CRITICAL REVIEW ON MADHUMALINI VASANTA: A KHARALIYA-RASAYANA

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ABSTRACT

Rasashastra deals with Mercury and its allies (minerals, metals), their therapeutics. Rasashatra is a branch which deals with pharmaceutics of Rasaushadhis. Pharmaceutical technology includes various samskara (processing) like Shodhana (purification), Jarana (Roasting), Marana (Incineration) etc. Vasanta Malati Rasa Kalpa is herbo-metallic compounds which come under subheading of Kharaliya-Rasayana of Rasaushadhis. Madhumalini vasanta, is mentioned in earlier textbooks like Rasachandanshu and later textbooks like Rasa Tantra Sara Va Siddha Prayog Sangraha. The main ingredients of Madhumalini Vasant are Shuddha Hingula, Kukkutanda (Whole Egg), Shweta Marich (Piper Nigrum), Priyangu (Callicarpama Crophylla), Kachora (Curcuma zedoaria) and Dadim (Punica granatum), Nimbu (Citrus acida) used as Bhavanadravya. It is used in chronic fever, cough, beneficial in pregnancy with debility, aneamia, asthma, chronic respiratory problems.

Key words: Madhumalini Vasanta., Rasaushadhihas, Vasanta kalpa.

INTRODUCTION

Madhumalini Vasant Rasa comes under Khalviya Rasayana category of Rasaushadhi. Processed metal, minerals and poisons with herbal drug helps this formulation to increase shelf life. It is palatable and effective in low doses. These boons are accompanied in relatively less doses. Therefore, Khalviya Rasayana is more popular than other dosage form. fine, of doughy consistency¹. Bhavana process is the important principle involved in formulating Khalviya Rasa are Samyojana i.e. mixing of ingredients in specified manner and Bhavana i.e. levigating drugs with media till mass becomes completed in two phases. In first phase, continuous grinding is done with specific liquid media for time limit, in second phase the levigated mass can dry completely. In the phase of grinding the materials are mixed and grinded continuously mixing with some specific liquid media for a period. The liquid media is mixed little by little, until the material become soft doughy mass. Continuous grinding is very important, because interruption in grinding causes dryness of material which needs addition of more liquid in levigation. After grinding the soft doughy mass can dry completely. The drying may be done in sunlight or in shade, may be in mass form or after making pellets. Although
the chief desired characters of levigation are perceived after grinding, but the desired qualities of levigated material must be achieved after drying. If repetition of Bhavana is mentioned, then one Bhavana is given after complete dryness of the previous. The drug used for the study is “Madhu Malini Vasanta” has been mentioned in the classics like Rasa chandamshu, and in the later textbooks like Rasa Tantra sarava Siddha Prayoga Samgraha. The ingredients of this yoga are Hingula, Priyangu, Kachora, Shweta Maricha, Kukkutand Rasa.

In formulation of Madhumalini Vasanta Rasa, Bhavana of Dadimswarasa and Nimbu Swarasa (lemon juice) has been utilized. It is used as Balya, Vrushya, Rasayana, Garbhavruddhi. It is used in chronic fever, cough, beneficial in pregnancy with debility, anemia, asthma, chronic respiratory problems.

### Aim and Objective

1. To do Literature study of Madhumalini Vasanta Rasa and its content.
2. To study the preparation Madhumalini Vasant as per Rasachandanshu.

### Material and Method-

**Material-** It includes

- Aardrakaswarasa-for Hingula Shodhana
- Dadimswarasa –for bhavana to Shuddha Hingula
- Nimbuswarasa –for bhavana to Madhumalini vasant.

3. Main equipment and associated equipment
- **Main-** Khalbwa Yantra
- **Associated-** Gas stove, silk cloth, knife, utensils, spoon, Glass beaker, Plastic beaker

### Table 1: Showing the Ingredients of Madhumalini Vasanta & their Pharmacological Actions

<table>
<thead>
<tr>
<th>S.No</th>
<th>Dravya</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Doshghnata</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Hingula: Cinnabar Sulphide of Mercury</td>
<td>Tikta, Kashaya</td>
<td></td>
<td></td>
<td></td>
<td>Sarva-doshaghna</td>
<td>Deepana, Atirasayana, Sarvarogahara, Vrushya</td>
</tr>
<tr>
<td>2.</td>
<td>Priyangu: Callicarpa Macrophylla Vahl</td>
<td>Tikta, Madura Kasaya</td>
<td>Sita, Guru, Ruksha</td>
<td>Sita</td>
<td>Katu</td>
<td>Kaphahara, Pittahara</td>
<td>Sangrahi, Balakrita, Rakaprasadana</td>
</tr>
<tr>
<td>3.</td>
<td>Kachoor: Curcuma zedoria Rose</td>
<td>Thikta, Katu,</td>
<td>Laghu Teekshna</td>
<td>Usna</td>
<td>Katu</td>
<td>Kaphahara, Vatahara</td>
<td>Ruchya, Mukha vaisadyakara</td>
</tr>
<tr>
<td>4.</td>
<td>Safed Marich: Piper nigrum</td>
<td>Katu, Tikta</td>
<td>Laghu, Ruksha Tikshna</td>
<td>Usna</td>
<td>Katu</td>
<td>Sleshmahara, Kaphavatajit Vatahara</td>
<td>Dipana, Medohara, Ruchya, Chedi Vataroga</td>
</tr>
<tr>
<td>5.</td>
<td>Dadima: Punica granatum</td>
<td>Madura Amla Kasaya</td>
<td>Laghu Snigdha</td>
<td>Usna, Madura</td>
<td>Kaphahara, Pittahara, Vatahara</td>
<td>Pacana, Ruchya, Sramahara, Balya, Hridya</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Kukudanda Rasa</td>
<td>Madhura</td>
<td>Guru Snigdh</td>
<td>Yellow is usna white is sita</td>
<td>Madura</td>
<td>Vaatashamaka</td>
<td>Vedanastapana, Vrushya</td>
</tr>
</tbody>
</table>

### Methods:
A. Preparation of Madhumalini Vasant included Different steps as follow-
B. Hingula Shodhana by giving 7 Bhavana of Aardrakaswarasa
C. 7 Bhavana of Dadim Swarasa to Shuddha Hingula
D. **Kukutand** (White+Yellow) blended with **Hingula** mixture on **Mandagni** and 7 Bhavana of **Nimbuswarasa** to mixture.

E. Tableting of Madhumalini Vasant

A] **Shodhan of Hingula**\(^5\) - **Shodhan of Hingula** by seven Bhavana of **Aardraka Swarasa**.

**Equipment’s Required** - KhalwaYantra [mortar and pestle], Measuring beaker and spoon.

**Procedure** –
1. 100 gm of **Asuddha Hingula** powder is taken in Khalwa Yantra.
2. Then, **Bhavanadravya, Aardrakaswaras** is added in Khalwa Yantra till all the **Hingula** in it get totally wet.
3. Then, **Hingula** powder is subjected to trituration by **Aardrakaswarasa**.
4. Trituration is done till Aardrakaswarasa is soaked in Hingula and its powder got dried.
5. Same procedure is repeated for all the seven Bhavana.
6. **Aardraka Swarasa** is added for each Bhavana as per the requirement.
7. Finally, **Shuddha Hingula** after seventh Bhavana is collected and preserved.

**Precautions** –
   a) While triturating, precaution should be taken that the material present in the mortar does not fall outside to prevent loss.
   b) After each Bhavana, Hingula from Khalwa Yanta should be removed totally to measure exact weight gain or weight loss.

B) **Bhavana of Dadimswarasa to Shuddha Hingula.**\(^6\)

**Equipment’s Required** – Khalwa Yantra [mortar and pestle]. Measuring beaker and spoon.

**Procedure** –
1. **Ashuddha Hingula** powder is taken in a Khalwa Yantra.
2. Then, **Bhavanadravya, Dadimswaras** is added to the **Hingula** till it got totally wet.
3. Then, **Hingula** powder is subjected to trituration by **Dadimswarasa**.
4. Trituration is done till Dadimswarasa is soaked in Hingula and its powder got dried.
5. The procedure is repeated for all the seven Bhavana.
6. **DadimSwaras** is added for each Bhavana as per the requirement.
7. Finally, **ShuddhaHingula** after seventh Bhavana is collected and preserved.

**Precautions** –
   a) While triturating, precaution should be taken that the material present in the mortar does not fall outside to prevent loss.
   b) After each Bhavana, Hingula from Khalwa Yanta should be removed totally to measure exact weight gain or weight loss.

C) **Preparation of Madhumalini vasant**\(^7\)

**Drugs used-Shuddha Hingula-100gm**
- **Kukutand** (Whole Egg)-100 gm
- **Shweta Maricha Churna**
- **Priyangu Churna**
- **Kachora Churna**
- **Bhavana Dravya-Limbu Swarasa** as per requirement

**Equipment’s-** Khalwa Yantra, Gas stove, Silk cloth, knife, utensils iron vessel, spoon, Glass beaker, Plastic beaker

**Procedure**-
1. 100 gm **Shuddha Hingula** is taken in an iron vessel and exposed to mandagni.
2. Then same quantity of **Kukutand** (Egg Yolk) i.e. 100 gm is added to the **Hingula** mixture and it is kept constantly stirring with an iron rod.
3. The process is continued till all egg yolk guts blended with the **Hingula**.
4. **Mandagni** is given for 10 min till mixture is dried properly and reddish coloured.
5. When mixture is properly dried, then heating is stopped, and 120 gm mixture is obtained.
6. After cooling the **Hingula** mixture attained small tablet form.
7. After that, \(\frac{1}{2}\) quantity of **Hingula** mixture i.e.60 gm of each Shweta Maricha, Priyangu and Kachora powder were taken in Khalvayantra and mixed uniformly.
8. 300 gm of **Hingula** mixture is obtained.
9. The mixture is given 7 Bhavana of Nimbuswarasa. This formulation is called Madhumalinivasanta.
10. On drying, tablets having uniform shape, size and weight were prepared.

**Precaution**
Slow and steady heat is given to Hingula and Kukkutand yolk to avoid ash and black coloured formation.

a. The mixture is constantly stirred with an iron rod. Hingula is completely blended with Kukkutand till dried granules were formed.

b. After obtaining dried granules, heat is stopped.

**D) Preparation of Malini Vasanta Rasa tablet**

**Equipment’s**: S. S. tray, sieve, weighing balance, oven, tablet compression machine.

**Ingredient**: Madhumalini Vasanta Rasa powder – 287 gm, Binding agent – Gum Acacia 5%

**Procedure**:
1. Madhumalini Vasanta Rasa is taken in Khalva Yantra then enough quantity of water and 5% of Gum acacia is added into it as a binding agent and mixed uniformly then dough mass is made.
2. After that, dough mass is made into small pieces and kept in sun light for drying.
3. Granules were made from dough dried mass with the help of granulator having 2.00 mm sieve and rotated in forward direction. Finally, each 120 mg tablets were prepared in 16 stations, Rotary tablet compression machine. Tablet is kept in airtight container.

**Precautions**:

a) The tablet machine is cleaned properly.
b) Proper quantity of water is added slowly to make homogenous mass formation.

**DISCUSSION**

In pharmaceutical field, Bhavana is used in various way like Shodhana, Marana, Satwa Patana and during preparation of any formulations. When it is applied for Shodhana purpose it helps mainly to eliminate unwanted qualities, increase the therapeutic potency and increase the bioavailability of the drug. In Khalviya Rasayana, Bhavanais to potentiate action of Khalviya Rasa, it may be achieved either by synergistic effect or removal of undesirable properties by antagonistic effect. To synergies effect, either drugs of similar therapeutic efficacy are used as a Bhavana drug or drugs increasing target specificity or absorption/bioavailability are utilized. Bhavana principle can be correlated with levigation or wet grinding. The wet grinding eliminates the hazards of dust. It is also found interestingly in practice that finer size can be achieved by wet grinding than by dry grinding. In formulation of Madhumalini Vasanta Rasa, Bhavana of Dadim swarasa and Nimbu Svarasa (lemon juice) has been utilized. Firstly, Bhavana with freshly prepared Dadim is stated. This is followed by Bhavana with Nimbu Swarasa (lemon juice) until compound get rid of greasiness. Here Bhavana by freshly prepared Dadim impart additive effect to Madhumalini Vasanta Rasa. Hingula and Maricha both are Raksha in nature. Addition of Dadim balances Teekshna property of Maricha and Hingula. Both Bhavana Dravya are source of many vital nutrients and antioxidants. Lemon juice is also rich in vitamins, minerals and alkaline salt with less fructose sugar. These trace elements may get imparted to formulation during levigation. According to Ashtanga Sangraha, Priyangu has the property “Bharga Sandhana.krith and Brunhana.” Priyangu possess both Guru and Rukshaguna. It is Tikta Kashaya and Madhura in Rasa by Vipaka it is Katu and by virtue of its Veerya it is Sheeta. It is said to be Tridoshshamaka especially Vatapittashamak and Vedanasthapana. Kachora is Laghu and Tikshna in guna and Ushna Veerya. It is Tikta and Katu in Rasa. By vipaka it is Katu and it said to be Kaphavatashamaka Kachora is Vedana Shamaka and Shothharra and Anulomana in nature. The dehusked black pepper is known as Safed Maricha is Laghu and teekshna in Guna and Katu in Rasa and Vipaka, its Ushna in Veerya. Owing to these attribution Safed Maricha is generally considered to be Vatakapha Shamaka. Also, according to modern nutritional values Pepper contains- Vitamin C, Vitamin K, Calcium, Magnesium. Maricha is the second chief ingredient of Madhumalini Vasanta Rasa stated by all texts. Yogaratnakara has described Maricha Shodhana where fruits are dipped in buttermilk for 3 hours and then its outer coating is removed. This Maricha is also termed as Shweta Maricha. Purpose of this Shodhana might be to decrease pungent property of Maricha to...
some extent. This Shodhana may be suggested where Maricha churna is used in individually not in combination with another drug. But in previous references of Madhumalini Vasanta Rasa, Maricha Shodhana prior its use in formulation has not been stated. In present study too, considering above facts Maricha Shodhana has not been performed for pharmaceutical convenience Kukkutand rasa is generally Guru and Snigdha in guna. It is Madhura in Rasa as well as in Vipaka. The Kukkutand is generally Vatashamaka and Vrushya and is widely used in Vatavyadhi and is given in cases of Daurbalya and Kshaya.

Eggs are a good source of essential mineral such as Calcium, iron, phosphorous, zinc and iodine. Eggs are rich in vitamin B especially vitamin B12, Vitamin A, D, E, K. It should be noted that very few food items contain Vitamin D, and egg is one of them. Dadima is Laghu and Snigha in Guru and has Madhura, Kashaya and Amla Rasa. The ripened fruit is Madhura in Vipaka whereas the unripe fruit is Amla in Vipaka. The veerya of Dadima is Anushna. The sweet fruit is Tridoshghna. The fruit is said to be Balya. Modern studies show that Pomegranate juice is a rich source of Vitamin C and Antioxidant property.

CONCLUSION

Madhumalinivasanta, is mentioned in earlier textbooks like Rasachandanshu is one of the important formulations. Madhu Malini Vasanta Rasa comes under Khaliya Rasayana category of Rasaushadhi. Kharaliya Rasayana is more popular than any other dosage form. The important principle involved in formulating Khaliya Rasa are Samyojana i.e. mixing of ingredients in specified manner and Bhavana. Hingula is a main ingredient. It is used as Balya, Vrushya, Rasayana, Garbhavruddhikar. It is used in chronic fever, cough, beneficial in pregnancy with debility, anemia, asthma, chronic respiratory problems.

REFERENCES


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