

AYURVEDA CONCEPT OF PUTA AND ITS ROLE IN BHASMIKARANA PROCESS

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ABSTRACT

Ayurveda maintain synchronization of human well being with natural rhythm. The metals and minerals based formulations used from ancient period for various medicinal purposes. These herbo-mineral drugs offer several advantages and wide range of applicability therefore used extensively according to the principle of *Rasashastra*. This stream reveals spectrum of metallic and organometallic preparations which are being formulated by special processes known as *Shodhana* and *Marana*, etc. *Bhasma* is one such preparation of Ayurveda *Rasashastra* which is prepared by these all processes called *Bhasmikanara*. The various procedures involves in the preparation of *Bhasma* comes under the heading of *Bhasmikanara*. One critical process involves here is called *Putra* which play vital role in the success of *Bhasmikanara*. Placing the substance inside a container and subjecting for heat exposure using various sizes of pits, known as *Putra*. This step generally performed under specific conditions for a set period to ensure incineration of material. This article explores Ayurveda concept of *Putra* and its role in *Bhasmikanara* process.

KEYWORDS: Ayurveda, Rasashastra, Putra, Bhasma, Bhasmikanara.

INTRODUCTION

Bhasmikanara is a term resembling procedures that converts metals along with other materials into *Bhasma*. This step removes toxic nature of metals and enhances their medicinal properties by virtue of their improved pharmacokinetic profile. This conversion into *Bhasma* provides advantage of nano-size medicine since particle size of metal reduces significantly. Finer particles allow better absorption and assimilation therefore *Bhasma* offers quick and potent action. *Bhasmikanara* not only provides small particle size, but also ensures absence of metallic shine and eliminate toxicity of raw metals. *Bhasmikanara* as a critical process mainly involves incineration of metals and minerals which brought by various approaches.^[1-4]

Bhasmikanara

- ✓ **Shodhana:** Metals undergo purification to remove impurities and toxic elements. This involves washing, heating and treatment with herbal decoctions, etc.
- ✓ **Marana:** The purified substance subjected to controlled heating after being mixed with herbal decoctions. This repeated several times, multiple cycles of heating until the substance is transformed to a fine ash (*Bhasma*).

- ✓ **Bhavana:** After incineration, the substance triturated with herbal juices to achieve desired physicochemical properties.

Importance of *bhasmikanara*

- ✚ *Bhasmikanara* purifies metals and minerals.
- ✚ Enhances therapeutic properties of metals and minerals being used in process.
- ✚ Incineration process converts metals into a form that can be easily assimilated and thus improves absorption as well as bioavailability.
- ✚ Size reduction gives advantages of low dosing and high efficacy.

Concept of *puta*

Putra plays crucial role in *Bhasmikanara* process since it facilitates proper heating of *Rasadi dhatu*. *Putra* provides ideal heat in controlled manner through cow dung cakes that generate necessary fire for achieving *Paka*. *Putra* determine state of *Samyak Paka* which is essential for *Bhasmikanara* process. *Rasadavyas* mainly *Bhasma* prepared by multiple processes including *Shodhana*, *Mardana*, *Dhalana* and *Jarana*, etc. *Agni* play pivotal role in the preparation of *Bhasma* and *Putra* systems provides necessary heat for such types of preparation.^[4-6]

Putra is referred to heating system which determines specific heat in controlled manner required for converting metal into ashes/*Bhasma*. Ayurveda suggested successive *Putras* for particular compound to be prepared as per the ancient texts till to get desired quality and fineness of *Bhasma*. Here *Putra* maintain optimum heat neither excessive nor insufficient for preparing *Bhasma*. The number of *Putras* depends on the nature of compound being subjected for processing. Ancient texts mentioned repeated cycles of *Putras* for achieving appropriate quality of finished product. For example compounds like *Shukti*, *Kaparda* and *Sankha* require up to three *Putras* while gold and copper require several *Putras* for complete processing.^[6-9] The major categories of *Putra* are depicted in **Figure 1**.

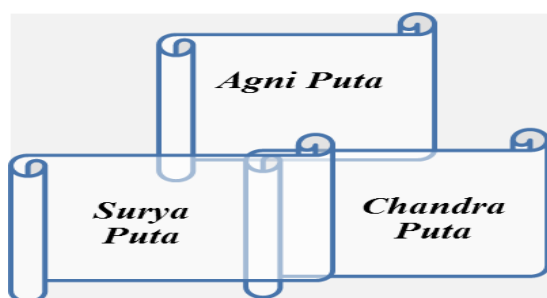


Figure 1: Types of *putra* based on the source of heat.

Based on the source of heat *Putra* are three types *Agni Putra*, *Surya Putra* and *Chandra Putra*. *Agni Putra* involves heating through fire, *Surya Putra* involves heating through sun rays and *Chandra Putra* involves heating through moon rays. In *Chandra Putra* drug materials is subjected to *Bhavana* with specified liquid and placed under moonlight. *Praval Bhasma* can be prepared by this method. In *Surya Putra* material is exposed to sunlight after being subjected for *Bhavana* while in *Agni Putra* artificial heat sources are used for *Putra* depending on the intensity of heat required. In *Agni Putra*, *Lavaka* and *Kapota Putra* are used for *Mrdu Agni*, *Kukkuta Putra* and *Varaha Putra* is used for *Madhyama Agni*, *Gaja Putra* and *Maha Putra* are used for *Tivra Agni*.

Putras should be continued until the *Bhasma* achieves *Nirutthatva* and *Varitaratva*. Specific *Putra* are indicated for specific metals as follows

- For *Svarna* and *Rajat*, *Kukkut putra* is indicated.
- For *Tamra*, *Kashtaj Agni* is indicated.
- For *Abhtrak*, *Mahaputra* is indicated.
- For *Naag* and *Vanga*, *Kukkut putra* is indicated.

When there is no specific indication, the type of *Putra* should be decided after considering the *Bala* or *Abala* of the *Dravya* to be processed.^[8-10]

The components of *Putra* are *Samputa*, *Upala* and *Chakrikas*. *Samputa* is place where pellets are kept; here different *Samputa* are used including *Kamsya Samputa*, *Lavana Samputa*, *Suranakanda Samputa* and *Sharava Samputa*, etc. *Samputa* should be inert and heat stable. *Upala* generate heat in *Putras* which include *Chagana*,

Girinda, *Upalasthi*, *Utpala*, *Karisa* and *Upala*, etc. The uniform round pellets are called *Chakrikas* used in *Putra* processing.

The various procedures or steps involved in *Putra Vidhi* are as follows

- Collection of drug material and subjecting to *Shodhana* procedure
- *Churnikarana* (Grinding to decrease size)
- *Bhavana* (Impregnating drug with herbal decoctions)
- Formation of *Chakrikas* (Pellets)
- Sealing (Placing dried pellets in *Sarava* and Sealing with the help of clay-smear cloth)
- Heating of sealed plates in controlled manner.

These all steps ensure effective preparation of medicines and also reduce impurities while enhancing therapeutic values.^[5-8]

Significance of *putra*

- ✓ In *Bhasmikarana* it converts metals into *Bhasma*.
- ✓ *Putra* processing removes harmful effects of the metal and minerals.
- ✓ It enhances quality, improves *Gunas* of substances.
- ✓ *Putra* converts material into *Laghu* form and transforms mineral and metal into lighter component.
- ✓ Proper heat can be supplied by this process, it ensure correct amount of heat for incineration.
- ✓ *Putra* helps to produce *Supachya* and *Supakwa Bhasma*.
- ✓ Heat flows from a hot surface to a cold surface thus maintain uniformity of heat transfer.
- ✓ Facilitate easy heat flow throughout the procedure as per requirement.
- ✓ Amount of heat evolved in a chemical change is remains same, regardless the number of steps.
- ✓ The energy absorbed and required for transformation remains in balance state during *Putapaka*.^[7-10]

CONCLUSION

Putra is method which converts metals and minerals into *Bhasmas*, ultimately results nano-particle making them more bio-available. Number of *Putra* cycles directly related with finer particles and ideal *Bhasmas* only obtained by proper *Putra* process. *Putra* plays role in achieving desired quality of *Bhasma*, thus considered crucial for *Bhasmikarana* process. *Putra* process facilitates absorption and assimilation of drug within the body. The concept of *Putra* is based on heat theory which provides different intensity of heat/energy according to the requirement. *Putra* not only removes harmful effects of the metal and but also enhances their therapeutic quality. Therefore *Putra* processing considered useful for *Bhasmikarana*.

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