

International Research Journal of Ayurveda & Yoga

Vol. 6 (5),133-139, May,2023

ISSN: 2581-785X : <https://irjay.com/>

DOI: [10.47223/IRJAY.2023.6521](https://doi.org/10.47223/IRJAY.2023.6521)



Swarnamakshika- A Review Through Classics.

Thakur Abhilasha¹ , Thakur K Sudarshan², Vijay Chaudhary³

1. P.G. Research scholar, dept of Rasa shastra & Bhaisahajya kalpalana, R.G.G.P.G.Ayu.College Paprola, Kangra.
2. Professor Ras Shastra & Bhaishajya kalpana, Doon institute of Medical Sciences, Dehradun, Uttrakhand.
3. Principal cum dean, HOD Dept of Kayachikitsa, R.G.G.P.G.Ayu.College Paprola, Kangra.

Article Info

Article history:

Received on: 11-04-2023

Accepted on: 22-05-2023

Available online: 31-05-2023

Corresponding author-

Thakur Abhilasha, P.G. Research scholar, dept of Rasa shastra & Bhaisahajya kalpalana, R.G.G.P.G.Ayu.College Paprola, Kangra.

Email: abhilasha.thakur44@gmail.com

ABSTRACT:

Rasa Shastra is a branch of science which tend to facilitate human beings with the aid of systematic use of metals, minerals and herbal drugs to achieve longevity. *Swarnamakshika* is one of the important minerals which is used solely or as an ingredient in many formulations for curing many diseases such as *Pandu* (Anaemia), *Prameha* (Diabetes), *Anidra* (Insomnia) etc. In classics it has been described as *Saklamyaghana* (cure all the diseases) In *Ayurveda*, the utilization of metals and minerals comes under *Rasachikitsa*. These minerals can be used for internal administration only after their fundamental processing's. These processing techniques are *Shodhana* (purification), *Marana* (incineration) and *Satvapatna* (extraction of core element). *Swarnamakshika* is a mineral which contains copper and iron. In mineralogy, it is called as Chalcopyrite. *Swarnamakshika* has been described in various classical texts. This current review paper highlights the description of *Swarnamakshika* available in various *Rasa Shastra* and other classical texts.

Keywords- *Swarnamakshika, Shodhana, Marana, Pandu*

INTRODUCTION

Texts of *Samhita* period are augmented with therapeutic importance of *Swarnamakshika*. Inclusion of *Swarnamakshika* in different groups, source of origin, different synonyms and different types have been found described in details. In *Rasa Ratnasamuchaya*, *Swarnamakshika* is said to be as *prana* of *Parada* (mercury), *saklamayaghna* (cure all diseases), *parmvrishya* (potent reproductive system rejuvenator) and *sarvarasaynaagreya* (best rejuvenator).¹

Vernacular Names²

Sanskrit : *Swarnamakshika*

English :	Chalcopyrite
Gujarati :	<i>Makshika</i>
Hindi:	<i>Sonamakhi</i>
Kannada:	<i>Dhatumakshi</i>
Malyalam	: <i>Makkirakallu</i>
Marathi :	<i>Dagadi</i>
Tamil	: <i>Ponnimilai</i>

Synonyms of *Swarnamakshika*

It has got synonyms like *Swarnamakshika*, *Suwarnamakshika*, *Hemamakshika*, *Makshika*, *Dhatumakshika*, *Tapya*, *Tapija* etc.³



Mythological Origin

According to *Rasa RatnaSamuchaya*, Lord Vishnu created *Swarnamakshika*, which was originated in *Sumeru* mountain at the banks of river *Tapee, Cheendesha* and *Yavandesha*. During *Madhavmasa* due to the effect of sun rays *Swarnamakshika* shines like gold⁴.

Samhita Period -Table no. 1,⁵⁻²⁴

Description in *Brihatrayi* -

Laghutrayi

Sharangdhar has explained *Swarnamakshika* under *Updhatuvarga*, its *Shodhan* and *Marana* procedures are also well described in this *samhita*.

Bhavaprakasha has grouped *Swarnamakshika* in *Updhatuvarga*. In addition to this *Ashudhalakshana*, *Shodhana* and *Marana* are also described.

Swarnamakshika Vargikarana

Swarnamakshika Vargikarana according to different *Rasashastra* texts is given in Table no.2

Swarnamakshika Bheda

Depending upon the shape

According to *RasJala nidhi*²⁵

1. *Kadamba*
2. *Karavellaka*
3. *Tanduliyaka*

Based on colour

According to *Rasa JalaNidhi*²⁶

- Yellow
- White
- Red

Anand Kanda mentioned two varieties²⁷

- *Peeta* (yellow)
- *Shukla*(white)

Praptisthana (Occurrence)

Swarnamakshika which was obtained from *kanyakubja* was just like gold and was called as *Swarnamakshika*. The one which was obtained from the banks of river *Tapee* was called as *Rajatmakshika*. It was inferior in quality with *Pashanabahulta* (stony content) and just like *Panchvarna swarna*²⁸

Grahayalakshana(acceptable features)

- Without *Kona*(angles).
- Having no definite shape.
- On rubbing imparts black colour to hand
- *NavvarnaSuvarnavata*.
- *Snigdha*(unctuous).

- *Guru* (Heavy).
- Bluish black lusture
- On being broken to pieces presents a surface with bright golden tints.²⁹

Agrahayalakshana(unacceptable features)

- *Khara*(rough)
- *Gurutaviheen* (light weight)
- With *Kona*(angles)
- Lusture like *Kal loha*.
- *PanchvarnaSuvarnvat*.³⁰

Ashudha Swarnamakshika Sevana Janya Dosha

Mandagni(low digestive fire), *Kustha*(skin disorders).³¹
Aneka prakra kustha(various skin disorders), *Mrityu*(death)³²

Treatment protocol

Kulathakwatha and *Dadimatvakkwath* with *Sita* for a period of 3 days³³.

Shodhan of Swarna Makshika

Different methods have been adopted for shodhan of *Swarnamakshika* like *Swedana*, *Pachana*, *Nirvapana* and *Putpaka* method.

Different texts of *Ras shastra* have mentioned various procedures which can be applied for *Shodhan* of *Swarnamakshika*. Some of these are :-

Shodhana Table no.3³⁴⁻³⁹

Marana Of Swarna Makshika

Table no.4⁴⁰⁻⁴⁵ *Marana* of *SwarnaMakshika* according to various texts.

Colour Of *Swarna Makshika Bhasma*

Raktavarna, *Sindhoorvarna*.⁴⁶

Amritikarana Of Swarna Makshika Bhasma

The drug processed in this method turns to *amrithatulya* and produces same effect in the body. It also removes the remaining *doshas* in the *bhasmas*. By subjecting to *puta*, *Bhasma* becomes *teekshna*, *ushana*, *ruksha* etc in potency. To nullify these and to produce *snigdha*, *soumaya* and *sheetagunas* in the *bhasma*, *Amritikarana* is carried out. *Amritikarana* is essential for *Swarnamakshika* because it contains *tamra*.

According to *Rasendra Chinthamani*. The *Bhasma* is taken

in an iron pan and heated. *Panchamrita* drugs are added to it and closed with a lid. Heat it till it becomes *nirdhooma*. It is then removed on the next day. The colour becomes black. It is again ground with *Triphala kashaya* and subjected to *varahaputa*. The process is repeated for 5 times and it attains red colour.⁴⁷

Satva Patana

Makshikasatva can be obtained by heating *Swarnamakshika* + ¼ *tankana* triturated with lemon juice in a *Musha* on *teevragni*.⁴⁸

Guna And Karma Of Swarna Makshika Bhasma

Rasa- Tikta Madhura, **Guna-** Sheeta and Laghu, **Veerya-** Sheeta, **Vipaka-** Katu⁴⁹

Actions on various body system:⁵⁰

1. On Reproduction System – *Vrishya*, *Vajeekarana*.
2. On Digestive System- *Deepana*
3. On C.N.S.- *Medhya*, *Anidra*, *Apsamar*.
4. One Skin- *Kushtha*, *Kandu*, *Pama*.
5. Miscellaneous Action- *Balya*, *Pranavardhak*, *Sakalamyoga*, *Yogabahi*, *Dehavardhak*.

Therapeutic uses:

Pandu(anaemia), *Aruchi*(anorexia), *Jwara*(fever), *Prameha*(diabetes), *Kandu*(itching), *Apsmara*(epilepsy), *Kamla*(jaundice), *Kushtha*(skin disorders), *Anidra*(insomnia) etc.

- *Matra* - 1/2 - 2 Ratti (60 – 240 mg)
- *Anupana* - *Triphala*, *Trikatu*, *Vidanga*, *Ghrita*, *Madhu*⁵¹

Contraindications During Swarna Makshika Sevan

During *Swarnamakshika* sevan one should not take *Kapot* and *kulathi*⁵².

Various Yoga Of Swarna Makshika Bhasma

- *Chandraprabhavati*⁵³
- *Prabhakarvati*⁵⁴
- *Vata-gajankusha*⁵⁵
- *Vata- vidhwansana*⁵⁶
- *Piyushavaliras*⁵⁷

DISCUSSION

Swarnamakshika is an extensively prescribed *ayurvedic* medicine. Use of *Swarnamakshika* came in to existence during *samhita* period. There is no reference found

regarding *Swarnamakshika* in *vedic* period. word *makshika* has been used only in context of Honey. on going through classics, It has been found that *swarnamakshika* not only act as a *rasayana* but also used in the treatment of various hardly curable disorders.

Most of the authors have classified *Swarnamakshika* under *Maharasa varga*. It may be due to the reason that *Swarnamakshika* possesses properties like *Rasa* i.e. *parad* & it is also used in many processing's of *Parada*.

In most of the classics, *shodhana* of *Swarnamakshika* has been done by using lemon juice as a media. For *marana* of *swarnamakshika* *gajaputa* is used by most of the authors. which may be due to its hardness.

If these processing techniques are not executed properly it may lead to various untoward effects at the time of administration. Antidote for which has also been described in the texts.

CONCLUSION

To sum up, we can say that *Swarnamakshika* has a unique place in the field of therapeutics as well as metallurgy. For any study, ideally the sample should be according to the classical *gryahyalakshna* (acceptable features). A special focus should be made on *shodhan* & *marana* . techniques. Physical & chemical analysis should be done properly. All the above aspects are important for quality control as well as standardization.

Acknowledgment- Nil

Conflicts Of Interest- Nil

Source of finance & support – Nil

ORCID

Abhilasha Thakur^{ID}, <https://orcid.org/0009-0003-5727-9532>

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How to cite this article: Thakur A, Thakur SK, Chaudhary V "Swarnamakshika- A Review Through Classics." IRJAY. [online] 2023;6(5);133-139. Available from: <https://irjay.com>. DOI link- <https://doi.org/10.47223/IRJAY.2023.6521>

Table no. 1; Description in Brihatrayi: -

Author	Formulations	Indications
Charaka		
	<i>Makshika</i> with cow's urine	<i>Kushta</i> (Skin disease) ⁵
	<i>Swarnamakshika</i> with <i>Gandhaka</i> (sulphur)	<i>Kustha</i> (Skin disease) ⁶
	<i>Swarnamakshika</i> Yoga	<i>Pandu</i> (anaemia) ⁷
	<i>YogarajaChoorna</i>	<i>Pandu</i> (anaemia) ⁸
	<i>ManduraVataka</i>	<i>Pandu</i> (anaemia) ⁹
	<i>Mustadilepa</i>	<i>Visarapa</i> (cellulitis) ¹⁰
	<i>Timiraroganashakaanjana</i>	<i>Timira</i> (cataract) ¹¹
Sushruta		
	<i>Avalgujadilepa</i> with <i>gopitta</i>	<i>Shwitra</i> (leucoderma) ¹²
	<i>Makshikarasayana</i>	<i>Prameha</i> (diabetes) ¹³
	<i>Swarna</i> , <i>Swarnamakshika</i> with honey	<i>Rasayana</i> (rejuvenative) ¹⁴
	<i>Anjana</i>	<i>Praklimnavartma</i> (blephritis) ¹⁵
	<i>Mandura</i> (Iron oxide), <i>Loha</i> (Iron), <i>Swarnamakshikachurnawith</i> honey	<i>Pandu</i> (anaemia) ¹⁶
	<i>Swarnamakshik</i> , <i>Shilajatu</i> with cow's urine	<i>Kumbhakamla</i> (jaundice) ¹⁷
Vagbhata		
	<i>Saptasamagutika</i>	<i>Kushta</i> (skin diseases) ¹⁸
	<i>Bhaskaranjana</i>	<i>Timira</i> (cataract) ¹⁰
	<i>Shadmakshikaanjana</i>	<i>Timira</i> (cataract) ²⁰
	<i>Swarnamakshikaleha</i>	<i>Rasayana</i> (rejuvenative) ²¹
	<i>Swarna</i> , <i>Swarnamakshika</i> with <i>ghrita</i> , honey	<i>Yogaja visha</i> ²²
	<i>Vasa</i> , <i>Swarnamakshika</i> , <i>phalini</i> , <i>lodhra</i>	<i>Raktapitta</i> (bleeding disorder) ²³
	<i>Kutjatawaka</i>	<i>Raktarsh</i> (pile) ²⁴

Table no.2 Swarnamakshika Vargikarana according to different Rasashastra texts

Sr.no.	Name of texts	Maharasa	Uparasa	Dhatu	Updhatu
1.	<i>Rasendramangal</i>	-	-	+	-
2.	<i>Anand kand</i>	-	+	-	-
3.	<i>Rasendrachudamani</i>	+	-	-	-
4.	<i>Rasa hridya tantra</i>		+		
5.	<i>Rasendra chintamani</i>	+	-	-	-
6.	<i>Rasratnasamuchaya</i>	+	-	-	-
7.	<i>Ayurveda prakash</i>	-	-	-	+
8.	<i>Sharangdhar samhita</i>	-	-	-	+
9.	<i>Rasendra sar sangrah</i>	-	+	-	-
10.	<i>Bhavprakash</i>	-	-	+	-

Table no.3 SHODHANA

Sr. No	TEXT	Method	Drugs & Material Used Method	Amount/ Duration Heat
1.	<i>Ras ratan samuchaya.</i> ³⁴	Swedana in <i>Dolayantra</i>	<i>Erandtaila, MatulungSwarasa + MakshikaChurna</i>	for 6 hrs
		Swedana	<i>Kadali Kanda Swarasa</i>	for 6 hrs
		Nirvapa	<i>Triphalakwatha</i>	for 7 times
2.	<i>Rasendra chintamani</i> ³⁵	Putpak	<i>Saindhava 1 part + Swarnamakshika 3 parts + Bijauranimbu swarasa in an iron pan</i>	until colour changes to <i>Raktavarna</i>
			<i>Swarnamakshika. + Amla Kanji Paka</i>	-
3.	<i>Rasamritam</i> ³⁶	Nirvapa	1 part <i>Swarnamakshika + 3 parts Saindhava + Matulunga swarasa</i> . Heat it till red hot. After cooling wash with water.	-
4.	<i>Rasendrasarsangrah.</i> ³⁷		1 part <i>Swarnamakshika + 3 parts Saindhava + Matulunga swarasa in iron pan.</i>	-
5.	<i>Ayurveda prakash</i> ³⁸		1 part <i>Swarnamakshika. + 3 parts Saindhava + Matulunga swarasa in iron pan.</i>	-
6	<i>Rastarangini</i> ³⁹		<i>Swarnamakshika Powder + lemon juice (Q.S.)</i>	<i>Tivragni</i> for 2-3 days
			<i>Swarnamakshika Powder + Kadali Kanda</i>	<i>Tivragni</i> for 1 hour

Table no.4 Marana of SwarnaMakshika according to various texts

Sr. No.	TEXT	Marana Dravyas/ Bhavna	No. of Puta/Type
1.	<i>Rasendrachudamni.</i> ⁴⁰	<i>Swarnamakshika + ¼ Gandhaka + Erand Taila</i>	<i>Gajaputa</i>
2.	<i>Rasamritam</i> ⁴¹	<i>Swarnamakshika + ¼ Gandhaka + Kumari Swarasa</i>	10 <i>Gajaputa</i>
3.	<i>Rasendra sar sangrah</i> ⁴²	<i>Swarnamakshika. + ¼ Gandhaka + Erand Taila</i>	<i>Gajaputa</i>
4.	<i>Ayurveda prakash</i> ⁴³	<i>Swarnamakshika + ¼ Gandhaka + Kumari swarasa</i>	<i>Gajaputa with DhanyaTusha</i>
		<i>Mardana with Kulathkwatha, Tiltaila, Aajamutra</i>	<i>Gajaputa</i>
5.	<i>Rasataragini</i> ⁴⁴	<i>Swarnamakshika with Lemon juice</i>	10 <i>putas</i>
		<i>Swarnamakshika. + Gandhaka + Lemon Juice</i>	5 <i>putas</i>
		<i>Swarnamakshika. + 1/8 Hingula + Lemon Juice</i>	8 <i>putas</i>
6.	<i>Rasa ratna samuchya.</i> ⁴⁵	<i>Swarnamakshika + Gandhaka + Matulungaswarasa. Keep inside Musha</i>	5 <i>varaha puta</i>