REVIEW OF JWARIHARA DRAVYAS IN RASAHAstra

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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 Rasayogashave 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 Yonis¹, 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 Daiwichikitsa². it has no particular taste, and is easy administrable because of its fineness. It can even be administered in the treatment of krichrasaadyavyadhish. Administrating Rasaushadhis even in small quantity also with suitable anupana one can achieve success in treatment. There is a wide spectrum of Jwararahradravyas mentioned in Rasashastra. Due to its easy availability rasa dravyas are widely practiced in treatment of Jwara.
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.  

IMPORTANCE OF RASAUSHADHIS

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 Bhaishyaratnavali and 40 Rasayogas for Jwara in Rasatantrasara and Sridhapatragangraha. 

Rasa Dravyas are classified mainly as MAHARASA, UPARASA, SADHARANA RASA, DHATUS, RATNAS, UPARATNAS, SUDHA VARGA, SIKATA VARGA, VI\SA & UPAVI\SA 

Individual dravyas having Jwarahara property among these are enlisted below 

MAHARASA: Vaikranta, Vimala, Shilajithu 

UPARASA: Kasisa, Sphatika, Manashila, Haratala 

SADHARANA RASA: Hingula, Gouripashana 

DHATUS: Swarna, Rajata, Tamra 

RATNAS: Mukta, Neela, Marakata 

VI\SA: 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 RASA**<sup>9</sup>

**Ingredients:**
- ShuddhaHingula, Pippalimula
- ShuddhaVatsanabha, Trikatu, Shuddha-Tankana

**Preparation**

Bhavanadravya: Tulasiswarasa, Dhatturapatraswarasa, Ardramaswarasa. Do bhavana with each of the swaras for 3 times and roll into form of vati

**Properties—**Rakta Varna

Rasa – Katu; Guna – Laghu; Rooksha; Veerya – Ushna; Vipaka – Katu

**Indications:** Sarvajwara, 13 types of Samnipata (Vatakaphajajwara), Swasanakajwara

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

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

**Anupana:** Ardrakaswarasa

**ANANDA BHAIRAVA RASA**<sup>10</sup>

- **Ingredients:** ShuddhaHingula, Maricha, Tankana, ShuddhaVatsanabha, Pippali
- **Properties—** Colour – Red; Rasa – Katu, Guná – laghu; Veerya – ushna; Vipaka – Katu
- **Indications:** Jwara, Atisara
- **Dose:** 125-250mg
- **Anupana:** Madhu, ardrakaswarasa

**HINGULESHWARA RASA**<sup>11</sup>

- **Ingredients:** ShuddhaHingula, Maricha, Tankana, ShuddhaVatsanabha, Pippali
- **Properties—** Varna – Red; Rasa – Katu, Guná – laghu; Veerya – ushna; Vipaka – Katu
- **Indications:** Vatajwara
- **Dose:** 125-250mg
- **Anupana:** Madhu, ardrakaswarasa

**MRUTHYUNJAYA RASA**<sup>12</sup>

- **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 Jambhira and Nimbu

**VETTUMARAN GULIKA**<sup>13</sup>

- **Ingredients**
  - ShuddhaTankana
  - Marica
  - ShuddhaVatsanabha
- **Indications:** Jwara, Masurikajwara
- **Dose:** 1/2 Gunja
- **Anupana:** In Vishamajwara with Krishnajeeraka and Guda
  - In vata and kaphajwara with Lavanga
  - In ajeernajwara with Jambhira and Nimbu

**PRATAPA LANKESHWARA RASA**<sup>14</sup>

- **Ingredients**
  - SuddhaParada -1part
  - SuddhaGandhaka -1part
  - Abhrakabhasma -1part
  - ShuddhaVatsanabha -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)  
- 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)
- 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 Jwaraadhipaka among which 75% of yogas contain Hingula and Vatsanabha as ingredient. In Rasatantrasara and Sidhprayogasangraha 40 Rasa yogas has been mentioned in Jwara and Hingula and Vatsanabha can been 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 toyavayyi and teekshnaguna it cures the srotavardha and enters thesrotas quickly than kashtaooshadhi. Based on the bhavanadraya employed different formulations differ in their therapeutical action. Dose and anupana and pathyaapathyaa should be kept in mind while administering the rasa to avoid complications. Rasasadhis can be administered in different conditions of Jwara with different anupanas to increase the bioavailability and to prevent adverse effect.

REFERENCES


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