

A critical conceptual study on the importance of *Kajjali* in *Rasa Shastra*

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Abstract

Kajjali Rasayoga, also called Indian alchemy, is always the target of criticism as many claim that *Rasayoga* contains heavy metals that are toxic to the human body. However, scientific evidence has repeatedly shown that *Rasayoga* is effective, safe, and well-tolerated by Ayurvedic researchers. *Kajjali* or *Kajjala Rasayoga* is a unique type of *Rasayoga* that is prepared using *Parada* and *Ghandhaka*. There are various varieties of *Kajjali* according to the ratio of *Parada* to *Ghandhaka* and their therapeutic uses vary from one to the other. In this article, we analyze the preparation and use of different *Kajjalis*.

Keywords – Ayurveda, *Rasa Shastra*, *Kajjali*, *Rasayoga*, *Yoga*, *Parada*, Different ratios of *Kajjali*, etc.

Introduction

Kajjali, also known as black mercury sulfide, is a particular Ayurvedic preparation prepared using mercury and sulfur. It is a dosage form of *Parada* mentioned in many classical texts. It is combined with other ingredients and works synergistically with herbal drugs. It is mentioned in various contexts under various headings of *Rasagrathas*. References are scattered and need to be reviewed, compiled, analyzed, and presented systematically. *Kajjali* has its roots in the ancient Ayurvedic tradition known as *Rasashastra*. It dates back to the medieval period and deals mostly with the therapeutic use of metals & minerals. The main and important material which is used in the practice of *Rasashastra* is called *Parada*.

Definition

When the refined *Parad* is ground with other refined metals and minerals such as sulfur without adding any liquid until the mixture becomes fine and black, it is called *Kajal*. *Kajjali* is the basic and important preparation for all *Sagandha Rasa Yoga*.¹

Kajjali according to various context

- *Kajjali* may be a type of *Parada Bandha*, i.e. *Kajali Bandha*.²
- It is a type of *Nirani Sagandha Murchana*.³
- An example of *Kharaliya Rasayana*.⁴
- Kupipakva Formulations
- Bhasma Formulations
- Parpati Formulations

Methods of Preparation of *Kajjali*⁵

1. *Kajjali* can be prepared by rubbing purified *Parada* and *Gandhaka* in different proportions until the mixture turns fine and black. For metals, *Dhatu Pishti* is first prepared by mixing *Parada* and purified *Swarnadhi Dhatu*, then *Gandhaka* is added and the mixture is ground until it becomes fine and black. Based on the ratio of *Parada* and *Gandhaka*, *Kajjali* is used in the preparation of various (*Rasa Yoga*) formulas.
2. *Dhatu Pisti* is the second method for *Kajjali* preparation. Refined sheets of metals such as gold mixed with purified mercury to form a soft paste-like amalgamate are called *Dhatu Pishti*. After preparing *Kajjali*, adding *Dhatu Bhasma* does not give a proper mixture. Therefore, proper mixing of metal and mercury requires the fusion of mercury and metal.

Types & Properties of *Kajjali* -

S.N.	Type of <i>Kajjali</i> ⁶	Ratio		Properties ⁷	Examples
		<i>Parada</i>	<i>Gandhaka</i>		
1.	<i>Sadamasa</i>	1	1/6	<i>Kajjali</i> is capable curing of various kinds of disease conditions when used with different kinds of <i>Sahapana</i> 's and <i>Anupana</i> 's. It helps balance all three Doshas of the body.	<i>Krishnamanikya Rasa, Arshognavati, Arogyavardini Vati, Rasasindhura, Rasa Parpati, Vataari Rasa, Chintamani Rasa, Vajra Shekhara Rasa, Agnitundi Rasa, Arkeshwara Rasa, Lakshmvilasa Rasa, Makaradhwaja, Agnimukha Rasa, Paradaadi Lepa, Swarnavanga Vanga, Hemagarbha Pottali Prathama, Hemagarbha Pottali Dwithiya, Sarveshwara Rasa, Triyoni Rasa, Shwitrantaka Rasa, etc.</i>
2.	<i>Chaturathamasa</i>	1	1/4		
3.	<i>Trityamasa</i>	1	1/3		
4.	<i>Ardhaguna</i>	1	1/2		
5.	<i>Samguna</i>	1	1		
6.	<i>Sapada Samguna</i>	1	11/4		
7.	<i>Sardha Samguna</i>	1	11/2		
8.	<i>Dviguna</i>	1	2		
9.	<i>Triguna</i>	1	3		
10.	<i>Chaturaguna</i>	1	4		
11.	<i>Panchguna</i>	1	5		
12.	<i>Shadguna</i>	1	6		
13.	<i>Saptguna</i>	1	7		
14.	<i>Ashtaguna</i>	1	8		

Examination parameters of *Kajjali* –⁸

- ✓ *Salakshana* – Smooth
- ✓ *Kajjalabha* – as black as collyrium
- ✓ *Nishchandravta* - no shiny particles
- ✓ *Rekhapurna* – visible even through the thin lines of fingers
- ✓ *Varitara* – floating on the surface of water

Indications of *Kajjali* with different *Sahapana & Anupana* –⁹

Diseases	<i>Sahapana & Anupana</i>
<i>Chardi</i>	<i>Karpura, Ela, Musta, Maricha, Lavanga</i> and <i>Badarabija</i> fine powder along with honey
<i>Vata Roga</i>	<i>Suddhaguggulu, Triphalachurna</i> , and triturated with <i>Erandataila</i> and paste is administered with warm water or milk
<i>Madatyaya</i>	Administered along with <i>Khandasharkara</i> and <i>Amalakiswarasa</i>
<i>Swasa, Kasa</i>	<i>Kajjali</i> is subjected to <i>Bhavana</i> along with <i>Vanaturasi</i> and then the same amount of powders of <i>Yastimadu, Vasa, Pippali, Haritaki</i> , and <i>Vibhitaki</i> are added and administered with warm water.
<i>Visarpa</i>	<i>Karavellakaswarasa</i>

Discussion

Kajjali is the most commonly used and popular concoction known since ancient times. *Kajjali* is a mixture of mercury and sulfur or other metals in different proportions. The importance of *Kajjali* lies in the fact that mercury cannot be consumed in its natural form and it is very difficult to convert mercury into powder form under atmospheric conditions. Therefore, *Kajjali* forms the basic ingredient of maximum herbal mineral (*Rasaushadi*) formulations.¹⁰ It provides structural and functional stability to various pharmaceutical products made from mercury. *Kajjali* is the first step in making herbal and mineral preparations. *Kajjali* is used in the preparation of various dosage forms like *Khalvi Rasayana*, *Parpati*, *Kupipakwa Rasayana*, *Pottali*, etc. It is also used as *Druti*, *Lepakalpana* like *Kajalikodaya Malahara*. *Shadguna Gandhaka* is considered to be more effective as compared to others, but if you observe the table above, you will see that most of them are more effective. Herbo-mineral compounds are prepared by *Parada* and *Gandhaka* in a 1:1 ratio. H. *Samagna Gandhaka Kajjali*. *Kajjali* also plays an important role in metal and mineral *Maranas*. Ancient authors believe that *Basma* prepared using *Parada* as a medium is considered the best. Therefore, instead of *Parada*, *Kajjali* can be understood as the medium of *Marana*. *Kajjali* is a type of *Murchana* that has acquired *Vyadharatva* properties and is most commonly used for therapeutic purposes due to its *Vyadharatva* properties. It also functions as a *Rasayana*.

Conclusion

Ancient authors say that *Rasa Chikitsa* is the best cure, but since *Rasa* (mercury) cannot be taken in its natural form, mercury is powered by grinding it with *Gandhaka* in various proportions until the mixture turns fine and black. This mixture is then used. For therapeutic purposes.

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