

A Brief Review of *Gandhaka Kalpa* Mentioned in *Rasa Tarangini*

Anjana. C.S

Ayurveda Physician, Guruvayoor, Kerala, India.

ABSTRACT

Sulphur which is commonly known as *Gandhaka* in Ayurveda literature is extensively used in therapeutics. The purified *Gandhaka* can be administered as a single drug with proper adjuvant. Such preparations are known as *Gandhaka kalpa*. In this study, a detailed literary review of *Rasa Tarangini* was done to understand different *Gandhaka kalpa*. The treatise *Rasa Tarangini* was written in the 20th century and is well known for its practical approach to various aspects of *Rasa Shastra* and *Rasa chikitsa*. Ten *Gandhaka kalpas* are explained in the eighth *Taranga* of *Rasa Tarangini*. Method of preparation, administration of *Kalpa*, and the *pathya* *apathyas* are described in this article.

Keywords: *Rasa Tarangini*, *Gandhaka*, *Gandhaka kalpa*, *Rasayana*

INTRODUCTION

Sulphur is known as *Gandhaka* in Ayurveda literature⁽¹⁾. It is known for its wide range of therapeutic efficacy. It is the first mineral in *uparasa*. It is having a peculiar smell hence the name *Gandhaka*⁽²⁾. *Gandhaka* is an integral part of various herbo-mineral medicines used in therapeutics. The purified *Gandhaka* can be administered as a single drug with proper adjuvant. Such preparations are known as *Gandhaka kalpa*. In Ayurveda, *Kalpa chikitsa* is prescribed for revitalization and overall improvement of health⁽³⁾. The method of preparation of *Gandhaka kalpa* and its judicious administration has been detailed by *Acharya Sadananda Sarma* in his treatise *Rasa Tarangini*. The treatise *Rasa*

Tarangini was written in the 20th century and is well known for its practical approach to various aspects of *Rasa Shastra* and *Rasa chikitsa*. The chapters of the text are known as *Taranga*. *Gandhaka* is explained in 8th *Taranga*. In this article, I tried to review the different *Gandhaka kalpas* explained in *Rasa Tarangini*.

METHODOLOGY

A detailed literary review of the eighth *Taranga* of *Rasa Tarangini* was done to understand ten different *kalpas* of *Gandhaka*.

RESULTS

Ten *Gandhaka kalpas* are explained in the eighth *Taranga* of *Rasa Tarangini*. Method of preparation administration of *Gandhaka kalpa* and the *pathya* *apathyas* are given below.

Gandhaka kalpa-I

Fine powder of purified *Gandhaka* is taken and then it is mixed with an equal quantity of *Triphala churna* (Fine powder of triphala). Mix the powders until it becomes a homogenous mixture. Three grams of this powder is administered to the patient along with *Bhringaraja svarasa* (extract of *Eclipta Alba*) ghee and honey. This *kalpa* can be administered alternately, ie. The mixture of *Gandhaka churna* and *Triphala churna* is triturated with *Bringaraja svarasa* for three hours and it is dried well and stored in an airtight container. While administering to the patient three grams of this powder is

given along with ghee and honey. The duration of this *kalpa* is three months. It is prescribed for chronic ailments. Judicious use of this *kalpa* is good for eyesight. Special *pathya* is also mentioned for this *kalpa*. Milk added with sugar, Shashtika rice, and any *sita virya dravya* are prescribed during the *kalpa kala* ⁽⁴⁾.

Gandhaka kalpa-2

Fine powder of purified *Gandhaka* is taken and then it is mixed with an equal quantity of *Amalaki churna* (fine powder of *Embllica Officinale*). This homogenous mixture is triturated with *Amalaki svarasa* (fruit extract of *Amalaki*) seven times and dried under shade. This powder is then triturated with *Salmali svarasa* (root extract/decoction or flower extract) seven times and dried under shade. The dry powder obtained is stored in an airtight container. One gram of this powder is given to the patient along with an equal quantity of sugar and honey. A glass of milk is taken after taking *kalpa*. This *kalpa* has to be continued for 30 months. This *kalpa* will bring back strong virility even for an aged person ⁽⁵⁾.

Gandhaka kalpa-3

This is a simple version of *Gandhaka kalpa*. 500 milligrams of fine purified *Gandhaka* powder is taken along with lukewarm milk for one month. It will enhance virility. If this *kalpa* is taken for 6 months, the person will have sharp eyesight (*divyadrishti*) and flawless skin. The radiance will enhance and skin will have a golden yellow colour ⁽⁶⁾.

Gandhaka kalpa-4

This is also a simple version of *Gandhaka kalpa*. 500 milligrams of fine *Gandhaka churna* is administered along with *Tila taila* (sesame oil) or *sarshapa taila*(mustard oil). A glass of hot water has to be taken after the intake of *kalpa*. The duration of this *kalpa* is 21 days. This *kalpa* is indicated for skin diseases like *pama* and other *kushta*(skin) diseases. It

will alleviate skin disorders and enhance the luster of the skin ⁽⁷⁾.

Gandhaka kalpa-5

Fine powder of purified *Gandhaka* is taken. It is mixed with equal quantities of *Pippali churna* and *Haritaki churna*. Two grams of this homogenous mixture is taken along with ghee and honey for 90 days. This *kalpa* has to be taken before food. There are no dietary restrictions during the administration of this *Gandhaka kalpa*. This *kalpa* help to enhance the radiance of the body. There will be a considerable improvement in physical strength, valor, and eyesight ⁽⁸⁾.

Gandhaka kalpa-6

Gandhaka which is purified in *Tila taila* is taken and powdered. 500 milligrams of this powder is taken along with honey. The duration of this *kalpa* is not given in the verses. This *kalpa* is prescribed for 11 types of *kshudra kushta*. Along with this *kalpa* another compound is also mention for *lepa* (topical formulation) over the skin. This *lepa* is prepared by taking an equal quantity of *Gandhaka churna* and *Maricha churna*. To this *Tila taila* (sesame oil) or *Sarshapa taila* (mustard oil) is added and triturated. Using *Apamarga svarasa* (juice of *Achyranthes aspera*) this mixture is applied all over the body or on the skin lesions. After the *lepa* got completely dried wash out the *lepa* with medicated water (water boiled with *Khadira*, *Haridra*, *Asana*, *Nimba* etc). This *kalpa* has to be administered for 14 days to cure all kinds of *kshudra kushta* ⁽⁹⁾.

Gandhaka kalpa-7

Fine powder of purified *Gandhaka* is taken and it is triturated with milk for three *bhavana*. This powder is again triturated with the following liquid mediums. *Triphala Kashaya* (decoction of *Triphala*), *Chathurjatha Kashaya* {decoction of *Twak*: *Cinnamomum zeylanicum*, *Pathra*: *Cinnamomum*

tamala, Ela: *Elettaria cardamomum*, Nagakesara: *Mesua ferrea*), *Guduchi svarasa* (*Tinospora cordifolia*), *Bhringaraja svarasa*, *Ardraka svarasa* (*Zingiber Officinale*), after the eighth *bhavana* process, the *Gandhaka* is dried well and stored in an airtight container. One gram of his *kalpa* has to be administered with an equal quantity of sugar. This *kalpa* is prescribed for 30 days. Some dietary restrictions are mentioned for this *kalpa*. Avoid eating food that has *kshara*, *amla*, and *lavana* taste. Avoid taking *dvidala dhanya* (pulses) and vegetables. The person should also avoid anger, stress, and sex during the *kalpa* ⁽¹⁰⁾.

Gandhaka kalpa-8

Fine powder of purified *Gandhaka churna* is taken and it is triturated with *Bringa raja svarasa*. The *bhavana* has to be repeated 2 more times. An equal amount of *Haritaki churna* is added to it and mixed well. On administration, ghee and honey are added to one gram of the mixture. The *kalpa* has to be continued for two months to get strong virility and physical strength even for an aged person. During the period of *kalpa* one has to take wholesome food in less quantity ⁽¹¹⁾.

Gandhaka kalpa-9

Fine powder of purified *Gandhaka* is taken in a *khalwa yantra* (mortar and pestle) equal quantity of purified mercury is added to this and triturated until we get jet black colored *kajjali*. To this equal quantity of *Triphala churna* and purified

Guggulu is added and triturated with *Triphala Kashaya* (decoction of *Triphala*). When the mixture becomes dry a little amount of *Eranda taila* (castor oil) is added to this mixture and pounded well to make it into a smooth homogenous mixture. It is then rolled into pills of 125 milligrams. One pill of this *kalpa* has to be administered twice daily to get the desired effect of the *kalpa*. The duration of this *kalpa* is one month. The *kalpa* is prescribed for chronic *vata*, *pitta*, *kapha* disorders. By judicious administration of this *kalpa* the person will attain sharp eyesight like *Garuda* (Eagle), physical strength like *Bheema* (a mythological character of *Mahabharatha*). The person will have a strong body like *vajra* (diamond). By *Vajra* like body *Acharya* indicates that the person will have an immune and strong body ⁽¹²⁾.

Gandhaka kalpa-10

An equal quantity of purified *Gandhaka churna*, *Triphala churna*, and *Bringaraja churna* is taken and mixed to obtain a homogenous mixture. Two grams of this powder is administered with a suitable adjuvant. The duration of this *kalpa* is one to six months. If the *kalpa* is administered daily for one month the person will get sharp eyesight and a strong body like *vajra*. If the person continued to take the *kalpa* for six months it will cure *palithya* (graying of hair) and *vali roga* (wrinkles of the skin) ⁽¹³⁾.

The ingredients, adjuvant, dose, duration, and therapeutic potential of ten *Gandhaka kalpa* is given in table no.1

Table no.1 Ten Gandhaka Kalpa of Rasa Tarangini

Kalpa	Ingredients	Anupana	Dose	Duration of kalpa	Therapeutic application
I	1.Purified sulphur powder – 1 part 2.Fine powder of equal quantity of <i>Terminalia chebula</i> , <i>Terminalia bellarica</i> , <i>Phyllanthus Emblica</i> - 1 part	1.Extract of the whole plant of <i>Eclipta Alba</i> 2.Ghee 3.Honey	½ masha (500mg)	3 months	1.Chronic ailments 2.sharpens the eyesight
II	1.Purified sulphur- 1 part 2.fine powder of <i>Phyllanthus Emblica</i>	1.Sugar 2.honey 3.milk		30 months	Increased sexual virility
III	Purified sulphur powder	Luke warm Milk	½ masha (500mg)	30 days	Increased virility

IV	Purified sulphur powder	Sesame oil/ mustard oil	½ masha (500mg)	21 days	Skin diseases like <i>Pama</i>
V	1. Purified sulphur powder-1 part 2. fine Powder of <i>Piper longum</i> – ½ part 3. Fine powder of <i>Terminalia Chebula</i> – ½ part	1.ghee 2.Honey	2 masha (2g)	90days	Increased virility Healthy skin <i>Divyadrishhti</i>
VI	Purified sulphur powder	1.Honey	½ masha (500mg)		11 types of kshudra kushta
	Lepa kalpa 1. Purified sulphur powder – 1 part 2. Fine powder of <i>Piper Nigrum</i> – 1 part	Juice of <i>Achyranthes Aspera</i>	E/A	14 days	Kshudra kushta
VII	Purified sulphur powder	1.Sugar	1 masha (1g)	30 days	Prameha Siro roga Soola Kushta Kshaya Koshta roga
VIII	1. Purified sulphur powder- 1 part 2. Fine powder of <i>Terminalia Chebula</i> – 1 part	1.Ghee 2.Honey	1 masha (1g)	60 days	Rejuvenation and Increased virility
IX	Gulika kalpa 1. Purified sulphur powder- 1 part 2. Purified Mercury- 1 part 3. Commiphora wightii- 1 part 4. Fine powder of equal quantity of <i>Terminalia chebula</i> , <i>Terminalia bellarica</i> , <i>Phyllanthus Emblica</i> - 1 part	Suitable adjuvant	1 ratti (125mg)	30 days	Kaphaja roga Vataja roga Pittaja roga
	1. Purified sulphur powder 2. Fine powder of equal quantity of <i>Terminalia chebula</i> , <i>Terminalia bellarica</i> , <i>Phyllanthus Emblica</i> - 1 part 3. Fine powder of <i>Eclipta alba</i> .	Suitable adjuvant	-	30days	Improves the eyesight

DISCUSSION

The medicine which nourishes all the seven *Rasadi Dhathu* is known *Rasayana*. It also has a great influence on the mind. It helps to delay aging, improve mental faculties, and develop immunity. *Naimittika Rasayana* is a type of *Rasayana* therapy utilized for specific curative purposes. It fastens the recovery from prevailing diseases⁽¹⁴⁾. These *Kalpa* cannot be prescribed without proper supervision. *Kalpa* therapy is an intense course of therapy that will follow a strict dietary and lifestyle regimen during and after the *Kalpa kala*. Though the ten therapeutic applications explained here are named here as *kalpa*, the dose of these *kalpas* is kept constant throughout *kalpa kala*. A reference of *Gandhaka kalpa* is also available in *Basavarajeeyam* text which is a formulation of *Gandhaka* used for all types of *kushta*⁽¹⁵⁾.

Gandhaka has *madhura* rasa (sweet taste) and *katu vipaka*. By its *ushna virya* it pacifies ama in the

gastrointestinal tract. It is *ati rasayana* (rejuvenates the body). The *rasayana* property enhances with the addition of proper adjuvant of higher therapeutic value. Therapeutically *gandhaka* is effective in various types of *kushta* (skin diseases), *kandu*, *visarpa*, *krimi*, and also in *visha*. It improves the appetite and normalizes the metabolism of the body⁽¹⁶⁾.

In the first and the last *Kalpa*, *Triphala churna* is given along with *Gandhaka churna*. *Triphala* is a well-recognized Ayurvedic medicine consisting of fruits of the plant species *Emblia Officinale* (Amalaki), *Terminalia bellarica* (Bibhitaki), and *Terminalia chebula* (Haritaki). Several studies have proven that *Triphala* has many potential uses. Apart from the laxative action of it has hepatoprotective, hypoglycemic, antioxidant, anti-inflammatory, immunomodulating, and anticancerous activity⁽¹⁷⁾. The other herb is *Bhringa raja* (*Eclipta Alba*). Which is a well-known

herb for hair growth. The oil processed with the extract of *Bhringa raja* is applied over the scalp for healthy hair. Apart from the *keshya* property, intake of *Bhringa raja churna* is *varnya* (improves skin complexion) *drishti vardhaka* (improves eyesight), improves the appetite. It is beneficial in chronic skin diseases chronic wounds, skin ulcers, atopic dermatitis (eczema) ⁽¹⁸⁾.

In the second *Kalpa, Gandhaka churna* is given along with *Amalaki churna* i.e. Dry powder of *Amalaki* fruit. Several studies have proven that *Amalaki* fruit is analgesic, anti-tussive, cardioprotective, gastroprotective, neuroprotective and anticancer, immune-modulatory, anti-oxidant, and anti-inflammatory properties ⁽¹⁹⁾.

Pama is a *tridoshaja roga* with a predominance of *pitta* and *kapha*. Clinical study have revealed that 95% of itching and oozing of *pama* can be cured with this *kalpa*. *Katu vipaka* and *ushna virya* of *Gandhaka* helps to alleviate *kapha* and *madhura rasa* alleviate *pitta* ⁽²⁰⁾. *Gandhaka Rasayana* is extensively used in the treatment of various skin and gastrointestinal disorders and in treating chronic non-healing wounds. For repairing or rejuvenating cellular functions, *gandhaka rasayana* plays a significant role ⁽²¹⁾. Generally *gandhaka churna* is effective in treating various types of skin diseases. Clinical study has proven the result of *Gandhaka Rasayana* in psoriasis ⁽²²⁾.

Gandhaka kalpa containing *Guggulu*, *Kajjali*, and *Triphala churna* is administered in the form of *gutika* (pill). Rasa of *Guggulu* is *tiktha* and *katu*. It is *trodosha hara* and indicated for *sthaulya*, *amavata*, *vata vyadhi*, *sodha* and *kushta*. *Guggulu* is a resin that is used in Ayurvedic medicine for joint care and immune care. It has strong immunomodulatory properties as it helps to increase the count of white blood cells. As an adjuvant with other drugs, it has proven remarkable results on therapeutics ⁽²³⁾.

CONCLUSION

In Ayurveda, *chikitsa* (treatment) is categorized into two. The first one is prescribed for the *svasta* (healthy person) to maintain his/her mental and physical strength, which is the preventive aspect of the treatment. The second type of treatment is for curative purposes. *Rasayana* comes under preventive therapy. The word *Rasayana* means the ways (*Ayana*) for attaining excellent *Rasadi Dhatus* ⁽²⁴⁾. *Rasayana chikitsa* can be done in different methods. *Kalpa chikitsa* is one among the *rasayana chikitsa*.

REFERENCES

1. Dr.Jain Kumar Pradeep DGPV. Introduction and pharmaceutical study of *gandhaka* (sulphur). Int Ayurvedic Med J. 2016;4(7): 1181–5.
2. Prasada Vasu Varada; Sabdakalpadrumam. Vasu H, editor. Varanasi Chaukhambha Surabharathi Prakasan; 301 p.
3. Singh NK, Singh RH. The Kalpa Method Of Therapy In Chronic Diseases. Vol. IX, Ancient Science of Life. 1989.
4. Sadananda S. Rasa Tarangini. First edit. Chaukhambha Surbharathi Prakashan; 2015. 128 p.
5. Sadananda S. Rasa Tarangini. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 128 p.
6. Sadananda S. Rasa Tarangini. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 128 p.
7. Sadananda S. Rasa Tarangini. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 128 p.
8. Sadananda S. Rasa Tarangini. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 129 p.
9. Sadananda S. Rasa Tarangini. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 129 p.
10. Sadananda S. Rasa Tarangini. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 129 p.
11. Sadananda S. Rasa Tarangini. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 130 p.
12. Sadananda S. Rasa Tarangini. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 130 p.

13. Sadananda S. *Rasa Tarangini*. First Edit. Chaukhambha Surbharathi Prakashan; 2015. 130 p.
14. Lakshmi KJ, College NRSKA, Road MG, Vijayawada AP. *Naimittika Rasayana Yogas of Medieval Texts*. Int J Curr Res. 2017;9(8):54343–9.
15. Babu.G;Dr.Rameshbabu.G DM. Pharmaceutical Standardization of *Gandhaka kalpa*. world J Pharm Sci. 2017; 6(14):718–24.
16. Dr.Panigrahi D. Pharmaceutico therapeutics of Sulphur (*Gandhaka*) an Ayurvedic Review. J Biomed Pharm Res. 2018;7(2): 54–60.
17. Peterson CT, Denniston K, Chopra D. Therapeutic uses of triphala in ayurvedic medicine. J Altern Complement Med. 2017;23(8):607–14.
18. Sidh V, Sharma O. Medicinal Use of *Bhringraja* (*Eclipta Alba Hassk* .): a Review Article. World J Pharm Med Res. 2019;5(7):39–40.
19. Pal Santhosh, Ramamurth A MB. Medicinal Uses of *Amalaki* (*Indian Gooseberry*): A Historical Review. Int J Sci Res Methodol. 2016;5(1).
20. Saroch V, Heal H. Efficacy of *Gandhak yoga* in *Pama* - A clinical study. An Introspect Clin view cases Irrit bowel Syndr. 2014;(January 2012).
21. Shetty P, Kedukodi P, Kamath S. *Gandhaka Rasayana* : Possible Role as a Modulator of Fibroblast Cell Function in Wound Healing. Int J Heal Sci Res. 2020;10(6):36–45.
22. Singh S, Gandhi P, Khawale D, Gayakwad P. Ayurvedic management of childhood psoriasis: A case report. Int J Green Pharm. 2016;10(2):132–5.
23. Rout OP, Acharya R, Mishra SK. Oleogum resin *Guggulu*: A review of the medicinal evidence for its therapeutic properties. Int J Res Ayurveda Pharm. 2012;3(1):15–21.
24. Kuchewar V, Borkar M, Nisargandha M. Evaluation of antioxidant potential of *Rasayana* drugs in healthy human volunteers. AYU (An Int Q J Res Ayurveda). 2014;35(1):46.

How to cite this article: Anjana CS. A brief review of *gandhaka kalpa* mentioned in *rasa tarangini*. International Journal of Research and Review. 2020; 7(12): 162-167.
