

REVIEW ON VATA GAJENDRA SINGHA RASA: KHARALIYA RASAYANA

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ABSTRACT

Rasashastra is the main branch of *Ayurveda* which deals with formulatins containing mainly *Parada*, metals, mimnerals. *Rasaushadhis* are backbone of *Ayurveda*. *Vatagajendra Singh Rasa* is under *Kharaliya Rasa* category of *Rasaushadhis*. Properties of this *kalpa* are *Deepana*, *Panchan*, *Kaphavatashamaka*, *Shoolaghna*, etc. It is mainly used in *Vatavikara* and *Aamavata*. Here is an attempt is made to discuss Review of *Vatagajendra Singh Rasa*.

KEYWORDS: *Kharaliya rasayan*, *Vatagajendra Singh Rasa*, *Vatavikara*, *Aamavata*.

INTRODUCTION

There are four types of *Parada Murchhita Yogas*. *Vatagajendra Singh Rasa* is one of the *Kharaliya Rasayana*. It is described in *Bhaishajya Ratnavalee*, *Bharata Bhaishajya Ratnakara*, etc. It contains *Kajjali*, *Abhraka Bhasma*, *Loha Bhasma*, *Naga Bhasma*, *Tamra Bhasma* and herbal *dravyas* like *Jateephala*, *Triphala*, *Jeeraka*, etc. The properties of ingredients of drug are *Deepana*, *Pachana*, *Vatavikaraghna*, *Balya*, *Shoolaghna*, etc. *Vatagajendra Singh Rasa* is used in 80 types of *Vatavikara*, 40 types of *Pitaavikara*, 20 types of *Kapharoga*, etc.^[1]

AIM

To do literature study of *Vatagajendra Singh Rasa* and its content.

To study therapeutic use of *Vatagajendra Singh Rasa*.

OBJECTIVES

1. To study preparation of *Vatagajendra Singh Rasa* as per *Bhaishajya Ratnavalee*.

MATERIAL AND METHODS

According to *Bhaishajya Ratnavalee*.

Table 1: Showing Ingredients of *Vatagajendra Singh Rasa* & its proportion.

SR. NO	INGREDIENTS	LATIN NAME	PROPORTION
1	<i>Shuddha Parad</i>	Calcined mercury	1 part
2	<i>Shuddha Gandhak</i>	Calcined sulphur	1 part
3	<i>Abhraka bhasma</i>	Calcined biotite mica	1 part
4	<i>Loha bhasma</i>	Calcined ferrum	1 part
5	<i>Naga bhasma</i>	Calcined plumbum	1 part
6	<i>Tamra bhasma</i>	Calcined cuprum	1 part
7	<i>Tankan</i>	Processed borax	1 part
8	<i>Vatsanabh</i>	Aconitum ferox	1 part
9	<i>Hingu</i>	Ferula narthex	1 part
10	<i>Jatiphala</i>	Myristica fragrans	1 part
11	<i>Lavanga</i>	Syzygium aromaticum	1 part
12	<i>Amalaki</i>	Emblica officinalis	1/2part
13	<i>Haritaki</i>	Terminalia chebula	1/2part
14	<i>Bibhitak</i>	Terminalia bellirica	1/2part
15	<i>Jeerak</i>	Cuminum cyminum	1/2part
16	<i>Twak</i>	Cinnamomum zeylanicum	1/2part
17	<i>Ela</i>	Elletaria cardamomum	1/2part
18	<i>Tejapatra</i>	Cinnamomum tamala	1/2part

Table 2: Content and its properties.

SR.	Ingredients	Rasa	Gun	Virya	Vipaka	Dosha Ghnata	Action
1	<i>Shuddha Parad</i>	<i>Shadrasa</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahar</i>	<i>Yogavahi, Rasayan</i>
2	<i>Shuddha Gandhak</i>	<i>Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pittavardhaka</i>	<i>Deepan, Pachan, Balya</i>
3	<i>Abhraka bhasma</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahar</i>	<i>Deepan, Pachan, Rasayan, Vajikar, Pramehanashak, Mastishka balya</i>
4	<i>Loha bhasma</i>	<i>Tikta</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kaphapittahar</i>	<i>Deepan, Pachan, Rasayan, Vajikar, Pandu, Kamala</i>
5	<i>Naga bhasma</i>	<i>Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>	<i>Pramehanashak, Balya</i>

6	<i>Tamra bhasma</i>	<i>Tikta, Madhura</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphapittahar</i>	<i>Pittashodhaka, Yakruta uttejak, Deepan</i>
7	<i>Tankan</i>	<i>Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphapittahar</i>	<i>Deepan, Pachan, Adhman.</i>
8	<i>Vatsanabh</i>	<i>Madhura</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavatahar</i>	<i>Nadidaurbalya, Pakshaghata, Jwarahara</i>
9	<i>Hing</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>	<i>Deepan, Pachan, Aadhman, Aruchi, Udaravikar</i>
10	<i>Jatiphala</i>	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>	<i>Hrudya, Akshepadi vatavikaraghna</i>
11	<i>Lavanga</i>	<i>Tikta, Katu</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphavatahar</i>	<i>Amapachan, Ajirna, Deepan,</i>
12	<i>Amalaki</i>	<i>Panchras Amla-pradhan</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahar</i>	<i>Deepan, Rasayan, Vrushya Anuloman</i>
13	<i>Haritaki</i>	<i>Panchras Kashay-Pradhan</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahar</i>	<i>Deepan, Rasayan, Vrushya Medhya</i>
14	<i>Bibhitak</i>	<i>Kashay</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahar</i>	<i>Deepan, Jwarahar, Dhaturvardhak, Vatanuloman</i>
15	<i>Jeerak</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>	<i>Agnimandya, Hrudadaurbalya</i>
16	<i>Twak</i>	<i>Katu, Tikta, Madhura</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>	<i>Nadidaurbalya, Pakshaghata, Raktavikara</i>
17	<i>Ela</i>	<i>Katu, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahar</i>	<i>Deepan, Pachan, Hrudya, Balya</i>
18	<i>Tejapatra</i>	<i>Madhura, Katu, Tikta</i>	<i>Tikshna, Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavatahar</i>	<i>Deepan, Pachan, Mutral, Shoolaghna.</i>

Bhavana Dravya – Kumari Swarasa

Method of preparation

First *Shuddha Parad* and *Shuddha Gandhaka* are triturated to form *kajjali*, then *Bhasma* of *Abhraka*, *Tamra*, *Loha*, *Naga* and *Tankana* added to it and again triturated well. After that powder of above mentioned dravya such as *Amalaki*, *Lavanga*, etc. are added to it and mixed well. Finally *bhavana* of *Kumari swarasa* given to this mixture and tablets are made.

Rasa-virya-vipaka of *Vatagajendra Singh Rasa*

Rasa- Tikta

Virya-Ushna

Vipaka-Madhura

Indication

80 types of *Vataroga*

40 types of *Pittaroga*,

20 types of *Kapharoga*,

Ksheenata due to *Abhightajanya*, *Vruddhavasthajanya* *Vyadhijanya*, *Ardhangajanya*.

Mansavardhanartha in *Khanja*, *Pangu*, *Kubja*

Ksheenendriya, *Nashtashukra*

Agniheenata

Vrushya, *Balya*, *Vayasthapan*

Matra – 3 *Ratti*

Anupan – *Dugdha*

Contraindications – *Pitta Prakruti*, *Gastritis*, *Ulcerative colitis*, *Garbhinee*, *Lactation*.

DISCUSSION

Pharmacological properties of ingredients of *Vatagajendra Singh Rasa*.

Kajjali- *Kajjali* having properties like *Rasayan*, *Yogavahi*, *Jantughna*, *Sarvaamayahara* and it is essential to enhance efficacy and potency of prepared drug. It pacifies *tridosha* and act as a *vrushya*. It increases bio-availability of drug which help to obtain greater efficiency of drug.^[2]

Tamra Bhasma- It mainly reduces *kapha dosha* and detoxifies *pitta dosha*. It promotes proper flow of *pitta dosha*, due to its cholagogue action and also have hematogenic action.^[3]

Abhraka Bhasma- It is used as rejuvenating agent to brain and neuro psychiatric disorder, neuropathy, etc. also act as *vrushya*, *rasayana*.^[4]

Loha Bhasma - *Uttma Rasayana*, Anti Diabetic. It pacifies *tridosha*, Having haematogenic property. *Useful in* *Pandu*, *Gulma*, *arsha*.

Naga Bhasma - Having anti- diabetic activity, *Useful in* liver and spleen disease. *Balyavardhak*.

Tankana Bhasma – Used to cure digestive disease, anti-oxidant property, Hepato-protective activity, anti- diabetic activity.

Vatsanabha- Contains alkaloids, aconite. Having anti-pyretic property. Useful in fever, chronic fever, Inflammation induced fever like rheumatic fever, loss of appetite, indigestion , pain, allergic conditions.^[8]

Lavanga- Contains essential oil, tannin, Triterpenes, sterol, flavonoids, etc. Having anti-microbial activity, Hepato-protective activity, anti-oxidant activity, anti- diabetic activity, etc. so useful in diabetis, liver and spleen disorders.^[9]

Hingu- Used to pacify *vata* and *kapha dosha*, stimulates nervous system and used to cure syncope, hysteria. Anti-coagulant property helps in reducing high cholesterol level. Useful to cure abdominal pain, flatuance, woem infestation.^[10]

Jatiphala- It consists of Mystirine, Ugenic acid, Mysteric acid. Useful in psychiatric disease, pain relief, insomnia, etc.^[11]

Jeeraka- It is very good anti-oxidant, shows good effect on digestive system diseases like nausea, IBS, digestive spasm.^[12]

Amalaki- Pacifies *vata*, *pitta* and *kapha dosha*. Supports healthy metabolism, digestion and elimination. Natural anti-oxidant, useful in digestive system balancing, liver and spleen disorders. It is brain tonic.^[13]

Haritaki-It is used in gastritis, indigestion, obesity, cold, asthma, lung disease, urinary tract infections, impotence. It is natural laxative in constipation, useful in skin allergy, it is a good immune booster.^[14]

Bibhitaki- It contains chebulagic acid, galactose, glucose, fructose, mannitol, oxalic acid, gallic acid, vit. C, minerals like potassium, iron, copper, etc. It is effective in *Jwara*, cough and cold. Stimulate appetite, blood purifier, improve muscle strength, improves complexion, treats urinary tract infection.^[15]

Ela- Main active component of *Ela* is cardamom oil. Used in treatment of respiratory disorder, bad breath, sore throat, fever, gallbladder problems.^[16]

Twaka- Contain phenolic and bioactive compounds, Cinnamaldehyde, Cinnamate, Cinnamic acid. Shows anti-microbial activities, anti-oxidant property.^[17]

Tejapatra- It contains alkaloids, saponin, glycosides, tannins, etc. Posses activities like anti-diabetic, anti-inflammatory, anti-pyretic, etc. used in indigestion, fever, diabatis.^[18]

Kumari- Different types of photochemicals are present in *kumari*. In this alion is the major constitutes so having activities like anti-inflammatory, laxative, antiseptic, anti-micribial, immune boosting effect etc. It is useful in treatment of liver, spleen disorder, fever, worm infection, constipation, amenorrhoea, dysmenorrhoea etc.^[19]

CONCLUSION

Vatagajendra Singh Rasa is one of the important *kharaliya rasayana*. As per ingredients, it has *Balya*, *Deepana*, *Pachana*, *Vatavikaraghna*, *Shoolahara* properties. This is priamarily used for treatment of *Vatavikara*, *Aamavata*.

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