

CRITIQUE ON GULMA KUTHARA RASA – A HERBO - MINERAL FORMULATION

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ABSTRACT

Rasashastra is a branch of *Ayurveda* which has given great emphasis to the comprehensive knowledge of both mineral and herbal drugs, preparation, preservation and dispensing of the preserved drugs. Among the *Parada Kalpas*, *Khalwi Rasayana* is the basic *Rasayana Kalpa* which is widely used. *Gulmakuthara Rasa* is one such yoga which is specially designed for the management of *Gulmaroga*. *Gulma Roga* is considered to be an abdominal lump or an infectious condition presented with the feature of mass, few authors also correlate it to the Tumors in the parallel science. There is much difficulty in concluding the correlation of the disease in the contemporary science condition because of which even the diagnosis and the treatment of this disease has become a nightmare. There are 2 varieties of *Gulmakuthara Rasa* explained in the classics for the alleviation of this disease. The empirical aim of this article is to review the pharmacological properties and to discuss the probable mode of action of *Gulmakuthara Rasa*.

Keywords: *Gulmakuthara Rasa*, *Gulma*, *Rasoushadhi*.

INTRODUCTION

Gulmakuthara Rasa is one among the thousands of *Khalwi Rasayana Yoga* which is specially designed for the management of *Gulmaroga*. Ayurvedic scholars define *Gulma* as the abdominal lump which is caused due to aggravation and encapsulation of *Vata Dosha* which does not give clue about its site in origin which spreads widely like the shrubs.

By the above definition of *Gulma* we can conclude that it is a disease that can be roughly correlated to tumors in the parallel science. The main line of treatment in *Gulma* is *Vata-Kaphashmaka*, *Teekshna Oushadhis* and *Lekhana Chikitsa*. It not only requires this but also *Rasayana* action along with the treatment modalities that rectifies the metabolic defects.

MATERIALS AND METHODS

Name of the *Yoga*: *Gulmakuthara Rasa*.

Gulmakuthara rasa is a herbo-mineral preparation which contains ingredients that are most effective that mainly target *Vata* and *Kapha Shamana* and does *Lekhana Karma* also.

There are 2 varieties of *Gulmakuthara Rasa* explained in the classics by various authors. Both these references are taken from *Rasa Yoga*. Among these two references *Gulmakuthara rasa-1* contains both Mineral and herbal drug where as *Gulmakuthara Rasa-2* only contains Metals and mineral in the form of *Bhasma*.

The empirical aim of this article is to review the pharmacological properties and to discuss the probable mode of action of *Gulmakuthara Rasa*.

Table 1: List of ingredients in *Gulmakuthara Rasa-1*¹

Sl. No	Name of the ingredients	Scientific / Botanical name	Quantity in parts
1	<i>Shuddha Parada</i>	Hydrargium	1
2	<i>Shuddha Gandhaka</i>	Sulphur	1
3	<i>Shuddha Haratala</i>	Arsenic Trisulphide	1
4	<i>Shuddha Tankana</i>	Borax	1
5	<i>Tamra Bhasma</i>	<i>Bhasma</i> of Copper metal	1
6	<i>Shuddha Vatsanabha</i>	<i>Aconitum ferox</i>	1
7	<i>Shuddha Jayapala</i>	<i>Croton tiglium</i>	1
8	<i>Triphala</i>	<i>Haritaki</i> – Terminalia Bellerica <i>Vibhitaki</i> – Terminalia chebula <i>Amalaki</i> – Emblica officinalis	1
9	<i>Trikatu</i>	<i>Shunti</i> - Zingiber officinale. <i>Maricha</i> – Piper nigrum <i>Pippali</i> – Piper Longum	1

Bhavana Dravya: Bringharaja Swarasa

Method of Preparation:

Shuddha Parada and *Shuddha Gandhaka* is taken in a clean *Khalwa Yantra* and *Mardana* is done until the *Kajjali Siddhi Lakshanas* are seen. Then to this *Tamra Bhasma*, *Shuddha Haratala*, *Shuddha Tankana* is added and triturated until the homogenous mixture is obtained.

To this mixture *Shuddha Vatsanabha Churna*, *Shuddha Jayapala Churna* is added and *Mardana* is done followed by the addition of *Triphala* and *Trikatu Churna*. Trituration is carried out until the homogenous mixture is obtained. *Bhavana* is given with *Bringharaja Swarasa* for 1 time.

Table 2: List of ingredients in *Gulmakuthara Rasa-2*²

Sl. No	Name of the ingredients	Scientific / Botanical name	Quantity in parts
1	<i>Abhraka Bhasma</i>	<i>Bhasma</i> of Mica	1
2	<i>Naga Bhasma</i>	<i>Bhasma</i> of Lead	1
3	<i>Vanga Bhasma</i>	<i>Bhasma</i> of Stannum	1
4	<i>Kantaloha Bhasma</i>	<i>Bhasma</i> of Iron	1
5	<i>Tamra Bhasma</i>	<i>Bhasma</i> of Copper metal	1

Bhavana Dravya : Jambeera Swarasa.

Method of Preparation:

The *Bhasma's* of *Naga*, *Vanga*, *Abhraka*, *Loha* and *Tamra* are taken in equal quantity and added to a *Khalwa Yantra*. Trituration is done until these *Bhasmas* form a homoge-

nous mixture. To this mixture one *Bhavana* is given with *Jambeera Swarasa*. Then the mixture is collected and stored in an air tight container.

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

Sl No	Name of the ingredient	Rasa	Guna	Veerya	Vipaka	Karma
1	<i>Parada</i> ³	<i>Shadrasa</i>	<i>Snigdha, Sara and Guru</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Yogavahi</i>
2	<i>Gandhaka</i> ^{4,5}	<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	<i>Haratala</i> ⁶	<i>Katu, Kashaya and Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushtahara, Deepana, Rasayana</i>
4	<i>Tankana</i> ⁷	<i>Katu</i>	<i>Teekshna, Laghu, Sara</i>	<i>Ushna</i>	<i>Amla</i>	<i>Kaphavatahara, Samastamaya</i>
5	<i>Tamra bhasma</i> ⁸	<i>Kashaya, Tikta, Madhura & Amla</i>	<i>Snigdha, Laghu, Sheeta, Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphahara, Lekhana, Krimighna, Rasayana, Ropana, Garavishahara</i>

6	<i>Vatsanabha</i> ⁹	<i>Madhura, Avyakta rasa</i>	<i>Ruksha, Tikshna, Laghu, Vikasi, Ashukari</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vedanasthapana, Shothahara, Deepana, Pachana, Kushtaghna.</i>
7	<i>Jayapala</i> ¹⁰	<i>Tikta, Katu</i>	<i>Guru, Ruksha, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittashamaka, Kushta, Krimi, Jalodara, Sarpa visha, Udara rogahara</i>
8	<i>Haritaki</i> ¹¹	<i>Kashaya prad-hana Panchrasa</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshaghna, Shothahara, Vedanasthapana</i>
9	<i>Vibhitaki</i> ¹²	<i>Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshaghna, Shothahara, Vedanasthapana</i>
10	<i>Amalaki</i> ¹³	<i>Amla pradhana pancha rasa</i>	<i>Guru, Ruksha, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshaghna, Balya, Vrushya, Rasayana</i>
10	<i>Shunti</i> ¹⁴	<i>Katu</i>	<i>Laghu, Ushna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Agni deepaka, Hridya, Ruchya, Swarya, Jwaragna, Shoolagna.</i>
11	<i>Pippali</i> ¹⁵	<i>Katu</i>	<i>Laghu, Snigdha, Teekshna</i>	<i>Anushna sheeta</i>	<i>Madhura</i>	<i>Kushtaghna, Jwaraghna, Balya, Rasayana</i>
12	<i>Maricha</i> ¹⁶	<i>Katu</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepaka, Pachaka, Sweda janaka, Jwaragna,</i>
13	<i>Abhraka</i> ¹⁷	<i>Kashaya, Madhura</i>	<i>Snigdha, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rasayana, Tridoshaghna</i>
14	<i>Kantaloha</i> ¹⁸	<i>Tikta</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshaghna, Kshaya, Pandu, Gulmahara.</i>
15	<i>Naga</i> ¹⁹	<i>Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphahara, Deepana.</i>
16	<i>Vanga</i> ²⁰	<i>Tikta, Amla, Katu, Kashaya</i>	<i>Ruksha, Sheeta, Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshahara, Lekhana, Balya, Vrishya.</i>

Table 3: Difference between 2 types of *Gulmakuthara Rasa*

	GULMAKUTHARA RASA -1	GULMAKUTHARA RASA -2¹⁶
Ingredients	<i>Shuddha Parada Shuddha Gandhaka Shuddha Tankana Shuddha Haratala Tamra Bhasma Shuddha Vatsanabha Shuddha Jayapala Triphala Trikatu</i>	<i>Naga Bhasma Vanga Bhasma Abhraka Bhasma Kantaloha Bhasma Tamra Bhasma</i>
No of Ingredients	9	5
Bhavana Dravya	<i>Bringharaja Swarasa</i>	<i>Jambeera Swarasa</i>
Anupana	<i>Ardraka swarasa</i>	<i>Ardraka Swarasa Madhu with Jala Sarja and Yava Kshara</i>
Dose	125mg	125mg
Indication	Only <i>Gulma</i>	<i>Ajeerna, Aama, Gulma, Hrit parshwa and Udara shoola.</i>

DISCUSSION

Gulmakuthara Rasa-1 contains *Kajjali* which has *Ushna Guna* and *Katu Vipaka* that acts as *Yogavahi* and *Tridoshaghna*. *Tamra Bhasma* does the *Lekhana Karma* which helps in *Kaphaharana*. *Tamra Bhasma* also acts as *Rasayana*. *Shuddha Haratala* has the property of *Vata kaphaharana* due to its *Katu, Tikta, Kashaya Rasa, Ushna*

Veerya and *Katu Vipaka*. It also acts as *Deepana* and *Pachana*. Majority of the *Kashtoushadhis* possess *Katu, Tikta, Kashaya Rasa, Ushna Veerya* and *Katu Vipaka* which also acts as *Vata Kapha Shamaka*. These drugs also possess the *Shothahara* property.

As mentioned earlier the drugs also do the *Rasayana karma* (immuno-modulator) which is more essential in the disease *Gulma*. Drugs like *Haratala* and *Shunti* 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.

Gulmakuthara Rasa-2 contains only the *Bhasma*'s of 4 metal and 1 mineral. *Tamra Bhasma* mainly does the *Lekhana Karma*. A study has been carried out and concluded that *Tamra Bhasma* prepared out of *Mulika* media is more effective in decreasing the Serum VLDL cholesterol level and increasing the serum HDL cholesterol level.²¹ This study highlights the *Lekhana* activity of *Tamra Bhasma*. SnO₂ (Stannic oxide) nanoparticles are an excellent antibacterial agent for bactericidal applications²². *Vanga Bhasma* which possess *Lekhana Karma* does the *Kapha* and *Kleda/Medaharana* and also the bactericidal activity of this *Bhasma* helps in the removal of any infection that might be a reason for the lump or mass in the abdomen.

The tumor cell can be directly killed by non-toxic wavelength radiation, such as near-infrared (NIR), or oscillating magnetic fields (MF) that can be absorbed and transformed into toxic stimuli of reactive oxygen species (ROS) production or hyperthermia by Nano Particles of iron oxide.²³ *Kantaloha Bhasma* possess *Tikta Rasa*, *Laghu* and *Ruksha Guna* that reduces the *Kapha-Medodushti* and *Deepaniya Guna* of *Loha Bhasma* might improve HDL. Removal of *Avarodha* of *Raktavaha Srotas* by *Loha Bhasma* may result in improvement of RBC By facilitation of proper nourishment to *Rakta Dhatu*.

Abhraka Bhasma which is highly rated as a *Rasayana* by various *Rasa Shastra Granthakars*, has a significant In-vitro Immunomodulatory activity in concentration dependent manner²⁴. It also does the removal of *vata* which is surrounded by *kapha* and does the *vyadhi shamana*. *Naga Bhasma* does the *shamana* of *vata* and *kapha* which is the *vyanjaka hetu* for *gulma* along with *deepana karma* rectifying the *jatharagni dushti*.

Gulmakuthara Rasa-1 is only indicated in *Gulma* whereas *Gulmakuthara Rasa -2* is indicated in treating even other ailments as told by the *Acharya* which are related to abdomen that might be one of the *Nidana* for the occurrence of *Gulma*.

CONCLUSION

Gulmakuthara rasa is an effective *khilveeya rasayana* used mainly in the treatment of *Gulma*. In total there are 2 references available in the name of *Gulmakuthara Rasa*. No doubt both yoga's can be used for curative therapy and Ingredients used in the formulation will definitely act as immunomodulatory as well as rejuvenator & helps in cor-

rection of metabolic defects. *Gulmakuthara Rasa 1 & 2*, both has different ingredients, *Bhavana Dravyas*, which might be due to difference in action on treating the variety of *Gulma*. Hence further research works are necessary to evaluate the mode of action of both the yoga's and bring the one which is most beneficial into the market as this drug is not available in the market even though all the ingredients are available.

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