

## International Journal of Research in Indian Medicine

### *A review on Importance of Put in medicine preparation*

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#### Abstract:

*Rasashastra* is a science of medicine preparations by using mostly *parad* i. e. mercury. Ras is synonym used for *parad*, which is Most of the time used for preparation of medicines. Lot of types of *Sanskaras*<sup>[1]</sup> are done on the contents of a prepared medicine. Bhasmikaran sanskar is most important *sanskar* described in *Rasashastra*. The *Bhasmikaran sanskar* is done by using varies types of *Put*. Ras, upras, sadharan ras, dhatu, updhatu and Ratn-upratna<sup>2]</sup> etc. all these has to undergone in Pak state to prepare a medicine. The process which is used to evaluate the whether this Pak is done correct or not is call us put. Aim of this review study is to

evaluate the importance of put and *putpak kalpana* in *Rasashastra*<sup>[3]</sup>. After various literatures reviewed found that the bhasm nirman is a main part of medicine prepared in *Rasashastra*. Various types of put are described in *rassashastra*. The puts are advocated accordingly the properties of dravyas who much *Agnisaskar* (heating) is required to convert these *dravyas* in form of bhasm. Bhasm is a state molds the dravyas to assimilate in human body. Therefore this review significantly found that the *put* and *putpak kalpana* which described in *Rasashastra* is most important in medicinal drug preparation,

**Keywords:** *put, putpak, agnisanskar, parad, sanskar, bhasma, bhasmikaran,*

## Introduction:

## Aim and Object:

## Material and Method:

- From *Ayurvedic and rasshastra related* compendia, *put* and *putpak kalpana* are reviewed.
- Published journals related to subject, update information available on internet is critically analyzed and assessed

## A] Literature search:

### Definition of *Put*<sup>[4]</sup>:

*Rasaadidravypakanam  
pramandyapanan putam /*

*Neshto nyunadhikah pakah supakam  
hitamoushadham // (rasratnasamucchay  
10/47)*

Parad, Abharak etc. ras, Gandhak etc. upras, gouripashana etc sadharan-ras Manika etc. Navaratnas, Suvarna etc dhatu and shankh, shukti etc dravyas are used as a medicine in the treatment of diseases. These are used in medicinal contents in the form of bhasmas. To make the bhasmas of these rasadi dravyas have to give agni sanskar (fired). The method which is done to prepare the bhasma by using agni is called as put.

### Types of *Put*<sup>[5]</sup>:

Various types of putas are described in classical text of rasshastra i.e. rastaragani, rasratnsamuchay etc. Types of putas are as follows:

1. *Mahaput,*
2. *Gajput,*
3. *Varahput,*
4. *Kukkutput,*
5. *Kapotput,*
6. *Lavatput,*
7. *Bhudharput,*
8. *Balukaput,*
9. *Kumbha put*

### Importance of *Put*<sup>[6]</sup>:

*Putattdoshvinashah syaat putaddev  
gunodayah/*

*Mriyate cha Putat-lohstamat putam  
samacharet/*

*Bhavedatah putadev  
doshahanirgunodayah/*

*Raso-upraslohanam putpakstatah  
smutah//*

*Putapaken lohade-nirutthavtvacha  
dipanam/*

*Bhavetvararitaratvach putapakastatah  
smutah//*

*Raso-upraslohadah  
pakmanaprapamakam*

*Utpaladhya-agnisanyogaat tattadatra  
putam smutaam/|*

*(rastaragangani 3/32-34)*

*The Bhasma made by using put of Lohadi  
dhatu are becomes best quality. The  
bhasmas are floated on water (vaaritar).  
The bhasmas are also qualifies*

*rekhapurnatva pariksha, which is one  
parameter to test the bhasma. These  
bhasmas develop the properties of  
Agnideepan. The Same qualities of  
Jaranjanya Parad are developed in  
dhatu's bhasmas which are made from  
putpak. Therefore after the appropriate  
put pak the medicines prepared from the  
bhasmas of lohadi dhatus having  
excellent qualities.*

**Recommended appropriate putas with the respective Rasadi dhatus dravyas<sup>[7], [8]</sup>:**

Sr. No.	Types of Put	Used for the preparation of bhasmas
1.	Mahaput	Abhrak and Loha
2.	Gajput	Loha, Tamra, Abhrak, Makshik, Vimal, Shankh, Shukti, Godanti etc.
3.	Varahput	shankh, Shukti, Godanti, Shrung etc.
4.	Kukkutput	Swarn, Naag, Vang, Mukta
5.	Kapotput	Parad
6.	Govarput	Parad
7.	Lavak put	Mrudu dravya (fragile elements)
8.	Balukaput	Parad and Gandhak jarana
9.	Kumbha put	Parad and Gandhak jarana, Parad Bhasma
10.	Bhudhar put	Parad and Gandhak jarana, Parad Bhasma

**Discussion:**

In the classical text of Ayurveda and Rasshastra the Preparation of medicine from an element is done by various type of Sanskaras (procedures). For the gunantardhan i.e. change in properties of the elements is done by the sanskar. Agni sanskar on elements done for to achieve the laghvatva, aggravate the deepan guna. This agni sanskar on Rasadi dravyas (elements) is done in put (furnace). Putas are having significant importance in preparation of medicines from a row elements.

### Conclusion:

The medicines which are prepared by using put-pak are become purified and gains high quality. These medicines are having niruttha, vaaritar and dipan gunas. The bhasmas, made by using put are become highly strengthen. Therefore puts are advocated to do the bhasmikarn of drugs.

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### Cite this article:

*A review on Importance of Put in medicine preparation*

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Ayurline: International Journal of Research In Indian Medicine 2019; 3(4) : 1 - 4