

ICCHABHEDI RASA – A HERBO-MINERAL FORMULATION REVIEW

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ABSTRACT

Ayurveda is the medical science which concentrates on both prevention and treatment of diseases. *Ayurveda* has given some norms of life which should be followed to be physically and mentally healthy. But, nowadays changed lifestyle and altered food habits have lead to vitiation of *tridosha's* and *agni* causing various diseases. *Virechana* is one such therapy which helps to drive the vitiated *doshas* from *adhobhaga* and pacifies the vitiated *agni*. It is the measure of choice for *pitta prakopa* and also in conditions like *pittapradhana dosha samsrishta*, *kaphasamsrishta vata* and *vatasthanagata kapha*. Classical method of *virechana* includes *purvakarma*, *pradhanakarma* and *paschat karma* which makes the treatment course lengthy. But due to busy schedule of present era, it has become hard for the patients to undergo this procedure. Hence alternative method of purgation by herbo-mineral formulation containing *virechana dravya's* has been used. *Ichhabhedi Rasa* is one such formulation containing *Shunti*, *Maricha*, *Shuddha Parada*, *Shuddha Gandhaka* *Shuddha Tankana* and *Shuddha Jayapala* and has drastic purgative action when taken in proper dose and along with proper *anupana*. The main aim of this article is to review the pharmacological properties and to discuss the probable mode of action of *Ichhabhedi Rasa*.

INTRODUCTION

*Ichhabhedirasa*¹ – Person can have as much number of *vegas* as per his *iccha*. That is, the person will have the *vega* each time he takes the *vati* with *sheeta jala*.

There are eighteen varieties of *Ichhabhedi rasa* mentioned in *Rasa Yoga Sagara* with different ingredients, indication, dose and *anupana*. The *Ichhabhedi Rasa* mentioned in *Rasa Tarangini* which is a herbo mineral formulation will be reviewed. It comes under *Khalvi Rasayana* and contains *Kajjali* and *Jayapala* as the major ingredient. In any *Khalvi Rasayana*, *Kajjali* increases the bioavailability of ingested drugs. It is also helpful to decrease the dosage of herbal compounds. It is a GI stimulant and is also neurochemical

irritant. *Jayapala* possesses *ushna*, *teekshna*, *vyavayi* and *vikasi guna* as it is an *upavisha* and these qualities attribute to the drastic purgative action of the formulation. The word *Virechana* is defined as the therapy which eliminates *doshas* through *adhobhaga* i.e. from lower GI tract. The *virechana* drugs have properties such as *ushna*, *teekshna*, *sookshma*, *vyavayi* and *vikasi guna*, *Prithvi* and *Jala mahabhoota* predominance and *adhobhagaharana prabhava*². *Ichhabhedi rasa*¹ is one such formulation containing *Shuddha Parada*, *Shuddha Gandhaka*, *Shunti*, *Maricha*, *Shuddha Tankana* and *Shuddha Jayapala*. *Shodhana* of *Gandhaka* and *Jayapala* is done by using *Godugdha*

and its *sara guna* further helps in exhibiting *virechana* action. The formulation is a drastic purgative and is used to induce bowel motion.

MATERIALS AND METHODS

Table1: List of ingredients of *Icchabhedi rasa*

Ingredients	Scientific name	Family	Part Used	Quantity(in parts)
<i>Shunti</i>	Zingiber officinale	Zingiberaceae	Dried Rhizome	1 part
<i>Maricha</i>	Piper nigrum	Piperaceae	Fruit	1 part
<i>Shuddha Parada</i>	Hydragium	-----	-----	1 part
<i>Shuddha Gandhaka</i>	Sulphur	-----	-----	1 part
<i>Shuddha Tankana</i>	Borax	-----	-----	1 part
<i>Shuddha Jayapala</i>	Croton tiglium	Euphorbiaceae	Seed	3 parts
<i>Jala</i>		-----	-----	Quantity sufficient

Method of preparation¹:-

Shodhana of *Parada* is done by *mardana* with *Lashuna kalka* and *Saindhava Lavana* for seven days³. *Gandhaka Shodhana* is done in *Godugdha* by subjecting it to *kurmaputa* by *Bhudhara yantra* method⁴. *Tankana Shodhana* is done by *Bharjana* till it becomes *supushpita* and *nashtaneera*⁵. *Jayapala Shodhana* is done by subjecting it to *swedana* in *dolayantra* for one *yama*. The procedure must be repeated three times⁶.

Above mentioned quantity of *Shuddha Parada* and *Shuddha Gandhaka* are taken in a *Khalvayantra* and triturated till *Kajjali siddha lakshana*'s are obtained. *Shodhita Tankana* is added to *Kajjali* followed by the addition of *vastragalita choorna* of the drugs such as *Shunti*, *Maricha* and *Shuddha Jayapala* and a homogeneous mixture is prepared. This mixture is subjected to *bhavana* with *sheeta jala* to prepare pills of two *gunja pramana*.

Properties:

Table2: List of *Rasapanchakas* (elements governing the act of formulation) of the ingredients of *Icchabhedi rasa*

Ingredients	Rasa	Guna	Veerya	Vipaka	Karma
<i>Shunti</i> ⁷	<i>Katu</i> ,	<i>Laghu</i> , <i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatanulomaka</i> , <i>Rochana</i> , <i>Deepana</i> , <i>Pachana</i> , <i>Bhedana</i> , <i>Shleshmahra</i>
<i>Maricha</i> ⁸	<i>Katu</i>	<i>Laghu</i> , <i>Teekshna</i> , <i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatanulomana</i> , <i>Lekhana</i> , <i>Deepana</i> , <i>Pachana</i> , <i>Kaphaghna</i> , <i>Srotahshodhana</i>
<i>Shuddha Parada</i> ⁹	<i>Shadrasa</i>	<i>Sara</i> , <i>Snigdha</i> , <i>Guru</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Yogavahi</i>
<i>Shuddha Gandhaka</i> ^{10, 11}	<i>Madhura</i> , <i>Katu</i> , <i>Tikta</i> , <i>Kashaya</i>	<i>Ushna</i> , <i>Sara</i> , <i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana</i> , <i>Pachana</i> , <i>Jantughna</i> , <i>Vishahara</i> , <i>Kushtaghna</i>
<i>Shuddha</i>	<i>Katu</i>	<i>Ushna</i> ,	<i>Ushna</i>	<i>Amla</i>	<i>Agnideepaka</i> , <i>Mridu</i>

Tankana ¹²		Teekshna, Ruksha, Sara			rechaka
Shuddha Jayapala ¹³	Katu, Tikta	Tikshna, Ruksha, Guru	Ushna	Katu	Lekhana, Kaphaghna, Virechana,
Sheeta Jala ¹⁴		Sheeta, Ruksha			Pittahara, Ushmahara, Dahahara
Sita ¹⁵		Guru, Sara, Sheeta,			Vatapittahara, Dahahara

Indication¹:-*Virechana***Dose:** 2 ratti*Mridukoshta, Nagarika*-1.5 ratti with *sita*.*Kroorakoshta, Shoora, Grameena*-2 ratti with *sita*.**Anupana:** *Sheeta jala, Sita*

To stop *virechana*, *ushnodaka* should be taken. The person will have the *vega* each time he takes the *vati* with *sheeta jala*. After *Virechana*, *Takra* should be taken along with *odana* as *pathya*. After complete cessation of *vegas*, *sheetajala* should not be taken for one *yama* as there may be a chance of recurrence of *vegas*.

DISCUSSION

Virechana karma is beneficial for *Pitta, Samana* and *apana vata* and *Kapha Virechana*. This *karma* pacifies the vitiated *agni* by removing excess of *pitta* from *amashaya* and also from all over the body.

Discussion on Anupana:-

Sheeta Jala: Crotonic acid is one of the chemical constituent of *Jayapala* which crystallizes as needles from hot water. Hence, this formulation should be taken along with *sheetajala*.

Sita:-Possesses *Sheeta, Guru, Sara* and *Vatapittahara* property due to which it helps in *virechana* of *vata* and *pitta*.

Discussion on dravyas used for Shodhana:-

Godugdha:- Used for the *shodhana* of *Gandhaka* and *Jayapala*. It has *guru* and *sara guna* which helps to exhibit *virechana* action.

Agni samskara:- *Swedana* is used for *Jayapala Shodhana* and *Gandhaka Shodhana* is done by *kurma puta* method. Even *Tankana shodhana* is done by *Bharjana* method. By this *ushna, teekshna* properties of these drugs increase which further increases the action of these drugs.

Lashuna and Saindhava:- These are used for the *Shodhana* of *Parada*. *Lashuna* possesses *Guru, Sara* and *Ushna guna*. *Saindhava lavana* has *teekshna guna* and is useful in *Vibhanda* which suggests that it has *anulomana* property.

Mode of action of the drugs:-

Shunti possesses *Ushna veerya, kaphavatashamaka, vatanulomaka* and *bhedana* property which helps in *virechana karma*. *Maricha* possesses *Katu rasa, Ushna veerya, Kaphavatashamaka, Vatanulomana* and *srotoshaodhaka* actions which are beneficial to exhibit *virechana* action. *Kajjali* has *sara guna* and *ushna veerya*. It can cure all the diseases when given with proper *anupana*. *Tankana* possesses *Katu Rasa, teekshna, saraka guna* and has *mrudu rechana* action. *Jayapala* has *ushna, teekshna guna* and *virechana* property. The expressed seed oil possesses drastic purgative property. Almost all ingredients possess *Katu rasa, Ushna teekshna sara guna, katu vipaka* and *vatanulomana karma*. All these properties attribute to *virechana* action of *Ichchabhedi rasa*.

CONCLUSION

Agni is the root cause for manifestation of any disease. So, initially *agni* should be corrected. Ingredients in *Ichchabhedi rasa* rectify the vitiated *agni* through their *deepana, pachana, vatanulomana* properties and by expelling excess of *vaikrita doshas* from *amashaya*. *Ichchabhedi rasa* has pharmacological action mainly on *annavaha* and *pureeshavaha srotas*. This formulation is generally used to induce purgation. It can also be used in conditions like *ajeerna, navajwara, chardi, sannipataja roga* and *udararoga* with different *anupana*.

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