

REVIEW OF JWARAHARA DRAVYAS IN RASASHASTRA**Rohit K S¹, Deepthi C P², Govinda Sharma K³, Gazala Hussain⁴, Basavaraj Y Ganti⁵**¹PG Scholar, Department of Rasashastra and Bhaishajya Kalpana, SDMCAH Hassan, Karnataka, india²PG Scholar Department of Rasashastra and Bhaishajya Kalpana, SDMCAH Hassan, Karnataka, india³Associate Professor, Department of Rasashastra and Bhaishajya Kalpana SDMCAH, Hassan, Karnataka, india⁴Associate Professor, Department of Rasashastra and Bhaishajya Kalpana SDMCAH, Hassan, Karnataka, india .⁵Associate Professor, Department of Rasashastra and Bhaishajya Kalpana SDMCAH, Hassan, Karnataka, india**ABSTRACT**

Historical studies of *Rasashastra* reveal the use of metals and minerals, both for alchemical and therapeutical purposes in ancient past. In Ayurveda there are three types of medicine, *Asuri*, *Daiwi* and *Manavi*. *Rasaushadhis* come under *Daiwichikitsa*. As *Rasaushadhis* have no particular taste, used in lesser dosage and have finer particle it helps in easy administration. *Jwara* is a disease which occurs in all *yonis*, *jwara* is considered as the king of all *vyadhis*. Among *Rasaushadhis* many *dravyas* are indicated in *Jwarachikitsa*. Almost 145 *rasayogas* have been mentioned in *Jwaraadhikara of Bhaishajyaratnavali*, 40 *Rasayogas* have been mentioned for *Jwara* in *Rasatantrasara* and *Sidhaprayogasangraha*. Here this article aims to review some of the important *Rasa dravyas* used in *Jwarachikitsa*.

Keywords: *Jwara, Rasaushadhi, Yoga***INTRODUCTION**

Jwara is one such disease which occurs in all *Yonis*¹, specially in case of human beings. *Jwara* is not only a *vyadhi* but also a *lakshana* in many other *vyadhis*. It manifests as a *lakshana*, *vyadhi* and *upadrava*. The mythological origin of *Jwara* is thought of as *Rudrakopa* as mentioned in *Vayupurana*, which manifest as *ushna* in body. In most of the classics *Jwara* is mentioned as the first chapter. In Ayurveda there are three types of medicine. *Asuri*, *Daiwi* and

Manavi, *Rasaushadhis* come under *Daiwichikitsa*². It has no particular taste, and is easy administrable because of its fineness. It can even be administered in the treatment of *krichrasaadyavyadhis*. Administering *Rasaushadhis* even in small quantity also with suitable *anupana* one can achieve success in treatment. There is a wide spectrum of *Jwaraharadravyas* mentioned in *Rasashastra*. Due to its easy availability *rasa dravyas* are widely practiced in treatment of *Jwara*.

SAMPRAPTI GHATAKAS IN JWARA ³	
Dosha	Pachaka Pitta, Samana Vata, Kledaka Kapha
Dooshya	Rasa, Sweda
Agni	Jataragni
Srotas	Rasavaha, Annavaaha, Swedavaha
Srotodushti	Sanga
Vyakthavastha	Mana, Shareera
Adhishtana	Sarvashareera
Udbhava sthana	Amashaya
Rogamarga	Abhyantara

Amaja (3)	Amaja, Pachyamana, Niraama ⁴
Dhatugatha (7)	Rasa, Raktha, Mamsa, Meda, Asthi, Majja, Shukra ⁵
Kaarana (7)	Vata, Pitta, Kapha, Samsargaja, Sannipataja
Adhishtana (2)	Shareera, Mana
Veganusarena (2)	Antarvega, Bahirvega
Agantuja jwara (4)	Abhighataja, Abhishangaja, Abhicharaja, Ahishapaja
Sadhya bhedena (2)	Sadhya, Asadhya
Vishama jwara (5)	Santhatha, Sathatha, Anyedushka, Thrithiyaka, Chathurthaka

TYPES

TREATMENT PRINCIPLE IN JWARA

In initial stage of *Jwara-Langhana* is indicated, in middle stage *Pachana* and in later stage of *Jwara-Rechana* is indicated.⁶

IMPORTANCE OF RASAUSHADHIS⁷

The word *Rasashastra* literally means the "Science of Mercury". It is a specialized branch of *Ayurveda* dealing mainly with materials which are known as *Rasa dravyas*. The products dealt under this discipline are an important component of Ayurvedic therapeutics.

Pharmacopoeia of 'Ayurveda' comprises of drugs derived not only from herbs but also from minerals, metals and animal products. According to the source of origin this mineral and metal products comes under *Paarthiva or Khanija*. They have the following three characteristic attributes: instant effectiveness, requirement in very small doses and extensive therapeutic utility irrespective of constitutional variation. Almost

145 *rasayogas* has been mentioned in *Jwaraadhikara* of *Bhaishajyaratnavali* and 40 *Rasayogas* for *Jwara* in *Rasatantrasara* and *Sidhaprayogasangraha*.

Rasa Dravyas are classified⁸ mainly as MAHARASA, UPARASA, SADHARANA RASA, DHATUS, RATNAS, UPARATNAS, SUDHA VARGA, SIKATA VARGA, VISHA & UPAVISHA

Individual dravyas having Jwarahara property among these are enlisted below MAHARASA : Vaikranta, Vimala, Shilajithu UPARASA

:Kasisa, Sphatika, Manashila, Haratala
SADHARANA RASA: Hingula, Gouripashana
DHATU: Swarna, Rajata, Tamra
RATNA: Mukta, Neela, Marakata
VISHA: Vatsanabha
UPAVISHA: Jayapala, Dhatura
SUDHA VARGA: Godanti
SIKATHA VARGA: Dugdhapashana

Apart from these single drugs there are many mineral and herbomineral combina-

tions which are usually used in various stages in *Jwarachikithsa*.

In this some of the important formulations are discussed below

TRIBHUVANA KIRTHI RASA⁹

Ingredients:

ShuddhaHingula, Pippalimula, ShuddhaVatsanabha, Trikatu, Shuddha-Tankana

Preparation

Bhavanadravya: Tulasiswarasa, Dhatturapatraswarasa, Ardrakaswarasa Do bhavana with each of the swarasa for 3times and roll into form of vati

Properties-Rakta Varna

Rasa-Katu; Guna-Laghu, Rooksha; Veerya-Ushna; Vipaka-Katu

Indications: *Sarvajwara, 13 types of Sannipata (Vatakaphajwara), Swasanakajwara*

Actions: *Kaphaghna, Jwaraghna, Swedala, Vatapradhana and kaphapradhananootanajwarapaha, VataKaphajwarapaha*

Dose : 125-250mg, 1-3 tab 3 times a day

Anupana : *Ardrakaswarasa*

ANANDA BHAIRAVA RASA¹⁰

• **Ingredients** : *ShuddhaHingula, Maricha, Tankana, ShuddhaVatsanabha, Pippali*

• **Properties: Colour** – Red; *Rasa – Katu, Guna- laghu; Veerya – ushna; Vipaka-Katu*

• **Anupana** : *Madhu, Kutajaphala or Kutajatwakchoorna, Ardrakaswarasa*

• **Action**– *Swedala, mainly in kaphapradhanajwara in niramaavastha, causes pitta vridhi, less ugra than Tribhuvana-keerti Rasa*

• **Indications** : *Jwara, Atisara*

• **Dose** : 125-250mg

HINGULESHWARA RASA¹¹

Ingredients:

• *SuddhaHingula– 1 part, ShuddhaVatsanabha- 1 part, Pippali – 1 part*

• **Properties-Varna** – Red; *Rasa – Katu; Guna – Laghu; Veerya –Ushna; Vipaka – Katu*

• **Indication**– *Vatajwara*

• **Anupana**– *Madhu, ardrakaswarasa*

• **Dose** – ½ *Gunja*

MRUTHYUNJAYA RASA¹²

• **Ingredients** :

• *ShuddhaVatsanabha, Maricha, Pippali, ShodhitaGandhaka, Tankana, ShuddhaHingula*

• **Action** : *Kaphaghna, Swedala, Mootrala, Hridayauthejaka, Amasoshana*

• **Dose** : 125mg (1 to 2 tab)

• **Anupana:** *In Vishamajwara with Krishnajeeraka and*

• *Guda*

In vata and kaphajwara with Lavanga

In ajeernajwara with Jambeera and Nimbu

VETTUMARAN GULIKA¹³

• **Ingredients**

ShuddhaTankana

Marica

ShuddhaVatsanabha all are taken in equal quantity

ShuddhaHingula

Ajamoda

Preparation

Pills made in size of Mudga with Ardrakaswarasa

Indication–*Jwara, Masurikajwara*

PRATAPA LANKESHWARA RASA¹⁴

• **Ingredients** :

SuddhaParada -1part

SuddhaGandhaka -1part

Abhrakabhasma -1part

SuddhaVatsanabha -1part

Apamargamulaswarasa -Q.S

Musalikandaswarasa -QS

• **Indications**–

Sannipatajwara, Moha, Sutikajwara, Swasanakajwara.

• **DOSE**–125-250mg

• **Anupana**–*Madhu or Ardrakaswarasa*

By evaluating the above formulations it is clear that Hingula and Vatsanabha has been used extensively in majority of rasa formulations in Jwara

PROPERTIES OF HINGULA AND VATSANABHA

HINGULA(Cinnabar)¹⁵

- **Properties**
- *Rasa-Shadrasa; Guna-Snigdha; Veerya-Ushna; Vipaka-Madhura*
- **Dose** - ½ to 1 ratti
- **Anupana**– *Nagavalliswarasa, Madhu, Maricha, Ardraka rasa, Guda*
- **Indications**
- *Vatajwara- Hingula+ Pippali+ Vatsanabha along with Madhu and Ardraka rasa*

It is also indicated in Bhayajwara, Pittakaphajwara, Nava jwara, amavata with jwara

VATSANABHA (*Aconitum ferox*)¹⁶

Properties

- **Rasa** – *Katu, tikta, kashaya; Guna – Ushna, vyavayi; Veerya – Ushna*
- **Dose** - 1/16th to 1/8th Ratti
- **PRATHIVISHA OF VATSANABHA**
- *Tankana and Ghee, Ajadugda, Juice of Haridra, Godugdha, Navaneeta, Ajaghrita, Mrudvikakalka, Udumbarakalka, Tanduliya rasa, Jambutwak rasa, Hingu, Sharkara*

DISCUSSION AND CONCLUSION

According to *BhaishajyaRatnavali*

Almost 145 *Rasa yogas* has been mentioned in *Jwaraadhikara* among which 75% of *yogas* contain *Hingula* and *Vatsanabha* as ingredient. In *Rasatantrasara* and *Sidhaprayogasangraha* 40 *Rasa yogas* has been mentioned in *Jwara* and *Hingula* and *Vatsanabha* can be seen in majority of *Yogas*. This indicates that *Hingula* and *Vatsanabha* are the major components in *Jwarahara* formulation. Most of the *Rasaushadhis* are *pachana, deepana, ushna&teekshna*. Due to *vyavayi* and *teekshnaguna* it cures the *srotavarodha* and enters the *srotas* quickly than *kashtaoushadhi*. Based on the *bhavanadravya* employed different formulations differ in their *therapeutical* action. Dose and *anupana* and *pathyaapathya* should be kept in mind while administering the *rasa* to avoid complications. *Rasaushadis* can be

administered in different conditions of *Jwara* with different *anupanas* to increase the bioavailability and to prevent adverse effect.

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