

## **CRITICAL REVIEW ON SHWASAGAJANKUSHA RASA- A HERBOMINERAL PREPARATION**

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### ABSTRACT

*Shwasagajankusha Rasa* (SGR) is a Herbo-mineral *kharaliya rasayana* which contains *Parada* (Mercury), *Gandhaka* (Sulphur), *Vanga*(Tin), *Shunthi* (Zinziberofficinale), *Maricha* (Piper nigrum), *Pippali* (Piper longum), and *Gomutra* (Cow's urine) as *bhavana dravya*. It is indicated for the treatment of *Shwasa* (Bronchial asthma). In different classics SGR has been present with different names.

**Aims and Objectives:** In current attempt all references were compiled and studied in terms of their composition, method of preparation, dose, adjuvants, indications and contribution of various texts regarding these formulations. **Materials and Methods:** References of SGR were collected from various available classical texts. **Results:** *Shwasagajankusha Rasa*, *Shwasaharavataka*, *Shwasahara rasa*, and *Shwasari rasa* are the different names given to it. In all these formulations the ingredients and proportion remains the same, but the name and dose varies from text to text. **Conclusion:** SGR which is first time mentioned in *Rasayogasagara* is *kharaleeya rasayana* directly indicated in *Shwasa* (Bronchial asthma). The method of preparation, ingredients, *bhavana dravya* remains the same but name and dose varies from text to text.

**Keywords:** *Khalveeya Rasayana*, *Shwasagajankusharasa*, *Shwasaharavataka*, *vangabhasma*.

### INTRODUCTION

Diseases of the respiratory system account for up to a third of death in most countries and the major proportion of visits to the doctor<sup>1</sup>. Asthma is a common, chronic inflammatory disorder of the airways, associated with pronounced health and economic consequences<sup>2</sup>.

It has been identified as one of the five pressing global lung problems. The available treatment in modern medical science like bronchodilators, steroids even in the form of inhalers have success in providing instant symptomatic relief in Bronchial asthma. But there is

recurrent acute exacerbation and remissions and treatment has many side effects like nausea, vomiting, tremor, hoarseness of voice and disturbances in hypothalamo-pituitary-adrenal axis<sup>3</sup>.

The disease Bronchial Asthma is comparable with *TamakaShwasa*<sup>4</sup> type of *ShwasaRoga* in *Ayurveda*. *TamakaShwasa* manifests at *pit-tasthana*, targeting *kapha-vatadoshas*. *Ayurveda* prefers a number of formulations to treat *TamakaShwasa*, which includes herbal, herbo- mineral and metallic preparations. *Rasashastra* has a treasure of medicines for *Shwasa*. **Bhasmas** like *Abhraka*, *Godanti*, *Shankha*; **KhalveeyaRasayanas** like *Shwasagajankusha Rasa*, *Shwasakuthara Rasa*, *shwasakasachintamanirasa*, *Chandramruta Rasa*; **Kupipakwa Rasayanas** like *Rasasindhoora*, *Mallasindhoora*; **PottaliRasayanas** like

*HemagarbhaPottali*, *ShilagarbhaPottali*, *TalagarbhaPottali* have shown their very good results in different conditions of *Shwasa*. Among these, *Khalveeya Rasayana* are most commonly used preparations as they are easily prepared by mixing herbal and mineral drugs in specified proportions and levigating with different liquid media. SGR is indicated in different conditions of *Shwasa*, *Kasa*, *Jwara* etc. Thus the present study is an attempt to go through various classical references of SGR in order to have comparative better understanding of this formulation.

## MATERIALS AND METHODS:

References of SGR were collected from various available classical texts of *Ayurveda*. These collected materials are orderly tabulated and critically reviewed.

**Table 1:** Individual drug properties

Ingredients	Properties	Doshaghata	Karma
<i>Parada</i>	<i>Rasa :Shadrasa</i> <i>Guna :Snigdha, Sara and Guru</i> <i>Virya :Ushna</i> <i>Vipaka :Madhura</i>	<i>Tridoshagna</i>	<i>Yogavahi, Rasayana, Deepana, Agni- vardhaka</i>
<i>Gandhaka</i>	<i>Rasa :Madhura, Katu, Tikta, Kashaya</i> <i>Guna :Ushna, Sara, Snigdha</i> <i>Virya :Ushna</i> <i>Vipaka :Katu</i>	<i>Kaphavatahara and Pit- tavardhaka</i>	<i>Kushta, kshaya, rasayana</i>
<i>Vanga bhasma</i>	<i>Rasa :Tikta, Kashaya, lavana</i> <i>Guna :Laghu, Sara, Ruksha</i> <i>Virya :Ushna</i> <i>Vipaka :Madhura</i>	<i>Kaphahara</i>	<i>Deepana, Pachana, balya, shwasahara</i>
<i>Shunthi</i>	<i>Rasa :Katu</i> <i>Guna :Laghu, Snigdha</i> <i>Virya :Ushna</i> <i>Vipaka :Madhura</i>	<i>Vatakaphashamaka</i>	<i>Deepana, Hridya, Kaphahara</i>
<i>Maricha</i>	<i>Rasa :Katu</i> <i>Guna :Laghu, Teekshna,</i> <i>Virya :Ushna</i>	<i>Kaphavatashamaka</i>	<i>Deepana Pachana Shulaghna</i>

	<i>Vipaka :Katu</i>		
<i>Pippali</i>	<i>Rasa :Katu</i> <i>Guna :Laghu, Ruksha,</i> <i>Virya :Ushna</i> <i>Vipaka :Katu</i>	<i>Kaphavatashamaka</i>	<i>Deepana, Hridya,</i> <i>Kaphahara</i>
<i>Gomutra</i>	<i>Rasa : Katu, tikta, kashaya</i> <i>Guna : ushna, teekshana</i> <i>Virya : Ushna</i> <i>Vipaka : Katu</i>	<i>Pittakrut; Kaphavatahrut</i>	<i>Shoola, Gulma, Aa-</i> <i>naha, Kandu</i>

**TYPES OF SGR:**

SGR as the name itself indicates that it is the mercurial preparation that helps in eliminating the disease *Shwasa* from its root. It is first explained in *Rasayogasagara* in 19<sup>th</sup> century.

There are four references of SGR as *Shwasagajankusha rasa*, *Shwasaharavataka*, *shwasari rasa* and *Shwasahara rasa*. Ingredients and proportion remains the same, but the name and dose varies from text to text.

**Table 2:** Showing names of *Shwasagajankusha Rasa* from various texts

	RYS5	RRS6	R.Ch7	BBR8
<i>Shwasagajankusha rasa</i>	+			
<i>Shwasaharavataka</i>		+		+
<i>Shwasahara rasa</i>			+	
<i>Shwasari rasa</i>		+		

RYS- *Rasa Yoga Sagara*, RRS-*Rasa Ratna-Samuchaya*, R.Ch- *Rasa Chandamshu*, BBR – *Bharata Bhaishajya Ratnakara*

ingredients *Parada* (mercury), *Gandhaka* (sulphur), *Vangabhasma* (tin), *Shunthi* (*Gingiber officinale*), *Maricha* (*Piper Nigrum* Linn), and *Pippali* (*Piper Longum* L) remains the same.

**FORMULATION COMPOSITION:**

All classical texts mentioned six ingredients in *Shwasagajankusha Rasa*. Quantity of all the

**Table 3:** Ingredients and their proportions in *Shwasagajankusha Rasa*

	<i>Parada</i>	<i>Gandhaka</i>	<i>Vanga Bhasma</i>	<i>Shunthi</i>	<i>Maricha</i>	<i>Pippali</i>
RYS	1part	1part	1part	1part	1part	1part
RRS	1part	1part	1part	1part	1part	1part
R.Ch	1part	1part	1part	1part	1part	1part
BBR	1part	1part	1part	1part	1part	1part

**METHOD OF PREPARATION:**

*Kajjali* is prepared by triturating equal quantity of *Sh.Parada* and *Sh.Gandhaka*

in a clean *Khalva Yantra*. To the above prepared *kajjali*, equal quantity of *Vanga bhasma* and *Trikatuchoorna* are added

and triturated for 3 days. Again it is lavigated using *Gomutra* for 3 days. Later *vati* measuring *Mashapramana* are prepared, dried in shade and preserved in air tight container.

#### DOSE AND ANUPANA:

The dose of *Shwasagajankusha Rasa* varies from *Masha pramana* to *Tolapramana*. Maximum texts mentioned the dose of *Shwasagajankusha Rasa* as one *Masha*.

**Table 4:** Showing different *Anupana, Matra and kaala* of SGR from various texts

Texts	Anupana/Sahapana	Matra	Kaala
RYS	Roganusara	Masha pramana	30days
RRS	Not mentioned	Akshapramana	30days
R.Ch	Not mentioned	Masha pramana	30days
BBR	Not mentioned	Tolapramana	30days

#### DISCUSSION

*Shwasagajankusha Rasais* a *Khhalveeya Rasayana* indicated in *Shwasaroga* as its name itself confirms the main indication. It was first explained in *Rasayogasagara* of 19th century AD. There are mainly four variants in *Shwasagajankusha Rasa*, having six total ingredients which remain same in all available references. The ingredients like *Sh.Parada*, *Sh.Gandhaka*, *Vanga bhasma* and *Trikatu* have similar properties like *Katu Rasa* (pungent taste), *UshnaVeerya* (hot in potency), *Teekshna* (sharp) *Guna*, *Kaphavatahara* (alleviate *kapha* and *vata*), *Agnideepana* (Carminative) and *Kaphanissaraka* (expectorant). Thus all these are individually indicated in *Shwasa*. *Maricha* mainly contains an alkaloid Piperine which acts as an efficient bioavailability enhancer for different nutrients and trace elements. It exhibits potent antimicrobial, anti-oxidant, anti-inflammatory, anti-cancer, anti-depressant, anti-apoptotic, antipyretic, analgesic and anti-asthmatic activities. Thus the ingredient *Maricha* in the

formulation potentiates the action of SGR. The fruit extract of *Pippali* (*Piper Longum L.*) demonstrated significant mast cell stabilizing and antitussive activity. These effects are the important evidence for the traditional use of fruit of *Piper Longum* in the treatment of cough and respiratory disorders. Thus all ingredients act in synergism to break the *Samprapti* of *Shwasa*. Most of the texts mentioned *Gomutra* as a liquid media for *Bhavana* of SGR and *bhavana* to be continued for 3 days. The dose of *Shwasagajankusha Rasa* varies from *Masha pramana* to *Tolapramana*. Maximum texts mentioned the dose of *Shwasagajankusha Rasa* as one *Masha*.

#### CONCLUSION:

SGR is mentioned as *Kharaliya Rasayana* in all texts. *Shwasagajankusha rasa*, *Shwasaharavataka*, *Shwasahararasa* and *Shwasarirasa* are the different names assigned to it. The method of preparation, ingredients, *bhavana dravya* remains the same but name and dose varies from text to text. SGR is the safe

and effective formulations indicated for *Shwasa*.

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