

**REVIEW OF LITERATURE OF RAMBAN RASA A HERBO MINERAL FORMULATION**Sachin S Sheth<sup>1</sup>, Shardul P Chavan<sup>2</sup>, Kiran Sudhakar Darade<sup>3</sup><sup>1</sup>Assistant Professor, Dept of Rasashastra and Bhaishajya Kalpana;<sup>2</sup>Assistant Professor, Dept of Rasashastra and Bhaishajya Kalpana;<sup>3</sup>P. G. Scholar, Dept of Rasashastra and Bhaishajya Kalpana;

APM's Ayurved Mahavidyalaya, Sion, Mumbai-22, Maharashtra, India

Corresponding Author: [daradeskiran15@gmail.com](mailto:daradeskiran15@gmail.com)<https://doi.org/10.46607/iamj2608122020>

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**ABSTRACT**

*Rasashastra* and *Bhaishajya Kalpana* is a branch of Ayurveda that deals with the pharmaceutical processing, preparation of compound medicines and therapeutic utility of herbal drugs, metals and minerals. *Ramban Rasa* is one such *Kharaliya* herbo-mineral formulation mentioned in various Ayurvedic texts. One formulation prepared by *Sidhant* of *Pachan*. *Ramban Rasa* is commonly indicated in *Jwara Chikitsa* (Fever). Even there are references to be used in disease such as *Prameha* (Diabetes mellitus), *Agnimandya* (Indigestion), *Aamvata* (Rhumatism), *Ajirna* (Indigestion), *Grahani* (Irritability bowel syndrome), *Rasayana* (Immunity booster), *Vat-vyadhi* (Diseases of *Vata*). Variation found in *Dravya*, *Bhavana dravya*, size of formulation, Dose, *Anupana*, and *Rogadhikar* of *Ramban Rasa* among all classics. Compilation of these will help to study in comparative manner.

**Keywords:** *Ramban Rasa*, *Kharaliya Rasayana*, *Jwara*.**INTRODUCTION**

Herbo-mineral compounds occupy significant seat in Ayurvedic pharmaceuticals. *Rasaushadhis* are the medicines of metallic and mineral origin.

“*Alpamaatropayogitwaat Arucera Aprasangataha. Kshipram Aarogyadaayitwat Aushadhyebhyo Adhiko Rasaha*” In current kinetic era, *Rasaushadhis* have

given Ayurveda a complete novel health care approach. The innate qualities like quick action, lesser dose, tastelessness, prolonged shelf life, better palatability of *Rasaushadhies* have helped them to conquer the demand of patients as well as pharmaceutical proprietors<sup>1</sup>. Thus, the above all characteristics are seen in *kharaliya rasayana* which is combination of herbal drugs and metals- minerals triturated together along with liquid *Dravyas*. *Ramban Rasa* is one such *Kharaliya rasayana* which is indicated in *Jwara*. *Jwara* has been said to be the chief among the diseases (*Rogānāma Pradhānah*)<sup>2</sup>. Its importance has been established by the statement that it attacks the living body at its both the times the birth and the death. It is also said that there is no living body which is not attacked by it. The term *Jwara* is generally translated as fever, though it does not convey all the senses of the term. The term *Jwara* means that condition in which mind, sense organs and the body all are troubled (*Dehendriya Mana Santaap*)<sup>3</sup>. *Jwara* (Fever) is characterized by elevation of body temperature, loss of perspiration and varying degree of pain in the body. The *Jwara* as a disease has been clinically divided and subdivided under many groups. Thus, for management of this disease. *Ramban Rasa* has been indicated for various types of these diseases. There are various references available having name as *Ramban Rasa* in various *Rasa Aushadhi* text. Though variation in ingredients is observed among these, there is resemblance in almost all formulations in perspective of levigation. Thus, present study is an attempt to go through references of *Ramban Rasa* formulations in literature in

order to have comparative better understanding of these formulations in terms of their composition, drugs specified for levigation, indications and contribution of various texts regarding this particular drug.

#### Aim

1. Detail literary study of *Ramban rasa*.
2. Detail literary study of contains and pharmaceutical procedure of *Ramban rasa Chaturth*.

Thus, the present study is an attempt to compile all available references of *Ramban Rasa* available in text and to study them in comparative manner in terms of their composition, method of preparation, dose, indications and contribution of various texts regarding this particular formulation.

#### Materials and Methods

References of *Ramban Rasa* will be compiled from various *Rasa* text and compendium and particular contribution of each text will be noted. Research works conducted at various institutes were not available hence published data was compiled to interpret the classical information.

#### Literary Review

*Ramban Rasa* is not mere a single formulation but a variety of formulations across different text have been quoted as *Ramban Rasa*. Name of drug itself throws light on the action of the compound i.e. it is a formulation which something that will cure all diseases (a universal remedy). Following citations have been found in text such as *Bhaishajya Ratnavli* and *Rasaratna Samucchay*. Other references have been collected from compendium *Rasa Yog Sagar* and *Bharat bhaishajya ratnakar* are listed below:

**Table 1:** Showing different ingredients of *Ramban Rasa* and various drugs used for trituration with *Rogadhikar* according to different *Acharyas*.

Sr. No	Reference	Ingredients	Bhavana Dravya	Rogadhikar
1	R.R. S <sup>4</sup> R.Y.S <sup>5</sup> -1 B.B.R <sup>6</sup> - 2	<i>Raupya (vangmarit), Suvarna (Nag marit), Parad bhasma, Gandhak, Tapy Bhasma, Vaikrant bhasma, Rajavarta Bhasma,</i>	1. <i>Ankolmul kwath</i> 2. <i>Ankol Beej</i> 3. <i>Barbur Kwath</i>	<i>Prameha</i>
2	R.Y. S <sup>5</sup> - 2 B. R <sup>7</sup> A.S. S <sup>8</sup> R.P.Su <sup>9</sup>	<i>Parad, Gandhak, Lavang, Vatsanabh, Marich, Jatiphal</i>	<i>Tintidik Phal</i> <i>Rasa, Bijapura, Narang, Dadim, Sada kusum, Shrungber</i>	<i>Agnimandya</i>
3	R.Y. S <sup>5</sup> - 3	<i>Parad, Gandhak, Vatsanabh, Marich, Jaipala,</i>	<i>Tintidik Rasa</i>	<i>Jwar</i>

	B.B.R <sup>6</sup> - 1	Hingul, Tankan		
4	R.Y.S <sup>5</sup> – 4	Tuttha, Gandhak, Hartal	Kanyadrava	Jwar
5	R.Y.S <sup>5</sup> – 5	Tuttha, Rasak, Somal	Karvellak Rasa	Jwar
6	R.Y.S <sup>5</sup> – 6	Shwet kshar, Pit Kshar, Parad, Vanga bhasma, Manashila, Gandhak, Shwet Khadir	Nagvalli Dal Rasa	Vatvyadhi
7	R.Y.S <sup>5</sup> – 7	Parad, Gandhak, Rasakarpur, Jatiphal, Trikatu, Yavakshar, Vatsanabh	Nagvalli Dal	Darun Sannipat Vishamjwar
8	R.Y.S <sup>5</sup> – 8	Parad, Tankan, Abhrak, Darad, Loha (Kant, Tikshna), Tamra, Suvarna mauktik, Vidrum, Gandhak, Raupya, Kasturi, Karpur, Jatiphal, Lavang	Shrikhand (S.chandan), Triphala, Erandmul, Kamal, Punnag, Jambir, Hriber, Utpal, Mallika, Kumud phal	Rasayana, Gulma, Pliha, Bhagandar, Jwar, Prameha, Mutraroga, Mutrakruccha
9	R.Y. S <sup>5</sup> – 9	Jati, Lavang, Rasamanikya, Mushikapashan (Somal)	Dhattur Rasa	Jwar
10	R.Y. S <sup>5</sup> – 10	Nilanjan, Tuttha, Gauripashan	Dhatturpatra Swaras	Jwar
11	R.Y.S <sup>5</sup> – 11	Parad, Tuttha, Manashila, Hartal, Kharpar, Marich	Jambir Ras	Jwar
12	R.Y.S <sup>5</sup> – 12	Nillanjan, Tuttha, Gauripashan, Kharpar, ShwetPashan, Manashila, Hartal	Jambir Rasa	Jwar
13	R. Y.S <sup>5</sup> – 13	Gauripashan, Tuttha, Sudha	Jambir Rasa	Jwar
14	R.Y.S <sup>5</sup> – 14	Tankan, Hartal, Nilanjan, Parad, Vatsanabh, Gandhak, Somal (Pit, Shwet), Rasanjan, Manashila	Jambir Rasa, Nirgundi Swaras	Jwar
15	R.Y.S <sup>5</sup> – 15	Parad, Gandhak, Tamra, Tankan, Tiphala, Vatsanabh,	Karvella Rasa	Jwar
16	R.Y.S <sup>5</sup> – 16	Hingul, Rasak, Parad, Tuttha, Hartal, Manashila, Gandhak, Tapy, Somal	Krushna Dhattur	Sheet Jwar
17	B.B.R <sup>6</sup> - 4	Parad, Gandhak, Trikatu, Vatsanabha, Jaipala, Tankan, Hingul	-	Jwar

(R.R. S-Rasa Ratna Samucchay, R.Y. S- Rasa Yog Sagar, B.B. R- Bharat Bhaishjya Ratnakar, B. R- Bhaishajya Ratnavali, A.S. S-Ayurved Sarsangraha, R.P.Su- Rasaprakash Sudhakar)

Indication of Ramban Rasa in various diseases – Various diseases related with the Rasavaha strotas, Mutravaha strotas, Swedovaha strotas, Annavaha strotas etc. are included in the indications. Text like Rasa Yog Sagar, Bharat Bhaishjya Ratnakar, Rasamanjiri, Rasayan Sangraha, Vaidya vilas, Rasakam

dhenu, Rasa prakash, Vaidya chintamani, Ratnakaraushadhyog etc. have indicated various formulations to be indicated for Jwara in the name of Ramban Rasa. Rasaratna sammucchay mentions the drug under the treatment of Prameha (Diabetes mellitus), while Bhaishajya ratnavali, Ayurved sarasangraha and Rasaprakash sudhakar texts indicates the drug with appropriate Anupana in various diseases.

**Table 2:** List of *Matra* and various *Anupana* with *Pathya* of *Ramban Rasa* according to different *Acharyas*:

Sr. No	Reference	Matra	Anupana	Pathya
1	R.R. S <sup>4</sup> R.Y.S <sup>5</sup> -1 B.B.R <sup>6</sup> - 2	3 Ratti	<i>Giloy satva</i>	-
2	R.Y. S <sup>5</sup> - 2 B. R <sup>7</sup> A.S. S <sup>8</sup> R.P.Su <sup>9</sup>	1 Mash	1.Ardrak rasa- Kapha 2.Nirgundi rasa- vata 3.Dhanya Jala-Pitta 4.Trikatu, Vasarasa-Shwas 5.Shunthi, Saindhav, Haritaki-Udar 6.Punarnava Kwath-Shoth 7.Gomutra / Trikatu, Triphala kwath - Pandu 8.Madhu- Kshaya 9.Erand taila kwath-Visham/vatvedana.	-
3	R.Y. S <sup>5</sup> - 3 B.B.R <sup>6</sup> - 1	1 Ratti	<i>Tulsi Patra swaras- Sarva Vishamjwara</i>	<i>Dugdha, Odan, Dadhi</i>
4	R.Y.S <sup>5</sup> - 4	3 Ratti (1 valla)	<i>Sharkara- Jwar</i>	<i>Dugdha, Odan</i>
5	R.Y.S <sup>5</sup> - 5	<i>Mudag matra</i>	<i>Gud- Chaturjatk Jwar</i>	<i>Dugdha, Odan</i>
6	R.Y.S <sup>5</sup> - 6	<i>Mudga mana</i>	-	<i>Mudga, Adhaki churna</i>
7	R.Y.S <sup>5</sup> - 7	1 Ratti	-	-
8	R.Y.S <sup>5</sup> - 8	4 Ratti	<i>Mdhu, Sharkara, Dugdha</i>	-
9	R.Y. S <sup>5</sup> - 9	1Gunja	<i>Sharkara, Marich/ Mudgsara(yush)</i>	
10	R.Y. S <sup>5</sup> -10	<i>Marich</i>	<i>Sharkara, Dugdha</i>	-
11	R.Y.S <sup>5</sup> - 11	1 Ratti	<i>Jambir Rasa</i>	
12	R.Y.S <sup>5</sup> - 12	<i>Mash</i>	<i>Sharkara, Jirak</i>	
13	R. Y.S <sup>5</sup> -13	<i>Chan</i>	-	
14	R.Y.S <sup>5</sup> -14	6 Ratti	<i>Sharkara, Madhu</i>	<i>Shali,</i>
15	R.Y.S <sup>5</sup> -15	1Gunja	<i>Aardak Ambu</i>	
16	R.Y.S <sup>5</sup> -16	1Mash	-	-
17	B.B.R <sup>6</sup> - 4	-	-	-

*Anupana* for *Ramban Rasa* 14<sup>th</sup> number formulation is *Shali Odan, Mudgayush, Dadhi, Chach, Jangal mas, Ekshurasa, Kadali, Kharjur, Dadim, Kaittha*. *Ramban rasa chaturth* is a unique preparation among all 16 references of *Ramban rasa* mentioned in *Rasa Yog Sagar*. It is the one of the formulations prepared ac-

ording *Siddhanta* of *Pachan* which is indicated for *Jwara vyadhi chikitsa*. The ingredients are *Shuddha Hartal, Shuddha Gandhak, Suddha Tuttha* and *Bhavna of Kumari swaras*. *Ramban rasa chaturth* is separately compiled from *Rasa Yog Sagar* which is enlisted in Table

**Table 3:** Showing list of ingredients and their Quantity required of *Ramban rasa chaturth*<sup>10</sup> mentioned in *Rasa Yog Sagar*.

Sr. No	Ingredients	Name	Quantity
1	<i>Shuddha Tuttha</i>	Copper sulphate (CuSO <sub>4</sub> H <sub>2</sub> O)	3 parts
2	<i>Shuddha Gandhak</i>	Sulphur (S)	5 parts
3	<i>Shuddha Hartal</i>	Orpiment (As <sub>2</sub> S <sub>3</sub> )	6 parts
4	<i>Ghritakumari Swaras</i>	Aloe vera	As required

### Research Work<sup>11</sup>

A research work naming *Pharmaceutico Analytical Study of Shri Rambana Rasa* published in Interna-

tional Ayurvedic Medical Journal showed specific characteristics which are in accordance with the properties of *Ramban Rasa*.

## DISCUSSION

Total 17 references *Ramban Rasa* have been mentioned in *Rasa Aushadhi* compendium and text. Total 16 references from *Rasa yoga sagar* and 4 from *Bharat Bhaishajya Ratnakar*. As *Acharya* stated that “*Roga sarvepi mandagnao*”. It means all *Roga* (Diseases) are caused due *Agni Mandya* (Poor Digestive fire). *Agni mandya* is also main root cause for *Jwara vyadhi*. Observing closely to each reference suggest that each *Kalpa* contains *Dipan*, *Pachan* and *Ag-nivardhan dravyas*. All the references given in the text shows that they mainly act on *Annavaha strotasa*. *Rasadravyas* can be used safely only after pharmaceutical processing. Pharmaceutical process includes *Pachana* as an important part. *Pachana* can be done by two types, *Agni* and *Anagni Pachan*. *Pachan* with *Agni* includes *Kupipakva vidhi*, *Putra paka*, *Damru yantra*, *Musha* etc. whereas *Anagni pachan* includes *Kuttanam*, *Dalanam*, *Mardanam*, *Bhanjanam*, *Vilekhanam*<sup>12</sup> etc. Thus, *Agni* plays a major role in formulation of every medicine. If we consider *Kupipakva vidhi*, almost all the *Kupipakva rasayana kalpas* mainly contain *Parad* as its main ingredient but *Ramban Rasa Chaturth* mentioned in *Rasa Yog Sagar* has exception.

## CONCLUSION

It is clear from literature that *Ramban Rasa* is an emergency drug that is to be used in the systemic disorders such as different type of fever conditions, Diabetes mellitus even as rejuvenator. It also has special action in different diseases with specific *Anupana*. Thus, it has broad spectrum activity for the management of *Kapha Vaataj* disorders. As above mentioned, all ingredients mainly act as *Agni Deepana*, *Pachana*, *Yakrututtejak*, *Rasayana*, *Krumighna*. So, *Ramban Rasa* is effective in *Jwara Vyadhi* as a virtue of properties of all the ingredients.

The above formulation 4<sup>th</sup> reference can be compared pharmaceutically by preparing in conventional method and muffle furnace.

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