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**CRITICAL REVIEW OF *ARKAPRAKASHA* OF *RAVANASAMHITA* WITH  
SPECIAL REFERENCE TO AYURVEDA LITERATURE – A STUDY  
PROTOCOL**

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**ABSTRACT**

**Background:** The *Ravana Samhita* is one of the Indian classical texts dealing with various aspects of life. As per Hindu mythology this compendia is constructed based on the conversation between King *Ravana* and his wife *Mandodari*. Different methods of Distilled extracts (*Arka*) preparations are mentioned here wherein one of the methods is same as that of today's fractional distillation process i.e. *Arka Kalpana*. To critically review and compare the subject matter dealt in *Arkaprakash* of *Ravana Samhita* with the other Ayurveda literature. Objectives of the study are to enlist the specific contributions of Distilled extracts (*Arkakalpana*) of *Ravana Samhita* in context

of Distilled extracts (*Arkakalpana*) To List out the dissimilarities and similarities of Distilled extracts (*Arkakalpana*) as well as other Ayurvedic principles mentioned in Distilled extracts (*Arkakalpana*) of *Ravana Samhita* with other Ayurveda literature.

**Methodology:** The present study is a comparative literary review study where intertextual criticism of *Arkaprakash* will be done using External and Internal Criticism.

**Conclusion:** Results will be drawn based on the observations made from the collected data analysis. The comparative analysis will be depicted with respect to the concepts of Ayurveda. Unique concepts explored from Distilled extracts (*Arka kalpana*) can be utilized in the clinical practice and used to develop new tools in clinical practice. The therapeutic uses of *Arka Kalpana* can pave the way for future clinical researches in Ayurveda.

**Keywords:** *Arkaprakash, Arka Kalpana, Fractional distillation, Ravana Samhita*

## INTRODUCTION

A Physician should strive to grasp the scripture after having knowledge of numerous disciplines and critically examining the same, as studying a single scripture would not reveal the decisive essence of the same [1]. The importance of studying different texts can be understood as, gain of contemporary knowledge, exposure to different areas of knowledge of the text and presentation of same subject with different points of view of the author. As a result of this, one will get command on the subject. The present study has been focused on the same principle and hence, *Ravana Samhita*, an unexplored literature dealing with various aspect of life is selected for the critical review with the other classical *Ayurveda* texts. As per Hindu mythology this compendium is constructed based on the conversation between King

*Ravana* and his wife *Mandodari*. He is considered to be having expertise in Astrology, Architecture, Music, Yoga, pulse diagnosis and ancient medical sciences. In this compendium, there are references of Ayurveda in many contexts. *Ravan Samhita* is divided in 7 parts called as 'Khanda'. Brief introduction to the subject matter of *Ravan Samhita* is given in **Table 1**.

In the 7<sup>th</sup> *Khanda*, Distilled extracts (*Arkakalpana*) various basic principles of Ayurveda are explained in detail when compared to the other parts and those are still unexplored in any literature.

Different methods of (Distilled extracts) *Arka* preparations are mentioned here where in one of the methods same as that of fractional distillation process is used currently. It is stated that Distilled extracts (*Arka kalpana*) is

the most potent, fast acting and effective preparation as compared to other five methods of medicine preparation (*Panchavidha kashaya Kalpana*) [2]. *Arkaprakash* also deals with various principles of Ayurveda like Taste (*Rasa*), Potency (*Virya*), Post digestive effect (*Vipaka*), various methods of medicine preparation (*Kashaya Kalpana*), process of Distilled extracts (*Arka*) Distilled extracts preparation with their therapeutic uses [3].

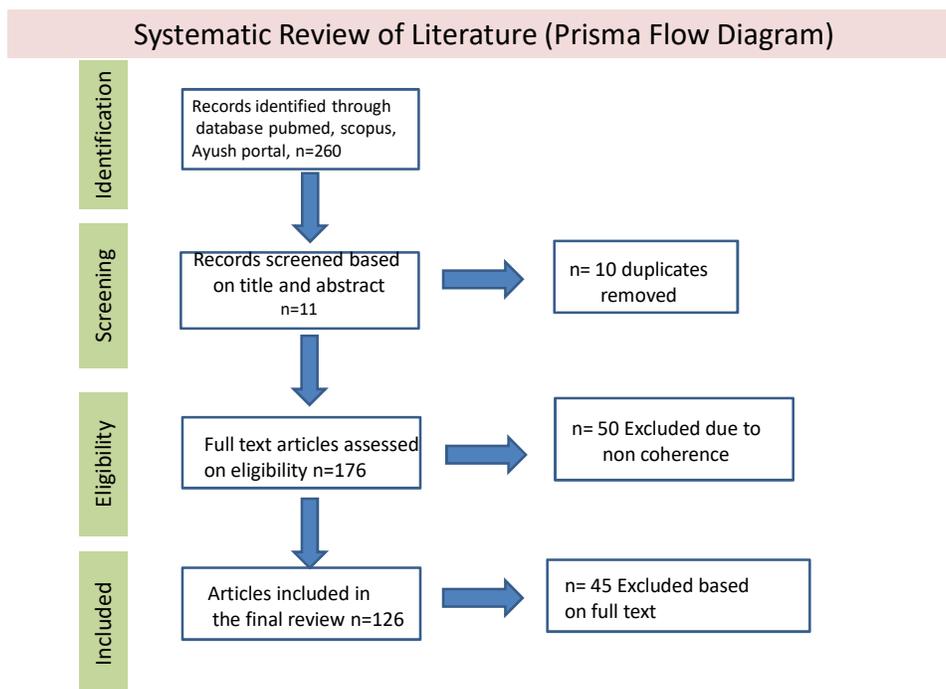
At present, there are very few Distilled extracts preparation (*Arka Kalpana*) available in market of which exact references are not given are listed in **Table 2**

Some special usages of Distilled extracts (*Arka*) in various common disorders from *Arkaprakashare* listed in table no. 3 [4, 5]

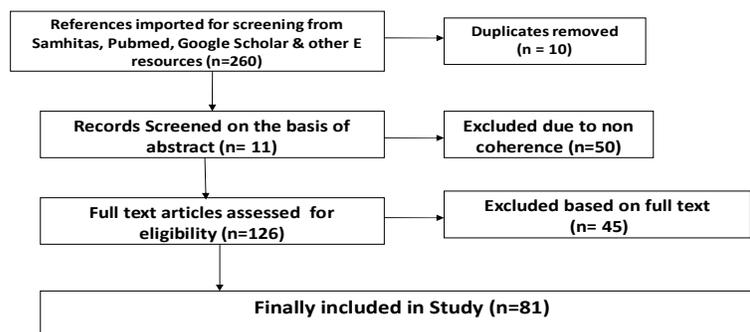
Critical study of Distilled extracts (*Arkaka lpana*) can explore many such useful principles and clinical utilization of Distilled extracts (*Arka*) in various disorders. To fulfil this lacuna partially, the present study has planned with the following aims and objectives.

**Methods/Design**

The study protocol will be conducted and reported in compliance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines 51.



## PRISMA FLOW CHART



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Our study protocol was registered with the International Prospective Register of Systematic Reviews (PROSPERO), on 21/08/2023 (registration number CRD42023453104).

### Literature search strategy

The selection of publications and the reporting of results for the study protocol will be conducted in accordance with the PRISMA guidelines<sup>51</sup>. We will search on PubMed and EBSCO databases. We will further scan reference lists in relevant reviews and publications retrieved for the purpose of our study protocol. There will be no initial limit on the date of publication. We will use the following keyword combinations: “Ravana Samhita AND Arkapraksha”, “Ravana Samhita”, “Arkapraksha”, “Arkapraksha AND Ravana Samhita”, “Ravana Samhitokokta Arkapraksha”,

### Aim and Objectives

#### Aim –

To critically review and compare the subject matter dealt in *Arka prakash* of *Ravana Samhita* with the other Ayurveda literature.

#### Objectives-

1. To enlist the specific contributions of *Arkaprakash* of *Ravana Samhita* in the context of *Arka Kalpana* (Distilled extracts)
2. To List out the dissimilarities and similarities of *Arka Kalpana* (Distilled extracts) as well as other Ayurvedic principles mentioned in *Arkaprakash* of *Ravana Samhita* with other Ayurveda literature.

### METHODOLOGY

The present study is planned as literary research in which the critical review of *Arkaprakash* of *Ravana Samhita* will

accomplished by the method of textual criticism [6, 7] which includes external and internal criticisms. Subject, structure and parts of the text along with its unique features will be explored in external criticism whereas in internal criticism conceptual part of each chapter will be compared with that of *Ayurveda* literature and Unique features will be highlighted. *RavanaSamhita* 9<sup>th</sup> edition Manoj Pocket Books New Delhi published in the year 2017 in India will be utilized for the study. The other text books of Ayurveda which will be used to have a comparative analysis of the concepts are cited in **Table 4**.

Various available literature as well as articles required for the critical review and those related to the subject will also be reviewed. The collected data will be compiled, compared and critically analyzed. The observations made on the basis of review and data analysis will be represented with the help of tables and graphs. Conclusion will be drawn on the basis of the observations and their discussion and comparison with the selected *Ayurveda* literature.

We advise using subheadings in this section to improve the readability of the article.

This section should include enough detail so that others can reproduce your research.

## DISSEMINATION

Final Research Article will be published in WOS, PUBMED, SCOPUS Indexed Journals.

## DISCUSSION

*Ravana Samhita* and Ayurvedic literature have conceptual similarity as well as variances. In present era, the *Ravana Samhita* is still very useful in regards to Distilled extracts (*Arka*). Practitioners or institutions can verify and confirm the practical effectiveness of various *Ark* preparations as stated in specific disorders. In practice, Distilled extracts (*Arka*) can now be prepared in dry, solid, and liquid forms.

## SCOPE AND IMPLICATIONS OF THE PROPOSED STUDY-

Many concepts in *Arkprakash* like *causative factors (Nidana)* types of diseases mentioned under the broad heading can be correlated with actual presentation of diseases.

Various Distilled extracts (*Arka*) preparations mentioned in the *Arkprakash* of *Ravana Samhita* has many practical utilities in the treatment of diseases which can be proved by short study or clinical applicability in routine treatment of diseases.

Unique concepts explored from *Arka Prakash* can be utilized in clinical practice and used to develop new tools in clinical practice.

**Table 1: Brief introduction to the subject matter of *Ravan Samhita***

| Sl. No. | Name of <i>Khanda</i> (Part) | Subject matter in brief   |
|---------|------------------------------|---|
| 1       | <i>Ravan JivanVrittanta</i>  | Past life of <i>Ravanais</i> given  |
| 2       | <i>Graha Rashi Phaladesh</i> | These parts are mostly concern with Astrology   |
| 3       | <i>RasiNakshtraPhaladesh</i> |   |
| 4       | <i>JatakKundaliPhaladesh</i> |   |
| 5       | <i>UddishTantra</i>          | Ancient method of Hypnotism is given. Various principles related to Hypnotism are given   |
| 6       | <i>Kriyoddishtantra</i>      | Practical methods of Hypnotism are given This part is subdivided into 19 parts called as ' <i>Patla</i> '. It is in the form of conversation between lord <i>Shiva</i> and goddess <i>Parvati</i> |
| 7       | <i>Arkaprakasha</i>          | It is divided in 10 sub parts called as " <i>Shatak</i> " means collection of 100 verses  |

**Table 2: Some *Arka* available in market**

| Sl. No. | Name of <i>Arka</i>  | Usage in disorders                                  | Prepared by                                  |
|---------|--|---|--|
| 1       | <i>GomutraArka</i> (cow urine)                             | Skin diseases ( <i>kustha</i> )                     | ShriShritatva                                |
| 2       | <i>PunarnavaArka</i> ( <i>Boerhaavia diffusa</i> )         | Kidney stone, Urine disorder ( <i>mutravikara</i> ) | Gaurasthra                                   |
| 3       | <i>TulsiArka</i> ( <i>Ocimum tenuiflorum</i> )             | Respiratory disaorders( <i>Shwasanavikara</i> )     | Kapiva                                       |
| 4       | <i>SarivaArka</i> ( <i>Hemidesmus indicus</i> )            | Skin disorders ( <i>Kushtha</i> )                   | B.V. Pundit's ( <i>Bhaishajyaratnavali</i> ) |
| 5       | <i>SonfArka</i> ( <i>Foeniculum vulgare</i> )              | Loss of Appetite ( <i>Agnimandya</i> )              | Baidyanath (A S S)                           |
| 7       | <i>DashamoolaArka</i>                                      | joints disorders ( <i>Vatavyadhi</i> )              | Kalpura                                      |
| 8       | <i>PudinaArka</i> ( <i>Mentha spicata</i> )                | Distention of abdomen, ( <i>Adhman, Atop</i> )      | Basic Ayurveda                               |
| 8       | <i>ShankhapushpiArka</i> ( <i>Convolvulus prostratus</i> ) | Depression ( <i>manasikvikara</i> )                 | Ayurvedix                                    |
| 9       | <i>AshwagandhaArka</i> ( <i>Withania somnifera</i> )       | Reducing stress, Muscle Growth                      | Ayurvedix                                    |
| 10      | <i>Arjun ChaalArka</i> ( <i>Terminalia arjuna</i> )        | Heart disease ( <i>Hridayroga</i> )                 | Ayurvedix                                    |

**Table 3: *ArkaKalpanain* various common disorders from *Arkaprakash* [4, 5]**

| Sl. No. | Name of <i>Arka</i>                                      | Usage in disorders                     |
|---------|--|--|
| 1       | <i>Amalaki</i> ( <i>Embilicofficinalis</i> ) <i>Arka</i> | Diabetes ( <i>Prameha</i> )            |
| 2       | <i>Ardak</i> ( <i>Zingiberofficinale</i> ) <i>Arka</i>   | Loss of appetite ( <i>Agnimandya</i> ) |
| 3       | <i>TrikatuArka</i>                                       | Heart disease ( <i>Hridayroga</i> )    |
| 4       | <i>TriphalaArka</i>                                      | Skin disorders ( <i>Kushtha</i> )      |
| 5       | <i>LakshmanaArka</i>                                     | Infertility ( <i>Vandhyatva</i> )      |

**Table 4: Showing list of books to be used for comparative critical review**

| Sl. No. | Name of the literature                                  | Author / Editor                 | Publisher  |
|---------|---|---------------------------------|--|
| 1       | CharakSamhita with commentary of ChakrapaniDatta        | Vaidya Yadavji Trikamji Acharya | Chaukhambha Surbharati Prakashan Varanasi Reprint 2019 |
| 2       | SushrutSamhita with commentary of Dalhan                | Vaidya Yadavji Trikamji Acharya | Chaukhambha Samskrit Samsthan Varanasi Reprint 2019    |
| 3       | AshtangHridaya with commentary of Arundatta and Hemadri | Dr. Anna Moreswar Kunte         | Chaukhambha Surbharati Prakashan Varanasi Reprint 2019 |
| 4       | ShodhalNighantu   | Prof. Dr. Gynendra Pandey       | Chaukhambha Krishnadas Agrney Varanasi                 |

|    |                             |  |   |
|----|-----------------------------|--|---|
| 5  | Arkaprakash                 | Mkundaram,   | Lakshmi vyankateshware press, kalyan, Mumbai  |
| 6  | Bhaishajyaratnawali         | Narendranathmishra   | Jaydev Vidyalankar, Harritudutta Shastry, Lalchandrajivaidya, Motilalbanarasi Das, Varanasi |
| 7  | BharatabhaishyayjaRatnakara | GopinathguptaShivramchandrabhattacharya,                           | Unjha Pharmacy, 2 <sup>nd</sup> edition, 1947, V part, North Gujarat.                       |
| 8  | RasaratnaSammuchaya         | Dharmanand Sharma, MotilalBanarasi Das                             | New Delhi, 1962, 2 <sup>nd</sup> edition 1996.  |
| 9  | Rasaratnakara               | RiddhiKhand,   | Chaukhamba Oriantalia, Varanasi, 1991   |
| 10 | Rasatarangini               | Dharmanandshastry, MotilalBanarasi Das                             | Varanasi, 1881 Revised edition 1979.  |
| 11 | Rasendrasarasanghrraha      | Goplala Krishna bhatta, Ed. By Dhananand pant, Radhavallabha pant, | 29, Bazzar Lane, Newdelhi, 1937   |
| 12 | SharangdharaSamhita         | ParsuramShastry,   | Nirnayasagar press, Bombay, 1931, 2 <sup>nd</sup> edition                                   |
| 13 | VaidyaJivanam               | Kalicharanpandey   | Chaukhambha Sanskrit series, Varanasi, 1947   |
| 14 | Yogaratanakara              |  | Chaukhambha series Varanasi.  |
| 15 | Ayurveda sarasanghrraha     |  | Shribaidyanath Ayurved Bhavan Pvt. Ltd, Nagpur  |

Tables should be formatted using the 'insert table' function in Word at the end of the manuscript or provided as separate Excel files.

#### ABBREVIATIONS/ACRONYMS

- Ayurvedic text: Ravansamhita
- Chapter explained about distilled extract: Arkaprakash
- Distilled extract: Arka Kalpana
- five methods of medicine preparation (*PanchavidhakashayaKalpana*)
- Taste (*Rasa*),
- Potency (*Virya*)
- Post digestive effect (*Vipaka*)
- methods of medicine preparation (*Kashaya Kalpana*),
- Distilled extracts (*Arka*)
- Diabetes (*Prameha*)

- Loss of appetite (*Agnimandya*)
- Heart disease (*Hridayroga*)
- Skin disorders (*Kushtha*)
- Kidney stone, Urine disorder (mutravikara)
- Respiratory disorders (*Shwasanavikara*)
- Distention of abdomen, (Adhman, Atop)
- Depression (manasikvikara)
- causative factors (*Nidana*)

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