



### Review article

## A review on different shodhan and Marana methods of Hartal in classical ancient texts of Ayurveda

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### ABSTRACT:

One of the remarkable concoctions used therapeutically in Ayurveda, bhasma's have been utilized for ages as potent medications with no discernible negative side effects. After undergoing multiple processing steps, minerals, metals, and toxic botanicals are utilized in Ayurvedic medicine. One such concoction that uses arsenic as a primary ingredient is Hartala (orpiment) Bhasma, which is burned powder of arsenic. The current paper provides a detailed description of a comprehensive examination of the Ayurvedic literature on hartala. In an effort to give a thorough explanation of Hartala, a number of classical Rasa Shastra texts are reviewed, including its praptisthan (occurrence), paryaya (synonyms), Vargikaran (classification), Karma (pharmacological properties), Ashuddha Hartala Dosha, Its prativisha (antidote), Shodhana (purification), Marana (incineration), Matra (therapeutic dose), Chikitsiya Prayog (therapeutic indications), Satvapataana (extraction), and artificial methods of Hartala preparation. It is only used therapeutically as an internal and external medication when it has been cleansed and detoxified.

**KEY WORDS:** Hartala, Shodhan, Marana, Satvapataana, Rasashastra

### INTRODUCTION:

The pharmaceutical benefits and traditional uses of arsenical compounds have a long and noteworthy history. Important arsenic compounds utilized in Ayurveda are Haratala, Manashila, and Somala. Of them, Haratala is the most well-liked. It is categorized under Uparasa Varga in the vast majority of classical sources. Since the Samhita period, it has been stressed as one of the arsenical raw elements. The yellow orpiment known as hartala (AS<sub>2</sub>S<sub>3</sub>) has three sulfur molecules and two arsenic molecules. In Rasa shastra, it is significant for both medicinal and alchemical applications. It is frequently used to treat conditions like Vata-rakta, Visham Jwara, Firang, Bhagandar, and Kushtha. It is a component in numerous Ayurvedic preparations, such as Kasturibhairava Rasa and VatagajankushRasa. According to Acharya Sushruta, it falls within Dhatuja Visha. Mandagni, Malabaddhata, Ashmari, and Mutra Krichra are caused by improper Shodhana of Hartala. Shodhana of Hartala is hence crucial. Shodhana is the procedure for potentiating the medications and eliminating chemical and physical contaminants. Ayurvedi Prakasha, Rasa Tarangini, Rasa Ratna Samucchaya, and other traditional texts explain

several Shodhana and Marana techniques for Hartala. It can be found both naturally and through artificial preparation. Haritala's mythological origin: According to the Rasendra Purana, the evil Hiranyakashyapu was murdered by Lord Narsimha. As he was dying, Hiranyakashyapu vomited, and this vomitus turned into fakes. It's regarded as Hartala [1]. Furthermore, according to Siddha Bhaishajya Manimala, orpiment is Lord Vishnu's semen, cited by Sabdartha Chintamani. It is similar to Harerbijam, one of Haritala's synonyms [2].

### Synonyms in various Classical texts

Haritalam, Talam, Alam, Talakam [5], Lomahrut, Vanshapatrakam, Vangari, Kharjuram, Vanshapatrakam, Aal, Virala, Godantam, Vangari, Natmandanam, Pinjar [6], Chitragandham, Natmandnak, Shailbhushanam, Vanshpatriam, Vidalakam, Peetnak, Malgandhajam [7], Atigandham, Girijalalit [8], Siddha, Karbura, Haribeej Dhatu Manogya, Chhatrang, Kanchanrasa, Vaidal, Varnaka [9], Gaurilalit, Chitrang, Pinga, Pingasara, Kanakrasa, Kanchanak, Gaur [10], Romharana, Maal, Pinjaka [11], Naramandanam, Chitragandham [12], Natbhushan, Romanashana [13]

**Table No. 1: Hartala Bheda (Types of Hartala)**

| Name of the Text  | Category        |
|---|-----------------|
| Charaka [3]   | Parthiva dravya |
| Sushruta [4]  | Dhatuvisha      |
| Rasarnava [20], Rasa Ratna Samucchaya [15], Rasendra Sara Sangraha [11], Ayurveda Prakasha [5], Bhava Prakasha [18], Rasa Hridaya Tantra, Rasa Prakasha Sudhakara | Uparasa         |

|  |          |
|--|----------|
| [16], Rasendra Chudamani[14], Rasa Manjari [24], Ananda Kanda [8]. | Uparasa  |
| Sharanghadhara, Yogaratnakara [22]                                 | Upadhatu |

Table No. 2: Hartala Bheda (Types of Hartala)

| Type    | Variety                                 | Text  |
|---------|---|---|
| 2 types | Patratata, Pinda tala                   | Rasendra Chudamani [14], Rasaratna Samucchaya [15], Ayurveda Prakasha [5] Rasendra Sarasamgraha[11], Shaligram Nighantu [9], Rasaprakasha Sudhakara [16], Rasa Paddhati [17], RasaKamdheni [6], and Rasatarangini [7], Bhav Prakash Nighantu [18], Brihat Rasa Raja Sundar [19] |
| 2 types | Patra tala, Pinda tala                  | Rasarnava [20]  |
| 4 types | Patratata, Pindata<br>Godandi, Bakadadi | Rasajalanidhi [13], Rasendra sambhava [21]  |
| 8 type  |   | Shaligram Nighantu [9]  |

Types of orpiment have been classified on the basis of complexion,

**Patra Haritala [5, 15]:**

It is usually preferred and practiced for the Therapeutic purposes. According to the classics of Rasashastra these are the quality of Patra Hartala

- Contains lamellae like Mica
- Snigdha & Guru
- Tanu Patram (Thin layered)
- Lustrous
- Having rasayana properties
- Best quality for medicinal preparation

**Pinda Haritala [5, 15]:**

Pinda Haritala is not preferred for Systematic Application. Generally, it is preferred for the external Applications like ointments etc. following characteristics Is mentioned texts:

- Not good in appearance

- Guru (heavy) [15] Laghu [5]
- Svalpasatva (Has a very little essence.)
- Pinda sadrisha (lump like resemblance)
- Without layers
- Stripuspa haranam (can stop the Menstruation)

**Godanti Haritala [13]**

It is not actually orpiment, so, it has not been counted in the types of Haritala by Rasacaryas.

- Dirgha khanda (Found in large chunks)
- Appearance of resemblance with a cow's teeth
- Yellow with blue streaks at the center
- Very soft
- Heavy

**Bagdadi or Tabaki [13]**

- It is very soft
- Having layers
- Can cure leukoderma and leprosy
- Himaprakhya (generally known as "Cold Hartala")
- Heavy

Table No. 3: Rasa-panchak of Hartala (Ayurvedic Pharmacological properties)

| Rasa                 | Guna    | Virya | Vipaka | Reference  |
|----------------------|---------|-------|--------|--|
| Katu, kashaya        | Snigdha | Ushna | Katu   | Ayurveda Prakash [5], Bhav Prakash Nighantu [18], Brihat Rasa Raja Sundar [19], Rasendra sambhava [21], Shaligram Nighantu [9], Yoga Ratnakara [22], Madanpala Nighantu [23] |
| Katu                 | Snigdha | Ushna | Katu   | Dhanvantari Nighantu [12], Raja Nighantu [10], Rasajalanidhi [13], Rasa Ratna Samuchaya [15], Rasa Prakash Sudhaka [16]  |
| Katu, kashaya, Tikta | Snigdha | Ushna | Katu   | Rasakaamdheni [6]  |
| Katu, kashaya        | Snigdha |       | Katu   | Rasendra sara sangraha [11]  |

**Hartala Shodhana (Method of purification)-**

To make a medicine acceptable for therapeutic use and free of physical impurities and Vishadi Doshas, Rasa Shastra Shodhana is performed. Since Ashuddha Hartala was seen by Sushruta as Dhatuvisha, the

majority of Rasa Shastra books discussed the negative Effects of this deity, including Ayughana, Kapha Vata Vraddhikara, Meha, Tapa, Sphota, and others. Acharyas have used a variety of techniques for Shodhan of Hartala in order to prevent these issues:

Table No. 4: Different summarized textual methods of Hartala Shodhana

| Principle Followed            | Drugs used  | Duration /process repetition | Reference   |
|-------------------------------|---|------------------------------|---|
| Swedan (Dola Yantra Dwara)    | Churnodaka (Lime water)/ Kusmanda swarasa (juice of Benincasa Hispida)/ Tila Kshara Jala  | 3hrs                         | Rasa Ratna Samuchaya [15], Rasendra Chudamani [14] Rasajalanidhi [13]   |
| Swedan                        | Churnodaka, Kusmanda swarasa, Tila tail (Sesamum indicum oil)   | 1 prahar (3 hr)              | Rasendra Sara Sangraha [11], Rasamanjari [24]   |
| Sweda                         | Small pieces of Hartala +1/10 Part Tankan (Borax) → wash it 7 times with Nimbu (Citrus Limon) rasa and 7 times with Kanji Sour gruel) → Swedan with chuna mixed kanji/Kushmand Jala (Benincasa Hispida) /Salmali kwatha (Salmalia malabarica) | 1 days                       | Rasendra Sara Sangraha [11]   |
| Swedan                        | Chuna mixed kanji → Kushmand Rasa, Tila Tail and Triphala Kwath   | 1-1Yaam (3hr) Respectively   | Rasendra Sara Sangraha [11], Rasendra sambhava [21], Rasendra Chintamani [25] Rasamitra [26], Rasajalanidhi [13], Rasa Pradeep [27] |
| Swedan                        | Kushmand Swaras/Ksharodak (alkaline water)/ Palashmula Swaras (Butea monosperma)/ Shalmali Swaras (Salmalia malabarica)   | 1 yaam /2 yaam               | Rasa Paddhati [17]  |
| Swedan and Nimajjan (dipping) | Swedan in Kushmand Swaras for 6hr → dipped in Nimbu swaras (Citrus Limon) (Change Nimbu swaras daily for -7 days)   | 7days                        | Sidha yog sangrah [28]  |
| Swedan                        | Kanji (Sour gruel) → Kushmand rasa, Dugdha (Milk) and Vata dugdha (Ficus benghalensis milk)   | 3 days                       | Rasendra sambhava [21]  |
| Swedan                        | Kushmand swaras/ Ksharodak/ Churnodak (Lime water)  | 3hrs                         | Rasa Prakash Sudhakara [16]   |
| Swedan                        | Take Hartala and put it in Kushmand, repeat this process 3 time   | 3 times                      | Rasayan sara [29]   |
| Swedan                        | Grahadhuma Jala/ Nimbu swara  | 1 yaam(3hr)                  | Rasataringini [7]   |
| Swedan                        | Kushmand swara  | 1 yaam                       | Rasataringini [7]   |
| Swedan                        | Churnodak/ Triphala kwath   | 2 yaam                       | Rasataringini [7]   |
| Swedan                        | Tilaksharjala   | 1 yaam                       | Rasataringini [7]   |
| Swedan                        | Salmalimula kwatha(Salmalia malabarica)   | 1 yaam                       | Rasataringini [7]   |
| Bhavana                       | Salmalimula kwatha(Salmalia malabarica)   | 7 times                      | Rasataringini [7]   |
| Bhavana                       | Churnodak   | 7 times                      | Rasataringini [7], Rasajalanidhi [13],  |
| Swedan                        | Kushmand swaras (Benincasa Hispida)   | 100 times                    | Rasarnava [20]  |
| Swedan                        | 1/10 Part Tankan (Borax), Jambiri Swaras (Citrus Limon), Kanji  | 1 day                        | Rasajalanidhi [13]  |
| Swedan                        | Kusmand swaras/Shalmanli kwath  | 1 day                        | Rasajalanidhi [13]  |
| Swedan                        | Jambiri swaras  | 6 hrs                        | Rasajalanidhi [13]  |
| Swedan                        | Mahish Mutra (Buffalo urine), Kumari swaras (Aloe vera), Churnodak (Lime water), Sarapunkha Swaras (Tephrosia purpurea), Ikshu rasa (Saccharum officinarum)   |                              | Rasajalanidhi [13],   |
| Swedan                        | Kanji (Sour gruel)  | 1Yama                        | Yoga Ratnakara [22]   |

|         |   |           |                   |
|---------|---|-----------|-------------------|
| Swedan  | Tila tail (Sesamum indicum oil), Takra (Butter milk), Gaumutra (Cow urine), Kanji (Sour gruel), Kulatha (macrotyloma uniflorum) | 1Yama     | Rasayan sara [29] |
| Swedan  | Small pieces of Hartala + ¼ part tankan → wash it with Nimbu rasa and kanji → swedan in Chuna mixed kanji                       | 2 days    | Rasa Ratnakar[30] |
| Bhavana | Kushmand swaras (Benincasa Hispida)   | 100 times | Rasa Ratnakar[30] |

Godanti Hartala Shodhan: Swedan in Jayanti swaras Hispida) or Rajhans swarasa (Adiantum (Sesbania sesban) or Nimbu swaras or Dronpushpi capillusveneris)[21]. swaras (Leucas cephalotes) for 1 yama [21].

Hartala Marana (method of incineration): Various Godanti Hartala dosh Shanti: Antidote of Godanti methods of Hartala Marana are summarized in below Hartala is Yavaas rasa or Kushmand swaras (Benincasa table no. 5

**Table No. 5: Different summarized textual methods of Hartala Marana**

| Principle method                   | Lavigation  | Reference  |
|------------------------------------|---|--|
| Bhasma yantra                      | Punarnava swaras (Boerhavia diffusa)  | Rasataringini [7], Ayurveda Prakash [5] Brihat Rasa Raja Sundar [19]                     |
| Bhasma yantra                      | Pippali twak kwatha (Piper longum) (21 bhavana)                                       | Rasataringini [7]  |
| Bhasma yantra(4 yaam)              | Arka ksheer(Calotropis gingantea) (10 times)  | Rasataringini [7], Rasendra sambhava [21]  |
| Laghuputa                          | Equal amount of Shudha hartala+ Shukti bhasma levigate with Kumari swaras (Aloe vera) | Rasataringini [7],   |
| Kapotputa(12puta )                 | Palashmula kwatha (Butea monosperma) (3 times), Mahish mutra (Bufalo milk) (3 times)  | Rasataringini [7], Rasendra sambhava [21]  |
| Mahaputa                           | Kumariswara   | Rasataringini [7]  |
| Putra (10 cow dung)                | Palashmula kwatha(3 times), Mahish mutra  | Rasa Ratna Samuchaya [15],   |
| Boiling in Benincasa hispida Juice | Churnodaka, Apamarg mula rasa (Achyranthes aspera), Ksharodak (Alkaline water)        | Rasendra Sara Sangraha [11]  |
| Baluka Yantra                      | Changeri swaras (Oxalis corniculata), Nimbu swaras, churnodaka (2 yaam                | Rasendra Sara Sangraha [11]  |
| Putra (12yama)                     | Kumari swarasa  | Rasamanjari [24] Rasendra sambhava [21] Rasajalanidhi [13], Brihat Rasa Raja Sundar [19] |
| Putra(4 yama)                      | Churnodah,Apamarg Rasa (Achyranthes aspera), Ksharodak,                               | Rasajalanidhi [13],  |
| Pithar Yantra (5 Days)             | Punarnava Rasa  | Rasajalanidhi [13],  |
| Baluka Yanta (12 prahar)           | Changeri swaras, Nimbu swaras, Churnodak  | Rasajalanidhi [13]   |
| Baluka Yanta / Handika Yantra      | Sahdevi (Vernonia cinerea), Dugdika (Euphorbia hirta)& Bala Swaras (Sida Cordifolia)  | Rasajalanidhi [13], Brihat Rasa  |

## DISCUSSION:

Hartala was not utilized medicinally throughout the Vedic era, but since Samhita Kala, it has been used to treat a number of illnesses, including Unamada, Hikka, Shwasa, Kasa, Pandu Karma, Varna Shodhana, Arsha, and Visha Chikitsa. Hartala, also known as orpiment, arsenical gold ore, or yellow arsenic, is chemically Arsenic Trisulphide, or two molecules of Arsenic and three molecules of Sulphur (AS<sub>2</sub>S<sub>3</sub>). Only medicinal uses of hartala are mentioned in Samhita, but classical

rasa shastra literature provide a thorough explanation of the herb, including its synonym, mythological origin, indications, contraindications, adverse effects, Shodhan, Marana, Satvapata, and other formulations. Various Acharyas classify it under Uprasa Varga in the Rasashastra scripture. All of the textbooks mention Katu, Kashaya, Snigdha, and Usna properties while evaluating Hartala properties; however, Rasa Kamdhenu also mentions Tikta and Guru properties in addition to the first four. Classics have used complexion

to define the many types of Hartala. Patra Haritala and Pinda Haritala are the two forms of Hartala that the majority of authors have accepted; Patra tala is considered to be of the highest quality, while Pinda tala is of the lower grade. Shaligram Nighantu listed eight varieties of hartala, whereas Rasajalanidhi listed four. Thus, a number of synonyms, including Chitragandham, Aalam, Natabhushan, Pinjaram, Godantam, Lomahritam, and Romnashnam, are provided in Rasa classics. Haritala is obviously a toxic medication that contains arsenic. Almost all of the classics include a variety of techniques for Shodhan (purification). Hartala's Satvapatana (extraction) and Maran (incineration). The body suffers when Ashodhita (impure) Hartala is present. Hartala is freed from the doshas (morbid factors) by Shodhana and Marana. If the Shodhan is not performed correctly, it might result in a number of difficulties, including Ayunashaka, Vamana, Kushtha, Prameha, KaphaVataroga, and others.

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