



## LITERARY REVIEW OF SOMANATHI TAMRA BHASMA

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### ABSTRACT

Somanathi Tamra Bhasma is unique method of Tamra Bhasma preparation, which is prepared by using Tamra, Parada, Gandhaka, Manashila & Haritala as ingredients, more than 10 references are available in different Rasagranthas for the preparation of Somanathi Tamra Bhasma, few differences of opinions are noted considering the quantity of Gandhaka used & the method adopted for the preparation of the same, this article highlight literary review & method of preparation of Somanathi Tamra Bhasma.

**Keywords:** Tamra, Gandhaka, Somanathi Tamra Bhasma.

### INTRODUCTION

The entire science of Ayurveda has been framed upon trisutras viz. Hetu, Linga and Oushadha. Among them Oushadha is the most important, it is held to responsible for maintenance, promotion of positive health and cure of a diseases. The drug source may be animal origin, plant or mineral origin. From mineralogical point of view the numbers of metals found in nature throughout the world are innumerable. But only a few of them have been recognized to possess medicinal values in ancient time.

Among them Tamra has been known from prehistoric times and has been employed in making tools and different types of utensils, from the 12<sup>th</sup> century onwards the reference for the preparation and use of Tamra Bhasma is available.

As a raw material Tamra is considered to be highly poisonous and several times more poisonous than poison itself, because poison possesses only one dosha (toxic effect) while unpurified and unreduced Tamra may cause the following eight doshas<sup>1</sup> in the body viz. Bhrama (vertigo), Murcha (unconsciousness), Vidaha (burning sensation), Swedotpatti (sweating), Kledana (wetness), Vamana (vomiting or nausea), Aruchi (anorexia) and chitta santapa. If Tamra Bhasma is not prepared by proper procedure and with sufficient number of putas, may cause above toxic effect in the body.

In many Rasagranthas like Rasaratna samuchchaya, Rasa tarangini, Ayurveda prakasha, Rasendra Sara sangraha etc various procedures for the preparation of Tamra Bhasma with different media have been mentioned.

One special method of preparation of Tamra bhasma was explained in Rasa granthas which is known as Somanathi Tamra Bhasma<sup>2</sup> and prepared by using Parada, Gandhaka, Haritala & Manashila media and which is considered as more effective and less toxic. More than ten different references are available in classical Rasagranthas for the preparation of Somanathi Tamra Bhasma; few differences of opinions are noted considering the quantity of Gandhaka used & the method adopted for the preparation of the same, this article highlight the literary review & method of preparation of Somanathi Tamra Bhasma.

### Literary Review

Possibly a persona by name Somanath was there who profounded the yoga Somanathi Tamra Bhasma with ingredients like Tamra, Parada, Gandhaka, Haritala and Manashila. Somanatha Grantha is not available today but the Yogas of this book might have been copied by other later authors, as Rasa Kamadhenukara of 17<sup>th</sup> century mentions about a text by name Somanatha Sangraha. Somanathi Tamra Bhasma is even mentioned in Rasendra Chudamani etc. like oldest classical texts. The author of Rasendra Chudamani is also Somadeva of 13<sup>th</sup> century. Somadeva of 13<sup>th</sup> century and Somanatha who is profounder of Somanathi Tamra Bhasma are one and the same or not is not confirmed yet.

Somanathi Tamra Bhasma is prepared by using

1. Shuddha Tamra
2. Shuddha Parada
3. Shuddha Gandhaka
4. Shuddha Haritala
5. Shuddha Manashila

According to different references, quantity of ingredients depends upon the quantity of Gandhaka used. In Samaguna Gandhaka, Haritala will be half to Parada and Manashila will be 1/4<sup>th</sup> part. In Dwiguna Gandhaka, Haritala will be equal to Parada and Manashila will be half part and Tamra will be equal to Parada in both conditions. Different references written by different Rasacharyas slightly differs in its pharmaceutical preparation and drug ratio but utility of Somanathi Tamra Bhasma is almost same.

### Variation in the references of Somanathiya Tamra Bhasma as per various authors

Ra.Chu., R.P.S., R.R.S., A.P., R.K.D., Y.R., B.B.R. have mentioned to use Gandhaka as Samabhaga to Tamra whereas R.P.S and R.Y.S. mentioned Dwiguna, Gandhaka, R.T. has mentioned ½ part Gandhaka.

Most of the texts mentioned Garbha Yantra for the preparation of Somanathi Tamra Bhasma. But some texts like Y.R. and B.B.R etc have mentioned Valuka Yantra whereas R.P.S. and R.T. have mentioned to use Sharava. (Table 1)

**Table 1: Different references of preparation of Somanathi Tamra Bhasma**

Sl. No.	Text	Period	Agnimatra & Kala	Yantra used
1	Ra. Chu <sup>3</sup>	12 <sup>th</sup> century	1 Yama (3hours)	Garbha
2	R. P. S. <sup>4</sup>	13 <sup>th</sup> century	1 Yama (3hours)	Sharava & Garbha
3	R. R. S. <sup>5</sup>	13 <sup>th</sup> century	1 Yama (3hours)	Garbha
4	R. Paddati <sup>5</sup>	13 <sup>th</sup> century	1 Yama (3hours)	Bhanda
5	A. P. <sup>1</sup>	17 <sup>th</sup> century	1 Yama (3hours)	Garbha
6	R. K. D. <sup>6</sup>	17 <sup>th</sup> century	1 Yama (3hours)	Garbha
7	Y. R. <sup>7</sup>	17 <sup>th</sup> century	4 Yama	Valuka
8	R. T. <sup>8</sup>	20 <sup>th</sup> century	Gajaputa	Sharava
9	R. Y. S. <sup>9</sup>	20 <sup>th</sup> century	½ day	Valuka
10	B. B. R. <sup>10</sup>	20 <sup>th</sup> century	1 Yama	Garbha

**Table 2: Karmas of Tamra Bhasma in different texts of Rasashastra**

Karma	C.S.	R.R.S.	R.K.D.	R.S.S. <sup>11</sup>	R.T.	B.P. <sup>12</sup>	A.K. <sup>13</sup>
Arogyakara	-	-	+	-	-	-	-
Ayushkara	-	-	-	-	+	-	-
Alpabrimhana	-	-	-	-	-	+	-
Urdwa	-	+	-	-	+	-	+
Parishodhanam	-	+	-	-	-	-	+
Kshudhakaram	-	-	-	+	-	-	-
Jarapamrityu	-	-	-	-	-	-	-
Shamanam	-	-	-	-	-	-	-
Netrayam	-	+	-	-	-	-	+
Deepanam	-	-	-	-	+	-	-
Rasayana	+	-	-	-	-	-	-
Ruchya	-	-	-	-	+	-	-
Ropana	-	-	-	-	+	+	-
Lekhana	-	+	+	+	+	+	+
Vrishya	-	+	-	-	-	-	+
Saram	-	-	-	-	-	-	-
Saarakam	-	-	-	-	+	+	-

**Table 3: Properties of Gandhaka according to different Rasagranthas**

	Ra.Chu.	R.R.S	R.S.S.	A.P.	R.T	B.P.	R.K.D.
<b>RASA</b>							
Madhura	+	+	+	+			
Katu					+		
Tikta					+		
Kashaya					+		
<b>GUNA</b>							
Uhsna		+	+				
Snigdha				+			
Sara					+	+	
<b>VIRYA</b>							
Uhsna	+	+	+	+	+	+	
Sheeta							
<b>VIPAKA</b>							
Katu	+	+	+	+		+	+
Madhura							
<b>VATA</b>							
Vardhaka							
Nashaka				+			+
<b>PITTA</b>							
Vardhaka							+
Nashaka							
<b>KAPHA</b>							
Vardhaka							
Nashaka				+	+		

**Properties of Somanathi Tamra Bhasma**

Somanathi Tamra Bhasma is useful in Parinama shoola, Udara shoola, Shwasa, Gulma, Pleeha roga, Yakrit roga, Kshaya, Agnimandya, Arsha and Grahani<sup>2</sup>.

**Dose:** 2 Valla (750 mg).

**Properties of the Drugs used in the Preparation of Somanathi Tamra Bhasma**

**Properties of Tamra**

Rasa - Tikta, Katu, Kasaya, Amla, Madhura

Guna - Laghu, Sara

Virya - Usna, Sita (Sus.Sam)

Vipaka - Madhur, Katu

Karma -Lekhana, Slightly brahanaa, Ropana, Netrya, Ksut, Kasa, Visa hara and Parisodhana. (Table 2)

Doshagnata - Kappha shamaka

Rogagnata - Udara roga, Kusta, Svasa, Kasa, Ksaya, Pinasa, Sula, Amlapitta and Sthaulya.

**Properties of Parada**

Rasa - Shad Rasa

Guna - Snigdha, Sara, Guru

Virya - Ushna

Vipaka - Yogavahi, Rasayana, Balya, Vrishya, etc.

Dosha Prabhava - Tridoshaghna

Vyadhi Prabhava - Krimi, Kushtha, Vataroga, Valipalita Roga nashaka, etc.

#### **Properties of Gandhaka**

Rasa - Katu, Tikta & Kashaya

Vipaka - Katu/ Madhura

Doshagnata - Vatakapha Nashaka

Prabhava - Twakvikara Nashaka, Dadrunashaka, Kushthanashaka

Karma - Garavishahara, Deepana, Amapachana, Kandughna (Table 3)

#### **Properties of Haritala**

Rasa - Almost all Acharyas are unanimous in the opinion of taste of Haritala as Katurasa. Some have opined Kashaya as Anurasa

Vipaka - Katu

Virya - Ushna

Guna - Snigdha

Dosagnata - Kaphavatahara, Raktadoshahara

Roga ghnata - Arshohara, Upadamashahara, Katigraha,

Kanduhara, Kantikaram, Kasahara, Galagrahahara,

Jarahara, Jwarahara, Tvacyam, Nasarogahara,

Netrarogahara, Bhuta Badhahara, Mukharogahara,

Mrttyuhara, Rasayana, Vajikara, Vishahara, Vishapahara,

Swasahara etc.

#### **Properties of Manashila**

Rasa - Katu, Tikta

Guna - Snigdha, Ushna, Guru

Virya - Ushna

Karma - Lekhana, Kapha hara, Varnya

Rogagnata - Shotha, Shwasa, Kasa, Agnimandya,

Kshaya, Kandu, Bhuta bada hara, Jwara, Pandu,

Vishanashaka, Rasayana

#### **Method of Preparation of Somanathi Tamra Bhasma**

As already mentioned many references are available for the preparation of Somanathi Tamra Bhasma, but for present article the reference from Rasa Ratna Samuchchaya 5<sup>th</sup> Chapter (R.R.S. 5/63-66<sup>2</sup>) is considered. One part each of Shudha Tamra, Shudha Parada, Shudha Gandhaka, half part of Shudha Haritala & 1/4<sup>th</sup> part of Shudha Manashila is taken. Parada & Gandhaka are triturated together to prepare Kajjali, then Haritala & Manashila also added to this, prepared Kajjali & again triturated. This Kajjali is then spread in Garbha yantra & Tamra Patras is placed upon the Kajjali, Kajjali is again spread upon the patras. Like this all Patras of Tamra are kept with kajjali one after another, the intensive fire is given for three hours, when self cooled, taken out & powdered well. The resultant Bhasma is called as Somanathi Tamra Bhasma.

#### **Stages of Somanathi Tamra Bhasma Preparation**

##### **Tamra samanya shodhana**

In order to purify the Tamra, Tamra is made into thin Patras (leaves) & heated intensively in fire till it becomes red hot & immediately immersed in Tila Taila, Takra, Gomutra, Kanji & Kulatha kashaya each for seven times.

##### **Tamra visesha shodhana**

The lemon juice with Sainadava lavana is triturated & the resultant paste is smeared over the clean Patras of Tamra, then they are heated in intensive fire and immersed in Souviraka, this procedure is repeated for eight times.

##### **Parada samanya shodhana**

Mercury should be triturated with equal part of lime powder for 3 days & then filtered through a cloth, triturated again with equal parts of nistusha lashuna & 1/2 part of Saindhava lavana till the paste becomes black.

##### **Gandhaka shodhana**

Gandhaka is melted along with a little quantity of cow's ghee & this liquified Gandhaka is then poured (sieved) in to another vessel, through a cloth, tied over the mouth of the vessel in which milk is placed, poured Gandhaka is boiled in milk only for 3 hours, then it is taken out and washed with hot water.

##### **Haritala shodhana**

Haritala is subjected to boil by using dolayantra in Chrnodaka for 3 hours.

##### **Manashila shodhana**

Manashila is purified by giving bhavana of ardraka swarasa for seven times.

#### **Preparation of Somanathi Tamra Bhasma**

##### **Poorva Karma**

**Preparation of garbha yantra:** Garbha Yantra is useful in the preparation of pisti of Parada & Bhasmas of various other minerals. A strong musha (crucible) measuring four angula in length & three angula in breadth is prepared with the help of mud. The outer surface of this crucible is then smeared with the pisti prepared by twenty parts of Saindhava lavana, one part of guggulu & ten parts of mud, when dried up once again another layer of this paste is smeared so that the crucible becomes stronger. Then tusha (paddy husk) is filled in small pit in the earth and the crucible is placed and mild fire is given.

**Collection of materials:** All the above mentioned ingredients, all apparatus, utensils and Cow dung cakes (Vanophalas) are collected

**Filling & sealing of garbha yantra:** As mentioned above Garbha Yantra is filled with Shudha Tamra Patras & Kajjali prepared by Shudha Parada, Shudha Gandhaka, Shudha Manashila & Shudha Haritala, the mouth is closed properly with identical lid and the joint is sealed properly.

**Preparation of pit:** Small underground Cavity is prepared to supply heat for Garbha Yantra. At the base tusha is spread first and on that sealed Garbha Yantra is placed, cow dung cakes are placed surrounding to the Garbha Yantra, and the same is covered completely.

##### **Pradhana Karma**

**Heating process/ maintenance of heat:** Three hours of intensive fire/heat is given.

##### **Paschyata Karma**

**Removal of the garbha yantra from pit:** After Swanga sheeta (auto-cooling), Garbha Yantra is slowly removed from the pit.

**Opening the seal:** Garbha Yantra is cleaned properly, carefully seal is removed, black coloured roasted brittle powder of Tamra Bhasma is collected carefully into Khalwa Yantra, and trituration is done followed by filtration through the fine cloth.

**Bhasma siddhi pareekshya:** The resultant Bhasma is subjected for Varitaradi Bhasma siddhi pareekshas, if tests give positive results, then prepared Bhasma is utilized.

### **Storage**

After Bhasma siddhi pareekshas, the Somanathi Tamra Bhasma is stored in air tight glass containers.

### **DISCUSSION**

Many Tamra Bhasma preparation methods are explained in Rasagranthas, Somanathi Tamra Bhasma is a special method of Tamra Bhasma preparation in which Parada, Gandhaka, Manashila & Haritala drugs are used.

Possibly a person by name Somanatha discovered Somanathi Tamra Bhasma, Somadeva the author of Rasendra Chudamani of 13<sup>th</sup> cent & the Somanatha who is considered as profounder of Somanathi Tamra Bhasma are one and the same or not, is not confirmed yet.

The reference of Somanathi Tamra Bhasma is available in Rasendra Chudamani, Rasa prakasha sudhakara, Rasaratna Samuchchaya, Rasa paddati, Ayurveda Prakasha, Rasa kamadhenu, Yogaratnakara, Rasa tarangini, Rasa yoga sagar & Bharatiya bhaishajya ratnakara.

Most of the authors used Tamra, Parada, Gandhaka, Haritala & Manashila; the quantity of ingredients used, depends on the quantity of Gandhaka used. In samaguna Gandhaka, Haritala will be half of Parada & Manashila will be 1/4<sup>th</sup> part. In dwiguna Gandhaka, Haritala will be equal to Parada & Manashila will be half part and Tamra will be equal to Parada in both conditions.

Most of the texts mentioned Garbha yantra for preparation of Somanathi Tamra Bhasma, but some texts like Yogaratnakara and Rasa Yoga Sagara etc, have mentioned Valuka yantra, whereas Rasaprakasha sudhakara and Rasa Tarangini have mentioned sharava.

Many Rasaacharyas prescribed, requirement of 1 Yama (3hours) agni for the preparation of Somanathi Tamra Bhasma, Rasa yoga sagara mentioned ½ day, Yogaratnakara mentioned 4 Yama, & Rasa tarangini text refers to give gaja puta.

Most of the Rasashatra texts mentioned Somanathi Tamra Bhasma is useful in Parinama shoola, udara shoola, shwasa, gulma, pleeha roga, yakrita roga, kshaya, agnimandhya, arsha & grahani.

Almost all Rasagranthas suggest the dose of Somanathi Tamra Bhasma as 2 valla (750mg), which is higher than Tamra Bhasma prepared by other methods and suggest that Somanathi Tamra Bhasma is less toxic & more effective even in higher doses.

### **CONCLUSION**

Acharya Somanatha is profounder of Somanathi Tamra Bhasma.

Somadeva the author of Rasendra Chudamani & Somanatha the profounder of Somanathi Tamra Bhasma is same & one or not, is still not cleared.

The reference of preparation of Somanathi Tamra Bhasma is available in Rasendra Chudamani, Rasaprakasha sudhakara etc, roughly in 10 Rasagranthas.

Most of the authors included Tamra, Parada, Gandhaka, Haritala and Manashila for preparation of Somanathi Tamra Bhasma.

Most of the authors recommended Garbha Yantra for Preparation of Somanathi Tamra Bhasma.

Most of the Rasagranthas mentioned 1 yama Agni for preparation of Somanathi Tamra Bhasma.

Somanathi Tamra Bhasma is indicated in Parinama shoola, udara shoola, shwasa, gulma, pleeha roga, yakrita roga, kshaya, agnimandhya, arsha & grahani.

The dose of Somanathi Tamra Bhasma is 2 Valla.

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### **ABBREVIATIONS**

- Ra. Chu. - Rasendra Chudamani  
R.P.S. - Rasa Prakasha Sudhakara  
R.R.S. - Rasa Ratna Samuchchaya  
R.Paddati - Rasa Paddati  
A.P. - Ayurveda Prakasha  
R.K.D. - Rasa Kama Dhenu  
Y.R. - Yoga Ratnakara  
R.T. - Rasa Tarangini  
R.Y.S. - Rasa Yoga Sagara  
B.B.R. - Bharatiya Bhaishajya Ratnakara  
C.S. - Charaka Samhita  
B.P. - Bhava Prakasha Nigantu  
A.K. - Anandha Kandha  
R.S.S. - Rasendra Sara Sangraha