

AN APPRAISAL OF *ARKAKALPANA* (AN *AYURVEDIC* DISTILLED PHARMACEUTICAL) MENTIONED IN *RAVANASAMHITA* – A REVIEW

Dnyanesh Joshi¹, Preeti Borkar², Varun Gupta³, Mayuri Deshpande⁴, Shweta Parwe⁵

¹ Professor, Dept. of Samhita and Siddhant, Mahatma Gandhi Ayurveda College, Hospital & Research Center, Salod (H), Datta Meghe Institute of Higher Education and Research Wardha, (MH). ORCID ID : <https://orcid.org/0000-0002-4314-4640>

² Professor And Head of Dept. of Samhita and Siddhant, Mahatma Gandhi Ayurveda College, Hospital & Research Center, Salod (H), Datta Meghe Institute of Higher Education and Research Wardha. (MH). ORCID ID : <https://orcid.org/0000-0001-7862-4401>

³ Dept. of Samhita and Siddhant, Mahatma Gandhi Ayurveda College, Hospital & Research Center, Salod (H), Datta Meghe Institute of Higher Education and Research Wardha.

⁴ Dept. of Kayachikitsa, Mahatma Gandhi Ayurveda College, Hospital & Research Center, Salod (H), Datta Meghe Institute of Higher Education and Research Wardha.

⁵ Department of Panchakarma, Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (H), Wardha, Datta Meghe Institute of Higher Education & Research (D.M.I.H.E.R.) (D.U.), Wardha, Maharashtra, India

. ORCID ID: <https://orcid.org/0000-0002-6077-146X> Scopus ID- 55627109900.

Abstract -

Introduction: The *Ravana Samhita* is an Indian text that delves into diverse aspects of life, presented in the form of a dialogue between the legendary figure *Ravana* and his wife *Mandodari*. Beyond his negative qualities, *Ravana* possessed significant intellectual competence. He acquired expertise in a diverse range of fields, including Astrology, Architecture, Music, Yoga, Pulse diagnosis, and ancient medical sciences. In his text, *Ravana* highlighted the seventh section as '*Arkaprakash*,' dedicating it to an elaborate discussion on *Arkakalpna* and its therapeutic applications. Within the *Arkaprakash* section, an exhaustive account is provided on the diverse types of *Arka* (distilled extracts), along with a thorough exploration of their therapeutic applications and the detailed procedures involved in their preparation. **Aim&Objectives :** To appraise *Arkakalpna* mentioned in *Ravana Samhita*. **Material &Methodology:** This is a literary and conceptual article, materials used in this study

are *Ravan Samhita* published by Manoj Publication New Delhi and journal articles. **Result:** *Arka* demonstrates remarkable efficacy in the treatment and recovery from a variety of diseases. It possesses significant potency, an extended shelf life, and favourable palatability, making it a versatile and valuable therapeutic substance. **Conclusion :** The *Ravana Samhita* continues to be immensely practical and relevant in the contemporary era, especially concerning the diverse methods it outlines for preparing *Arka* to address various disorders.

Keywords : *Arkakalpana, Arkaprakash, Ravana Samhita, Nadi, Pulse*

1. Introduction -

Arka Prakasha is a Sanskrit literature found within the *Ravana Samhita*, part of a series of texts authored by *Ravana*, a devoted follower of Lord *Shiva*. The text contains a detailed dialogue between *Ravana* and *Mandodari*, where they engage in an extensive conversation. He provides detailed explanations for every process involved in the preparation of *Arka*. He has expounded on 10 chapters, denoting them as *Shataka*, with each chapter encompassing 100 verses. These verses offer explanations concerning the formulation of *Arka*. *Ravana* has considered *Arka* as one among *Panchavidha Kashaya Kalpana* (*Kalka, Churna, Rasa, Taila* and *Arka*)^[1]. *Acharya Charak* mentioned *Swarasa, Kalka, Kwath, Hima, Phant* as *Panchavidha Kashaya Kalpana*^[2] and *Acharya Sushrut* mentioned *Shadvidha Kashaya Kalpana*^[3].

The creator of this text, *Lankadipathi Ravana*^[4], is the grandson of the Brahmin sage *Pulasthya* and the son of *Vishwashrava*. *Ravana* is globally recognized for both his skill in battle and scholarly achievements. As the ruler of *Lanka*, he engaged in a significant conflict with Lord *Rama*. Despite being a distinguished scholar and scientist, his infamous deeds resulted in his tarnished reputation within society, according to historical accounts. He held the crown of *Lanka* and simultaneously earned title of scientist and scholar. King *Ravana's* pedigree is connected to *Pulastya* and *Malyavan* as his parents who are distinguished scientists. *Ravana* is believed to have made substantial contributions to the advancement of *Ayurveda*. *Arkaprakasha, Nadipariksha, Kaumaratantra, and Marmavijnana* are *Ravana's* works that explore into the domains of Pharmacology, Clinical examination, Paediatrics, and Surgery, respectively^[5].

2. Aim & Objectives -

2.1 Aim - To appraise *Arkakalpana* mentioned in *Ravana Samhita*

2.2 Objectives –

To study Arka Kalpana related literature on Ravana Samhita.

3. Material & Methodology -

Chapter Wise Explanation

Chapter 1: *Prathama Shatakam*

In this chapter, there is a conversation between *Ravana* and *Mandodari*. The chapter covers various aspects related to medicinal preparations, including different types of herbs (*Aushadhi*), their characteristics (*Lakshana*), useful parts, taste (*Rasa*), qualities (*Guna*), and the formulation of *Panchaushadhikalpa*^[6]. The preparation of *Arka*, an *Ayurvedic* distilled pharmaceutical, is discussed along with the use of *Arkayantra*^[7], a device associated with *Arka* preparation.

The focus extends to the preparation of *Arka* using *vishadravya* (poisonous herbs), employing different *Arkapaatra* (vessels for distillation). The chapter also explores into the role of *Arkavaidya* (physician skilled in *Arka* preparation), *Sevanavidhi* (method of administration), *Yogyar Arka* (suitable *Arka*), *Nishiddha Arka Sevana Dosha* (undesirable effects of inappropriate *Arka* consumption), and *Arkapana Vidhi* (process of collecting *Arka*).

Moreover, the chapter highlights the importance of *Shadagni Lakshanas*^[8], which include different types of digestive fires (*Dhumagni, Deepagni, Mandagni, Madhyamagni, Kharagni, Bhatagni*) used in the preparation of *Arka*. It also touches upon the concept of *Rogoddharaka Chakra*^[9], a cycle related to disease management.

In summary, this chapter provides a comprehensive exploration of medicinal substances, the preparation of *Arka*, and related considerations, offering insights into the principles, methods, and potential challenges associated with *Ayurvedic* pharmaceutical practices.

Chapter 2: *Dvitiya Shatakam*

This chapter provides a comprehensive understanding of the distillation process involving five different drug forms and their application. It covers the quantity of drugs required for *Arka* extraction, the suitability of drugs for distillation (*Arkayogyaaushadhi*), extraction techniques for various substances such as *Phala, Pushpa, Patra*, and others^[10]. The chapter details the aromatic process, fumigation for removing *Vatadidoshas* from *Arka*, classification of drugs into groups, and *Arka Nirgandhikarana*^[11] (process of eliminating unpleasant odours)

Furthermore, the text mentions specific drug names within different groups, outlines the procedure for preparing *Arka* from *Palandu* and *Lashuna*, and addresses the removal of undesirable odours^[12]. The chapter explores into the preparation of *Arka* from flesh (*Mamsa*)^[13] and includes information on allied preparations like *Kanjika, Tusodaka*, and *Arishta*.

Additionally, it provides insights into the preparation of *Arka* from *Madakadravya* narcotic substances^[14].

Chapter 3: Tṛitiya Shatakam

This chapter extensively covers the preparation of *Arka* from approximately 175 different drugs, emphasizing its significance in treating various diseases. Specific formulations and their applications are highlighted, providing insights into their therapeutic uses. Some examples include:

1. *Haritakyadi Dravya Arka*^[15]: The chapter likely discusses the preparation and uses of *Arka* derived from the *Haritakyadi* group of drugs.
2. *Shunthi Arka (Zingiber officinale)* ^[16]: Indicated for conditions like *Vibandha* (constipation), *Amavata* (rheumatoid arthritis), and *Shoola* (abdominal pain).
3. *Ardraka Arka(Zingiber officinale)* ^[17]: Prescribed for *Jwara* (fever), *Daha* (burning sensation), *Agni* (digestive fire), and as a *Deepana* (appetizer).
4. *Pippali and Maricha Arka (Piper longum& Piper nigrum)* ^[18]: Indicated for *Shwasa* (asthma).
5. *Pippali Moola Arka(Piper longum)* ^[19]: Recommended for conditions like *Pliha* (spleen disorders) and *Gulma* (abdominal tumors).
6. *Vidanga Arka (Embeliaribes)* ^[20]: Used in the treatment of *Pliha* and *Gulma Roga* (spleen and abdominal tumors).
7. *Samudraphena Arka (Borassus flabellifer)* ^[21]: Acts as a *Lekhana* (scraping) agent.
8. *Kampillaka Arka (Mallotus philippensis)* : Known for its *Virechana* (purgative) properties.
9. *Aragvadha Arka (Cassia fistula)*: Indicated in conditions like *Raktapitta* (bleeding disorders), *Udavarta* (retrograde movement of Vata), *Kandu* (itching), *Prameha* (urinary disorders), and *Kushta* (skin diseases).
10. *Devadali Arka (Luffa echinata Roxb)* : Used for treating *UdaraGulma* (abdominal tumours) and *Arsha* (piles).
11. *Sudarshana Arka*^[22]: noted for its *Ushna* (hot) nature and recommended in *Kapha* and *Vata* disorders.

In summary, the chapter provides a detailed account of distilled pharmaceuticals, covering the preparation of *Arka* from a diverse range of 175 medicinal substances and their applications in treating various ailments.

Chapter 4: *Chaturta Shatakam*

This chapter elaborates on the preparation and uses of *Arka*, a distilled herbal preparation, categorized according to six tastes (*Rasa*)^[23], as well as various groups like *Dhanya Varga* (cereal grains), *Pashu Varga* (animals), *Madhu Varga* (honey), *Pakshi Varga* (birds), and *Matsya Varga* (fish). The consumption of *Arka* is discussed in relation to different seasons.

Several specific formulations are mentioned:

1. *Trisugandhi Arka* (Three Aromatics)^[24]: Utilized for *Mala Bhedana* (purification of excreta) and *MukhaDaurgandhyahara* (elimination of oral odour).
2. *Trikatu Arka* (Three pungent Herbs)^[25], *Chaturushana Arka* (Four Pungent Herbs)^[26], *Panchakola Arka*(Five Pungent Herbs)^[27], *Ashtavarga Arka* (Group of Eight Medicinal Herbs)^[28], *Dashamoola Arka* (Group of Ten Roots)^[29]: These formulations likely have specific therapeutic applications.
3. *Jeevaniya Gana Varga* (Vitalizing Herb Group)^[30]: Associated with life-promoting properties.
4. *Viranjana Arka*: Used for purgation.
5. *Dugdha Kanda Arka* (Milky Tuberos Plant)^[31]: Preparation involving milk and specific herbs.
6. *Ashwatha Phala Arka* (*Ficus religiosa*)^[32]: Indicated for *Yoni Dosha* (gynaecological disorders).
7. *Vishanam Arka*^[33]: Application as a paste (*Lepa*) for treating *Gandamala* (goitre) and *Vataroga* (diseases related to *Vata*).

The chapter also mentions eight types of *Bhramara Bheda*^[34] (differentiated uses of bee honey) and *Gramya Pashu Arka*^[35], which enhances virility and prevents disorders related to excess semen (*Veerya Vardhaka, Atahara*).

Furthermore, it discusses the seasonal use of *Arka*:

- *Vasanta* (Spring):*Neem* (*Azadirachta indica*) and *Amrankura Arka*.
- *Greeshma* (Summer):*Gulab* (*Rosa rubiginosa*) *Arka*.
- *Varsha* (Monsoon): *Triphala Arka* (*Phyllanthus emblica*,*Terminalia bellirica*, *Terminalia chebula*)
- *Sharad* (Autumn): *Parijata Arka*. (*Nyctanthus arbortristis*)
- *Hemantha* (Winter):*Yavani Arka*. (*Trachyspermum ammi*)
- *Shirisha Nimbu Arka* (*Albizia lebeck*, *Citrus limon*) : Specific formulation for a particular season.

In essence, this chapter provides a comprehensive guide to the preparation and application of *Arka* in diverse formulations, addressing specific tastes, groups of substances, and seasonal considerations.

Chapter 5: *Panchama Shatakam*

This chapter focuses on the clinical administration of *Arka* formulations, detailing their applications in managing various health conditions. Some of the specific formulations discussed include:

1. *Jwarastambhaka Arka*^[36]: Used in the management of fever.
2. *Sheetajjwarahara Arka*^[37]: Employed in the treatment of fevers with a cold component.
3. *Vishamajwarahara Sura*^[38]: Indicated for treating intermittent fevers with irregular patterns.
4. *Sannipataja Jwarahara Arka*^[39]: Administered for fevers resulting from the simultaneous aggravation of all three *Doshas* (*Tridosha*).
5. *Atisarahara Arka*^[40]: Used for managing diarrhoea.
6. *Pravahikahara Arka*^[41]: Employed in the treatment of dysentery.
7. *Balarogahara Dhoopa*^[42]: A fumigation therapy designed to address diseases related to strength and immunity.

Additionally, various other *Arka* formulations are discussed for their therapeutic applications:

- *Krimighna Arka*^[43]: Antiparasitic formulation.
- *Kamalahara Arka*^[44]: Used in the management of jaundice.
- *Raktapittahara Arka*^[45]: Indicated for conditions associated with bleeding disorders.
- *Amlapittahara Arka*: Administered for acidity-related issues.
- *Rajyakshmahara Arka*^[46]: Used in the treatment of tuberculosis.
- *Kasahara Arka*^[47]: Employed for managing cough and wasting conditions.
- *Swasahara Arka*^[48]: Used in treating asthma.
- *Hikkaghna Arka*^[49]: Administered for hiccups.
- *Swarabhedaghna Arka*^[50]: Used for addressing voice-related issues.
- *Aruchighna Arka*^[51]: Indicated for lack of appetite.
- *Moorchahara Arka*^[52]: Administered in cases of fainting or unconsciousness.
- *Samjnaprabhodaka Arka*^[53]: Used to restore consciousness.
- *Vishaghna Arka*^[54]: Employed in treating poison-related conditions.
- *Nidra Tandahara Arka*^[55]: Used to alleviate sleep disturbances.
- *Madatyayahara Arka*^[56]: Administered for managing intoxication.

Furthermore, the chapter explores into formulations for addressing specific conditions such as *Madatyaya* (alcoholism), *Unmada*^[57] (insanity), *Apasmara*^[58] (epilepsy), *Vatapittahara* (conditions related to *Vata* and *Pitta doshas*), *Pramehahara* (diabetes), *Dehadaurgandhyahara* (body odor), and *Kushta* (skin diseases), among others.

Chapter 6: Shashta Shatakam

This chapter provides insights into the treatment of surgical diseases such as *Galaganda*^[59](goiter), *Gandamala*^[60] (swellings in the neck), *Granthi*^[61] (nodules), *Arbuda* (tumors), etc., using different *Arka* formulations. The text explains a procedure for incising wounds without resorting to surgical intervention.

Key formulations and their applications include:

1. *Sarva Vrana Ropana Arka*^[62]: This formulation is designed for the healing of all types of wounds. The chapter details its composition, proportion, procedure, and indications.
2. *Sandhibhagnahara Arka*: Used for treating fractures.
3. *Nadivranahara Arka*^[63]: Administered in the management of sinus-related conditions.
4. *Visphota Rogahara Arka*: Employed for the treatment of abscesses.
5. *Phirangahaara Arka*^[64]: Used for the management of certain skin diseases.
6. *Shanka Drava Arka* & *Drona Pushpa Arka*: Both are *Parada Yoga* formulations, likely involving the use of mercury-based ingredients.
7. *Masurikahara Arka*^[65]: A formulation with specific therapeutic properties.

Additionally, the chapter discusses the origin of diseases and touches on various aspects related to the emergence of illnesses (*Rogadinam Utpatti Anyavishayaska*).

A unique element in the chapter is the mention of a conversation between *Brahma* and *Shiva*, providing a context that may offer philosophical or mythological perspectives related to the subject matter.

Chapter 7: Saptama Shatakam

This chapter primarily focuses on various sets of diseases and their management. Here are some key points covered:

1. *Khsudraroga*^[66]: Discusses minor diseases or ailments.
2. *Shiroroga*^[67]: Encompasses disorders related to the head.
3. *Netra Roga*^[68]: Deals with diseases of the eyes.
4. *Netra Tarpana Vidhi*^[69]: Explains different methods of eye nourishment or therapies for eye disorders.
5. *Netrarohara Arka*: Likely formulations designed for eye-related conditions.
6. *Karnaroga*^[70]: Involves disorders of the ears.

7. *Nasaroga*^[71]: Pertains to diseases of the nose.
8. *Mukharoga*^[72]: Covers diseases of the oral cavity.
9. *Vishopakarana*^[73]: Describes the processing of poisonous substances.
10. Management of *Visha* (Poison): Likely includes treatment strategies for poisoning cases.
11. *Shiroroga* Management: Provides insights into the treatment of disorders affecting the head.
12. Management of Vaginal Diseases^[74]: Discusses the therapeutic approach to conditions related to the female reproductive system.
13. *Yoniroga Chikitsa Sutra*: Focuses on the principles and methods of treating gynecological disorders.
14. *Balaroga*^[75]: Deals with pediatric diseases or disorders in children.
15. *Vajikarana*^[76]: Encompasses aphrodisiac therapies or treatments for enhancing sexual potency.
16. Different Types of *Arka*: Likely involves various formulations of *Arka* for diverse medical purposes.
17. *Godhuma Payasa*^[77]: Possibly a preparation involving wheat, used as a nourishing food or medicinal substance.

The chapter thus appears to cover a wide range of diseases affecting different parts of the body and provides insights into their respective management and treatment strategies.

Chapter 8 :Ashtama Shatkam

This chapter explores into a diverse range of applications and practices associated with *Arka*, covering both practical and esoteric aspects. Here are some key points covered:

1. *Vashikarana*^[78]: The use of *Arka* for enhancing one's control or influence over others.
2. *Unmadyakara*^[79]: The application of *Arka* in treating conditions related to insanity or mental disorders.
3. Effective Administration of *Arka*: Guidelines and methods for the efficient and beneficial use of *Arka*.
4. Perfection of Incantation: Techniques for mastering the chanting or recitation of sacred verses or incantations.
5. Process of Maliciousness (*Vidvesha*): Potentially involves practices related to generating ill will or animosity.
6. *Uchatikarana*^[80] (Enemy Eradication): Techniques or rituals for eliminating adversaries.

7. *Buddhistambhana*^[81] (Stabilization of Wisdom): Methods to enhance and stabilize intellectual faculties.
8. *Shatru Parajaya Vidhi* (Defeat of Enemy): Strategies for overcoming or defeating adversaries.
9. *Koutukakarana Vidhi* (Astonishing Application): Practices that evoke wonder or amazement.
10. *Marana Vidhi*^[82] (Killing Application): Techniques or rituals associated with causing harm or demise.
11. *Adhrushyakarana*^[83] (Disappearing): Practices related to invisibility or disappearing.
12. *Mohana Karana Vidhi*^[84] (Enchanting): Techniques for enchanting or captivating others.
13. *Agnistambhana*^[85] (Fire Retaining): Possibly involves methods for controlling or harnessing the power of fire.
14. *Jala Stambhana*^[86] (Water Stabilizing): Methods for controlling or manipulating water.
15. *Vayubhramnana Vidhi* (Air Manipulation): Practices associated with controlling or influencing air.
16. *Buddhi Bhasmikanana Yoga*^[87] (Intellect Transformation): Techniques for transforming or enhancing intellectual abilities.
17. *Sambhoga Sandhikara Yoga*^[88] (Enhancing Pleasure): Practices related to intensifying or enhancing sensual pleasure.
18. *Khshudhvadha Yoga*^[89] (Hunger Suppressing): Techniques for suppressing or controlling hunger.
19. *Chourya Raksha*^[90] (Thief Safety): Methods for protecting oneself from theft or robbery.
20. *Sarva Kanya Siddhi Karaka Vidhi* (Attaining Success in All Undertakings): Practices for achieving success in various endeavors.

It's important to note that the esoteric or mystical nature of these practices may vary, and their interpretation could depend on cultural, religious, or philosophical contexts.

Chapter 9: Navama Shatakam

This chapter provides an extensive classification of different types of *Gana Varga* (groups or categories) and elaborates on the properties and utility of specific *Arka* formulations within these groups. Some key classifications and their utility are outlined:

1. *Nadiposhaka, Netrya, Lavana, Ksharadigana Arka*^[91]: These are classifications of *Arka* formulations based on their properties, such as being nourishing for channels

(*Nadiposhaka*), beneficial for the eyes (*Netrya*), having a salty taste (*Lavana*), and containing alkalis (*Ksharadigana*). The text likely explains the applications of *Arka* from each of these categories in different diseases.

2. *Vamana, Ranjana, Twachya, Upavisha, Shimbi Dhanya, Kshudra Dhanya, Parashaka*^[92]: These classifications likely represent different groups of *Arka* formulations with specific therapeutic properties. For example, *Vamana* may be associated with emetic properties, *Ranjana* with coloring or cosmetic properties, *Twachya* with skin benefits, and so on.
3. Different *Pakshi Gana*^[93]: Classifications of *Arka* based on avian characteristics.
4. *Gramya Pashu Gana, Matsya Gana*^[94], *Pachaka Gana, Ushna Gana, Deepana Gana, Poushtika Gana*^[95], *Vataghna Gana, Krimighna Gana*: These classifications likely represent *Arka* formulations associated with various properties such as being suitable for domestic animals (*Gramya Pashu*), beneficial for digestion (*Pachaka*), having heating properties (*Ushna*), and so forth.
5. *Vriksha, Gulma Gana, Kusuma Gana, Valli Gana*^[96]: Classifications based on botanical characteristics, possibly related to trees, plants, and flowers.
6. *Dhoopa Gana, Sugandhi Dravya Gana*^[97]: These classifications may relate to *Arka* formulations used in fumigation and those containing aromatic substances.
7. *Dhatu Varga, Rasa Varga, Uparasa Varga, Ratna Varga, and Uparatna Varga*^[98]: Classifications based on categories such as minerals (*Dhatu*), tastes (*Rasa*), subcategories of tastes (*Uparasa*), gemstones (*Ratna*), and secondary gemstones (*Uparatna*).

The chapter likely details the properties, characteristics, and applications of *Arka* formulations within each of these classifications, providing a comprehensive understanding of their utility in different contexts and diseases.

Chapter 10: *Dashama Shatakam*

This chapter primarily focuses on the purification (*Shodhana*) and preparation of various substances, including metals and minerals, for therapeutic use. Here are some key points covered:

1. *Dhatushodana*^[99]: Refers to the purification of minerals and metals.
2. *Marana&Bhasma Guna*^[100]: Discusses the methods of incineration and the qualities of *Bhasma* (ashes or calcined substances).
3. *Upadhatu Shodhana&Marana*^[101]: Describes the purification and preparation of sub-products or derivatives.

4. *Sindhura Sevana Vidhi*^[102]: Outlines the method of consuming purified mercury.
5. *Ratna Shodhana&Marana Vidhi*^[103]: Discusses the purification and preparation of gemstones.
6. *Uparasa Shodhana Vidhi*^[104]: Describes the purification method for secondary minerals.
7. *Visha Shodhana Vidhi*^[105]: Provides insights into the purification process of poisonous substances.
8. *Uttama Vanga Swaroopa&Bhasma Guna, Yashada Swaroopa&Bhasma Guna, NagaSwaroopa&Bhasma Guna*: Describes the forms and qualities of purified and calcined substances like *Uttama Vanga*, *Yashada* (zinc), and *Naga* (lead).
9. *Loha Bhasma Uses According to Different Anupana*: Specifies the use of iron-based ashes (*Loha Bhasma*) with different carrier substances (*Anupana*) for treating various conditions related to *Vata*, *Pitta*, *Kapha*, *Sandhi Roga*, and *Pandu*.
10. *Ashuddha Loha Bhasma Sevana Vikara*: Discusses the adverse effects or side effects of consuming impure iron ashes.
11. *Parada Shamshodhana Vidhi, Darada Shodhana*^[106]: Details the purification methods for mercury (*Parada*) and sulphur (*Darada*).
12. *Haratala Bhasma Anupana Vidhi*^[107]: Explains the method of administering purified arsenic sulfide (*Haratala Bhasma*).
13. *Elimination of Adverse Effects of Visha Dravya*: Discusses methods to counteract or neutralize the harmful effects of toxic substances.

This chapter provides a comprehensive guide to the purification and therapeutic application of various substances, emphasizing the importance of proper preparation to ensure safety and efficacy in *Ayurvedic* treatments.

4. Discussion :

This classic manuscript, authored by *Lankadipathi Ravana*, extensively discusses the preparation of *Arka* while emphasizing the significance of both *Rasashastra* and *BhaishajyaKalpana*. *Arka*, recognized for its extended shelf life and enhanced palatability, is highlighted as a potent formulation among the five types of medicinal preparations elucidated by *Ravana*, including *Kalka*, *Churna*, *Rasa*, *Taila*, and *Arka*^[108]. The treatise provides detailed insights into the instruments employed for *Arka* preparation, underscores its importance and suitable accompanying substances (*Anupana*)^[109]. The tools needed to prepare *Arka* are *Dravya*, *Patra*, *Yantra*, *Chulha*, *Kastha* (wood fuel), and *Arka sangrahana patra*. The literature mentions seven distinct categories for *Arka* classification^[110]. The different varieties of *Arka*

preparations, their water extraction ratios, and seasonal applications are elucidated. *Ravana* also offers guidance on the administration of *Arka* for various ailments, both internally and externally^[111]. The text explores into different categories (*Varga*) and purification methods (*Shodhana Marana*) for various *Rasaushadhi* (mineral and metallic drugs)^[112]. The text is recognized as a unique and comprehensive resource on the subject of *Arka Kalpana*, showcasing the depth of knowledge and expertise in *Ayurvedic* pharmaceutical preparations.

5. Conclusion:

This significant book provides detailed insights into the diverse methods employed for the preparation of *Arka*, shedding light on the instruments utilized and the varied water-to-substance ratios crucial in the *Arka*-making process. Notably, the text outlines five fundamental principles for crafting medicines, with *Arka* being regarded as a particularly potent formulation. The book also discusses the consumption of *Arka* tailored to different seasons, offering a comprehensive understanding of its adaptability. The author classifies various substances into *Gana*, creating *Arka* formulations from them. Additionally, the book explores the unconventional preparation of *Arka* from flesh.

Furthermore, the text delves into the purification (*Shodhana*) and incineration (*Marana*) processes for different *Rasaushadhis* (mineral and metallic drugs), providing valuable insights into these crucial aspects of medicinal preparation.

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PB – Review and supervision

VG- searching the references

MD – Editing and Review

SP- Visualization. and editing

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