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A Critical Review of Arka Prakasha: A Comprehensive Textbook for Arka Kalpana



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ABSTRACT

Ayurveda is a science of life as well as a medical system. Other than briantrayi and laghutrayi, there are many texts which add some valuable information to the science of Ayurveda. Arka Prakasha is one of them. There are no ancient texts which have been completely dedicated to the "Arka kalpana" but Arka Prakasha by Ravana. In the 16th century, this book was written in the form of a conversation between Ravana and Mandodari in Sanskrit. Ravana has given a detailed explanation of the method of Arka preparation of individual plants, varga, animal products, and so on. Clinical uses of Arka preparations and the classification of medicinal plants are well described in this book. This text elaborates on all aspects of Arka preparation from collecting good quality raw drugs to the proper quantity of water required for soaking, to the right amount of heat that will be required for its preparation. Different types of arka yantra are mentioned here. Administration of arka for various diseases along with internal and external administration such as Pana, Tarpana, Swedana, Nasya, Anjana, Gandusha, Udvartana, Lepana, pichu, etc. has been quoted. Usage of Arka based on each season, anupana, sevana vidhi, etc. are well explained in the text. Arka prakasha puts a light on Arka Kalpana, a new dosage form apart from our pancha vidha Kashaya Kalpana with its broad therapeutic utility makes this text unique in its presentation. The present work is an attempt to summarize the key features of the textbook of Arka Prakasha and to highlight its uniqueness and significance in the Ayurveda field.



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INTRODUCTION:

Ancient texts of Ayurveda are embedded with enormous wisdom and need to be studied for a better understanding of the science. Ayurveda is a science of life as well as a medical system. Other than brihatrayi and laghutrayi, there are many texts which add some valuable information to the science of Ayurveda. Being a great physician, Ravana wrote several books on various subjects of Ayurveda. The famous and available works on Ayurveda are Arkaprakasa, Nadipariksha, Kaumaratantra, Vidhivaidyaka, Marmavijnana. Arkaprakasa is on the subject of Dravyaguna vijnana and Rasasastra - Bhaisajja kalpana. There are no ancient texts which have been completely dedicated to the “Arka kalpana” but Arka Prakasha by Ravana.

This book was written in the form of an extensive conversation between Ravana and Mandodari in Sanskrit. We all know panchavidha kashaaya Kalpana is the basic principle of formulation, but there is one more kalpana that is least used these days which is Arka Kalpana. Except for the gomootra, or some of the drugs with volatile content, we find no Arka being used. It is a misconception that Arka is meant only for volatile components. Arka is not considered in kashaya kalpana whereas, in Ravanakruta Arka Prakasha, Arka has been described as one among the pancha dravya Kalpana. It explains Arka kalpana as the best kalpana of all. This text also explains amazing techniques for obtaining Arka from different dravya. He has given a detailed explanation of the method of Arka preparation of plant and animal products, the clinical uses of Arka preparations, and the classification of medicinal plants. lastly, he described some pharmaceutical processes for the purification of minerals and removing the toxic effects of toxic plants. The entire work depicts the skills of Ravana in the field of pharmacology and pharmacy.

Arka Prakash describes the treatment of many diseases by using Arka. The knowledge of Arka may improve the field of aushadhikarana and return to the field of Ayurveda. So, here is an attempt to critically review Arka Prakasha, and its uniqueness explore Arka kalpana from a different angle,s and find its utility in a better way.

Author:

The author of this book is Lankadipati Ravana, who was the grandson of Bramhana Pulasthya rishi, and son of Vishwashrava. He was not only a king of Lanka but also a great scientist and scholar. Pulastya and Malyavan, who were scientists, were grandparents of king Ravana. It is considered that Ravana had contributed much for the development of Ayurveda.

Arkaprakasha, Nadipariksha, Kaumaratantra, and Marmavijnana are the works of Ravana, but, at present, few books are available.

Period:

As the book was written by Ravana himself so probable period of this book is the sixteenth century.

Publisher & commentaries:

1. Shri Pandit Mukundramji, who first translated this book in Hindi. Although the detailed description of the author and his family is not available now.
2. Hindi commentary was done by Dr. Indradev Tripathi, and was published by Krishnadas Academy, Varanasi in 1995.
3. English commentary was done by Prof (Dr.) Gyanendra Pandey was published by Chaukambha Sanskrit series office, Varanasi.

Book & chapter:

The book consists of 10 chapters. The chapters are called 'shatakam'. All chapters consist of 100 sloka hence the chapters are called 'shatakam'.

Content of texts:

Prathama Shatakam: (Chapter 1)

The chapter starts with the conversation of Ravana and Mandodari. In this chapter basic materials and methods are mainly mentioned.

Different varieties of Aushadhi, useful parts, dravya lakshana, sadhrasa and their guna, Pancha mahabhuta guna, prabhava of guna, veerya, vipaka and their prabhava, panchaushadhikalpa, prashasta arka lakshana (shankha, kunda and indu dhabala), preparation of the arkayantra, jeernasthi mrittika nirmana, jeernasthi mrittika patra nirmana bidhi and various method of preparation of Arka (arka nishkashana vidhi) has been mentioned in this chapter according to the nature of dravya.

Table No:1 - Arka nishkashana vidhi according to the nature of dravya

Sl. No.	Type of drug	Quantity of water	Example
1.	Atyanta kahtina	3 Parts	Chandana
2.	Kathina	2 parts	Ajamoda
3.	Sarasa nala	1/20 parts	Nirgundi, Eranda
4.	Patra	1/100 parts	Vasa
5.	Nirasa	1/20 parts	Vata, Ashwatha
6.	Mrudu dugdhika	4 parts	Dugdhika
7.	Tikshna dugdhika	10 parts	Satala
8.	Phala	No Water	Amra
9.	Kashta oushadhis	Add 1/80th part of water, 4 times Sarjikshara and Saindhava. 1/40th part of water is added	Udumbara
10.	Atipakwa phala	No Water	Kadali
11.	Pushpa	1/16 parts	Gulab
12.	Katu phala	1/40 parts	Pippali
13.	Drava dravya	No Water	Gomutra

The preparation of Arka of visha dravya using different Arka patra (gold/silver/tamra/vanga) has been explained here. Arka sevanavidhi, Arkapana Vidhi, Nishidha Arka Sevana Dosha (glani, vama, alasya) and dosha shamana upaya (intake of malati pushpa arka 1 pala) also mentioned.

Shadagni has mentioned for preparing arka (Dhumagni, Deepagni, Mandagni, Madhyamagni, Kharagni, Bhatagni).

Table No:2 - Agni mentioned for Arka nishkashana

Sl. No.	Type of Agni (Heat)	Time taken	Quantity of fuel	Features
1.	Dhumagni	2 yama	Not mentioned	Without flames, there are huge fumes
2.	Deepagni	1.5 Yama	2 parts of the quarter of 1 mushti (fist)	Flame of Dhumagni is increased 2 to 4 times
3.	Mandagni	1 yama (3 hrs)	quarter of 1 mushti	Flame of Deepagni is increased 4 times
4.	Madhyamgni	2 yama	Half mushthi	Agni in which flame is in between deepagni and mandagni
5.	Kharagni	1 muhurta	2.5 Mushthi	5th part of complete agni, used for all purposes
6.	Bhatagni	1 Muhurta	Not mentioned	Agni in which flame spreads all over the bottom of the vessel.

Arka nissarana agni kala (Types of Agni and duration of heat given in Arka preparation):

It is of 4 types:

1. Sardha yama-(1 ½ prahar)- four and half hrs
2. Yama-(1 prahar)—3 hrs
3. Yamardha-(1/2 prahar) – one and half hrs
4. Muhurta-(2 ghata)—48 mins.

Arka collecting pot (graham patra- jeernasthi mrittika patra, kacha, pashana patra, mrittika), arka panottara karma (tambula/lavanga sevana), arka taila sevana bidhi and Rogoddharaka Chakra, etc. are also mentioned in this chapter.

Dvitiya Shatakam: (Chapter 2)

Explanation regarding panchabidha aushadha (atyanta kathina, kathina, ardra, pallava, drava dravya), Arka yogya (Taruna bhaisajyam-fresh drugs) & ayogya aushadhies like Atyanta kathina (very hard), varshadhikam (more than 1 year), keeta yukta (infected with insects), ghuna yukta (infested), rasa-gandha vivarjit (without physical properties) are mentioned here.

Different method of extraction of Arka from Phala (fruit), pushpa (flower), patra (leaves), kathina (hard), ardra (wet), Sugandha (with specific smell), katha (herbal drugs), drava

dravya (liquid) etc. are mentioned, arka achhadana bidhi (covering technique), patra (pot) used for storage of arka, eliminating the bad odor from Arka (durgandha nisarana bidhi), dhupana bidhi (fumigation) to remove vatadidoshas from the arka, chandanadi varga and jatamamsadi varga are mentioned.

The method of preparation of Arka from palandu and lashuna & removing bad odor from that has been explained. Tridoshanashaka dhupa, dashanga dhupa are mentioned. Mamsa bheda with examples and preparation of Arka from mamsa has been explained.

Sankha drava nirmana bidhi, madya nirmana bidhi from anna dravya like Kanjika, Tusodaka and Arishta is quoted. Explanation of arka extracted from madhaka dravya (bhang) & dhathura beejadi arka guna are mentioned in this chapter.

Tritiya Shatakam: (Chapter 3)

In this chapter Preparation of Arka from various drugs that is about 205 single drugs has been explained and its significance in different diseases are explained. Some visa dravyas like arka, dhatura, langali, karabeera etc. also mentioned.

Table No: 3 - Some important single Arka with its Therapeutic utility

Sl. No.	Arka (Distillate)	Therapeutic use
1.	Mishreya arka	Yoni shula, krimi roga
2.	Jyotishmati arka	Buddhi smriti prada
3.	Daruharidra Arka	Netra roga
4.	Kapikachhu arka	Veerya bardhaka, bala bardhaka
5.	Bhringaraga arka	Keshya, twachya, shirasula hara
6.	Lajjalu arka	Yoni roga
7.	brahmi	Buddhi bardhaka, Apasmara, unmada, murchha, bhrama
8.	Krishna dhatura	Oja vardhaka
9.	sankhapushpi	Smrita, kanti, bala prada
10.	Nirgundi	Krimi, vrana, kustha
11.	Shigru	Netrya, Visha hanti
12.	Vasa	Jvara, chhardi, prameha, kshaya, kushtha
13.	Nimba	Shrama, trishna, jwara, aruchi, hrudaroga
14.	Arka	Gulma, pleeha, arsha, udara roga
15.	Bala	Grahi, vatarakta, raktapitta
16.	Samudraphena	Lekhana, kaphaja roga hara
17.	Suryamukhi	Sphotaka, yonoroga, krimiroga, pandu roga
18.	Deepantar vacha(chopchini)	Phiranga roga
19.	yastimadhu	Kustha, atisara, hridroga
20.	Tambula	Mukha daurgandha, shramapaha

Chaturta Shatakam: (Chapter 4)

Explanation of Arka prepared from six Rasas, some different varga like Dhanya Varga, Pashu Varga, Madhu Varga, Pakshi Varga, Matsya Varga, triphala, Trisugandha, chaturjata, trikatu, panchakola, shadaushna, chaturveeja, ashta varga, vrihat panchamula, panchamula, dashamula, jeebaniya gana etc. with their therapeutic utility are explained here. Some phala, beeja, kshiri vriksha arka are also mentioned here.

Table No: 4 - Some important Arka with its Therapeutic utility

Sl. No.	Arka (Distillate)	Therapeutic use
1.	Triphala	Prameha, kustha, visama jwara
2.	Trikaru	Gulma, sthaulya, meda roga, sleepada, peenasa
3.	Trisugandhi	Mukha daurgandha, mala chhedana
4.	Chaturjata	Vanhikrita, vishapaha
5.	Panchakola	Gulam, pleeha vridhhi, udara roga
6.	Dashamula	Sutika roga, sotha hara, tridoshaja jwara
7.	Jeebaniya gana	Sarva roga vinashana
8.	Vata phalarka	Bhaga sugandhikrit
9.	Panchamula	Ashmari pranuta
10.	Vrihat panchamula	Atya agni deepana

Bhramarasya (honey) bheda, ikshubeda, etc. are mentioned. Nrimamsa arka nishkashana and its utility is mentioned.

Consumption of Arka according to the season is explained.

1. Vasanta rutu- Nimba, Amrankura arka
2. Greeshma rutu- Gulab arka
3. Varsha rutu- Triphala arka
4. Sharad rutu- Parijata, Gambhari arka
5. Hemanata rutu- Yavani arka
6. Shishira- Yavani, Nimbu arka

Panchama Shatakam: (Chapter 5)

This chapter deals with the administration of Arka in clinical management. Explained around 90 arka preparations indicated in different diseases.

In jwara & atisara five arka have been explained according to dosa abastha. Bala roga nashaka yoga is mentioned with bala graha nashaka dhupa. Different kinds of vatavyadhi hara, Krimihara arka are mentioned. Specially swara vardhaka, swarabeda hara, dourgandha hara, sweda hara, nidra hara, madatya nashaka arka, etc. are also mentioned which can be useful in the present era.

Table No: 5 - Some common diseases and indicated Arka

Sl. No.	Roga (Diseases)	Arka (ingredients mentioned)
1.	Jwara stambhaka	Ghe arka with maricha
2.	Atisara nashaka	Sringavera, nagavera with eranda drava extracted arka
3.	Kriminashaka	Khurashani, yavani, kuberakshi, vidanga, trikatu or palasha beeja with takra extracted arka
4.	Rudhira krimi	Gandhaka arka
5.	Pandu hara	Loha bhasma or mandura bhasma triturated with triphala and trikatu arka
6.	Kamala hara	Triphala and guduchi arka triturated with swarna makshika taken with drone pushpi rasa in the morning
7.	Nasa rakta srava nirodhaka	Dadima pushpa/ munakka arka pana or nasya
8.	Swasaghna arka	Kushmada shipha (roots) arka
9.	Swara vardhaka	Kulinjanarka with nimbu rasa, madhu, maricha
10.	Aruchighna	Mula & patra of yavani arka in tintidi rasa (chinchu)
11.	Amlapitaghna	Guduchi, nimba patra, patola dala arka with madhu
12.	Rajyakshma hara	Twaka ela pippali (1:2:4) arka with sita/ksaudra/ghrita
13.	Nidra hara	Saindhava, sweta maricha, sarshapa, kustha arka with vatsya mutra extracted arka
14.	Unmada hara	Lal maricha arka pana, nasya, lepa, anjana
15.	Apasmara hara	Ketaki phala arka nasya, karna purana, pana, anjana
16.	Madatya nashaka	Kharjura, mridvika, parushaka arka mixed
17.	Sweda nashaka	Brigtaka (choti Kateri) arka
18.	Daha nashaka	Kola, amlaki, dhanyaka
19.	Dadru nashaka	Kustha, krimija (laksha), dadrugghna(chakramarda), Nisha, saindhava, sarshapa, amrasthi arka lepa
20.	Pama hara arka	Manjistha, triphala, laksha, langali, ratri (Nisha), gandhaka,samai (godhuma), tila arka

Shashta Shatakam: (Chapter 6)

Treatment of shalya rogas like galaganda, gandamala, granthi roga, arbuda, vidradhi, abhighataja shotha, nadvrana, arsha, bhagandara upadamsha, etc. with the help of different arka has been explained.

About 29 arka has been explained here. He explains a special procedure of vrana bhedana without using surgical intervention (by using sankha drava also known as kshara arka).

Shanka Drava Arka & Drona Pushpa Arka are both used for phiranga roga. Masurikahara Arka is explained. Garbha nasha vidhi, grabha Raksha vidhi both are mentioned here.

Table No: 6 - Some common diseases and indicated Arka

Sl. No.	Roga (Diseases)	Arka (ingredients mentioned)
1.	Arbuda roga nashaka arka	Haridra, lodhra, patanga, griha dhuma, manashila arka with madhu
2.	Sleepada nashaka	Dhatura, eranda, nirgundi, varshabhu (punarnaba), shigru arka triturated with sarshapa then lepa
3.	Vrana pachan	Sana, mulaka, shigru mula, tila, sarshapa, atasi, sattu arka for prakshalana
4.	Vrana shodhaka	Patola, nimba patra arka
5.	Vrana puraka	Aswagandha, ajhwa, lodhra, katphala, yastimadhu, samanga, dhataki pushpa arka
6.	Agni dagdha vrana Rohana	Katu valli (gaja pippali) or kumarika arka for sechana
7.	Rakta shodhaka	Haridra, kshaudra, tubari, rakta chandana, guda arka
8.	Upadamshaghna	Lodhra, jambu, vata, shiva, arjuna, ratri (haridra) arka
9.	Masurika nashaka	Snuhi, ahilmochika, masurika or gomaya arka pana and lepa, or gokshura arka with dadhi and ghe, or nimba, parppataka, patha, patola, katukarohini, chandana, rakta Chandana, ushira, Dhatri, vasa, duralobha (dhamsa)
10.	Snayu rogaghna	Nirgundi arka /go ghrut arka, or jeeraka arka

The origin of the disease and other aspects (Rogadinam Utpatti Anyavishayaska) are described in this chapter.

Saptama Shatakam: (Chapter 7)

The treatment of shira, netra, kantha, mukha, jihwa, talu, danta, karna roga, visha chikitsa, etc. with the help of different arka has been explained by Ravana in this chapter.

Some yogas are also mentioned here with the arka. Pradara roga, soma roga, garbhakara, yoni sankocha arka are mentioned here. Treatment of some balaroga like skandha apasmara, balatisara, etc. are also mentioned here. Many veerya stambhana kara and vajikarana yoga are mentioned here.

Table No: 7 - Some common diseases and indicated Arka

Sl. No.	Rogagnata	Arka (ingredients mentioned)
1.	Kantha roga hara	Gomutra, ativisha, devadaru, patha, visha, kalingaka, kutki arka
2.	Netra roga shamaka	Punarnaba, tubari, kumari, triphala, nisha, yasmadhu, gairika, saindhava lavana, daruharidra arka as anjana
3.	Netra roga nashaka	Shankha nabhi, bibhitaka, pathya, manashila, pippali, maricha, kustha all these are triturated with aja dugdha and then made into arka
4.	Shira sula hara	Triphala, Rajani, guda, bhunimba, nimba, guduchi arka as lepa
5.	Karna roga hara	Shringavera, saindhava lavana, kshaudra, tila taila arka
6.	Darunaka roga nashaka	Amra beeja, pathya immersed in dugdha for 3 days then made into arka
7.	Mukha vyangaghna arka	Vatankura, masura, manjistha, madhu arka
8.	Nasika roga nashaka	Vyaghri, danti, vacha, shigru, tulasi, trikatu, saindha lavana arka
9.	Pradara	Masha arka with sita and dugdha
10.	Bala mutra aborodha	Pippali, maricha, sita, kshaudra, Sukshma ela, saidhava arka

Ashtama Shatkam: (Chapter 8)

This chapter is completely different from other chapters. It deals with abhicharika vidhi which is explained with the help of Arka.

Vashikarana, vidweshikarana (maliciousness), shatru parajaya karana (defeat of enemy), Unmadyakara (making someone insane), Uchatikarana (process of enemy eradication), Buddhistambhana (stabilization of wisdom- stagnation of intelligence), Koutukakarana Vidhi (astonishing application) Marana Vidhi (killing process), Adrishyakarana (disappearing), Mohana Karana Vidhi, Agnistambhana (fire retaining), Jala Stambhana (water stabilizing), Vayubhramnana Vidhi, Buddhi Bhasmikarana Yoga, Sambhoga Sandhikara Yoga, Khshudha vardhaka Yoga(appetizer), Khudha Nirvaraka yoga (hunger suppressing) sarva karya siddhi kara yoga has been explained.

Navama Shatakam: (Chapter 9)

It mainly explains regarding classification of different types of Gana Vargikarana. Around 47 gana are mentioned here with their therapeutic utility in different diseases. For example, twachya gana, vamana gana, virechana gana, netra gana, Kusuma gana, Deepana gana, sugandhi gana, dhupa gana, trina gan, gulma, vriksha gana etc.

Dhatu-update, Rasa-Uparasa Varga, Ratna-Uparatna Varga have been explained.

In uparasa and upadhatu varga Ravana has explained the origin of upadhatu and uparasa, for ex. Swarna- Swarna makshika, rajata- rajata makshika, yasada- rasaka, naga- sindura, tamra- tuthya, vanga- kankustha, loha- mandura, gandhaka- tankana, hartala- manashila, Anjana- shukti, sankha etc.

Dashama Shatakam: (Chapter 10)

This chapter mainly explains regarding Dhatu- upadhatu, rasa-uparasa, ratna-uparatna shodana, Marana & Bhasma Guna. Uttama Swarna, Naga, Vanga, yasada, Swaroop & their Bhasma Guna are mentioned here.

Uparasha shodhana vidhi- 3 times trik kshara then 3 times amla varga rasa bhavna.

If uparasa is taken for a longer period it affects like rasa.

Sindura Sevana Vidhi, Visha samanya Shodhana Vidhi with jaypala shodhana vidhi is mentioned. Upavisha can be used instead of visha.

Suddha visha should be kept in a cloth with sarshapa taila. Ravana mentioned that streshtha Upavisha is that which is purified by panchagavya.

Ravana has also mentioned Loha Bhasma uses according to different Anupana.

1. Vata - Shunthi,
2. Pitta - Sita,
3. Kapha - Krishna,
4. Sandhi Roga - Trijataka,
5. Pandu - Triphala.

Ashuddha Loha Bhasma Sevana Vikara, Parada Shamshodhana Vidhi, Darada Shodhana vidhi, haratala Bhasma Anuapna Vidhi are mentioned in this chapter.

Uniqueness:

The uniqueness of this book is that this book is completely dedicated to Arka Kalpana.

- Ravana has described a mathematical chart entitled as "Aturodnaracakram" for the diagnosis of diseases in the first chapter of the text.
- Different ratio for different types of drugs for distillation is mentioned here.
- Arka nishkramanartha shadagni (types of agni) is mentioned.
- Arka nishkramanartha agni kala (Duration of agni given).
- More than 500 preparations of arka, single drugs even varga with their indication is described.
- Different yantra for arka preparation are mentioned like varuni yantra, patina yantra, arka yantra. The preparation of arka yantra is mentioned in detail.
- According to Arka Prakasha, the efficacy of kalka, churna, swarasa, taila, and arka is gradually increasing in descending order.
- Various classification of Arka is given based on contents, duration of preparation, parts used, action on doshas, gunas, rucus disease, etc.
- Shanka drava nirmana vidhi is explained which is also known as Kshara Arka.
- Ritu kramena arka sevana (usage of Arka based on each season) has been explained.
- Test of properly prepared Arka has been explained that it should possess the rasa and gandha of the main drug used.

- When arka is filled in different patra, the color of the Arka should be similar to shankha, kundana, and Indu dhavala (moon rays). Color should not change if it is filled in Jirnasthi Mrutika Patra.
- Durgandhanashan vidhi if Arka has a bad smell, then it has to be fumigated with dhuma produced by the powder of hingu, methika, rajika, etc. mixed in ghrita and later it should be kept in navin handi.
- Not only Arka but also different gana are also explained separately.
- Administration of Arka for various diseases along with internal and external administration is quoted.
- Route of administration of Arka: Pana, Tarpana, Swedana, Nasya, Anjana, Gandusha, Udvartana, Lepana, pichu, etc. are explained here.
- Water is used for extraction of Arka in general but Ravana has mentioned other drava dravya for extraction of Arka like water, takra, mutra, kshira, etc.
- Some dhupa, lepa & yoga are also mentioned here along with Arka.
- Arka preparations for specific diseases are mentioned here.
- Anupana of Arka sevana is mentioned which is tambula bhakshana or Lavanga.
- Nishidharka sevana janya dosha (glani, vamaana, alasya) are stated here with their samana upaya (malati pushpa arka of 1 Pala).

Drawback:

Even though it is the one & only book for Arka Kalpana some drawbacks are there.

- Atyanta Katina, Katina, pallava, etc. are the classifications that are given in arkaprakasha for arka extraction but applications are not clearly stated.
- Dose of Arka is not mentioned.
- Shelf life of arka is also not mentioned clearly.
- In case of lepa or the use of more than one arka, the ratio of drugs is not clearly mentioned (in very few places it is mentioned).
- Some Arka nishkashana vidhi is not easy to perform e.g., Kshara drava nirmana.
- Agni mentioned for Arka nishkashana are quite hard to understand as the quantum of heat is not properly described.

Discussion:

This important text elaborates on all aspects of its preparation from collecting good quality raw drugs to the proper quantity of water required for soaking, to the right amount of heat which will be required for its preparation & prashasta arka lakshana (tests for the prepared Arka) for its quality and purity. Consumption of Arka according to different seasons. He has classified various substances in the form of varga, gana & prepared arka out of it. Preparation of Arka from flesh is also mentioned with its attribute. Clinical uses of Arka preparations and the classification of medicinal plants are well described in this book. Arka has been mentioned in both internal and external administration here as Pana, Tarpana, Swedana, Nasya, Anjana, Gandusha, Udvartana, Lepana, pichu, etc. Some rasa dravya (e.g., Gandhaka Arka for Rudhira Krimi) are being used with or without herbal drugs for Arka extraction but how far it is possible that is not known. While giving importance to both Rasashastra and Bhaishajya Kalpana, Ravana has also explained Shodhana Marana of different Rasa, Dhatu, Ratna, etc.

Conclusion:

Arka Prakasha is a unique and comprehensive book on Arka Kalpana. This is a classical treatise written by Lankadipati Ravana. Arka Prakasha puts light on Arka Kalpana, a new dosage form apart from Pancha Vidha Kashaya Kalpana. Its broad therapeutic utility makes this text unique in its presentation. Ravana has given a detailed explanation of the method of Arka preparation of individual plants, varga, animal products, and so on. The Arka preparations should be evaluated scientifically to prove their efficacy. The ratio of drava dravya mentioned should also be followed instead of taking 10 parts in general. The understanding behind the mechanism of work in different diseases is needed as Arka is indicated here in almost all diseases.

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