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PHARMACEUTICAL PREPARATION OF PRATAPAMARTTANDA RASA: A CLASSICAL AYURVEDIC FORMULATION

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ABSTRACT
Pratapamarttanda Rasa is a classical herbo-mineral formulation described in Ayurvedic literature for the management of Jwara (fever). The preparation of such formulations involves meticulous pharmaceutical processes to ensure safety, efficacy, and therapeutic potency. This study documents the stepwise pharmaceutical preparation of Pratapamarttanda Rasa according to classical guidelines of Rasa Shastra. Key processes such as Shodhana (purification) and Churnikarana (powdering) were carried out for ingredients including Vatsanabha, Hingula, Jaipala, and Tankana. Each purification method was designed to eliminate toxic components and enhance medicinal properties. The final product was prepared in the form of vati (tablets) and evaluated for organoleptic characteristics. The formulation exhibited brick-red color, spicy odor, and coarse texture. The study highlights the importance of classical pharmaceutical procedures and practical expertise in ensuring the quality and safety of Ayurvedic formulations.

KEYWORDS: *Pratapamarttanda Rasa, Rasa Shastra, Shodhana, Ayurvedic pharmaceutics, Jwara*

INTRODUCTION

Ayurveda, the ancient system of medicine, emphasizes the transformation of natural substances into effective therapeutic agents through well-defined pharmaceutical processes. Among its specialized branches, *Rasa Shastra* deals with the use of metals, minerals, and herbo-mineral compounds. These substances, though potent, can be toxic if not processed correctly. Hence, classical texts have described detailed purification (*Shodhana*) and processing methods to ensure safety and efficacy.

Pratapamarttanda Rasa is a well-known formulation mentioned in Ayurvedic texts for the management of fever. It contains potent ingredients such as Vatsanabha (Aconitum ferox), Hingula (cinnabar), Jaipala (Croton tiglium), and Tankana (borax), all of which require purification before therapeutic use. The importance of practical experience (*Karmabhyasa*) is emphasized in classical texts, as pharmaceutical procedures require skill and precision.

MATERIALS AND METHODS

Raw Materials

The ingredients used in the preparation were:

- Shodhita Vatsanabha
- Shodhita Hingula
- Shodhita Jaipala
- Shodhita Tankana
- Jala (water, Q.S.)

All raw materials were procured from local sources and authenticated based on classical *Grahya Lakshanas*.

Purification Procedures (Shodhana)

1. Vatsanabha Shodhana

Vatsanabha roots were cleaned, cut into small pieces, and tied into a cloth bundle (*pottali*). This was immersed in Gomutra and exposed to sunlight for three days, with daily replacement of Gomutra. Afterward, the outer layer was removed, and the material was washed and dried. The process reduced toxicity, as indicated by the absence of tingling sensation.

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2. **Hingula Shodhana**
Hingula was triturated with fresh ginger juice (*Adraka Swarasa*) continuously for seven days. The process involved repeated grinding, which enhanced softness and removed impurities.

3. **Tankana Shodhana**
Tankana was heated in an iron pan under mild heat. It initially liquefied and then transformed into a white, porous mass due to dehydration.

4. **Jaipala Shodhana**
Jaipala seeds were processed using *Dolayantra* with cow milk (*Godugdha*). After heating for three hours, seeds were washed, and the toxic inner structure was removed.

Preparation of Pratapamarttanda Rasa
After purification, all ingredients were dried and powdered separately. The powders were mixed in appropriate proportions and triturated with water until a uniform consistency was achieved. The mixture was then rolled into tablets of 1 ratti size. These tablets were dried under controlled conditions and stored in airtight containers.

RESULTS
The final yield of the formulation was approximately 400 grams. The tablets exhibited the following characteristics:
- Color: Brick red
- Odor: Spicy
- Texture: Coarse
- Taste: Lavana and Kshariya

DISCUSSION
The pharmaceutical preparation of Pratapamarttanda Rasa demonstrates the importance of classical processing techniques in Ayurveda. Each purification method plays a critical role in detoxifying the ingredients and enhancing their therapeutic properties. For instance, Vatsanabha, known for its toxicity, becomes safe after proper Shodhana. Similarly, Hingula and Tankana undergo transformations that improve their medicinal value.

The process of trituration (*Bhavana*) ensures uniform mixing and enhances the bioavailability of the formulation. The preparation of tablets provides a convenient dosage form with improved stability and shelf life. The organoleptic properties observed are consistent with classical descriptions, indicating proper preparation.

CONCLUSION
The study confirms that adherence to classical pharmaceutical methods ensures the safety, efficacy, and quality of Pratapamarttanda Rasa. Practical expertise, careful observation, and standardized procedures are essential for successful Ayurvedic drug preparation.

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