



**AN AYURVEDA REVIEW ON KHAGESHWARA RASA W.S.R. TO METHOD OF PREPARATION**

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**ABSTRACT**

The holistic science of India Ayurveda offers several theories and principles for the maintenance of healthy wellbeing and in this regards Ayurveda described use of many classical formulations that helps to remain healthy. The unique, original and logical fundamentals of Ayurveda provide efficient and safer ways to remain free from diseased condition. *Rasashastra* is one such modality of Ayurveda that deals with science of *Rasa*; mineral, metals and herbal poisons. The formulations prepared from concepts of *Rasashastra* (*Rasaushadhis*) offers quick action, effect in small dose, palatability and good bioavailability therefore provides several health benefits in many health ailments. *Khageshwara Rasa* is one such drug that used for various purposes, considering importance of this formulation present article reviewed some aspects of *Khageshwara Rasa*.

**KEYWORDS:** *Ayurveda, Rasashastra, Rasaushadhis, Khageshwara Rasa.*

**INTRODUCTION**

*Khageshwara Rasa* is considered as *Kharaliya* and *Kupipakva Rasayana* mainly consisted of ingredients such as; *Parada, Gandhaka, Kasisa* and *Arjuntwaka* as *Bhavnadravya*. The *Parada, Gandhakakajjali* offers *Yogvahi* while *Kasisa* imparts *Ushna & Tikshna Guna* thus pacifies *Bhrajaka Pitta* of skin and helps in skin problems. *Jarana* is major process involves in preparation of *Khageshwara Rasa*, this process imparts safety in drug safe and *Khageshwara Rasa* become nontoxic to human use. The manufacturing process enhances therapeutic properties of *Khageshwara Rasa* so it can be used effectively for the management of *Shwitra*.

*Khageshwara Rasa* recommended to cures skin diseases such as; *Kushtha & Shwitra*. The *Kharaliya* and *Kupipakvakalpna* involved in preparation of *Khageshwara Rasa* thus it possess several beneficial effects of *Rasaushadhis* such as; palatability, potency, safety and long shelf life.

*Rasa Ratna Sammuchaya* described *Khageswara Rasa* as *Sagandha, Saagni Antardhuma Kupipaka Rasayana* which is prepared from detoxified mercury (*Shuddha Parada*), non-toxic sulfur (*Shuddha Gandhaka*) and pure

green vitriol (*Shuddha Kasisa*). These ingredients used in equal proportions. The chief ingredients first subjected to *Bhavana* of *Arjuna twak kwatha* than pellets preparation from *Bhavita* mixture and finally subjected to *Kupipaka* for 36 hours.

**General considerations related to Preparation of *Khageshwara Rasa***

This drug is prepared from purified *Parada, Gandhaka* and *Kasisa*, method also involves use of *Bhavanadravya Arjuntwak, Shodhana & Marana* and *Kupipaka* etc. are major procedures associated with the preparation of *Khageshwara Rasa*. The quantity of major ingredients mentioned in **Table 1**. The various techniques involved in the preparation of *Khageshwara Rasa* are depicted in **Figure 1**.

**Table 1: Chief ingredients involved in the preparation of *Khageshwara Rasa***

S. No.	Ingredients	Quantity
1	<i>Parada</i>	1 Pala
2	<i>Gandhaka</i>	1 Pala
3	<i>Kasisa</i>	1 Pala
4	<i>Arjuna twak</i>	-



Figure 1: Various techniques involved in the preparation of *Khageshwara Rasa*.

➤ **Considerations related to *Parada Shodhana***

*Sudha*, *Saindhava* and *Rasona* mainly employed for this purpose. *Sudha* absorb impurities soluble in alkali and also absorbs trace elements. During process of triturating *Lavana* helps to dissociates soluble impurities *Parada* due to its *Kshariya* property. This all facilitate absorption of watery and oily impurities. *Rasonakalka* provides *Shodhana* property that helps to purify *Parada*.

➤ **Considerations related to *Gandhaka Shodhana***

*Godugdha* and *Goghruta* mainly employed for this purpose, *Goghruta* helps to dissolve sulphur and thereby facilitate its detoxification. The insoluble impurities generally filtered off while other physical impurities trapped in cloth. The *Sheeta-Virya*, *Snigdha-Gunas* and *Madhura Vipaka* of *Godugdha* and *Goghruta* helps to pacifies intense properties of *Gandhaka* thus suppress *Ushna* & *Teekshnaguna* of *Gandhaka*.

➤ **Considerations related to *Kasisa Shodhana***

*Bhringaraja swarasa* used for *Kasisa Shodhana*, *Swedana* principle utilizes for this purpose which helps to dissolve *Kasisa* in *Swarasa*, impurities can be removed after their accumulation over cotton cloth. This procedure imparts purified dark green in crystals.

➤ **Considerations related to *Kajjali preparation***

*Shuddha Parada* and *Shuddha Gandhaka* used in equal quantity for this purpose, free mercury can be identified as presence of *Chandrika* in *Kajjali*, therefore *Mardana* indicated till to become *Nishchandrikaran*. That after *Kasisa* added in equal quantity and subjected to *Mardana* till to get *Shalakhna* or fine particles which can float on the water surface.

➤ **Considerations related to *Khageshwara Rasa preparation***

- Preparation of *Musha*, *Mrutbhanada* and *Valukayantra* play important role in *Purvakarma* procedure.

- Bottle possessing heat sustaining capacity can be used to prepare *Musha*.
- Layers of cloth smeared with clay used to wrapping purpose, this enhance stability during heating process.
- *Musha* used for keeping *Kajjali* of *Parada*, *Gandhaka* and *Kasisa*.
- Filling of *Valukayantra* can be done using sand in *Pradhana karma*.
- *Mrutbhanada* should be kept inside the *Valukayantra* as part of main procedure.
- *Madhyamagni* (200 – 450°C) need to be maintained throughout the process.
- Heating recommended for 36 hours then self cooling of material recommended.

**CONCLUSION**

*Rasashastra* is one of the important aspects of Ayurveda that encompasses various theories and principles related to the therapeutic properties of mineral & metal based formulations. These formulations termed as *Rasaushadhis* which offers advantages of quick action, low dose, palatability and potent efficacy. *Khageshwara Rasa* is one such drug that comes under category of *Rasaushadhis*. *Khageshwara Rasa* is *Kharaliya* and *Kupipakva Rasayana* which prepared from *Parada*, *Gandhaka* and *Kasisa*, *Arjuntwaka* also used as *Bhavnadravya*. *Khageshwara Rasa* used for skin problems such as; *Kushtha* & *Shwittra*. *Parada Shodhana*, *Gandhaka Shodhana*, *Kasisa Shodhana* and *Kajjali preparation* are major procedures involved in the preparations of *Khageshwara Rasa*. Article concluded that classical considerations related to the preparation of *Rasaushadhis* and *Kupipakva Rasayana* is to be considered carefully during preparation of *Khageshwara Rasa*.

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