



## EAGLE'S EYE REVIEW ON PANCHANAN RASA

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## ABSTRACT

*Rasa Shastra* is a specialized branch of Indian Traditional systems and Medicine that deals with metals, minerals, herbal compounds, and various principles of Alchemy and Metallurgy, etc. *Panchanan Rasa's* chief reference is in *Rasa Ratna Samuchya Hridya Roga Chikitsa for Hridya Roga*. It is a herbo-mineral preparation made with the help of *Kharal* so-called *Kharaliya* preparation and is used in *vati* form to be given to the patient. In the present era, *Hridya Roga* is becoming a common problem, every one person in ten people is suffering from CAD/IHD with varied etiology and is going under long term medication and costly surgeries which every patient is not able to afford, so this article discusses the therapeutic and preventive review of *Panchanan Rasa*. **Materials and Method:** Data is collected from related Ayurveda and modern medical literature, articles that have been published in various journals on the website. **Discussion:** Most of the drugs in *Panchanan Rasa* is having *Hridya* property. **Conclusion:** *Panchanan Rasa* is a very effective drug.

**Keywords:** Alchemy, *Panchanan Rasa*, CAD, Herbo-mineral formulation, *Ayurveda*, *Kharaliya rasayan*, *Hridya Roga*.

## INTRODUCTION

Ayurveda the traditional Indian system of medicine is regarded as the most methodical and efficient among all such systems practiced in different regions of the world. The branch deals with Rasa, Metals, Minerals, Marine materials, Gems and various principles of Alchemy, and methods of preparation metallurgy. Rasa-Shastra or Ayurveda Pharmaceuticals has become an integral part of Ayurveda. The qualities like a quick response, lesser dose, prolonged shelf-life, and better palatability of Rasa ausadhies have helped them to meet the compliance of the patient as well as pharmaceutical proprietors. In Ayurveda classics many Hridya formulations have been explained, *Panchanan Rasa* is one among the herbo-mineral formulation (rational combination of Rasa dravyas and katha Ausadhies). It is a unique and efficacious *Kharaliya Rasayan* mentioned as a classical reference in *Ras Ratna Samuchya Hridya Roga Chikitsa* 14/09. *Kharaliya* method is a basic procedure applicable to all *Rasa ausadhies* (Mercurial medicines) before they are subjected to any specific procedure. It is a simple process to convert crude drugs i.e., macro to the micro-level, and also gives specific *samskara* (stages of processing) by applying particles size reduction theo-

ry. *Panchanan Rasa* is herbo-mineral preparation that became highly popular and most efficacious due to its quick action in very small doses, palatability, and long shelf life, more potent than as compared to pure herbal preparation. Appropriate classical pharmaceutical processes like, *Shodhana* (R.T. – 02/52), *Bhavana* (R.T.– 02/49), *Marana* (R.T.– 07/1-2), etc. are used to convert into non-toxic and more effective forms.

### Aim and Objectives:

The main objective of this article is to discuss the therapeutic uses of *Panchanan Rasa* and to discuss the different pharmacological properties of therapeutic uses of isolated constituent drugs of *Panchanan Rasa*.

### Material and Methods

#### Materials: -

- 1) *Parad* (Mercury Hg)
- 2) *Gandhak* (Sulphur S)
- 3) *Aamla* (Phyllanthus emblica)
- 4) *Draksha* (Vitis Vinifera)
- 5) *Yasthimadhu* (Glycyrrhiza glabra)
- 6) *Kharjura* (Phoenix Sylvestris),

Sr. no.	Ingredients	Rasa	Guna	Veerya	Vipaka	Doshghnanta	Rogadhikar	Pharmacological properties
01	<i>Parada</i>	<i>shadrasa</i>	-	-	-	<i>Tridoshhara</i>	-	<i>Vrishya, Balya, Rasayana, Ropana, Krimighna</i>
02	<i>Gandhak</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphanashak</i>	<i>Kaas, Shwas, Aamvata, Garvisha</i>	<i>Rasayan, Parad vikar, Dipan, Panchan, Medhya</i>
03	<i>Amla</i> (Fruit)	<i>Madhura, Amla, Lavan, Katu, Tikta, Kshaya</i>	<i>Guru, Ruksh, Seetha</i>	<i>Seetha</i>	<i>Madhura</i>	<i>Tridoshara</i>	-	<i>Hridya, Shonithsthapana, Rasayana</i>
04	<i>Draksha</i> (Fruit)	<i>Madhura</i>	<i>Snighdha, Guru, Mridu</i>	<i>Seetha</i>	<i>Madhura</i>	<i>VataPitta Shamak</i>	-	<i>Trishna, Daha, Jwara, Swash, Raktpitta, Udavarta, Swarbheda, Madataya, Kash, Vrishya, Brihmna</i>

05	Yasthimadhu (Stem)	Madhura	Guru, Snigdha	Seetha	Madhura	VataPitta Shamak	-	Vrana, Sotha, Visha, Chardi, Trishna, Glani, Shukral, Keshya, Rasayana
06	Kharjura (Fruit)	Madhura	Guru, Snigdha	Seetha	Madhura	VataPitta Shamak	-	Hridya, Balya, Raktpittaghana, Jwara, Atisaar, Swah, Kash

Sr. No.	Ingredients	Botanical / English Name	Parts used	Quantity
01	Suddha Parad	Mercury (Hg)	Pure Mercury	1 part
02	Suddha Gandhak	Sulphur (S)	Pure Sulphur	1 part
03	Amla Kwath	Phyllanthus emblica	Fruits	Q.S.(Bhavna)
04	Draksha Kwath	Vitis Vinifera	Fruits	Q.S.(Bhavna)
05	Yasthimadhu Kwath	Glycyrrhiza glabra	Stem	Q.S.(Bhavna)
06	Kharjura Kwath	Phoenix Sylvestris	Fruits	Q.S.(Bhavna)
07	Anupana			Aamla churna
				Sarkara churna
				Water

#### Method: -

1. Initially take Raw *Parad* (Mercury) from authentic sources and it will be purified by the *Samanya Shodhan* method as mentioned in *Rasa Tarangini* 5/27-30.
2. Raw *Gandhak* (Sulphur) shall be obtained from authentic sources, and it will be purified by the *Samanya Shodhan (Pratham Prakar)* method as mentioned in *Rasa Tarangini* 8/7-12.
3. Preparation of *Kajjali* by the ratio of 1:1 as pure *Gandhak* and pure *Parad* will be prepared as per reference of the text.
4. Prepared *Kajjali* shall be given *Bhavana* of *Aamla Kwath*, *Draksha Kwath*, *Yasthimadhu Kwath*, *Kharjura kwath* for one day each and so the *bhavana* shall be continued till the dough become soft and suitable for *Vati Nirman* and then *Vati* shall be prepared, shall be shade dried and kept in airtight glass stoppered bottle.

#### DISCUSSION

As per the view of the above material and methods, observing closely all ingredient suggest that it mostly contains *Hridya*, *Balya*, *Shukral*, *Vrishya*, *Brimhna*, *Rasayana*, *Keshya*, *Tarpan dravyas*, collectively they

mainly act on *Rasavaha*, *Rakta*, *Mansha*, *Meda*, *Majja*, *Shukra* and *Manovaha strotasa*, so by this, we can infer that *Panchanan Rasa* is *Tridosahahara*, in the process of digestion it subsides all the three *doshas* which are responsible for *Hridya roga*. *Parad* is *yogvaahi* and *Tridoshashamak*. '*Yogvaahitva*' is a unique attribute of mercury, these substances when combined with others besides maintaining their activity, increases the therapeutic activity of the other substance many folds. This is one of the reasons why the dose of the drug and time required for the onset of action is considerably reduced by mercurial compounds. Purified *Gandhak* is useful in *Kaas*, *Asthma*, *hepatomegaly*, *splenomegaly* and *chronic fever*, etc. *Parad* and *Gandhak* together form a compound called *Kajjali*, this compound is found effective in diseases of all *shrotas*. The impact is *Tridosahara*, which immediately spreads in the body when consumed and clears the obstructed channels. By all these aspects we can infer that *Panchanan Rasa* is one of the best drugs to conquer the disease *Hridya Roga* as it abolishes all three symptoms of *Hridya Roga*.

## CONCLUSION

It is clear from the literature that *Panchanan Rasa* components are expected to be *Hriyda* or cardiogenic. This review has presented a collective knowledge of therapeutic, pharmacological, and medicinal applications of *Panchanan Rasa* and its constituent drugs as per classical references. This review will also facilitate gaining all about the past scientific research and the necessary information about the enormous pharmacological activities of these drugs which would motivate and lead to further exploration of the pharmacological activities of these ingredients to protect human beings from different types of *Hridya Roga* and may serve as a useful treasure for the promotion of health. Finally, as per the above review article, we can conclude that simple herbo-mineral preparation like *Panchanan Rasa* has lots of therapeutic potential to manage the CAD/IHD with good efficacy.

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