

Parad Ashtasanskara

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Definition of Sanskara

“संस्कारो हि नाम विशेषगुणान्तराधानम् ।।” (चरक विमान)

- It is the pharmaceutical procedures that bring about qualitative alteration done for improvement ,enhancement, modification, lowering bad effects.
- In Rasashastra parada samskara is of prime importance.

Shodhana And Sanskara

"शोधनं दोषहरणं संस्कारश्च बलतेजसोऽभिबर्द्धनम्" ।

- Shodhana concentrates in the removal of doshas while sanskara aims in potentiating drug.
- Shodhana can be considered as a part of sanskara but all sanskaras are not shodhana.

Number of Parada Sanskara

अष्टादशैव संस्कारा उनविशंतिकाः क्वचित् ।
संप्रोक्ता रसराजस्य वसुसंख्याः क्वचिन्मताः ॥ (आ०प्र० १/३२)

Ashtadasha Parada Sanskara

स्यात्स्वदेनं तदनु मर्दनमूर्च्छनञ्च उत्थापनं पतनरोधनियामनानि संदीपनं
गगनभक्षणमानमत्र संचारणा तदनु गर्भगता द्रुतिश्च ॥ बाह्यद्रुतिः सूतकजारणा
स्यात् ग्रासस्तथा सारणकर्म पश्चात् ।

संक्रामणं वेधविधिः शरीरे योगस्तथाऽष्टादशघाऽत्र कर्म ॥

(रसरत्नसमु० ११/१५-१६)



18 Parada Sanskara

Swedana

Mardana

Murchana

Uthapanam

Patanam

Rodana

Niyaamana

Dipana

Gaganabhakshana

Chaarana

Garbhadruti

Bahyadruti

Jaarana


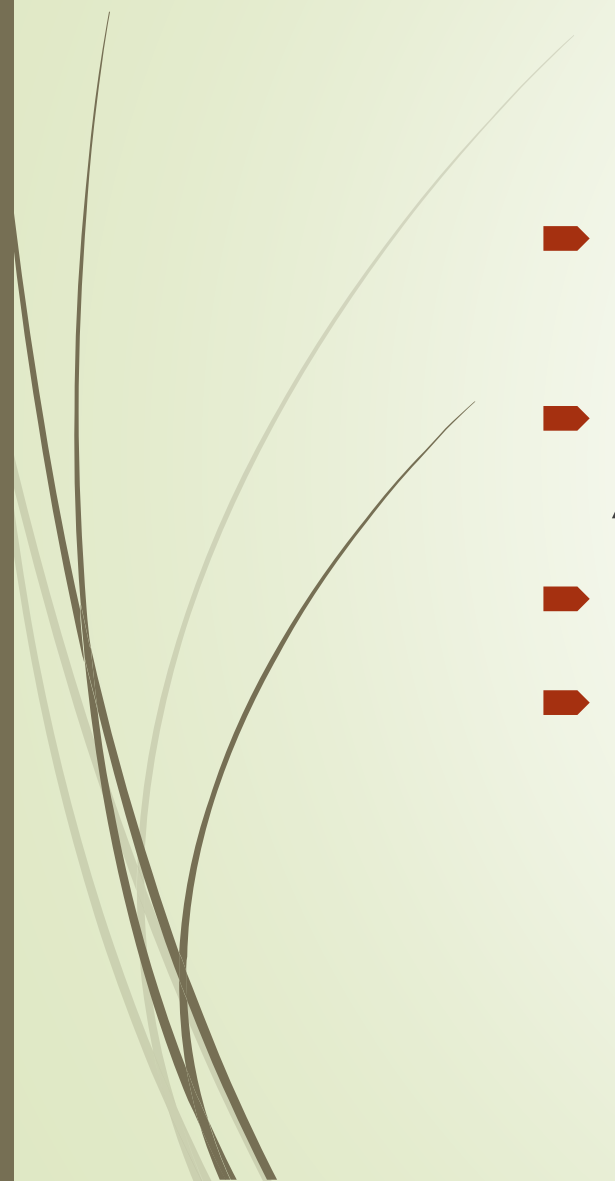
Raga/ranjana

Saarana

Samkramana

Vedha

Shareerayoga

- 
- 
- Detailed description of 18 Sanskaras is given in Rasahrudaytantra.
 - Rasaratnakar and Anandkanda grantha has explained Anuvasan Sanskar after Deepan Sanskar.
 - First eight Sanskara – Dehasiddhi
 - Remaining Sanskara for Lohasiddhi



Ashta Samskara

First five Samskaras



*To remove various
type of doshas of
mercury*

Last three Samskaras



*To change in its
undesired properties
and to improve its
potentiation*

Important Requirement before Ashtasamskara

Instruments

- Patana yantra
- Dolayantra
- Tapta khalva yantra, Khalva
- Ghata (Vessel)

Samsakaropyogi Dravyas

- As per Samskara
- Kanji

Parada

- In Enough amount

Amount of Parada for Samskara

द्वे सहस्रे पलानां तु सहस्रं शतमेव वा।
अष्टाविंशत्पलान्येव दश पञ्चैकमेव वा॥
पलार्धेनैव कर्तव्यः संस्कारः सूतकस्य च।

(र.र.समु.११/२४-२५)

2000 pala	• 80 kg
1000 pala	• 40 kg
100 pala	• 4 kg
28 pala	• 1.12 kg
10 pala	• 400 gm
5 pala	• 200 gm
1 pala	• 40 gm
½ pala	• 20 gm

Amount Used
for
Ashtasamskara

Swedana Sanskara

परिभाषा:

क्षाराम्लैरौषधैर्वाऽपि दोलायन्त्रे स्थितस्य हि ।
पाचनं स्वेदनाख्यं स्यात् मलशैथिल्यकारकम् ॥ र.र.स. ८ / ६२

कृति:

ऋषणं लवणासुर्यौ चित्रकार्द्रकमूलकम् ।
क्षिप्त्वा सूतो मुहुः स्वेद्यः काञ्जिकेन दिनत्रयम् ॥ र.र.स. ११/२९

- 
- Process: Swedana
 - Yantra : Dolayantra
 - Medium for Swedana : Kanji
 - Heat : Mrudu agni – Madhyam agni
 - Duration : 3 days

Kalka Dravya:

Tryushana

Lavana

Asuri

Chitraka

Adraka

Mulaka

Kanji – As required



Each dravya –
1/16th part of
Parada



Instruments: Dolayantra

Method

- The drugs are made into fine powder and kalka is prepared with it.
- One angula of kalka is coated in vatapatra/betel leaf/kadali patra which is made into a receptacle and allowed to dry.
- Parada is put into this and sealed with kalka and leaf.
- Cover it with four folded cloth and make into a potali.
- Suspend the potali in dolayantra and perform swedana.
- Recover mercury after process by washing kalka in hotwater.
- The recovered mercury is strained 3-4 times through four folded cloth before carrying out mardana.



Precaution

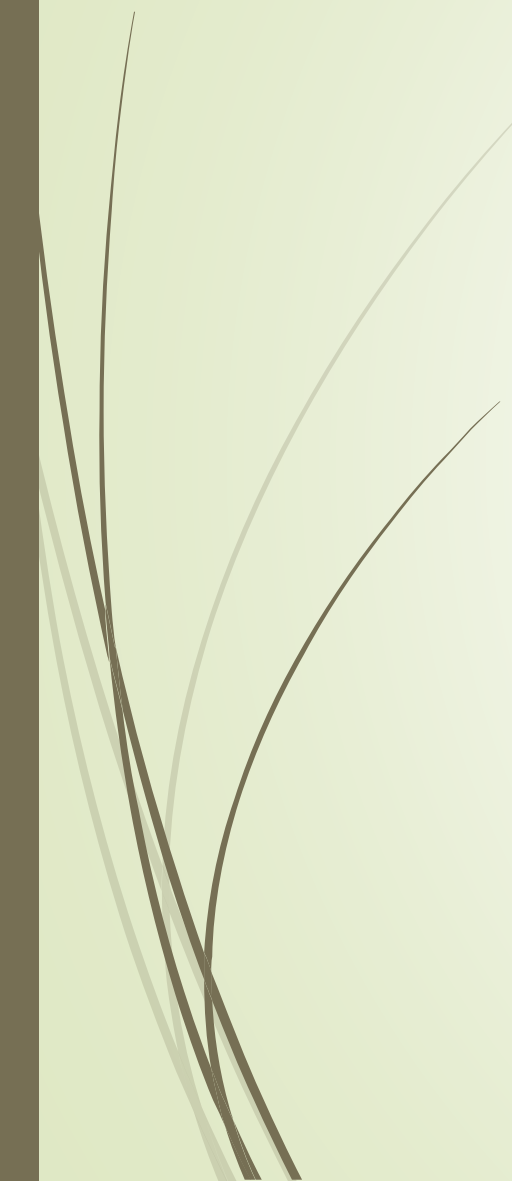
- Refill kanjika in dolayantra time to time.
 - The potali should not touch the bottom of the yantra.
- 

Purpose

- मलशैथिल्यकारकम्
- पारदाजीर्णदोषस्य तद्गतमलस्य च निरसनार्थं क्रियते
- Both acidic and alkaline substances used in this samskara.
- Impurities lose adhesiveness.
- Impurities dissolve in the liquid medium used and Hg become relatively free from impurities.



Discussion

- Kanji is an alliance of weak acid and crude vinegar.
 - In this combined interaction of alcohol and weak acid the blemishes of parada get somewhat separated from its surface.
 - When mild heat is provided in the above medium the impurities of parada gets losen due to ksharana, bhedana of kshara and ushna, tikshna guna of amla dravya.
 - Kanji might help in stimulating the therapeutic properties of parada.
- 

Mardana Sanskara

परिभाषा:

उदितैरौषधैः सार्धं सर्वाम्लैः काञ्जिकैरपि ।
पेषणं मर्दनाख्यं स्याद् बहिर्मलविनाशनम् ॥ र.र.स.८/६३

कृतिः

गृहधूमं इष्टिकाचूर्णं तथा दधिगुडान्वितम् ।
लवण असुरि संयुक्तं क्षिप्त्वा सूतं विमर्दयेत् ॥
षोडशांशं तद्द्रव्यं सूतमानान्नियोजयेत् ।
सूतं क्षिप्त्वा समं तेन दिनानि त्रीणि मर्दयेत् ॥

र.र.स.११/३०,३१

- 
- Process : Mardanam
 - Yantra : Tapta Khalva Yantra made of Loha
 - Medium for maradana : Kanji
 - Duration : 3 days

Kalka Dravya:

Grihadhuma

Ishtika churna

Dadhi

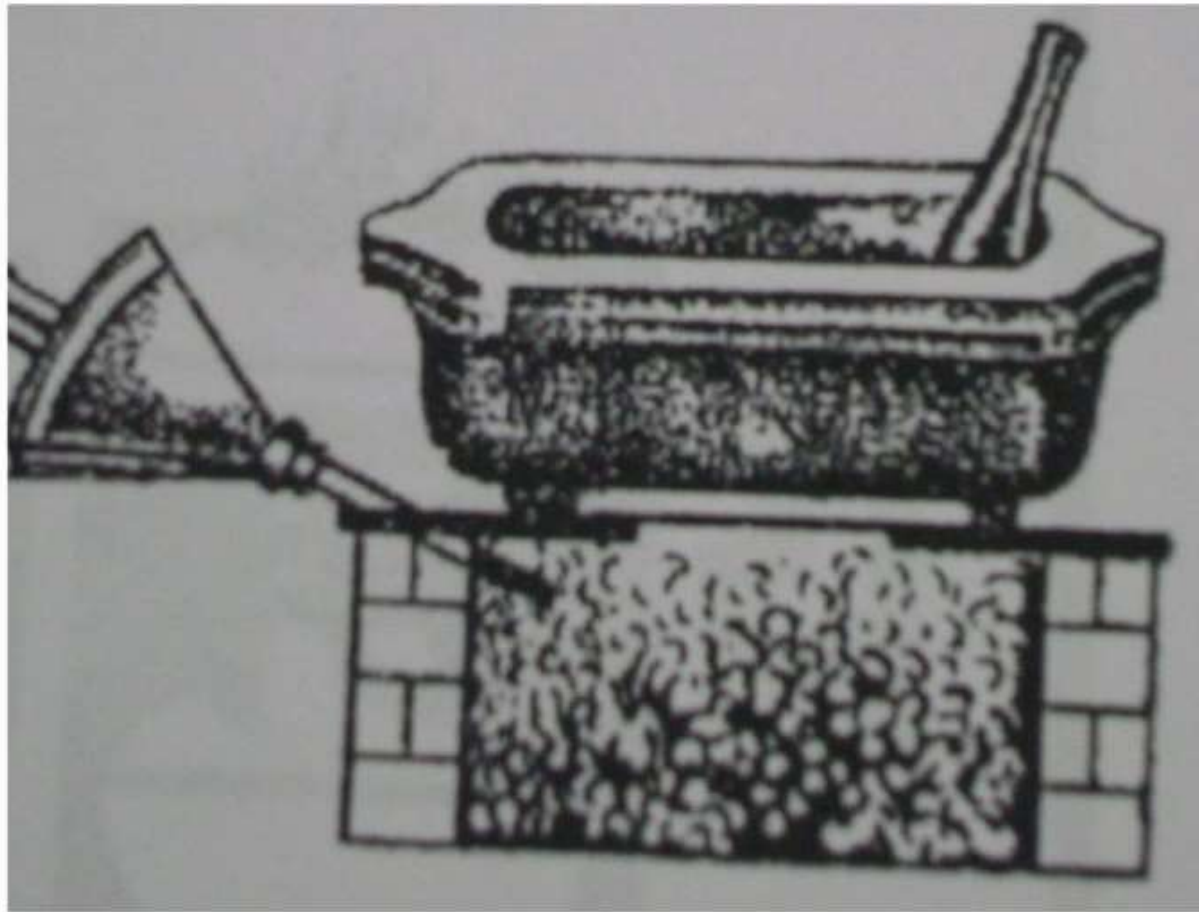
Guda

Saindhava lavana

Asuri



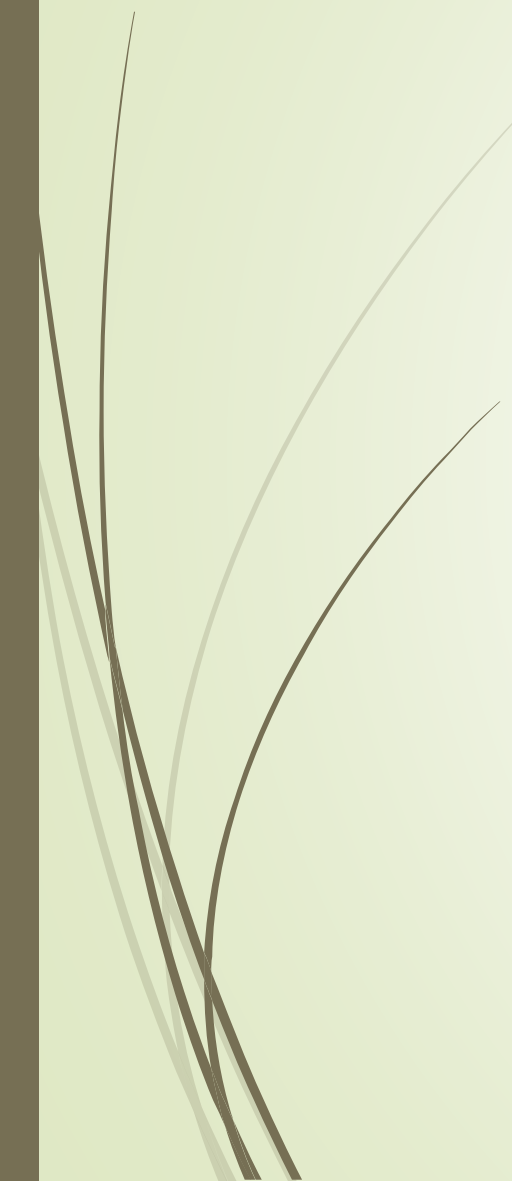
Each drug
1/16th part of
Parada



Instruments: Tapta Khalvayantra




Method

- Mercury and drugs are placed in tapta khalvayantra & triturated well using kanjika for three days.
 - Recover mercury after the samskara by washing kalka with koshna Kanji & then with koshna water.
 - The recovered parada is filtered 3-4 times through a four folded cloth.
- 



Precaution

- ▶ Kanjika should be added time to time while trituration.
 - ▶ Filtration through a four folded cloth is necessary as the ishtika choorna tend to settle down with mercury.
- 



Purpose

बहिर्मलविनाशनम् ॥ (र. र. स.८ /६१)

- The Hg becomes free of bahirmala.
- The qualities increase.



Discussion

- Parada completely gets divided to minute particles and get mixed up with the kalka.
- Maximum surface area exposed to kalka.
- Dravyas predominant of kshara amla rasa thus removal of maximum impurities.
- Heat given during trituration act as stimulating agent for parada.
- While triturating with carbonic drugs like gruhadhooma, guda and with silica (ishtika choorna) the carbon act as reducing agent and silica act as adsorbent for impurities.

Murcchana Sanskara

परिभाषा:


मर्दनाऽऽदिष्ट भैषज्यैः नष्टपिष्टत्वकारकम् ।
तन्मूर्च्छनं हि वंगाहि भुजकंचुकनाशनम् ॥

र.र.स. ८/६४

कृतिः

गृहकन्या मलं हन्यात् त्रिफला वह्निनाशिनी ।
चित्रमूलं विषं हन्ति तस्मादेभिः प्रयत्नतः ॥
मिश्रितं सूतकं द्रव्यैः सप्तवाराणि मूर्च्छयेत् ।
इत्थं सम्पूच्छितः सूतो दोषशून्यः प्रजायते ॥

र.र.स. ११/३४,३५

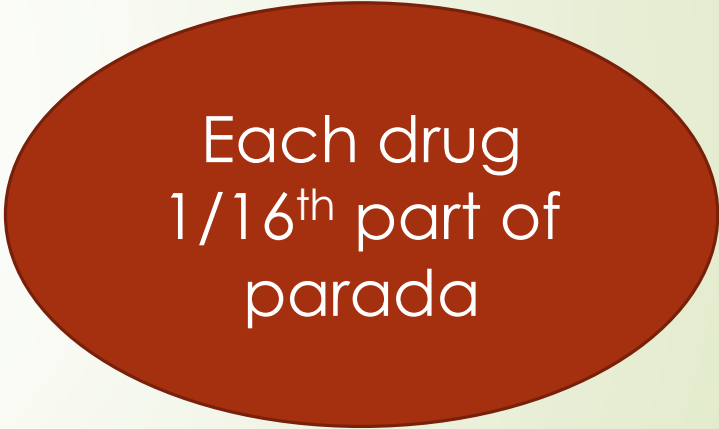
- 
- Process : Mardanam
 - Yantra : Tapta Khalva Yantra made of Loha
 - Medium for maradana : Kanji
 - Duration : 3 days

Kalka Dravya

Ghrutkumari Swarasa

Triphala churna

Chitrakmula churna



Each drug
 $1/16^{\text{th}}$ part of
parada



Method

➤ **Mardana of Parada:**

Powder of Chitrakamula and Triphala + Mardita Parada + swarasa of Gruhakanya (Parada dissociates into small molecules).

➤ **Nashtapishtatva state:** (Ghanatva)

Triturate it forcefully till Parada disappears by getting divided into finest globules.

After this stage parada is washed with kosha kanji and then above drugs are newly added, thus the procedure is repeated 7 times.

Purpose

- Hg loses its natural physico-chemical properties i.e, attain नष्टपिष्टित्व.
- According to Rasendra Chudamani tridosha nashanam दोषत्रयविनाशनम् - र.चू. viz visha, vanhi, mala
- According to Rasaprakashsudhakar, मूर्च्छनं दोषविध्वंसि सप्तकञ्चुकनाशनम् ।

Loss of Saptakanchuki dosha viz parpati, patini, bhedi etc.



Discussion

- The conversion of Hg into very fine indivisible particle.
- The drugs involved are katu kashaya rasa pradhana. It exert the functions such as bhedana, shoshana, kshalana and lekhana by which the blemishes are removed.
- Due to use of Kumariswarasa – mala dosha nashan
Triphala churna – Vanhi doshanashan
Chitrakmula – Visha doshanashan

Uthapan sanskara

परिभाषा

स्वेदातपादियोगेन स्वरूपापादनं हि यत् ।
तदुत्थापनमित्युक्तं मूर्च्छाव्यापत्तिनाशनम् ॥

र.र.स. ८/६५

कृति

अस्माद्विरेकात्संशुद्धो रसः पात्यस्ततः परम् ।
उद्धृतः काञ्जिक क्वाथात् पूतिदोषनिवृत्तये ॥

र.र.स. ११/३६



Process :

1. Swedana
2. Prakshalan
3. Mardana
4. Aatap
5. Patanam

Yantra:

Dolayantra, Tapta khalvayantra, urdhvapatan yantra

Medium for swedana: Kanjika

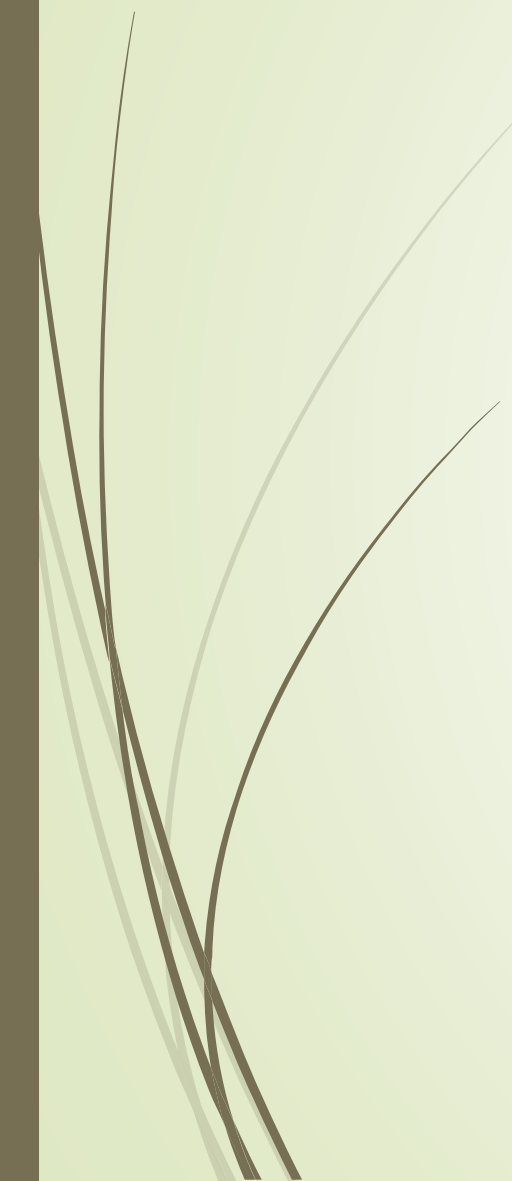
Medium for prakshalana : Kanji, Ushna jala


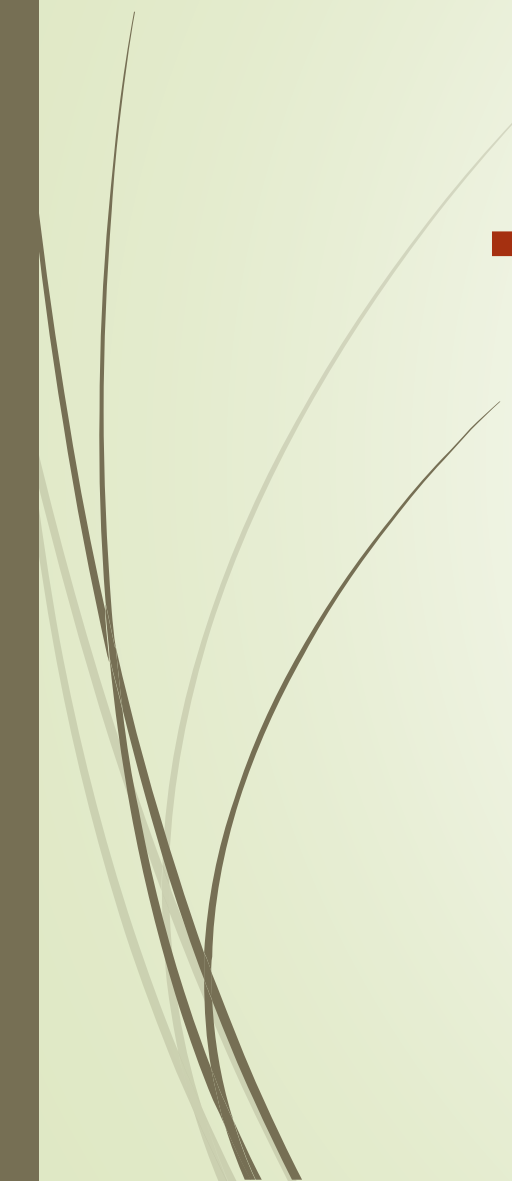
Medium for mardana : Kanji, Ushna jala

Best time for aatapa : Vaishakh, jyestha



Method

- Moorchita parada is subjected to swedana with kanjika in dolayantra. By this the parada which is separated as globules will combine together.
 - Then it is subjected to prakshalana with ushna kanji or ushnajala by which rest of the parada trapped in kalka can be recovered.
 - This parada is again subjected to mardana in tapta khalva yantra with ushnajala. Kalka which is light will flow away with water and the heavy particles of mercury will settle down.
- 

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- 
- The parada is subjected to aatapa after mardana preferably during vaishakha and jyeshta months.
 - The mercury which is not recovered by the above steps is regained by patana.



Purpose

- ▶ Parada regain the swabhavika avastha.
मूर्च्छाव्यापत्तिनाशनम्॥(र.र.स.८/६२)

Patana Sanskara

परिभाषा:

उक्तौषधिमर्दित पारदस्य यंत्रस्थितस्योर्ध्वमधश्च तिर्यक् ।
निर्यातनं पातनसंज्ञमुक्तं वंगाहि संपर्कज कञ्चुकघ्नम् ॥

र.र.स. ८/६७

Types:

1. Urdhwa
2. Adha
3. Tiryak

Various opinions regarding type of patana:

Type of Patana	Author
Only urdhva patana	Rasahrudaya tantra
Both urdhva and adha patana	Rasarnava, Rasasaara
Urdhva,adha and tiryak patana	Rasendra choodamani, Rasaratna samuchayam, Rasendra chintamani, Rasaprakasha sudhakara, Rasaratnakara, Rasapadhati, aanandakanda, Ayurveda prakasha, rasakamadhenu.

Urdvapātana

ताम्रेण पिष्टिकां कृत्वा पातयेदूर्ध्वभाजने।
वङ्गनागौ परित्यज्य शुधोभवति सूतकः।
शुल्बेन पातयेत्पिष्टीं त्रिधोर्ध्वं सप्तधा त्वधः ॥ (र.र.स ११/३७,३८)



Process : Mardana, Urdhvapatana

Yantra : Damaru yantra, Khalva yantra

Duration for Mardana : 3 days with tamra

Duration : 3 times for dehasiddhi

7 times for lohasiddhi

Dravya:

Parada – 1 part

Tamra – 1/4th part



Instruments: Urdvapatanayantra

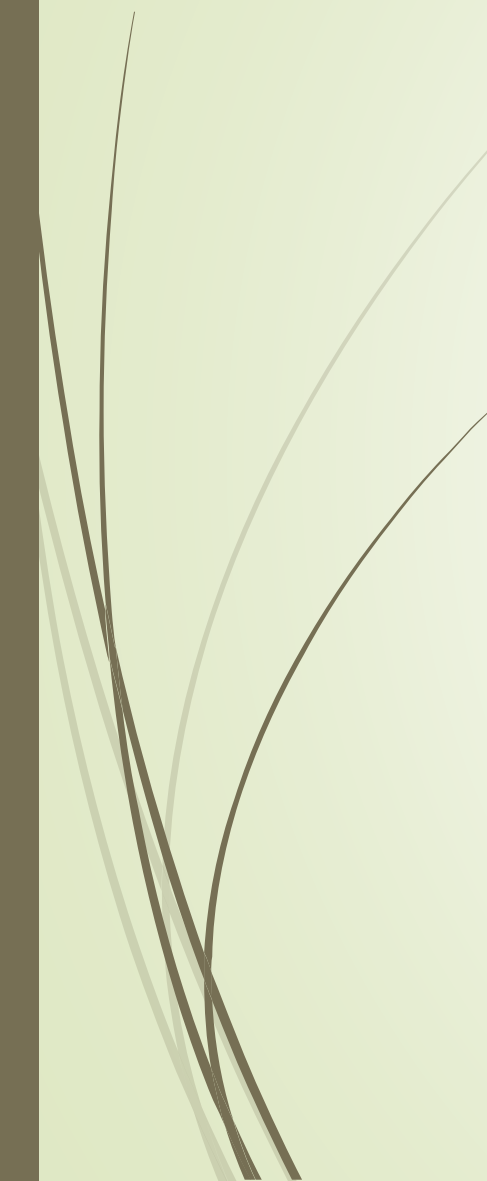



Method

- Tamra Churna is mixed with Utthapita Parada and triturated well with nimbu swarasa to become Pishti.
- Place this Pishti in Lower Ghata of Urdhvapatana yantra.
- Seal the Urdhvapatana yantra properly and apply fire from down.
- Keep wet cloth above the upper pot.
- Then Parada will get collected from the Upper Ghata of Urdhvapatana yantra.
- Similar procedure should repeat for 3 times.

- Tamra is highly reactive
- Combines readily with Parada forming amalgum
- It removes Naga & Vanga impurities leaving behind Shuddha Parada.
- Use of Nimbu swarasa accelerates the process of amalgamation.





SI NO:	TEXT	Ratio of parada	Ratio of tamra	NO: of times for patana
1	Rasarnavam	1 part	Pishtayoga	1
2	Rasaratnasamuchayam	"	$\frac{1}{4}$ part	3
3	Rasaratnakara	"	"	7 times
4	Anandakanda	"	"	"
5	Rasendra chintamani	"	$\frac{1}{3}$	-
6	Ayurvedaprakasha	1 part	$\frac{1}{4}$ tutha/tapya	-
7	Rasakamadhenu	"	1 part	-



Purpose

वङ्गनागौ परित्यज्य शुधोभवति सूतकः । (R.R.S11/63)

All the doshas from yogika, saptakanjuka, oupadhika is relieved by this samskara.

Adhapatana

परिभाषा

अथोर्ध्वभाजने लिप्तस्थापितस्य जले सुधीः ।
दीप्तैर्वनोपलैः कुर्यात् अधःपातं प्रयत्नतः ॥

र.र.स. ९/९

कृति

त्रिफला शिग्रुशिखिभिर्लवणासुरिसंयुतैः ।
नष्टपिष्टं रसं कृत्वा लेपयेच्चोर्ध्वभाजने ॥
ततो दीप्तैरधः पतिमुत्पलैस्तत्र कारयेत् ॥

(र. र. स. ११ / ३७,३८)

Dravyani

***Urdhvapatit
a Parada***

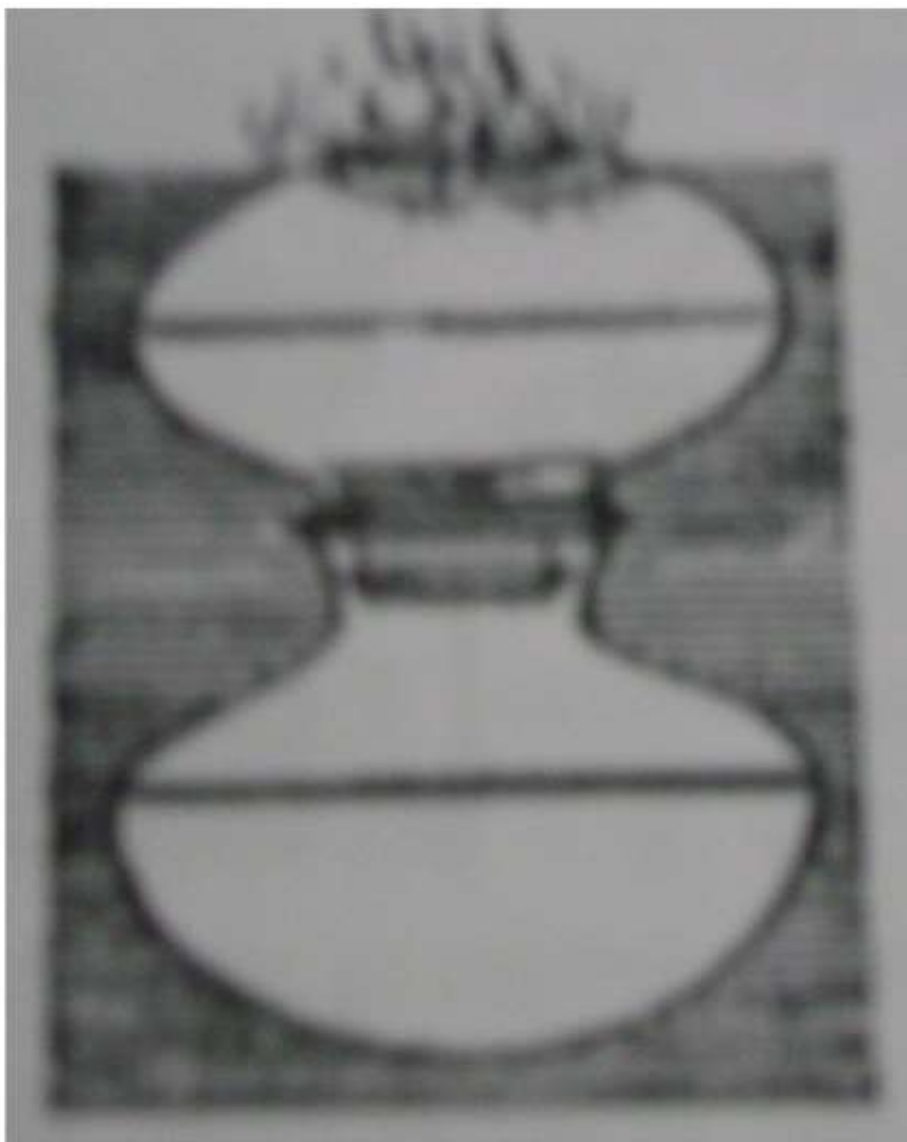
- *one part*

***1/16th part
of each***

- *Tripahala -*
- *Shigru-*
- *Chitraka-*
- *Lavana-*
- *Aasuri-*

Kanji

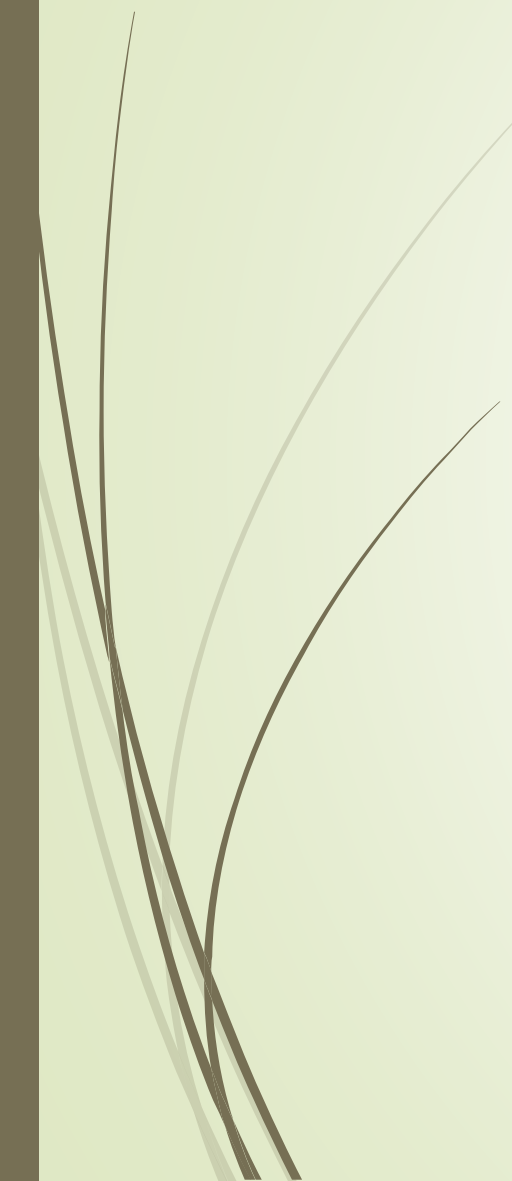
- *as required*



Instruments: Adhapatana yantra



Method

- All Churna mixed with Urdhvapatit Parada and triturated well with Kanji to become Pishti.
 - Place this Pishti in Upper Ghata of Adhapatana yantra.
 - Seal the Adhapatana yantra properly and apply fire from upper side.
 - The lower ghata is filled with water.
 - Then Parada will get collected at the bottom of Lower Ghata of Adhapatana yantra.
 - Mercury vapourises at 360 degree Celsius thus on an average we need to provide only a maximum of 400 degree Celsius for an average duration of 2-3 hrs for the entire parada to sublime.
- 



Purpose

इत्थं ह्यधोध्वपातेन पातितोऽसौ यदा भवेत् ।

तदा रसयने योग्यो भवेद्द्रव्यविशेषतः ॥ (र.र.स ११ / ४१)

- Parada obtained after subjecting to the process of urdhvapatana and adhapatana can be used for preparing the rasayana yoga by adding various other drugs into it.

Tiryakpatan

तिर्यक्पातनविधिना निपातितः सूतराजस्तु ।
शलक्षणीकृतमभ्रदलं रसेन्द्रयुक्तं तथाऽऽरनालेन ॥
खल्वे दत्त्वा मृदितं यावत्तन्नष्टपिष्टतामेति ।
कुर्यात् तिर्यक्पातनपातितसूतं क्रमेण दृढवह्निम् ॥
संस्वेद्यः पात्योऽसौ न पतति यावद् दृढश्चाग्नौ ।
तदाऽसौ शुद्ध्यते सूतः कर्मकारी भवेद् ध्रुवम् ॥

र.र.स. ११/४४-४६



Process : Mardana, Tiryakpatana

Yantra : Tiryakpatana yantra

Duration of Mardana : Nashtapishtatwa stage.

Drugs used:

Parada : 1 part

Dhanya abhrak : $1/4^{\text{th}}$ part

Kanji : As required





Instruments: Tiryakpatanayantra

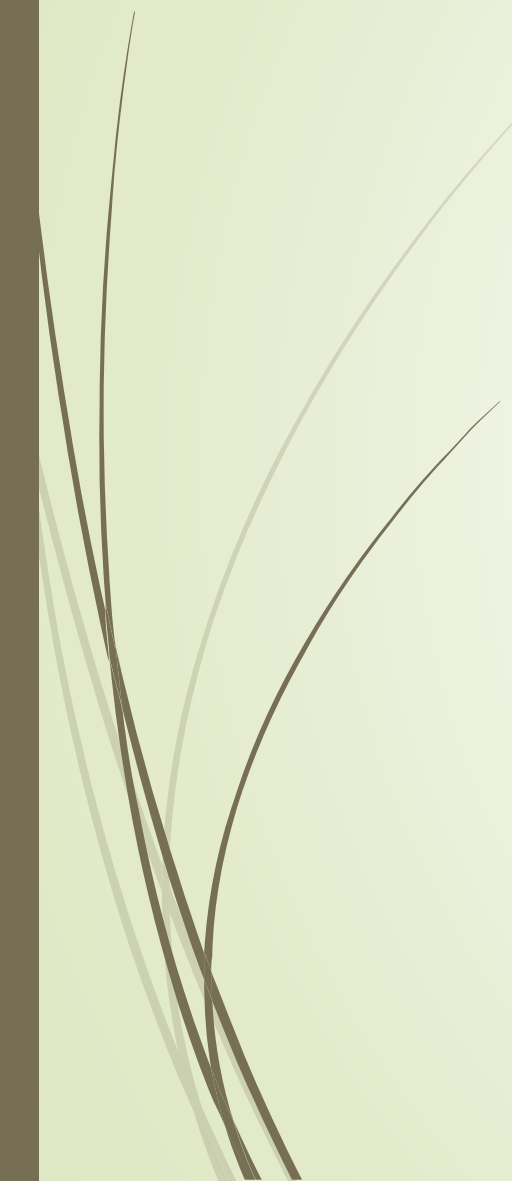


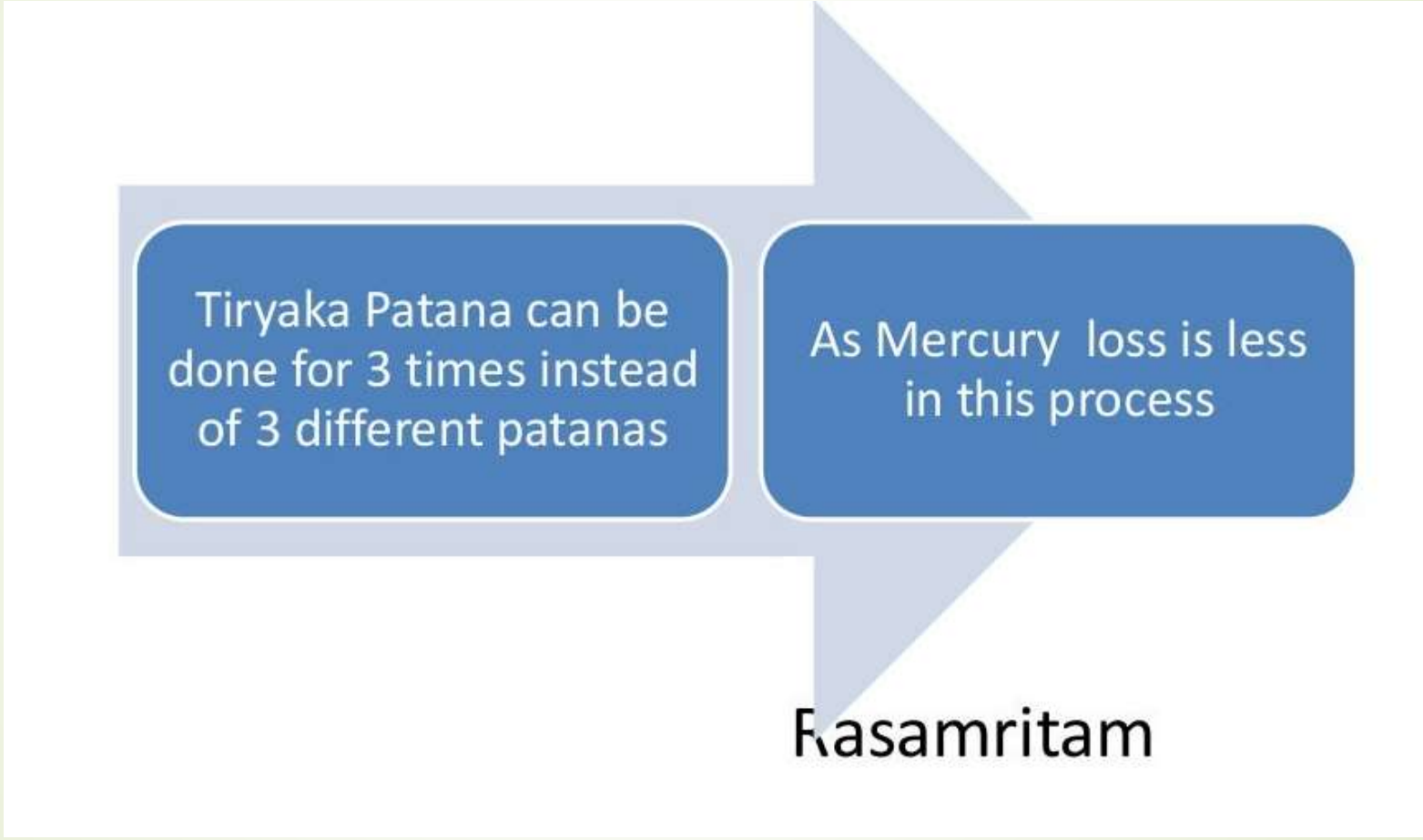


Method

- Mix Dhanyabhraka with Adhapatit Parada and ground well with Kanji to become Pishti.
- Place this Pishti in Tiryaka patanayantra.
- Apply Mrudu, Madhyam & Tivraagni.
- Collect the Parada from Tiryaka patanayantra.



Purpose


- शुध्यते सुतः कर्मकारीभवेत् ध्रुवम्॥(र.र.स.११/२२५)
 - Parada become capable of sustaining intense heat.
- 



Tiryaka Patana can be
done for 3 times instead
of 3 different patanas

As Mercury loss is less
in this process

Rasamritam

- 
- Though nashtapishti formation is the characteristic feature of murchana samskara we can see that similar condition arises during adhapatana and tiryak paatana also.
 - Acc to some scholars swedana is conducted after all 3 patana; triturating parada with triphala, trikatu, chitraka, lashuna & kumari as kalka and kanji as medium in dolayantra.

रसं चतुर्गुणे वस्त्रे सरसोन शरावके ।
नियन्त्र दोलिकायन्ते मध्याग्रौ दिवसं पचेत् ॥
सव्योष त्रिफलावह्निकल्के तुषम्बुनि ।
दोषशेषापनत्यर्थमिदं स्वेदनमिष्यते ॥ (आय.प्र १/८५)

Effects of sanskaras till patana

- मर्दनैर्मूर्च्छनैः पातैर्मन्दः शान्तो भवेद्रसः ॥ (र.र.स.११/४६)
- मर्दनमुच्छनपातैः कदर्थितो भवति मन्दवीर्यत्वात्।(र.ह.त)
- The parada becomes sluggish and calm.

Rodhana/Bodhana Sanskara

परिभाषा



सृष्ट्यम्बुजैर्निरोधेन ततो मुखकरो रसः ।
स्वेदनादिवशात्सूतो वीर्यं प्राप्नोत्यनुत्तमम् ॥

र.र.स.११/४८

कृति

जलसैधवयुक्तस्य रसस्य दिवसत्रयम् ।
स्थितिः आस्थापनी कुंभे याऽसौ रोधनं उच्यते ॥

र.र.स.८/६८

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- 
- Rodana is carried out as a measure to restore the potency of parada which has become napumsaka, mrita praaya and mandaveerya from the first 5 samskara.
 - The parada at this state will be unable to take into it the swarnadi lohas as grasa thus to impart bubhuksha to Parada bhodana is conducted.
 - The bhodana samskara can be conducted in two different methods
 1. Swedana in dolayantra.
 2. Keeping parada intact in an earthen pot containing prescribed media.

Method 1

सृष्ट्यम्बुजैर्निरिधेन ततो मुखकरो भवेत् ।

स्वेदनादिवशात् सूतो वीर्यं प्राप्नोत्यनुत्तमम् ॥ (र.र.स११/४७)

Process : Swedana

Yantra : Dolayantra



Duration for swedana: 3 days

Medium for swedana : srishtyambu/saindhava jala

Drugs

Parada : 1 part

Saindhava Jala : As req

- 
- 
- The parada processed till the patana sanskara is suspended inside a pot containing saindhava jala (1:5)/ srishtimbu and subjected to swedana for three days.
 - The swedita parada is collected washed and filtered.

Method 2

जलसैन्धवयुक्तस्य रसस्य दिवसत्रयम्।
स्थितिरास्थापनीकुम्भे याऽसौ रोधनमुच्यते ॥(र.र.स.८/६६)

The parada is kept undisturbed in a pot filled with saindhava jala for three days and on the fourth day it is taken out, washed and filtered.



Instruments: Ghatayantra, Kachakupi

Outcome of the samskara

Sl no	Outcome	Reference
1	मन्दवीर्यत्वात् लब्धाप्यायो भवति	Rasahruhayatantram
2	आप्यायितो वीर्यवान् षण्ढत्ववर्जितः रसः	Aanandakandam
3	लब्धश्चासौ	Rasendra chintamani
4	षण्ढभावं विमुञ्जति	
5	पुनराप्यायनं प्राप्य न स्यात् षण्ढभवेत् बली	Rasendra choodamani
6	वीर्यं प्राप्नोत्यनुत्तमं	Rasaratna smuchayam
7	बुभुक्षितो भवेत्सूतः	Rasasaara

Niyaman Sanskar

परिभाषा

रोधनाल्लब्धवीर्यस्य चपलत्वनिवृत्तये ।
क्रियते पारदे स्वेदः प्रोक्तं नियमनं हि तत् ॥

र.र.स. ८/६९

कृति

नियम्योऽसौ ततः सम्यक् चपलत्वनिवृत्तये ।
कर्कोटीफंणिनेत्राभ्यां वृश्चिकाम्बुजमार्कवैः ॥
समंकृत्वाऽऽरनालेन स्वेदयेच्च दिनत्रयम् ।

र.र.स. ११/४९



Process : Swedana

Yantra : Dolayantra

Duration : 1 day (Rasendra Chintamani)

3 days (R.R.S)

Medium for Swedana : Kanji

Kalka Dravya:

Tambula

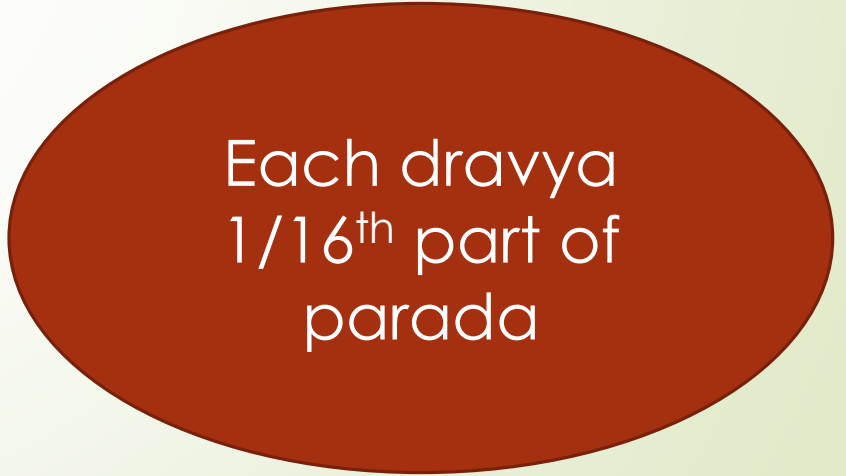
Lashuna

Saindhava

Bhringaraj

Vandhyakarkoti (Kakadshingi)

Chincha



Each dravya
1/16th part of
parada



Instruments: Dolayantra



Method

- Preparation of Kalka:

Prepare a smooth paste of all the Kalka dravyas in Khalva adding Kanji.

- Preparation of Pottali by using:

Cloth piece ,(Kadlipatra/Vatapatra), Kalka, Mercury

- Place the Pottali in a vessel filled with Kanji.

- Application of heat continuous for 3 days.

- On 4th day, collect the mercury from Dolayantra.

- Wash the mercury with hot water & filter it through a cloth piece

OUTCOMES OF NIYAMANA SAMSKARA.

Sl no:	Property	Reference
1	निर्मलस्तेजवान्	Rasendra mangala
2	चपलत्व निवृत्तये	Rasaratnasamuchayam
3	चपलोऽसौ संनियम्यते	Rasahrudayatrantram
4	स्थिरतां व्रजेत्	Rasendrachintamani
5	वीर्यान् जायते	Rasaprakashasudhakaram
6	वह्निमित्रत्व कारका	Rasasaaram
7	रसोवह्निसहो भवेत्	Rasaraaja shankaram
8	चुल्लिकाग्निसहस्तथा	Rasaarnavam
9	स्थिरत्वं लभतेऽग्नौ	Yoga tarangini

Dipana Sanskar

परिभाषा

धातुपाषाणमूलाद्यैः संयुक्तो घटमध्यगः ।
ग्रासार्थं त्रिदिनं स्वेदो दीपनं तन्मतं बुधैः ॥

र.र.स. ८/७०

कृति

त्रिक्षार सिंधु खग भूशिखि शिग्रुराजी ।
तीक्ष्णाम्लवेतस मुखैर्लवणोषणाम्लैः ॥
नेपाल ताम्रदल शोषितं आरनाले ।
साम्लासवाम्लपुटितं रसदीपनं तत् ॥

र.र.स. ११/५१, ५२



Process : Swedana

Yantra : Dolayantra

Duration of Swedana : 3 days

Medium of Swedana : Kanji

Kalka dravya: (1/16th of Parada)

Sphatika

Kasisa

Saindhva

Tankana

Maricha

Rajika

Shigru twak



Method

- Preparation of Kalka:

Prepare a smooth paste of all the Kalka dravyas in Khalva adding Kanji.

- Preparation of Pottali by using:

Cloth piece ,(Kadlipatra/Vatapatra), Kalka, Mercury

- Place the Pottali in a vessel filled with Kanji.

- Application of heat continuous for 3 days.

- On 4th day, collect the mercury from Dolayantra.

- Wash the mercury with hot water & filter it through a cloth piece

Purpose

तीव्रत्वं वीगकारित्वं व्यापकत्वं बुभुक्षितम् ।
निर्मलत्वं विशेषेण प्रकृते दीपन कर्मणि ॥ (र.सु)

Sl no:	Property	Reference
1	ग्रासार्थि	Rasarnavam, Rasahrudayatantam, Rasaratnakaram, Aanandakandam.
2	दीपनम्	Rasendrachoodamani, Rasapathati
3	दीपनं- वीर्यतेजसो वृद्धि	R.R.S
4	लेलिहानो हि धतोश्च	Rasasaaram

Anuvasan Sansakar

- Acc to Rasaratnakar, Anandkanda, Parad Samhita
- After Anuvasan Sanskar, Saptakanchuk dosha nashan

दीपितं रसराजं तु जंबीररससंयुतम्दिनैकं ।
धारयेत् धर्मे मृत्पात्रे वासितो भवेत् ॥

रसरत्नाकर ११/३७

Ashtasanskarit Parada, mixed with Jambir rasa & is kept in Aatap for 1 day

Aushadhi Dravya Praman

रसस्य षोडशांशेन द्रव्यं युज्यात् पृथक् पृथक् ।
द्रव्येषु अनुक्तमानेषु मतं मानमिदं बुधैः ॥

आयुर्वेद प्रकाश १/४७

If the Kalka dravya praman is not specified, then each drug must be taken 1/16th of Parada

Agni Sanskar

त्रिदिनं स्वेदनाशक्तौ दिनमेकं निरन्तरम् ।
स्वेदयेद्रसराजं तु नातितीक्ष्णेन वह्निना ॥

आयुर्वेदप्रकाश १/४८

If one is unable to perform swedana for three days, then at least perform it for one complete day (24 hrs)

Benefits of Ashta Sanskar

इत्यष्टौ सूतसंस्काराः समा द्रव्ये रसायने।

कार्यास्ते प्रथमं शेषां नोक्ता द्रव्यओपयोगिनाम्।(र.र.स.११)

सूतस्याष्टौ च संस्कारा कथिता देहकर्मणी । (र.प्र.सुधा)

For therapeutic administration/dehasidhi with parada only ashta samskara is necessary. By the end of 8 samskara the parada becomes free from all blemishes.

Only 1/8 th of parada will remain after Ashtasamskara.

Thank
you

