

**A REVIEW OF LITERATURE OF HARTALA WITH SPECIAL REFERENCE TO  
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**INTRODUCTION**

Haratala, Manashila and Somala are important arsenic compounds which are used in Ayurveda. Haratala is most popular among them. In majority of the Classical texts, it has been grouped under Uprasa Varga. It is one of the Arsenical raw materials emphasized since Samhita period. Hartala ( $As_2S_3$ ) is called as yellow orpiment with two molecules of Arsenic and three molecules of Sulphur. It is important in Rasa shastra for alchemical purposes and therapeutic uses. It is commonly used in treating the diseases like Kushtha, Firang, Visham Jwara, Bhagandar, Vata-rakta etc. It is used as ingredient in many Ayurvedic formulations i.e., Vtagajankush Rasa, Kasturibhairava Rasa etc. Acharya Sushrut has categorised it under Dhatuja Vish.

Ayurveda is not only the oldest system of medicine in India, but it claims to be the first systemic science ever evolved throughout the world. It has been serving to remove sufferings and miseries of the mankind since time immemorial. It prolongs life span, maintains positive health and cures diseases. With a view to achieve above aims and objectives, different types of drugs such as plants, metals, minerals and drugs of animal origin have been used by the ancient scholars. This is because; the body composition is similar to these drugs. Deficiency in them is called disease and their replacement in treatment. The use of metals and minerals for the medicinal purposes are prevalent in pre historic period but to a very limited extent. The frequent use of these metals and minerals has started only with the development of Rasashastra as an independent branch of learning therapy. In Rasashastra a special emphasis is given to mercury and mineral origin drugs and their pharmaceutical processing and techniques

The Indian Arsenic – A very important indigenous source of arsenic is orpiment ( $As_2S_3$ ) mine of Chitral where the mineral is exploited by the Mehtars of the Country. The Orpiment in most cases is also accompanied by Realgar ( $As_2S_2$ ) and Flurospur but the difficulties in working these mines include the inaccessibility of the areas (11,000 to 16, 000 ft high) in the clemency of the weather and other unfavorable conditions. It occurs as a sublimation product in volcanic fumaroles, low temperature hydrothermal veins and hot springs. Orpiment i.e. Arsenic trisulphide is a compound of Arsenic, which is in trivalent form and Sulphur is in

bivalent form.

**Formula –  $As_2S_3$** 

The word arsenic is borrowed from the Persian word Zarnik meaning “Yellow Orpiment” Zarnik was borrowed by Greek as “Arsenikon” means the “Male” or “Potent substance”. This probably refers to the poisonous properties of the substance. Arsenic was first extracted by alchemists in the form of Essence (Satwa) of Haratala. Due to its use by the ruling class to bump each other off and disreectness, arsenic has been called the Poision of Kings and the King of Poisons.

**MATERIAL AND METHOD****Literary review**

Rasashastra is the branch of ayurveda which deals with the preparation of different medicines using herbals as well as minerals. In this branch there is use of poisonous drugs which are harmful as per the evidence-based medicine. Arsenic compounds are being popularly used in ayurveda therapeutics since centuries among them.<sup>[1]</sup> Haratal is commonly used in treating diseases like Raktapitta, vatarakta, kushtah and Shleshma rog.<sup>[2]</sup> Haratal is called orpiment of yellow arsenic with two molecules of arsenic and three molecules of Sulphur ( $As_2S_3$ ). Haratal consumed without proper shodhan causes many toxic effects on body. Hence, shodhan of haratal is essential. In Rasashastra there are different methods which used to improve the medicinal properties and overcome the poisonous effects.

There are three arsenic compounds explained in the

classics.

- Haratala ( $\text{As}_2\text{S}_3$ ) – Arsenic trisulphide Uparasa
- Manashila ( $\text{As}_2\text{S}_2$ ) – Arsenic disulphide – Uparasa
- Somala ( $\text{As}_2\text{O}_3$ ) – Arsenous trioxide – Sadharana rasa

## CLASSIFICATION

**Table No. 1: Classification of Haratala.**

Charaka	Parthiva dravya
Sushruta	Dhatuvisha
Rasa Shastra Classics like Rasarnava, Rasa Ratna Samucchaya, Rasendra Sara Sangraha, Ayurveda Prakasha, Bhava Prakasha, Rasa Hrudaya Tantra, Rasa Prakasha Sudhakara, Rasendra Chudamani, Rasa Manjari, Ananda Kanda	Uparasa
Sharanghadhara, Yogaratnakara	Upadhatu

## SYNONYMS

The ancient scholars of Ayurveda have described the drugs by introducing the descriptive terms in the form of synonyms. These are mainly based on the historical importance, colour, smell, physical properties,

distribution, pharmacological properties, therapeutic and general uses. Various synonyms for talaka have been told in different texts, which are tabulated here. The probable interpretations of few synonyms of Haratala having particular reference are considered below.

**Table No. 2: Interpretations of Synonyms of Haratala.**

Colour (beautiful golden yellow colour)	Talam, Gouram, Varnakam, Pinjaram, Peetana, Haratalaka, Kanchana rasa, Kanaka rasa, Kanaka prabha
Multiple layers	Aalam, Vamshapatrkhyam, Vydala
Specific smell	Chitra gandha, Malla gandhaja, Visragandhi
Make-up of artists	Natamandanaka, Natabhooshana
Used by Tribals to colour their bodies	Shailoosha bhooshana
Hair remover	Roma hrata, Roma haranam, Roma nashanam
Semen of Lord Vishnu	Hari beeja
Enemy of Vanga	Vangari
Appears like eye of cat	Vidalaka

## HARATALA UTPATTI

Once at the time of dusk Lord Vishnu killed the notorious monster named Hiranya Kashyapa and the Lord when scratched the monster's axilla the production of Talaka equally shining like the monster, occurred. Once in dusk Lord Vishnu killed a monster Hiranya Kashyapa, during that killing vomiting occurred. From that vomitus, the production of Haratala occurred.

The production of Haratala is from the semen of Lord Vishnu (Siddha Bhesaja Manimala<sup>10</sup>, based on Shabdaka Chintamani).

## HISTORICAL REFERENCES

**In Vedic Period:** In Rigveda period Haratala was applied on a sharp end of an arrow called "Ruru" which was used to bring rain on the earth.

**In Samhita Period:** In Charaka Samhita Haratala is grouped under Parthiva dravya.

**In Susrutha Samhita,** Haratala is considered under Dhatu visha along with phenashma.

- **Types of Haratala:** There are mainly two types of Haratala explained in most of the classics like

R.R.S, R.S.S, R.P.S, Rasendra choodamani, Bhavaprakasha, R.T etc.

- (1) Patra Haratala
- (2) Pinda Harital

Based on Siddha System of Medicine Ayurveda Prakasha<sup>18</sup> has mentioned four varieties of Haratala Viz-

- (1) Bagadadi Haratala
- (2) Godanti Haratala
- (3) Tabaki Haratala
- (4) Pinda Haratala

**According to B.R.R.S, following four varieties of Haratala are mentioned. Viz-**

1. Pinda Haratala
2. Patra Haratala
3. Godanti Haratala
4. Vakdala Haratala

Based on the commentary of Prof .D.A Kulkarni in R.R.S<sup>20</sup> about these varieties and the explanation of different classics, the relevant information about individual variety can be considered as below.

**1) Patra Haratala**

- It is also known as Patala Haratala or Vamshapatra Haratala or Barki Haratala or Baghdadi Haratala.
- It is mainly available at Iran hence named as Baghdadi Haratala.
- It is Golden coloured, heavy, Soothing and soft.
- It is made up of many layers (multifoliate) & lustrous.
- It is said as very good Rasayana.
- It is ideal for medicinal use.

**2) Pinda Haratala**

- It is mainly available in kashgar and northern hills.
- It is devoid of Patra (afoliae)
- It is in the form of small lumps and has very little satwa.
- It is having impurities, stones, mud etc.
- It is not ideal for medicinal use.
- It can stop discharge of menses in women.

**3. Godanti Haratala**

- It is not at all containing Arsenic.
- It is soft & heavy.
- It is composed of Calcium, oxygen & Sulphur i. e.  $\text{CaSO}_4$ .
- It has yellow blue streaks at the center.
- It has appearance of cow's teeth.
- Its properties are different from Haratala.

**Tabaki Haratala**

- It is prepared artificially from Somala & Gandhaka.
- It is highly poisonous
- It is also called as king's yellow.
- It is useful in paint industry.

**Vakdala Haratala**

- It is generally known as "Cold Haratala"
- It is very soft.
- It is heavy & has layers.
- It can cure leucoderma.

**Preparation of Artificial Haratala**

Fine powders of pure Gouripashana (49 parts) + pure Gandhaka (24 parts) are mixed thoroughly. Then this mixture is to be kept in "Damaru Yantra" and heated. After cooling, the Haratala adhered to the upper surface of the Yantra is to be collected. Haratala thus prepared requires no further purification.

**Need of Haratala Shodhana**

- In Rasa Shastra Shodhana is done to make the drug free from physical impurities, Vishadi Doshas and to make the drug suitable for therapeutic use. As Sushruta considers Haratala as dhatuvisha the Shodhana of Haratala becomes necessary.
- Most of Rasa Shastra text<sup>2</sup> described evil effect of ashuddha Haratala consumption as ayughana, kapha vata vraddhikara, meha, tapa, sphota, anga sankochaka, daha, kshobha, kampa, kushta and

destroys the beauty of the body. To avoid these complications Haratala should be always used in purified form.

- According to Rasa Tarngini Sanskrit commentary, Haratala used in unpurified form produces same disorders which are best treated by purified Haratala this claims importance of Haratala Shodhana.

**Haratala Shodhana**

Different Haratala shodhana procedures have been explained in different Rasa Shasta classics are as explained below.

- Swedana in Kushmanda Swarasa for three hours purifies Haratala.
- Swedana in Tila kshara jala for three hours purifies Haratala.
- Swedana in limewater for three hours purifies Haratala.
- Haratala is made in to small pieces mixed with 1/10th part of Tankana washed with Nimbu Swarasa and Kanji then tied in a Pottali made up of four folded cloth. It is subjected to Swedana in Churnodaka + kanji for one day followed by Swedana in Kushmanda Swarasa or Shalmali toya for one day.
- Swedana in lemon juice for three hours followed by Swedana in Gruhadhooma Jala purifies Haratala.
- Swedana in Kushmanda Swarasa followed by Swedana in Churnodaka or Triphala kwatha for two prahara purifies Haratala.
- Swedana in Shalmalimoola Swarasa for three hours or Bhavana with Shalmalimoola Swarasa for seven times purifies Haratala.
- Seven Bhavanas of Churnodaka purifies Haratala.
- Swedana in Sudha churna + Kanji, Kushmanda Swarasa, Tilataila & Triphala kwatha One after the other respectively for one prahara in each purifies Haratala.
- Swedana in Kushmanda Swarasa, limewater & Tilataila one after the other respectively for three hours in each purifies Haratala.
- Swedana in Kanji, Kushmanda Swarasa, milk & Vata dugdha one after the other respectively for three days in each purifies Haratala
- Swedana in Kanji for one prahara purifies Haratala.
- Haratala is purified by Bhavana with Kushmanda Swarasa & Amla dadhi for seven times each.
- Haratala is purified by Swedana for six hours in the Juice of lemon fruit followed by Swedana (by steadily boiling with char coal) in the following media – Urine of she Buffalo, Juice of kanya, Solution of lime mixed with juice of Sharapunkha, Juice of ripened lemon mixed with water and Juice of Sugar cane.
- Haratala is subjected to Bhavana for three times with the juice of palasha made as viscous as Honey. It is again rubbed with urine of Buffalo. It is then to be confined in a crucible and heated for twelve times by means of ten cow dung cakes each. Haratala thus purified may be used for all purposes

- 16) Haratala taken in a pottali is kept in side the kushmanda and kushmanda is subjected to heat until only four-angula kushmanda remains. Haratala is taken out and again heated in two more kushmanda in same manner one after the other.
- 17) Haratala is made into pieces and mixed with Tankana (1/10th of Haratala) then washed with Lemon juice and kanji. It is then tied in a pottali subjected to Swedana in Aranala mixed with lime water. It is again boiled similarly;
  - i) For one day with kushmandarasa
  - ii) For three hours with tila taila
  - iii) For three hours with triphala kwatha.

After the above process again talaka is subjected to Bhavana for 3 times with pishwa mutra (Cow's urine) and Kanji respectively. Repeating the process again for twelve times purifies Haratala, which can be used in all aushadi prayoga.

#### **Ashuddha Haratala Shanti Upaya:**

If there are any complications due to ashuddha Haratala sevana following should be given.

1. Kushmanda swarasa + Mishri + Jeeraka churna thrice daily
2. Jeera + mishri for three days
3. Jeera+Sugar or Madhu + Kushmanda swarasa thrice a day.

#### **Pathya apathya during Haratala sevana**

**Apathya:** Lavana, Amlarasa, Katurasa, exposure to heat, sun light, Instead of Lavana Saindhalavana can be consumed.

**Pathya:** Godugdha, Shashtikashali, Roti and Chana.

#### **Some Important Yogas of Haratala**

1. Talakeswara Rasa
2. Vetala Rasa
3. Mahatalakeswara Rasa
4. Rasendra Gutika (Br)
5. Siddhatalakeswara Rasa
6. Vatagajankusha Rasa
7. Manikya Rasa
8. Krimikashtanala Rasa
9. Rasa Manikya
10. Gulmakalanala Rasa
11. Rajarajeshwari Rasa
12. Manthanabhairava Rasa
13. Rajamriganka Rasa
14. Jayamangala Rasa
15. Sameerapannaga Rasa
16. Lankeshwara Rasa
17. Tala Sindhura
18. Ramabana Rasa
19. Talakodaya Malahara
20. Mahalakshmiivilasa Rasa
21. Kasturibhairava Rasa (Br)
22. Bhutabhairava Rasa
23. Nityananda Rasa
24. Vidyavallabha Rasa

25. Raktapittantaka Rasa
26. Talaka Bhasma
27. Vataraktanka Rasa
28. Chandakeshwara Rasa
29. Vidhyadhara Rasa
30. Sila Talaka Rasam

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