disease four entire pills should be taken once in 2-3 hours. Administered in this way until recovery, then reduced to 2 pills/day, later reduced to 1 pill/day, stopped after complete cure. All these oushadhadravyas should be given bhavana with madhu + with the specified bhavanadravyas for 12 mins and then ingested. Ekadhikadravyayogaad rasa bhaishajanirmaanavidhi, Pathyaapathya, dinacharya, ushapana, vyayamavidhi, parpatisevanavidhi are dealt with in detail.

- Chapter 2 – Jwara: types, lakshanas, Rasoushadhis useful in jwaracikitsa are told. 169 yogas are described. Parpati is also prescribed in jwara. Of these medicines named sarveshwara, vajra, vijaya, rasa, rasendra, sootendra, and jeevendra are the principal ones.
- Chapter 3 – Jwaratisaara: 23 yogas are told for this. In the same chapter 53 yogas are described for grahani of which 9 are parpatikalpas. Maheshparpati a unique parpati as sarvavyadhihara is explained.
- Chapter 4 – Agnimaandhyaahikaara: 48yogas are mentioned .
- Chapter 5 – Arshoadhikaara: 22yogas are described.
- Chapter 6 – Udara: 24yogas are told for udara. 28 yogas described for the treatment of yakrut and pleeharogas, 3yogas for udaavarta-aanahacikitsa.

Volume 5

In this volume different diseases and yogas are described. For Raktapitta- 14 yogas, Rajyakshma – 19 yogas, kasa -28 Swarabhedha – 2 yogas, Hrudroga – 9 yogas, Amlapitta – 10 yogas, Shoola – 43 yogas (8 Mandoorayogas), Gulma – 19 yogas, Krimi – 16 yogas, Pandu – 41 yogas, Arochaka – 2 yogas, Chardi – 3 yogas, Trushna – 3 yogas, Medoroga – 7 yogas, Karshya, Daha, MadatyayanitaVikara, Murcha – 2 yogas each, Apasmara – 6 yogas, Unmada – 9 yogas, Amavata – 11 yogas.

Unique Contributions of the Text

1. 3 Types of paradagatis.
2. Parpatis like Maheshparpati, Brahma Parpati, Nakuliparpati rasa, Unmattaparpati rasa has been mentioned and explained in detail.
3. 8 types of Mandurayogas like Koladimanduram, Gudamandura, etc has been explained.
4. Explanation regarding triloha.
5. The artificial preparation of SarjiKshara has been explained.
6. Shat lavana – Navasara / Chullika
7. Tailapatana using any kind of seed has been explained.
8. The unique yantras include Khalachariyantra, chakra yantra ,Gowriyantra, and Bakayantra

III. DISCUSSION AND CONCLUSION

Rasa jalanidhi is an important book of rasashastra which is a compiled practical and clinical oriented book it mainly deals with Lohavada and Dehavada giving more emphasis to Dehavada. Language of the text is Sanskrit text with English translation. All Rasa-Rasayanas have been explained. All Rasadravyas are termed as Uparasas and are classified into 3 groups. The author mentioned 370 rasa yogas in the volume 4

and 272 yogas in the volume 5. Paribhasas are explained in volume one last chapter and volume three last chapter. Sloka numbering trend is not seen in this book.

About the Author – Bhudev Mookerjee- is a Brahmin, Sankhya Vedantatirtha & Rasaacharya, descendant of sage Bharadwaja. His Father name was Harilala Deba and Mother Nistarini Debi resident of village Hastilala (situated on the banks of river Maurakshi in the ancient region of Gangarashtra – modern Rarh in West Bengal). Their family name was Mukhopadhyaya. The book was written by the author in Kalikshetra (Calcutta).

About the book -

This book is a compilation of different Rasashastra texts and has forty chapters and is divided into five volumes. Volume I contains 8 chapters. Volume II contains 4 Chapters. Vol III contains 11 Chapters. Vol IV contains 6 Chapters. Vol V contains 11 Chapters.

REFERENCES

1. Bhudev Mookerji, Rasa JalaNidhi, Parimal Publications, Delhi; Edition 2001, Vol I, II, III, IV & V