

## A REVIEW ON THE ROLE OF SUTSHEKHAR RASA AN EFFECTIVE AYURVEDIC FORMULATION FOR AMALPITTA

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### ABSTRACT

In the present time Amalpitta has become a very common problem affecting majority of our population. Chronicity of this disease has also increased with the passage of time because of responsible causative factors like present sedentary life style, false food habits and increasing stress levels of this scientific world. The usage of synthetic drugs such as H<sup>2</sup> receptor blockers & proton pump inhibitors has decreased due to their side effects. This leads to the search for the natural products from plant and mineral origin possessing *pittashamaka* properties. Rasaushadhis (mineral and herbo-mineral Ayurvedic medicines are unique dosage forms having various benefits over the synthetic drugs and more efficacy too. Sutshekhar Rasa is one of them and effectively used for the treatment of Amalpitta. The ingredients of this medicine are well known for their importance in the management of Amalpitta and other pittaja vikaras due to their Doshshamaka properties. In the present review an attempt has been made to understand the possible mode of action of Sutshekhar Rasa as AmalpittaShamak.

**Keywords:** *AmalpittaShamak, Rasaushadhis, Sutshekhar Rasa.*

### INTRODUCTION

In rapidly growing civilization, prevalence of chronic diseases with causative factors mostly related to diet and life style has increased. To fulfill the demand of high speed and accuracy in every field man has become a puppet following the orders of machines giving rise to high level of stress and consumption of easily available junk food. Amalpitta also shares the causative factors like *virudh ahara* (improper diet habits), stress, oily and spicy food etc<sup>(1)</sup>. Though it can be prevented or controlled by

conscious changes in diet, habits and environment to some extent (*Nidana parivarjan*)<sup>(2)</sup> but the treatment is still predominantly based upon the use of medication from the conventional medical perspective. H<sub>2</sub> blockers antacid and proton pump inhibitors etc are the choice of drugs for various diseases related to reflux disorders and hyper acidity<sup>(3)</sup>. The side effect emerging from these medications adds on to the chronicity of the disease which then demands additional therapeutic attention. In current era

Rasaushadhi's have given Ayurveda a complete novel health care look. Ayurvedic drugs are made up of herbal, animal and minerals sources. Rasaushadhi's (mineral and herbo-mineral ayurvedic medicines) are unique dosage form sharing benefits of long shelf life, better therapeutic efficacy and permanent relief from the disease at small therapeutic dose. The utility of these medicines is tremendous because they can be applicable in asadhya vyadhi and there is no need to follow many specifications like prakriti, desha & kala. To treat Amalpitta Acharyas has mentioned the drugs, which are mainly having (katu, tikta, madhur rasa) kaph pitthar properties.<sup>(4)</sup>

Whereas Sutshekhar Rasa is a unique kharaliya rasayana (medicine prepared in mortar and pestle) having same properties contains parad, gandhak,

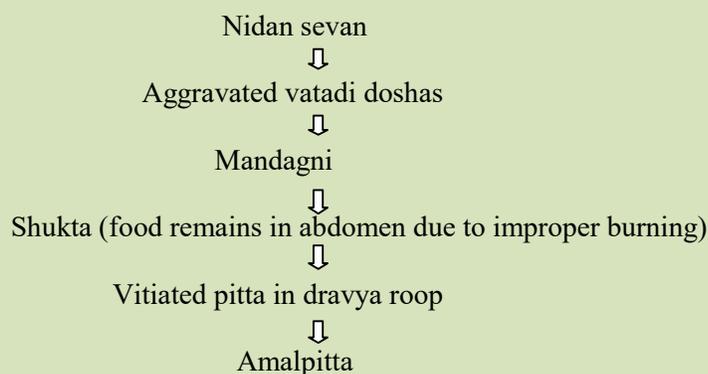
dhatu, sankh bhasam, vatasnabha trikatu, chaturjat, tankan and tamra bhasam. It is mentioned in Amalpitta Rogadhikar in Yog Ratnakar (AFI part 1)<sup>(5)</sup>. This preparation is indicated in Amalpitta, Gulma, Mandagni, Tridoshaja Atisara, aha roga (burning sensation)<sup>(6)</sup> and several other gastrointestinal disturbances which are regarded as the most commonly occurring diseases due to present sedentary life style and food habits. Since times immemorial, this drug has been most widely and successfully used in clinical practices. Varieties of Sutshekhar Rasa are discussed in (table 1)<sup>(7)</sup>

Thus considering all above facts and references, there is needed to understand the possible mode of action of Sutshekhar Rasa as a gastro protective. With this background an attempt has been made to understand the possible mode of action.

**Table 1:** Sutshekhar Rasa in classical Ayurvedic text

Types	Ingredients	References	Indication
Sutshekhar ras	Parad, Gankhak, Tankan, Vatasnabh, Trikatu, Dhatura, Tamrabhasam, Chaturjat, Sankh bhasam, Bilwamajja, Karchur Bhringraj swarasa (bhavana)	yog .ratnakar (AFI-2)	Amalpitta (hyperacidity), shula (colicky pain) gulma (abdominal lump), kasa (cough), grahani (malabsorption syndrome), atisara (diarrhea), swasha (dyspnoea), mandagni (impaired digestion), hiccups, udavart (condition in which upward movement of vayu), Daha (burning sensation), rajyakshma (T.B)
Laghu sutshekhar ras	Swaran gairik, Sunthi Nagvalli Swaras for bhavana	(AFI-2) Rastantrasara va siddhaprayogasangraha, kharaliya rasayan)	Pittaj shirashula, ardhavabhedaka (migraine), suryavarata (sinusitis), pittaj unmade (insanity due to pitta dosha), daha (burning sensation), urdhvaraktpitt (bleeding from orifices of the upper part of the body ), mukhpaka (stomatitis)

**SAMPRAPTI CHAKRA** <sup>(8)</sup>:



Acharya Kashyapa has explained this condition with a simile just as milk is poured into curd pot it immediately attains sourness and gets into an inspissated

form .In the same way, repeatedly eaten food gets improperly burnt and causes acidity of ahara rasa.

**Description of Drug:**

Name	Rasa	Guna	Veerya	Veepaka	Dosha Ghanata
<i>Parad</i>	<i>Shadrasa</i>				
<i>Gandhak</i> <sup>(9)</sup>	<i>Katu,tikta</i>	<i>Laghu, ruksha</i>	<i>Ushan</i>	<i>Madhur</i>	<i>Vatakaphshamak</i>
<i>Dhatura</i> <sup>(10)</sup>	<i>Katu, tikta</i>	<i>Lahu, ruksha</i>	<i>Ushan</i>	<i>Katu</i>	<i>Vata kapha shamak</i>
<i>Sankh bhasam</i> <sup>(11)</sup>	<i>Kasaya, katu, kshariya</i>	<i>Ruksha</i>	<i>Sheet</i>	<i>Katu</i>	<i>Tridoshghana</i>
<i>Vatasnabha</i> <sup>(11)</sup>	<i>Katu, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushan</i>	<i>Madhur</i>	<i>Vatakaphshamak</i>
<i>Tankan</i> <sup>(11)</sup>	<i>Kshariya</i>	<i>Ruksha, teekshan</i>	<i>Ushan</i>		
<i>Sunthi</i> <sup>(10)</sup>	<i>Katu</i>	<i>Laghu</i>	<i>Ushan</i>	<i>Katu</i>	<i>Vatakaphshamak</i>
<i>Marich</i> <sup>(10)</sup>	<i>Katu</i>	<i>Laghu</i>	<i>Ushan</i>	<i>Katu</i>	<i>Kaph vathara</i>
<i>Pippali</i> <sup>(10)</sup>	<i>Katu</i>	<i>Laghu,snigdha</i>	<i>Ushan</i>	<i>Madhur</i>	<i>Vat kaphshamak</i>
<i>Tamra bhasam</i> <sup>(12)</sup>	<i>Katu tikta kasaya</i>		<i>Ushan</i>	<i>Madhur</i>	<i>Pittkaphhara</i>
<i>Dalchini</i> <sup>(10)</sup>	<i>Tikt, madhur</i>	<i>Laghu, ruksha</i>	<i>Ushan</i>	<i>Katu</i>	<i>Pittshamak</i>
<i>Elaichi</i> <sup>(10)</sup>	<i>Katu,madhur</i>	<i>Laghu, ruksha</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Tridosahara</i>
<i>Tejpatar</i> <sup>(10)</sup>	<i>Madhur, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushan</i>	<i>Katu</i>	<i>Vatapitthara</i>
<i>Nagkesar</i> <sup>(10)</sup>	<i>Kasaya, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushan</i>	<i>Katu</i>	<i>Kaph pitthara</i>

**Probable Mode of Action of Sutshekhar Rasa:**

To treat amalpitta acharyas has mentioned the drugs, which are having mainly katu, tikta and madhur rasa, sheet veerya, katu vipaka and ruksha properties. Most of the drugs of Sutshekhar Rasa are tikta, kasaya and madhur rasa pradhana properties. Madhur tikta, kasaya rasa are pitat shamaka. Tikta and kasaya ras also subside kapha doshas. Madhura rasa counteracts the tikshan guna of vitiated pitta causing soothing effect, promotes strength and pacify vata pitta doshas and also relieves daha (burning sensation). In Amalpitta, mandagni leads to ama formation. Pippali is the best medicine for ama pachana. All the drugs are having deepan pachan properties which improve the status of Agni. Sankh bhasama and tankan both having kshariya nature which reduces the amlitya (acidic nature) thus neutralize the acidity and maintains acid base balance in stomach. In Ras taringini it is clearly mentioned that

they both cures amalpitta and are agnivardhak in nature. According to Ayurveda Prakash Tamra bhasam is also mentioned as amalpittnashak. Laghu Sutshekhar Ras also has same benefits like sutshekhar ras and has a detoxifier and digestive affect same as that of sutshekhar rasa. Gairik having properties like madhur, kashaya ras, snigdha guna and sheet veerya helps in relieving the vitiated pitta dosha :

**DISCUSSION**

Amalpitta being an very common disorder in present scenario .As in this disease vitiated dravya roop of pitta is primarily responsible factor. Therefore ras aushadhi having predominantly pittshamak properties plays an important role in the management of this disease. Sutshekhar rasa have ingredients which are mainly agnivardhak & amapachak properties. Thus balances the pH of the stomach and normalizes

the acid base balance in the gut. This drug plays a very important role due to the property of its ingredients and is highly effective in the management of amalpitta

## CONCLUSION

Sutshekhar Rasa correcting the vitiated state of pitta improves the whole digestion process and results in proper functioning of Agni. Conceptually it is concluded that the substances having properties like ruksha, laghu, katu, & ushan has the effect to decrease the vitiated dravya roop of pitta and maintaining the proper functioning of agni. This study can prove a real breakthrough in the coming times for the treatment of amalpitta.

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