

PHARMACEUTICAL STUDY OF SHOOLA GAJAKESARI RASA

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ABSTRACT

Shoola Gajakesari Rasa is a classical *ayurveda* medicine mentioned in *Yoga ratnakara* for *Vataja Shoola* (pain due to vitiated *Vata*). The important constituents of *Shoola Gajakesari Rasa* are *Yavakshara* (alkali preparation of barley plant), *Kapardika bhasma* (*bhasma* of cowrie shell), purified *Vatsnabha* (*Aconitum ferox*), *Saindhava lavana* (rock salt), and *trikatu* (combination of *Zingiber officinale*, *Piper nigrum*, *Piper longum*). All the drugs were taken in equal quantity in powder form and mixed thoroughly to obtain a uniform mixture. The above mixture was triturated with *Tambula patra swarsa* (fresh juice of betel leaves) to obtain a uniform paste that can be made into pills. Tablets of 1 *gunja* (125 m.g.) were made from above paste. Present paper is concerned about describing in detail, the pharmaceutical procedure used in preparing *Shoola Gajakesari Rasa*.

Keywords: *Shoola Gajakesari Rasa*, *Yoga ratnakara*, *Shoola*

INTRODUCTION

Shool (pain) is a common complaint in day to day clinical practice. Various terms are used to define pain in *ayurveda* and in contemporary medicine like throbbing, piercing, dull ache etc. Various medicines are mentioned in *ayurveda* classics concerning pain. One of such yoga is *Shoola Gajakesari rasa* (S.G.R.) mentioned in *Shoola roga adhikara* by *Yoga ratnakara*¹. Two types of *Shoola Gajakesari Rasa* are mentioned in this chapter having slight variation in their composition. The *Shoola Gajakesari Rasa* that we are dealing here is mentioned particularly for *Vataja shoola* (pain due to vitiated *vata*). The etymology of this yoga is hidden in its name itself as *Gaja* means elephant and *kesari* means lion, as this *yoga* is as potent as like a lion that can pacify a pain of as severe nature as an

elephant. The important constituent of this *yoga* are *Yavakshara* (alkali preparation of barley), *Kapardika bhasma* (*bhasma* of cowrie shell), purified *Vatsnabha* (*Aconitum ferox*), *Saindhava lavana* (rock salt), and *Trikatu* (combination of *Zingiber officinale*, *Piper nigrum*, *Piper longum*). All *churnas* (fine powders) are to be mixed to obtain homogenous mixture and this mixture is to be triturated with *Tambula patra swarsa* (fresh juice of betel leaves) and pills of 125 m.g. are to be made.

MATERIAL AND METHODS-

The material and methods adopted in the preparation of *Shoola Gajakesari Rasa* are as follows-

1. Preparation/collection of powders of drugs and preparation of *Tambula patra swarasa*
 2. Preparation of homogenous mixture and its *Bhavana* (trituration) with *Tambula patra swarasa*
 3. Preparation of pills
- 1. Preparation/collection of powders of drugs and preparation of *Tambula patra swarasa*-** each drug was taken in equal quantity of 5 gm each.

Table 1: Showing the constituents of *Shoola Gajakesari Rasa*-

S. No.	NAME OF THE DRUG	QUANTITY
1	<i>Yavakshara</i>	5 gm
2	<i>Kapardika bhasma</i>	5 gm
3	<i>Shuddha Vatsnabha churna</i>	5 gm
4	<i>Saindhava lavana</i>	5 gm
5	<i>Trikatu churna</i>	5 gm

Yavakshara, *Kapardika bhasma*, *Saindhava lavana* and *Trikatu churna* were obtained from pharmacy department of hospital. *Vatsnabha shodhana* was done by *Gomutra* (cow's urine)².

Preparation of *Tambula swarasa*- Fresh betel leaves were purchased from local market, washed thoroughly, made into *kalka* (fine paste) and fresh *swarasa* (juice) was obtained by squeezing it through double layered cloth³.

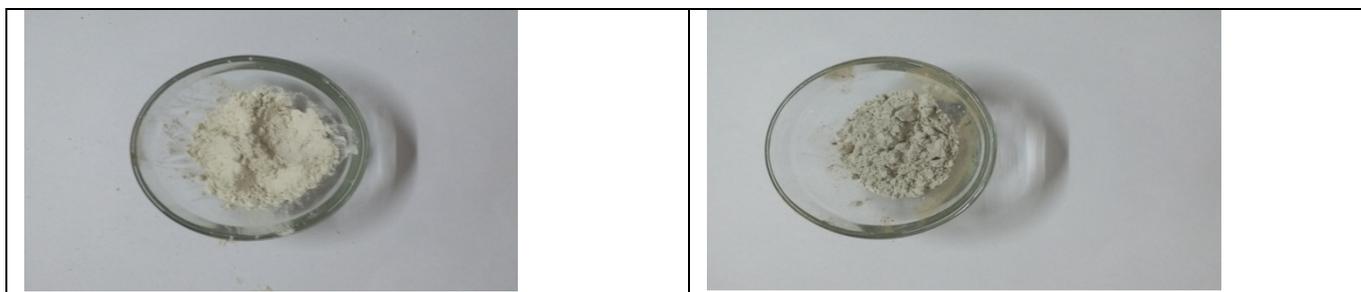


FIGURE 1: *Yavakshara*

FIGURE 2: *Kapardika bhasma*

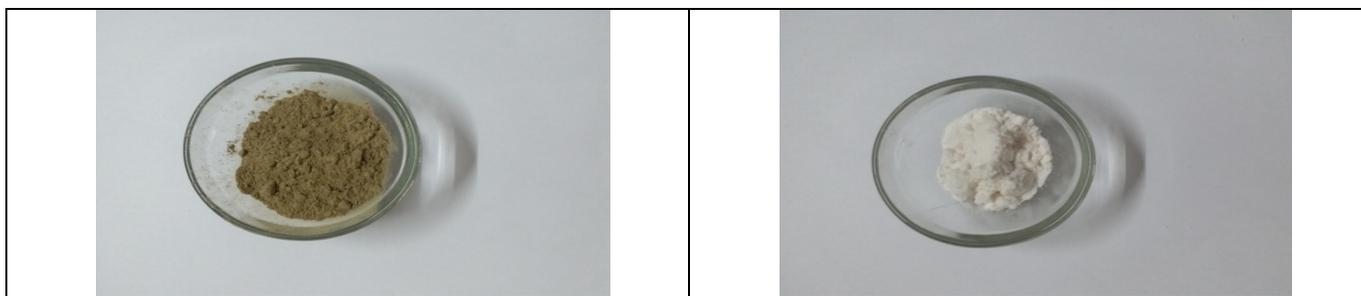


FIGURE 3: *Shuddha Vatsnabha*

FIGURE 4: *Saindhava lavana*



FIGURE 5: *Trikatu churna*



FIGURE 6: Purification of *Vatsnabha*



FIGURE 6: Betel leaves



FIGURE 7: *Kalka* of betel leaves



FIGURE 8: *Swarasa* of betel leaves

2. **Preparation of homogenous mixture and its *Bhavana* (trituration) with *Tambula patra swarasa***- all the above *churnas* (fine powders) were added in *Khalva yantra* (mortar and pestle) and mixed thoroughly to obtain a homogenous mixture. Fresh *tambula patra swarasa* was added slowly and mixture was triturated continuously for 3 hours, little amount of

swarasa was added to it at regular interval to keep the mixture moist enough to aid uninterrupted *bhavana* (no specific time was mentioned in original reference regarding the duration of *bhavana*)



FIGURE 9: Preparation of Homogenous mixture



FIGURE 10: *Bhavana* with *Tambula patra swarasa*

3. **Preparation of pills**- after the *bhavana* procedure was over the mixture gets converted into fine *kalka* form. Now pills of 125 mg were prepared manually by using

accurate pocket sized scale of calibration 200 mg x .01 g.



FIGURE 11: Kalka after 3 hours of Bhavana

After pills were made they were kept under sunlight (not directly) until and unless they get devoid of any moisture



FIGURE 12: Showing the pills and drying of pills under indirect Sunlight

RESULTS AND OBSERVATION

After the pills were made, 10 pills were selected randomly and weighted separately. The sum total of the weight was divided by 10 to get the mean weight of the pills

Table 3: Organoleptic test of Shoola Gajakesari Rasa

S. No.	Parameter	Observation
1.	Colour (Rupa)	Brownish-black
2.	Taste (Rasa)	<i>Lavana rasa</i> predominates (salty)
3.	Smell (Gandha)	Smell of <i>Tambula swarasa</i> predominates
4.	Touch (Sparsha)	Smooth

DISCUSSION

Shoola Gajakesari Rasa is a herbo-mineral combination of drugs. Important point that needs to be dis-

Mean weight of tablets= sum total of weight of 10 pills / no. of pills

Table 2: Showing the weight of 20 pills and mean weight of the pills.

S. No.	Weight of individual tablets
1	130 mg
2	140 mg
3	130 mg
4	110 mg
5	100 mg
6	140 mg
7	120 mg
8	130 mg
9	110 mg
10	140 mg
Total	1250 mg

Mean weight of *Shoola Gajakesari Rasa* pills= 1250/10=125 mg.

Based on above table we can say that that weight of pills prepared is 125 mg±10



FIGURE 13: Showing weight of a pill on digital scale

cussed is its utility in *Shoola*, as in original *sloka* author has mentioned it is an excellent medicine for *Vataja shoola*, but hasn't mentioned about the site or

any particular disease in which it is to be used. Looking after the composition of the *yoga* we can say it suits more for abdominal pain as *Yavakshara* is an excellent medicine for *udara roga* due to its *deepanapachana guna* (appetizers and digestive)⁴, *kapardika bhasma* is very good in *parinama shoola* (pain due to duodenal ulcer)^{5,6}, *Shuddha Vatsnabha* pacifies all three *doshas* (*Vata, Pitta, Kapha*) and improves digestive fire⁷, *Saindhava lavana* pacifies *Tridosha* and cures constipation⁸, *Trikatu* is also *deepana* and stimulates digestive fire⁹. So based on above discussion we can say *Shoola Gajakesari Rasa* acts can be very helpful in management of abdominal pain.

Tambula patra swarasa should be used immediately after preparation as it was observed that *swarasa* starts turning into greenish-brown colour from original green colour, it suggests that there might be some oxidative changes taking place in it after coming in contact with air. While making pills one point that should be kept in mind is the loss of moisture after exposing the pills to sunlight, so the pills should be made of slightly more weight than 125 mg so that after drying stable weight around 125 mg mark can be obtained. It is important to discuss dominance of *rasa* (taste) in this drug, while tasting this drug there was predominance of *lavana rasa* (due to *saindhava lavana*), also there was taste of *katu rasa* (pungent) as *anurasa* which can attributed by *trikatu* and also by *Yavakshara*¹⁰. After the pills were prepared they should be stored in air-tight container.

CONCLUSION

Shoola is a common complaint in day to day clinical practices. Keeping this in view an idea was generated to prepare a medicine whose contents are easily available in hospital and clinics. S.G.R is simple in preparation and dose mentioned by author is also minimal i.e. 125 mg. Further more study that needs to be carried out in this context is it's analytical and there after clinical efficacy.

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