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## A Review on the Concept of Ayaskriti

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### INTRODUCTION

The Earliest reference of maran is seen from samhita period where mwitals 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 – 8<sup>th</sup> 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)
- Teekhna 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 Swaras
- 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**

- Teekhna 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 ghrta
- Apathya:amla and lavana 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 1/4<sup>th</sup>
- Agni tapta aya patras added
- Trituratedwith 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 salasardigana Dravya kwatha is used instead of swarasa of 12 drugs
- Guda is used instead of ghrata
- Nyagrodhadi and aragvadhadi dravya can also be replaced

## **DISCUSSION**

- Three form of Ayaskriti
- Powder form
- Avaleha Form
- Sanhana form

## **SUMMARY AND CONCLUSION**

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