ICCHABHEDI RASA – A HERBO-MINERAL FORMULATION REVIEW

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ABSTRACT

Ayurveda is the medical science which concentrates on both prevention and treatment of diseases. Ayurveda has given some norms of life which should be followed to be physically and mentally healthy. But, nowadays changed lifestyle and altered food habits have lead to vitiation of tridosha’s and agni causing various diseases. Virechana is one such therapy which helps to drive the vitiates doshas from adhobhaga and pacifies the vitiated agni. It is the measure of choice for pitta prakopa and also in conditions like pittapradhana dosha samrsrsha, kaphasamsrishta vata and vatasthanagata kapha. Classical method of virechana includes purvakarma, pradhanakarma and paschat karma which makes the treatment course lengthy. But due to busy schedule of present era, it has become hard for the patients to undergo this procedure. Hence alternative method of purgation by herbo-mineral formulation containing virechana dravya’s has been used. Icchabhedi Rasa is one such formulation containing Shunti, Maricha, Shuddha Parada, Shuddha Gandhaka Shuddha Tankana and Shuddha Jayapala and has drastic purgative action when taken in proper dose and along with proper anupana. The main aim of this article is to review the pharmacological properties and to discuss the probable mode of action of Icchabhedi Rasa.

INTRODUCTION

Icchabhedirasa¹ – Person can have as much number of vega as per his iccha. That is, the person will have the vega each time he takes the vati with sheeta jala.
There are eighteen varieties of Icchabhedi rasa mentioned in Rasa Yoga Sagara with different ingredients, indication, dose and anupana. The Icchabhedi Rasa mentioned in Rasa Tarangini which is a herbo mineral formulation will be reviewed. It comes under Khalvi Rasayana and contains Kajjali and Jayapala as the major ingredient. In any Khalvi Rasayana, Kajjali increases the bioavailability of ingested drugs. It is also helpful to decrease the dosage of herbal compounds. It is a GI stimulant and is also neurochemical irritant. Jayapala possesses ushna, teekshna, vyavayi and vikasi guṇa as it is an upavisha and these qualities attribute to the drastic purgative action of the formulation. The word Virechana is defined as the therapy which eliminates doshas through adhobhaga i.e. from lower GI tract. The virechana drugs have properties such as ushna, teekshna, sookshma, vyavayi and vikasi guṇa. Prithvi and Jala mahabhoota predominance and adhobhagaharanara prabhava². Icchabhedi rasa¹ is one such formulation containing Shuddha Parada, Shuddha Gandhaka, Shunti, Maricha, Shuddha Tankana and Shuddha Jayapala. Shodhana of Gandhaka and Jayapala is done by using Godugdha.
and its sara guna further helps in exhibiting virechana action. The formulation is a drastic purgative and is used to induce bowel motion.

MATERIALS AND METHODS

**Table 1:** List of ingredients of *Icchabhedi rasa*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Scientific name</th>
<th>Family</th>
<th>Part Used</th>
<th>Quantity (in parts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shunti</td>
<td>Zingiber officinale</td>
<td>Zingiberaceae</td>
<td>Dried Rhizome</td>
<td>1 part</td>
</tr>
<tr>
<td>Maricha</td>
<td>Piper nigrum</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>1 part</td>
</tr>
<tr>
<td>Shuddha Parada</td>
<td>Hydragium</td>
<td>------</td>
<td>------</td>
<td>1 part</td>
</tr>
<tr>
<td>Shuddha Gandhaka</td>
<td>Sulphur</td>
<td>------</td>
<td>------</td>
<td>1 part</td>
</tr>
<tr>
<td>Shuddha Tankana</td>
<td>Borax</td>
<td>------</td>
<td>------</td>
<td>1 part</td>
</tr>
<tr>
<td>Shuddha Jayapala</td>
<td>Croton tiglium</td>
<td>Euphorbiaceae</td>
<td>Seed</td>
<td>3 parts</td>
</tr>
<tr>
<td>Jala</td>
<td>------</td>
<td>------</td>
<td>Quantity sufficient</td>
<td></td>
</tr>
</tbody>
</table>

Method of preparation:

Shodhana of Parada is done by mardana with Lashuna kalka and Satindhava Lavana for seven days. Gandhiya Shodhana is done in Godugdha by subjecting it to karmaputa by Bhudhara yantra method. Tankana Shodhana is done by Bharjana till it becomes supushpita and nashtaneera. Jayapala Shodhana is done by subjecting it to swedana in dolayantra for one yama. The procedure must be repeated three times.

Above mentioned quantity of Shuddha Parada and Shuddha Gandhaka are taken in a Khalvayantra and triturated till Kajjali siddha lakshana’s are obtained. Shodhita Tankana is added to Kajjali followed by the addition of vastragali choorna of the drugs such as Shunti, Maricha and Shuddha Jayapala and a homogenous mixture is prepared. This mixture is subjected to bhavana with sheeta jala to prepare pills of two gunja pramana.

Properties:

**Table 2:** List of Rasapanchakas (elements governing the act of formulation) of the ingredients of *Icchabhedi rasa*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shunti</td>
<td>Katu</td>
<td>Laghu, Snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Vatanulomaka, Rochana, Deepana, Pachana, Bhedana, Shleshmahr</td>
</tr>
<tr>
<td>Maricha</td>
<td>Katu</td>
<td>Laghu, Teekshna, Ruksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Vatanulomana, Lekhana, Deepana, Pachana, Kaphaghn, Srotahshodhana</td>
</tr>
<tr>
<td>Shuddha Parada</td>
<td>Shadrasa</td>
<td>Sara, Snigdha, Guru</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Yogavahi</td>
</tr>
<tr>
<td>Shuddha Gandhaka</td>
<td>Madhura, Katu, Tikta, Kashaya</td>
<td>Ushna, Sara, Snigdha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Deepana, Pachana, Jantughna, Vishahara, Kushtaghna</td>
</tr>
<tr>
<td>Shuddha</td>
<td>Katu</td>
<td>Ushna</td>
<td>Ushna</td>
<td>Amla</td>
<td>Agnideepaka, Mridu</td>
</tr>
</tbody>
</table>
**Tankana**

<table>
<thead>
<tr>
<th>Shuddha Jayapala</th>
<th>Teeksha, Tikta</th>
<th>Tikshna, Ruksha, Guru</th>
<th>Ushna</th>
<th>Katu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuddha Jayapala</td>
<td>Katu, Tikta</td>
<td>Tikshna, Ruksha, Guru</td>
<td>Ushna</td>
<td>Katu</td>
</tr>
</tbody>
</table>

**Sheeta Jala**

<table>
<thead>
<tr>
<th>Sheeta Jala</th>
<th>Sheeta, Ruksha</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Sita</th>
<th>Guru, Sara, Sheeta</th>
</tr>
</thead>
</table>

**Indication**

**Virechana**

**Dose:** 2 ratti

Mrudukoṣṭha, Nagarika-1.5 ratti with sīta.

Kroorakoṣṭha, Shoorā, Grameena-2 ratti with sīta.

**Anupana:** Sheeta jala, Sīta

To stop virechana, ushnodaka should be taken. The person will have the vega each time he takes the vati with sheeta jala. After Virechana, Takra should be taken along with odana as pathya. After complete cessation of vegas, sheetajala should not be taken for one yama as there may be a chance of recurrence of vegas.

**DISCUSSION**

Virechana karma is beneficial for Pitta, Samana and apana vata and Kapha Virechana. This karma pacifies the vitiated agni by removing excess of pitta from amashaya and also from all over the body.

**Discussion on Anupana**

**Sheeta Jala:** Crotonic acid is one of the chemical constituents of Jayapala which crystallizes as needles from hot water. Hence, this formulation should be taken along with sheetajala.

**Sita:** Promotes Sheeta, Guru, Sara and Vatapittahara property due to which it helps in virechana of vata and pitta.

**DISCUSSION on dravyas used for Shodhana**

**Godugdha:** Used for the shodhana of Gandhaka and Jayapala. It has guru and sara guna which helps to exhibit virechana action.

**Agni samskara:** Swedana is used for Jayapala Shodhana and Gandhaka Shodhana is done by kurma puta method. Even Tankana shodhana is done by Bharjana method. By this usha, teekshna properties of these drugs increase which further increases the action of these drugs.

**Lashuna and Saindhava:** These are used for the Shodhana of Parada. Lashuna possesses Guru, Sara and Ushna guna. Saindhava lavana has teekshna guna and is useful in Vibhanda which suggests that it has anulomana property.

**Mode of action of the drugs**

**Shunti** possesses Ushna veerya, kaphavatashamaka, vatamulomaka and bhedana property which helps in virechana karma. Maricha possesses Katu rasa, Ushna veerya, Kaphavatashamaka, Vatamulomana and srotashodhana actions which are beneficial to exhibit virechana action. Kaijali has sara guna and usha veerya. It can cure all the diseases when given with proper anupana. Tankana possesses Katu Rasa, teekshna, saraka guna and has mrudu rechana action. Jayapala has usha, teekshna guna and virechana property. The expressed seed oil possesses drastic purgative property. Almost all ingredients possess Katu rasa, Ushna teekshna sara guna, katu vipaka and vatamulomana karma. All these properties attribute to virechana action of Icchabhedi rasa.

**CONCLUSION**

Agni is the root cause for manifestation of any disease. So, initially agni should be corrected. Ingredients in Icchabhedi rasa rectify the vitiated agni through their deepana, pachana, vatamulomana properties and by expelling excess of vaikrita doshas from amashaya. Icchabhedi rasa has pharmacological action mainly on annavaha and pureeshavaha srotas. This formulation is generally used to induce purgation. It can also be used in conditions like ajeerna, navajwara, chardi, sannipataja roga and udararoga with different anupana.
REFERENCES


15. Ibid, Verse 1, 111pp.

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