INTRODUCTION

The Earliest reference of maran is seen from samhita period where metals are made into powder for internal administration by means of a process called Ayaskriti. Ayaskriti literally means making of louha is a process where disintegration of metal is done by means of addition of some organic material through intense heat treatment.

- Ayurveda – time immemorial
- Rasashastra – 8th century
- Use of Sukshma churna of Dhatu was existing
- Oha churna, Swarna churna, Tamra Churna
- Ayas means Loha (Dhatu)
- During Samhita Period swarna, Rajata, etc churnas are mentioned for the treatment of different diseases
- This Technique is called Ayaskriti

Debate

- First mentioning of “Ayaskriti”
- Charaka – Loha rasayanam
- Sushruta – Ayaskriti

Charaka Samhita

- Mentioned in the name of Loha rasayanam
- Ch.Ch.1/3/15-23
- Explained in Four steps
- First step (Nirvapana)
- Teekha loha patras (4+4)
- Red hot
- Alkaline Media (5)
- Till Anjanavat

Second (Churna)

Anjanavat Loha Patra are made into Churna in a Khalva Yantra

Third (leha)

- Churna+madhu+Amalaki Swarasr
- Lehya Consistency
- Preserved in earten pot smeared with Ghrita
- One year

Forth

- Every month addition of madhu and amalaki rasa to maintain consistency of lehya
Administration
- Dose: Agni bala dependent
- Time: Prataha Kala
- Anupana: Madhu Sarpi
- Sushruta Samhita
- Mentioned as "Ayaskriti"
- Three Types
- Ayaskriti
- Aushadhayaskriti
- Mahaushadhayaskriti
- Su. chi. 10/11-12

Ayaskriti
- Teekha loha patra (tilotsedo)
- Paste of Lavana varga
- Gomayagini pratapta
- Nirvapana in Triphala salasaradi gana kashaya
- 16 times (32)
- Red hot in Khadira kashta
- Powdered in KHALVA Yantra
- Sieved through thick cloth
- Fine Powder

Administration
- Dose: Agni bala
- Time: After digestion of Food (Prataha)
- Anupana: Madhu ghrita
- Apathya: Amla and lavaana rasa

Aushadhayaskriti
- Trivrut, shyama, agnimantha etc (12 drugs)
- Swarasa kept in Palasha Droni (Quantity)
- Alyapinda heated on khadira angara
- Nirvapana for 21 times
- Shifte to sthali and heated ongomayagni
- Reduced to 1/4th
- Agni tapt aya patras added
- Triturated with addition of 1 part pipalyadi gana dravyas, 2 parts madhu, two parts sarpi
- Kept in aya patra

Administration
- Dose: 1 Shukti (24 gm)
- Time: After Digestion of Food (prataha)

Mahaushadha Ayaskriti
- Here salasaridigana Dravya kwatha is used instead of swarasa of 12 drugs
- Guda is used instead of ghrrata
- Nyagrodhadi and aragvadhadidravya can also be replaced

DISCUSSION

SUMMARY AND CONCLUSION
- Unique Technique of Using metal therapeutically
- Depending upon the processing technique, it can be powder form, Avaleha form and Sandhana form