



Review Article

A REVIEW ON KRISHNA MRITTIKA: A PART OF PANCHBHUATIC CHIKITSA OF AYURVEDA

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ABSTRACT

Ayurveda, the ancient traditional system of Indian medicine has two basic principles *Tridosha* and *Panchbhutic Chikitsa Siddhant*. The elements of nature Earth, Water, Space, Fire and Air. All these elements are linked to the possibility of human life on Earth, and also contain compounds, minerals and nutrients that can improve our health. *Krishna Mrittika* is one of the most important elements of these and contains a lot of vital nutrients essential for the human body. The *Acharyas* told that *Krishna Mrittika* has *Shothahar* and *Shoolhar Gunas*. *Krishna Mrittika* can expel toxins from human body therefore is very useful in therapeutic and preventing many diseases. Ayurveda recommends *Krishna Mrittika Chikitsa* as a specialized therapy for good management of diseases. It is very economic and effective also. It can be make easy methods. Its black colour absorbs all the colours of sun and according to the disease, affects the body organ. Solid and heavy human organs in the body are related to the *Prithavi Mahaboot*. As mentioned in *Atharvaveda* (12/1/6) that *Prithavi* detains lots of essential minerals, nutrients in it and by these minerals *Prithavi* nourishes the human beings. This article, explaining how to use *Krishna Mrittika* as a therapeutic properties.

INTRODUCTION

Earth is one among *Panch Mahabhootas* having an enormous influences human body.^[1] Black mud having great impact on the human body in health as well as in illness. Its black colour absorb all the colours of the sun and take them to the Human body, so it gives good results in skin, post traumatic stiffness, *Pradararoga* etc.

Types of Soil According to Ayurveda

- Properties of different types of *Mrittika* In Ayurvedic texts, properties of *Mrittika* have not been mentioned directly but these are mentioned indirectly.
- Properties of water present in particular type of *Mrittika* is described in texts.

Acharya Charaka has described that qualities of water basis on the type of soil on which it falls.^[2]

Type of the soil properties of water

- *Shweta- Kashaya*
- *Pandu -Tikta*
- *Kapila- Kshariya*
- *Ushara- Lavana*
- *Parvata- Katu*
- *Krishna -Madhura*

Acharya Sushruta has also mentioned properties of water falling on a particular soil. It can be assumed that soil also possess same properties as that of water falling on it.^[3]

- Properties of water falling on the soil colour of the soil properties of water.
- *Lohita- Madhura*
- *Kapila- Amla*
- *Pandu- Lavana*
- *Peeta- Katu*
- *Neela- Tikta*
- *Shukla- Kshaya*

Soil found in different parts of the world has different qualities. The composition of the soil varies upon the place of origin. Mineral constituents of soil vary with the kind of rocks found in the region and the process of soil formation. Soil property is affected by kind of flora and fauna of the region. Therefore, it is essential to learn about properties of soil before utilizing it benefits. It is important to note that before

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using any type of soil it should be dried, powdered and sieved to remove any type of impurities such as stones and grass etc.

In Harita samhita 5 category of *Bhumi* has been explained with their properties. [4]

भूमिया पंचविध ज्ञेय कृष्ण रक्त तथा सीता पिता नीला भवेत् अनन्य गुणश्चतसं प्रकीर्तता कृष्ण च मधुरा रुक्ष कश्य पीतवर्णिणी रक्त सा च भवेत् टिकट मधुरमला सीता स्मृता (हरिता संहिता 7/71-72)

1. *Krishna* (black)
2. *Rakta* (red)
3. *Sita* (white)
4. *Pita* (yellow)
5. *Nila* (blue)

Krishna Mrittika

Practically different *Mrittika* was used in different patients but it was found that *Krishna Mrittika* can be used more because of following reasons:

- Clayey texture therefore easy to make *Krishna Mrittika patti* and easy to apply on patients.
- This soil has high absorption property because of its black color.
- For some extent it is also reusable.
- Cracks not produced in this *Mrittika* as it is formed in other *Mrittika patti*.

Krishna Mrittika in Ayurvedic texts the use of *Krishna Mrittika* is being explained in different context:

In Bhavaprakasa Nighantu, *Krishna Mrittika* has been Kept in *Ashtama Dhatwadi Varga* and Sanskrit names of the *Krishna Mrittika* are mentioned viz., *Mridaa*, *Mrittikaa*, *Mritsanaa*, *Ksetrajaa*, *Krishna Mrittika*,

Krishna Mrit also, indications of *Krishna Mrittika* in various disorders have been stated for eg., *Kshata*, *Raktapradar* or *Raktavikaar*, *Pradararog*, and in *Kaphaja Pittaja Vikara*. [5]

In Charaka Samhita, *Aacharya* have told that *Raktapitta* gets alleviated by the use of the water which contains *Bhasma* of *Vaidurya*, *Moti*, *Suvarn* and *Shankh*, *Krishna Mrittika*, and *Choorana* of *Amla* and *Sugandhawala*. [6]

In Sushruta Samhita, application of *Krishna Mrittika* mixed with bile of the deer, ghee, *Tanduliyaka* etc is mentioned for the treatment of the symptoms i.e., shedding of hairs, headaches, bleeding from minute channels (piles) and development of tumors produced by the use of poisoned comb. [7]

In Sharangdhar Samhita, black soil has been used for the treatment of inflammation. [8]

In Bhaishajya Ratnvali, *Krishna Mrittika Potli Swedana* has been indicated for the treatment of *Shoola*. [9]

Rasa Panchaka of *Krishna Mrittika* is [10,11,12,13]

1. *Rasa -Madhura*
2. *Guna- Snigdha, Sheeta, Guru*
3. *Veerya- Sheeta*
4. *Vipaka -Madhura*

Selection of *Krishna Mrittika*: The soil samples having good absorbing ability are selected.

Collection of *Krishna Mrittika*: Collected from non-contaminated earth, 3 feet soil should be removed from above then it is collected.

Storing of *Krishna Mrittika*: *Krishna Mrittika* should be kept from dark place, so that its properties remain intact. It should be stored in dark place; because initially it is darkness is better to preserve its standard quality and it will not be old in dark container.

Processing of *Krishna Mrittika*: *Krishna Mrittika* collected from non-contaminated land is separated from grass, stones and other impurities etc. Then it should be dried in the sun for 8 hours and later soaked in the water for 1-2 days. While drying, keep mixing it well by hand and superficial contaminated water is to be removed and fresh water is added. If large amount of mud is needed then, water of 2-3 feet has to be at the surface level after mixing with it. Then water is drained and the soil which is saturated with water is used for therapy.

***Krishna Mrittika Powder*:** Processed wet mud is again dried in sun for 1-2 days. After drying it is triturated in *Khalva Yantra* (pulverizer) and prepare the minute powder by sieving through a cloth and store in an air tight container.

How to use *Krishna Mrittika*

- First of all, where the patient has pain, a *Mridu swedna* is applied for 10 to 15 minutes at that organ.
- Then *Krishna Mrittika Lepa* is applied.
- After 30-45 minutes of application, *Lepa* started Drying up. Then *Lepa* is removed and the area is cleansed with lukewarm water.

Probable mode of action of *Krishna Mrittika*

Ayurveda has a unique way of explaining the mode of action of drugs. The action of drug is executed in the body through its pharmacodynamic properties like *Rasa*, *Guna*, *Veerya* and *Vipaka*. Along with these, there is *Prabhava*, which has the specific property inherited by the drugs which cannot be explained. The action of every drug is determined by the dominant pharmacodynamic factor in that particular drug and that may be anyone out of *Rasa*, *Guna*, *Veerya*, *Vipaka* and *Prabhava*.

Explained in the form of chart

Krishna powder



Water is added to powder accordingly to make *Lepa*



Now, this *Lepa* has these qualities that is *Snigdha, Guru* and *Pichhila Guna*



These properties are opposite to the *Gunas* of *Vata Dosha*



Lepa will counteract the properties of *Vata Dosha* and reduce its intensity i.e., *Snigdha Guna* will act on *Ruksha Guna* of *Vata*



Guru Guna will reduce *Laghuta* of *Vata* and *Pichhila Guna* will counteract the *Vishada Guna* of *Vata*



Thus, by reducing the intensity of *Vata Dosha* properties, pain and other associated symptoms of *Vata Dosha* will be relieved

Procedure of Krishna Mrittika Lepa Application



***Mridu Swedan* with hot water bag**



Applying *Krishna Mrittika Lepa* with the help of cloth



***Krishna Mrittika Lepa* application on Abdomen**

DISCUSSION

Krishna Mrittika has been used in *Visha Hara*, *Daaha*, *Raktpradar*, *Shotha*, post traumatic stiffness, *Pradararoga*, *Amvata*, *Shoola*. It indicates *Vata-Pitta* pacifying properties of this *Mrittika*. *Acharya Charaka* has mentioned that water for its properties depends upon the type of soil on which it falls. From this reference we may get an indirect indication about the property of *Krishna Mrittika* that it has *Madhura Rasa*. *Krishna Mrittika* can be used because it is rich in *Parthiv Guna* and also has *Snigdha Guna* as it has *Madhura Rasa* which helps in increasing the *Kshina Dosha* and *Dhatus* and alleviates the *Kupita Dosha*. *Mrittika Chikitsa* used in promotion of health, prevention and management of different disease. Basically, application of *Mrittika* is done on different parts of the body for different purpose like for cosmetic purpose, pain relief, and for the treatment of different diseases. Various types of *Mrittika* are used in the treatment of the disease on basis of their colors and properties.

CONCLUSION

Mrittika Chikitsa can be used in the management of different disease as it is easily available and cost effective. Use of *Kashaya*, according to the disease preparation of *Krishna Mrittika Lepa* would be more effective for the therapeutic use. As mentioned in *Atharvaveda* (12/1/6) that *Prithavi* holds lots of essential minerals in it and by these minerals *Prithavi* nourishes the human beings.

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