

**CRITICAL STUDY OF SHOOLAHAR RASAKALPAS WITH SPECIAL
REFERENCE TO RASAYOGSAGAR****Vd. Himanee V. Chaudhari^{1*} and Vd. Raman S. Belge²**

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ABSTRACT

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage; or described in terms of such damage. Shoola (pain) has been given a due importance in the Ayurvedic texts. Hence a variety of treatment modules are available in the Ayurvedic texts. The Ayurvedic medicines which comprise of the herbal, herbo-mineral and the animal ingredients are compiled into ancient texts of Rasashastra. Rasayogasagar (RYS) is a compilation of about 4090 formulations. The present research article is an attempt to critically study the Shoolahar Rasakalpas meant for various types of Shoola. Also, the ingredients of these Shoolahar Rasakalpas have been critically studied.

KEYWORDS: Bhanga, Gandhak, Pain, Parada, Rasayogasagar, Shoola, Vatsanabha.

INTRODUCTION

Pain is a distressing feeling often caused by intense or damaging stimuli.^[1] Pain is the most common reason that needs physician consultation. It is a major symptom in many medical conditions leading to morbidity in many cases.

Cloffors J. Woolf have classified pain under the following categories.^[2]

1. Nociceptive pain- caused due to thermal, mechanical or chemical stimuli.^[3]
2. Inflammatory pain– associated with tissue damage and the infiltration of immune cells.^[4]

3. Pathological pain – caused by damage to the nervous system or by its abnormal function.^[5]

Ayurveda is an ancient indigenous health system of the Indian subcontinent since last thousands of years. Its holistic approach towards health and disease is a unique identity of Ayurveda which advocates the natural remedies, self-discipline and modest living. The insight, intuition and the acute observation of human behavior is the key to attain the health.

In Ayurvedic Samhitas, the terms such as Ruk, Ruja, Vedana and Shoola^[6] are commonly used to denote pain. Amongst these terms, ‘Shoola’ is the most appropriate term as ‘Shoola is the experience similar to driving a nail into the body of a person. Out of Tridoshas^{[7],[8],[9]}, ‘Vata’ is the main causative Dosha responsible for all painful conditions.

As per the Ayurvedic texts, pain is classified as the types of Shoola implying colic. Sushrut Samhita^[10] describes Shoola into 13 types as per the location of visceral organs. Madhavnidan^[11] has classified Shoola into 16 types (8 types as per doshas and 8 types of Parinam Shoola as per doshas), 8 types in the Yogaratnakar^[12] and 6 types in Sharangdhara Samhita.^[13]

Ayurveda has an extensive pharmacopoeia^{[14][15][16]}, with a treasure of herbal and herbomineral preparations. These compound formulations are governed by the well-studied compatibility, pharmacodynamics and pharmacokinetics.

RYS^{[17],[18]} is such an extensive pharmacopoeia, authored by Vd. Hariprapanna Sharma. It comprises of two volumes, containing 1796 and 2294 formulations respectively. It is further stated that, since RYS contains Kalpas with various Pathabheda, they have been numbered accordingly e.g. Agnikumar Ras 1, Agnikumar Ras 2 etc.

MATERIALS AND METHODS

RYS is a comprehensive source for compilation of Shoolahar formulations. Any RYS formulation with the indication of Shoola was compiled during the present study. Total 345 number of Shoolahar formulations is selected for the critical study. The compiled formulations have been categorized in the following table.

Table 1: Shoolahar Raskalpas mentioned in RYS.

Sr. No.	Particulars of Shoola	Number of Kalpas	Kalpanama
1	Vataj Shoola	11	Amrutgarbha Ras ^[19] , Vatshoola Ras, Udaymartand Ras, Vatashoola Ras, Kantavallabha Ras, Kamdhenu Ras 2, Kalavidhwansana Rasa 2, Tamrayog 4, Panchatmak Ras, Vatashoolahar Ras 1, Shankhodar Ras 4
2	Pittaj Shoola	4	Amrutgarbha Ras, Kalavidhwansana Ras 2, Shilabaddha Ras, Shoolantak Ras 3 ^[20]
3	Kaphaj Shoola	4	Kalavidhwansan Ras 2, Lavangadi Vati ^[21] , Shankhodar Ras, Sarvangasundar Ras
4	Sannipataj Shoola	2	Trivishtap Ras 2, Shooladhwansi Ras ^[22]
5	Udar Shoola	3	Agnikumara Ras 19 ^[23] , Gulmakuthar Ras, Paniyabhakta Vati 1
6	Jathar Shoola	3	Nagaras ^[24] , Ajirnahar Ras 3, Shooladhwansi Ras
7	Aam Shoola	5	Aamkuthar Ras, Kaushikadi Vati, Nrupativallabha Ras 2, Shoolagajakesari Ras 7 ^[25] , Shanmukha Ras 2
8	Ajirna Shoola	1	Shooladavanal Ras 2 ^[26]
9	Parinam Shoola	42	Koladi Mandura, Gandhabhrak, Chavyadi Loham, Chitrakadi Churna, Tamrarasayan 4, Tamreshwar Ras 1, Taramandur 2, Trikrayadi Loha 1, Tripurabhairav Ras 1 ^[27] , Tripurabhairav Ras 8, Triphalaparad Yog, Triphala Loha 4, Triphala Loha 11, Trailokyatilak Ras, Tryushnadi Mandur 1, Dhatrikhand Ayas, Ajirnahar Ras 3, Abhraguggul, Abhrasundar Ras, Amrutgarbha Ras, Udarari Ras 6, Kalpataru Ras 5, Krushnadya Loha, Panchasar Ras 2, Panchanan Vati 2, Pathyadi Loha 3, Paniyabhakta Vati 2, Purnachandrodaya Rasa 1, Purnachandrodaya Rasa Bruhat 1, Praneshwar Ras 3, Bhaskaramrutabhram, Bhima Mandur, Rasarakshas Ras 3, Lohaguggula 1, Lohasara Kalpa, Vachaloham, Vidyadharabhram 1, Vidyadharabhram Bruhat, Shankhavati Bruhat 2, Shoolaghni Vati, Kshudhavati Vati 1, Kshudhavati Vati 2
10	Annadrava Shoola	10	Chitrakadi Churna, Tamrarasayana 4 ^[28] , Triphala Mandur 3, Bhaskaramrutabhram, Loha Gutika, Vidyadharabhram, Vidyadharabhram Bruhat, Vishwarupa Ras, Sarveshwar Churna, Suta Bhasma Yog 1
11	Pakti Shoola	21	Chavikadi Mandur, Tara Mandur 1 ^[29] , Tara Mandur 2, Trigunakhya Ras 1, Trinetra Ras 7, Agastyarasayan, Agnimukha Tamra, Khandakadya Loha, Gulmagajakesari Ras, Chaturbhadrha Ras, Chaturhsama Ras 1, Pakti Shoolahar Ras, Mruganka Ras, Rajlila Ras, Lohamrut 4, Vriddhadaru Kalpa, Shambukadi Vati, Shoolari Ras 2, Sarveshwar Churnam, Suta Bhasma Yog 1, Ksharamandur
12	Yakrut Shoola	1	Jwaranagmayur Churna ^[30]
13	Yakrut Pliha Shoola	3	Chitrakadi Churna, Tamrarasayana 4, Triphala Mandur 3 ^[31]
14	Pakwashaya Shoola	1	Shankhodar Ras 3
15	Guda Shoola	4	Agnikumara Ras 19, Chavyadi Loha, Paniyabhakti Vati 1, Saubhagyashunthi Paka 1 ^[32]
16	Gulma Shoola	3	Aamvatari Gutika ^[33] , Jwaranagamayur Churna, Shooladavanal Ras 2

17	Nabhi Shoola	1	Udaybhaskar Ras 14 ^[34]
18	Krumijanya Shoola	2	Kalpataru Ras 5 ^[35] , Rasagandhak Yog
19	Kukshi Shoola	7	Aamvatgajakesari Ras 1 ^[36] , Aamvatgajakesari Ras 2, Jwarari Ras 6, Paniyabhakta Vati 1, Shoolaraj Loha, Saubhagyashunthi Paka 1, Pradarantak Loha 2
20	Visuchika Shoola	1	Prabhavati Vati 1
21	Shirah Shoola	5	Udaybhaskar Ras, Chintamani Ras ^[37] , Tridasheshwar Ras, Trilochana Ras, Saubhagyashunthi Paka 1
22	Akshi Shoola	3	Udaybhaskar Ras 14, Kanaksindura Ras 3 ^[38] , Dadhivatari Ras
23	Nasa Shoola	1	Dadhivatari Ras ^[39]
24	Danta Shoola	2	Kanaksindura Ras 3, Chudamani Ras ^[40]
25	Karna Shoola	5	Aamvatgajakesari Ras, Aamvatgajakesari Ras 1, Kanaksindura Ras 3, Tridasheshwar Ras ^[41] , Dadhivatari Ras
26	Asthi Shoola	2	Upadamshagajakesari ^[42] , Panchamrut Ras 15
27	Sandhi Shoola	1	Upadamshagajakesari
28	Trik Shoola	2	Jwaranagmayur Churna, Vriddhadaru Kalpa
29	Prushtha Shoola	1	Jwaranagmayur Churna
30	Kati Shoola	10	Jwaranagmayur Churna, Aamvatgajakesari Ras 2, Kanaksindura Ras 3, Kubjavinod Ras, Kesara Paka 1 ^[43] , Chandrakant Ras 3, Chudamani Ras 1, Pradarantak Loha 2, Vadavanala Ras 25, Shiva Guggul
31	Janu Shoola	1	Jwaranagmayur Churna
32	Hrut Shoola	15	Gulmakuthar Ras, Chatuhsama Loha, Chavyadi Loha, Tridasheshwar Ras, Trilochana Ras, Agastyarasayan, Kanaksindura Ras 3, Kubjavinod Ras ^[44] , Gaganeshwar Ras, Gunamahodhadhi Ras, Bilwadi Leha, Shooladavanal Ras 2, Shooladhwansi Ras, Shoolaraj Loha, Shoolantak Ras 4
33	Parshwa Shoola	23	Gulmakuthar Ras ^[45] , Gulmagajakesari Ras, Chatuhsama Loha, Chinchaleha, Jwaranagmayur Churnam, Tridasheshwar Ras, Trilochana Ras, Agastyarasayan, Ajiragajankusha Ras, Abhrasundar Ras, Amrutgarbha Ras, Kamagnisandipan Modak, Kubjavinod Ras, Gaganeshwar Ras, Gunamahodhadhi Ras, Paniyabhakta Vati 1, Mruganka Ras 7, Shoolaghni Vati, Shooladavanal Ras 2, Shooladhwansi Ras, Shoolanirmula Ras, Shoolaraj Loha, Shoolantak Ras 4
34	Yoni Shoola	3	Chandrashu Ras, Pradarantak Loha 2, Vasantamalati Ras 8 ^[46]
35	Basti Shoola	4	Paniyabhakti Vati 1 ^[47] , Shoolantak Ras 4, Sarvatobhadra Vati, Saubhagyashunthi Paka 1
36	Medhra Shoola	1	Vasantamalati Ras 8
37	Vrukka Shoola	1	Sarvatobhadra Vati ^[48]
38	Ekanag Shoola	1	Lohayog 4
39	Sarva Shoola	12	Agnikumar Rasa 49, Anand Ras, Udaybhaskar Ras 5, Udaybhaskar Ras 10, Udaymartand Ras 3, Panchamruta Pottali Ras, Brahmastra Ras 1, Bhuktapaka Vati, Rudreshwar Ras, Lohayog 4, Vriddhadaru Kalpa, Shoolanirmula Ras
40	Sarvang Shoola	1	Agnikumar Ras 19
41	Maha Shoola	1	Laxmivilas Ras 9 ^[49]
42	Granthi Shoola	1	Aamvatari gutika

43	Yakshma Shoola	1	Gaganeshwar Ras
44	Garbhini Shoola	2	Garbhavilas Ras, Pramehakunjakesari Ras 3
45	Shoola (Samanya)	RYS-I – 240 RYS-II –105	--

The chief ingredients of these Shoolahar Kalpas have been categorized in the following table.

Table 2: Chief ingredients of the Shoolahar Kalpas mentioned in RYS.

Shoolahar Khanija Dravya (Representative)	Number of Kalpas	Shoolahar Vanaspatika Dravya (Representative)	Number of Kalpas
Gandhak ^[50]	221	Vatsanabha ^[58]	83
Paradakalpa	213	Dhattura	31
Loha Bhasma ^[51]	145	Bhanga	23
Tamra Bhasma ^[52]	126	Jayapal	19
Abhrak Bhasma ^[53]	114	Yavakshara	19
Tankana ^[54]	66	Guggulu	17
Suvarna Bhasma ^[55]	46	Kuchala ^[59]	12
Vanga Bhasma	42	Sharkara	11
Mandura Bhasma	27	Ahiphen	8
Hartala	26	Chinchakshara	8
Lavana Kalpa	25	Jatiphala	7
Hingula	24	Apamarga	5
Saindhav	21	Bhallatak	5
Manahshila ^[56]	20	Mocharasa	2
Raupya Bhasma	20	Aragvadha	2
Panchalavana ^[57]	15	Kampillak	1
Swarnamakshika Bhasma	15	Kankushtha	1
Sajjikshara	12		
Kantaloha Bhasma	11	Shoolahar Praniya Dravya (Representative)	Number of Kalpas
Kharpara	8	Shankha Bhasma ^[60]	27
Shilajit	6	Mukta Bhasma	9
ParadaBhasma	5	Kapardik Bhasma	8
Tuttha Bhasma	5	Madhu	6
Somala	4	Prawal	5
Godanti Bhasma	3	Mrugshringa	1
Kansya Bhasma	3	Shauktika Bhasma	1
Rassindura	3	Sarpavisha	1
Mruddarshrunga	1		
Ratna Dravya (Representative)	Number of Kalpas		
Vaikrant	3		

Gomed	1		
Lajavarta	1		

These Shoolahar formulations have been presented in different pharmaceutical dosage forms. These dosage forms have been categorized in the following table.

Table 3: Different pharmaceutical dosage forms of Shoolahar formulations.

Pharmaceutical Dosage Forms	RYS-I	RYS- II
Vati	90	87
Churna	83	43
Avaleha	17	4
Parpati	1	2
Pottali	0	2
Bhasma	0	2
Kupipakwa Rasayana	14	0

OBSERVATIONS

From Table 1, it was observed that RYS has mentioned maximum formulations for Parinam Shoola followed by Parshwashoola and Paktishoola.

Although RYS-1 and RYS-2 contain 345 number of Shoolahar formulations, 228 formulations could be categorized as stated in Table 1. The remaining 117 formulations are indicated in Shoola (Samanya).

From Table 2, it was observed that, ingredient wise; Gandhaka and Parada are the chief ingredients in a large number of Shoolahar formulations, followed by Loha-Tamra-Abhraka Bhasma. The herbal ingredients like Vatsanabha, Dhatura and Bhanga also play a key role in the Shoolahar formulations.

The Shankha Bhasma also forms an important ingredient in the Shoolahar dravyas along with the Ratna e.g. Vaikrant.

From Table 3, it was observed that 177 types of Vati Kalpa, 126 types of Churna Kalpa, 21 types of Avaleha, 14 types of Kupipakwa Rasayan, 3 types of Parpati Kalpa, 2 types of Pottali Kalpana and 2 types of Bhasmas are indicated in various types of Shoola.

DISCUSSION

Although the modern medicine offers an assured symptomatic pain relief, but the dose-related toxicity and idiosyncrasy are the major obstacles during long term pain-management.

But, the Ayurvedic medicines, which are considered comparatively safer, offer an amicable solution to the patients suffering from the pain. This article may be helpful to the research scholars as well as the Ayurvedic practitioners, who can select the suitable Shoolahar Kalpas mentioned in RYS.

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