

A REVIEW ON TALESHWARA RASA: A HERBO MINERAL FORMULATION

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ABSTRACT

Rasoushadhi's are considered to be the most potent formulations administered in smaller dosage form. *Paradayukta Kalpas* are categorized into four types i.e *Khalvi/kharaliya rasayana*, *Parpati rasayana*, *Kupipakva rasayana*, *Pottali rasayana*. Literally '*Khalva*' means "a mill or stone for grinding drugs" and "*Rasayana*" means "A medicine supposed to prevent old age and prolong life" "an elixir". So *Khalvi/kharaliya Rasayanas* are the medicines prepared by specially designed grinding which acts as an elixir by preventing old age and prolonging life and cures the diseases. One such *khalvirasayanais Taleshwara rasa*. Now a days many elements of human lifestyle like alcoholism, smoking, stress due to work, lack of nutrition rich food, lack of exercise etc., leads to various disorders among which skin ailments are the most common. *Taleshwara rasa* contain ingredients like *Shuddhaparada*, *shuddha gandhaka*, *shuddha haratala*, *shuddha tankana*, *jaatiphala*, *bakuchibeeja* etc... which is indicated in 18 types of *kushta* (skin ailments). The ingredients of this *rasa yoga* acts superiorly on *Kushta* (skin ailments).

Keywords: *Taleshwara rasa*, *Kushta*, *Haratala*.

INTRODUCTION

Rasashastra has numerous formulations, in those formulations all *paradayukta kalpa* can be allocated into one side, in which *Khalvirasayanais* are one among them. *Khalvi rasayanas* are the unique mercurial preparations where in most of the preparations contain the mercury and Sulphur in combination called as *Kajjali*. Other constituents are purified by elaborate procedure and also are required to be

imbibed with the properties of fresh juices of different indigenous plants where by preparation becomes more potent. The speciality of *Khalvi Rasayanais* in binding different varieties of drugs into a single molecular form and hereby minimizing the dose and more efficacious in their action, *Khalvi Rasayanas* promote different secretary organs and endocrine glands and build up all body tissues. The thorough

trituration facilitates to fulfill these objectives.

*Taleshwara rasa*¹ is one such *rasoushadhi* which is mentioned in *Rasa Manjari*. It may be named after the main ingredient in the formulation i.e. *Haratala* which is the best *kushtahara dravya*. It contains *Shuddha Parada*, *Shuddha Gandhaka*, *Shuddha*

Haratala, *Shuddha Tankana*, *Shuddha Vatsanabha*, *Shuddha Dattura*, *Trikatu*, *Jatiphala*, *Nimba*, *Bakuchi* which acts as *vata-kaphashamaka*.

The empirical aim of this article is to review the pharmacological properties and to discuss the probable mode of action of *Taleshwara rasa*¹.

MATERIALS AND METHODS

Name of the *Yoga*: *Taleshwara Rasa*¹.

Table1: List of ingredients in *Taleshwara Rasa*

Si. No	Name of the ingredients	Scientific / Botanical name	Part used	Quantity (in parts)
1	<i>Shuddha Parada</i>	Hydrargium	-	2
2	<i>Shuddha Gandhaka</i>	Sulphur	-	3
3	<i>Shuddha Haratala</i>	Arsenic Trisulphide	-	10
4	<i>Shuddha Tankana</i>	Borax	-	10
5	<i>Jaatiphala</i>	Myristica fragrance	<i>Beeja</i>	10
6	<i>Shuddha Vatsanabha</i>	Aconitum ferox	<i>Moola</i>	1 & ½
7	<i>Shuddha Dattura</i>	Datura metel	<i>Beeja</i>	1
8	<i>Nimba</i>	Azadirachta indic	<i>Beejamajja</i>	1
9	<i>Bakuchi</i>	Psoraliacorylifolia	<i>Beeja</i>	3
10	<i>Shunti</i>	Zinziber officinalis	<i>Kanda</i>	3
11	<i>Pippali</i>	Piper longum	<i>Phala</i>	3
12	<i>Maricha</i>	Piper nigrum	<i>phala</i>	4

Bhavana Dravya : *Guduchiswarasa* (*Tinosporacordifolia*)

Dhattura Patra swarasa (*Datura metel*)

Method of Preparation:

Above mentioned quantity of *Shuddha Parada* and *Shuddha Gandhaka* is added in a *khalwayantra* and triturated till the *kajjali siddha lakshanas* are obtained. *Vastragaalitachoorna* of the drugs such as *Shuddha vatsanabha*, *Shuddha Dhattura beeja*, *Nimbabeeja*, *shunti*, *maricha*, *pippali*,

Bakuchi beeja and *jaatiphala* are prepared. Add *Haratalabhasma* and *shodita Tankana* to the *kajjali* followed by the *choorna* of *kashtoushadhis* and prepare a homogenous mixture. *Guduchi patraswarasa* and *dhattura patraswa rasabhavana* is given for 7 times each. Prepare a bolus and do *dhattura patraveshstana* followed by *gomayalepa* and allow for drying. Then it should be subjected for *kukkuta puta* once. The obtained drug is collected and stored in an air tight container.

Dose: 2 Ratti.

Anupana: Madhu & Guduchiswarasa

Table 2: List of *Rasapanchakas* (Elements governing the act of the formulation) of the ingredients of *Taleshwara Rasa*.

Sl No	Name of the ingredient	Rasa	Guna	Veerya	Vipaka	Karma
1	<i>Parada</i> ²	<i>Shadrasa</i>	<i>Snigdha, Sara and Guru</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Yogavahi</i> ²
2	<i>Gandhaka</i> ^{3,4}	<i>Madhura, Katu, Tikta, Kashaya</i>	<i>Ushna, Sara, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, Pachana, Vishahara, Jantughna, Kushtaghna</i> ^{3,4}
3	<i>Haratala</i> ⁵	<i>Katu, Kashaya and Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushtahara, Deepana, Rasayana</i> ⁵
4	<i>Tankana</i> ⁶	<i>Katu</i>	<i>Teekshna, Laghu, Sara</i>	<i>Ushna</i>	<i>Amla</i>	<i>Kaphavatahara, samastamaya</i> ⁶
5	<i>Jaatiphala</i> ⁷	<i>Tikta, Katu</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahamaka, Krimighna, Kushtaghna</i> ⁷
6	<i>Vatsanabha</i> ⁸	<i>Madhura, Avyakta rasa</i>	<i>Ruksha, Tikshna, Laghu, Vikasi, Ashukari</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vedanasthapana, Shothahara, Pachana, Kushtaghna</i> ⁸
7	<i>Dhattura</i> ⁹	<i>Tikta, Katu</i>	<i>Laghu, Ruksha, Vyavayi, Vikasi</i>	<i>Ushna</i>	<i>Katu</i>	<i>Twakdoshahara, Shoolaprashamana, Jantughna</i> ⁹
8	<i>Nimba</i> ¹⁰	<i>Tikta, Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Twakdoshahara, Jantughna, Krimighna</i> ¹⁰
9	<i>Bakuchi</i> ¹¹	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushtaghna, Twakrogahara, Jantughna</i> ¹¹
10	<i>Shunti</i> ¹²	<i>Katu</i>	<i>Laghu, Ushna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Agni deepaka, Hridya, Ruchya, Swarya, Jwaragna, Shoolagna</i> ¹²
11	<i>Pippali</i> ¹³	<i>Katu</i>	<i>Laghu, snigdha, Teekshna</i>	<i>Anushn asheeta</i>	<i>Madhura</i>	<i>Kushtaghna, Jwaraghna, Balya, Rasayana</i> ¹³
12	<i>Maricha</i> ¹⁴	<i>Katu</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepaka, Pachaka, Swedajanaka, Jwaragna</i> ¹⁴

Table 3: Different references of the yoga named *Taleshwara Rasa* with different prefix along with their ingredients, indication and dose.

Si. No	Name	Ingredients	Indication	Dose
1.	<i>Taleshwara Rasa-2</i> ¹⁵	<p><i>ShuddhaHaratala – 12 karsha</i> <i>ShuddhaParada – 2 karsha</i> <i>Choorna – 6 karsha</i> <i>Bhavana dravya:</i> <i>SnuhiKsheera – Q.S</i> <i>ArkaKsheera – Q.S</i> <i>ChaagiKsheera– Q.S</i> <i>GokshuraKwatha– Q.S</i> <i>BakuchiKwatha– Q.S</i> <i>PatalagarudiSwarasa– Q.S</i> <i>AnkolaKwatha– Q.S</i> <i>ChakramardaKwatha– Q.S</i> <i>IjjalatwakKwatha– Q.S</i> <i>KumariSwarasa– Q.S</i> <i>Bhallatakaphalamajja</i> <i>TriphalaKwatha– Q.S</i> <i>PunarnavaKwatha– Q.S</i> <i>NimbaTwakKwatha– Q.S</i> <i>DhatturaSwarasa– Q.S</i></p>	<i>Kushta</i>	-
2.	<i>Mahataleshwara Rasa-1</i> ¹⁶	<p><i>Shuddha Haratala-1 part</i> <i>ShuddhaSwarnamakshika- 1 part</i> <i>Shuddha Manashila-1 part</i> <i>Shuddha Parada-1 part</i> <i>ShuddhaGandhaka – 2 part</i> <i>ShuddhaTankana- 1 part</i> <i>TamraBhasma- 2 part</i> <i>LohaBhasma- 4 pala</i> <i>Maricha- 2 pala</i> <i>Saindhava Lavana-1 part</i> <i>ShuddhaVatsanabha</i> <i>1/30th part</i> <i>Bakuchi Choorna-1 tola</i> <i>Madhu-Q.S</i> <i>Mahisha Ghritha-1/2 Nishka</i> <i>Bhavana Dravya:</i> <i>JambeeraSwarasa– Q.S</i></p>	<i>18 Types of Kushta</i>	<i>1 Karsha</i>
3.	<i>VridhdhaTaleshwara Rasa</i> ¹⁷	<p><i>ShuddhaHaratala- 4 pala</i> <i>Kakajangha Rasa-Q.S</i> <i>KulatthaKwatha- 16 pala for kwatha preparation</i> <i>LaghukantakariKwatha- Q.S</i> <i>Godugdha-Q.S</i></p>	<p><i>Shvitra, Dadru,</i> <i>Vicharchika,</i> <i>Gajacharma,</i> <i>Raktanasika</i> <i>Shushka-Anga</i> <i>Shushka- Netra</i></p>	<i>1 masha</i>

		<p><i>KooshmandaSwarasa-Q.S</i> <i>Tandulodaka-Q.S</i> <i>MahanimbaKwatha-Q.S</i> <i>VatarohaKwatha-Q.S</i> <i>Kanji-Q.S</i> <i>ShigrumoolaKwatha-Q.S</i> <i>TriphalaKwatha-Q.S</i> <i>Bhringarajaswarasa-Q.S</i> <i>ChaagiDugdha-Q.S</i> <i>MeshaDugdha-Q.S</i> <i>Ashokatwakkwatha-Q.S</i></p>	<p><i>Ugrakushta</i></p>	
4.	<p><i>Laghutaleshwara Rasa¹⁸</i></p>	<p><i>ShuddhaHaratala- 4 pala</i> <i>ShuddhaAbhraka- 2 pala</i> <i>Shuddha Gandhaka-2 pala</i> <i>Shuddha Shilajatu-2 pala</i> <i>Chitraka- 2 pala</i> <i>Gomutra-Q.S</i> <i>Godugdha-Q.S</i> <i>Hemaksheeri- 1 karsha</i> <i>Yavakshara-1 karsha</i> <i>Sarjakshara-1 karsha</i> <i>DhatturaKshara- 1 karsha</i> <i>Sita-1 karsha</i> <i>KooshmandaKshara- 1karsha</i></p>	<p><i>Kushta</i> <i>Krimi</i></p>	<p><i>5 Ratti</i></p>
5.	<p><i>Siddhataleshwara Rasa¹⁹</i></p>	<p><i>Shuddha Haratala-1 part</i> <i>Bhallataka Taila-1 part</i></p>	<p><i>SarvaKushta</i> <i>Jwara</i></p>	<p><i>1-3 Ratti</i></p>
6.	<p><i>Mahataleshwara Rasa-2²⁰</i></p>	<p><i>ShuddhaHaratala – 7 pala</i> <i>Tamra Bhasma-5 part</i> <i>Shuddha Vatsanabha-5 part</i> <i>ShuddhaParada – 2 pala</i> <i>Shuddha Gandhaka-5 part</i> <i>ShuddhaTankana- 1 part</i> <i>Shunti- 1 part</i> <i>Maricha- 1 part</i> <i>Pippali- 1 part</i> <i>TriphalaKwatha- Q.S</i> <i>Tandulodaka-Q.S</i> <i>Godugdha-Q.S</i> <i>RohitakaKwatha-Q.S</i> <i>NimbaKwatha</i></p>	<p><i>SputithaKushta</i> <i>BhagnaNasika</i> <i>AudumbaraKushta</i></p>	<p><i>4 Masha</i></p>

DISCUSSION

- *Khalvi rasayanas* is the main foundation for most of the formulations.

- *Kajjali* has *ushna guna* and *katu vipaka* which acts as *yogavahi* and *tridoshghna*.
- *Shuddha haratala* has the property of *kushtaharadue* to its *katu, Tikta, kashaya*

rasa, ushna veerya and *katu vipaka*. It also acts as *deepana* which is necessary for the rectification of *agni* as the impairment of *agni* is considered to be the root cause for every disease.

- *Shuddha Tankana* does the *lekhana karma* which helps in *kaphaharana*.
- Majority of the *kashtoushadhis* possess *katu, Tikta, kashaya rasa, ushna veerya* and *katu vipaka* which also acts as *vatakaphashamaka* and in *kushta, vata* and *kaphadosha* vitiation is predominant in general.

CONCLUSION

Taleshwara rasa is one of the herbomineral formulation indicated in *kushta* which is mentioned in *Rasa manjari*. Various formulations by the name *Taleshwara rasa* has been mentioned in the classics with different prefix which are majorly indicated in *Kushta*, but they do differ in list of ingredients and dose. In spite of being told by the Acharyas as an effective formulation, *Taleshwara rasa* is neither practiced nor available in the market. The formulation contains the *dravyas* which are most beneficial in *kushta* and are also cost effective. The unique method of preparation adopted in this *rasayoga* makes it different from various other *khalvi rasayana*.

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