

A REVIEW ON KANAKSUNDAR RASA- KHARALIYA RASAKALPA W.S.R. TO RASACHANDANSHU

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ABSTRACT

Kanaksundar Rasa is one of the herbo- mineral formulations. It is very well known *Rasakalpa* and thoroughly prescribed by Ayurvedic Practitioners. It stands as a premier potent formulation in Ayurvedic medicine. There are 3 references of this kalpa but here we are reviewing about *Rasachandanshu* reference which is also available in market. It includes many potent *Rasa-dravyas* with *visha-dravya* that's why it is used to cure *Atisara* in children as well as adults. It also acts on *Shoola*, *Jwara*, *Dantobhedajanya vyadhi*, *Romantika* etc. especially having *Agnideepak*, *Amapachaka*, *Ashukari* properties. Thus one can select accurate kalpa and may save oneself from misprescription.

KEYWORDS: Ayurved, Herbo-mineral formulation, *Rasachandanshu*, *Kanaksundara Rasa*.

INTRODUCTION

Ayurved, the ancient science of life, is a holistic system of medicine that originated in India over 3000 years ago.^[1] It emphasizes balance between the body, mind and spirit which promotes health through natural means such as herbs, diet, lifestyle and specialized treatments.

One of its unique branches, *Rasashastra* deals with the preparation of medicines using mercury, metals, minerals and herbs after proper purification and processing.^[2] These formulations are known for their quick action, potency in small doses and long shelf life.^[3] The preparation of medicine depends upon *Chaturvidha Rasayana* i.e. *Kharaliya Rasayana*, *Parpati*, *Pottali*, *Kupipakwa Rasayana*.

Among the many formulations described in *Rasashastra*, *Kanaksundar Rasa* is *Kharaliya Rasa Kalpa* holds special place due to its effective results in managing various conditions like *Atisara*, *Jwara*, *Romantika*, *Agnimandya*. It is a herbo-mineral formulation containing *visha-dravya*, traditionally prepared by using ingredients like *Shuddha Hingula*, *Shuddha Gandhaka*, *Shuddha Dhatura beeja*, *Shuddha Bhanga* etc. and other potent substances, carefully processed to enhance their therapeutic action.

This review aims to provide a comprehensive overview of *Kanaksundar Rasa*, including its classical reference, ingredients, method of preparation, therapeutic uses, mode of action and safety consideration. Understanding such formulations helps students appreciate the scientific and clinical wisdom embedded in Ayurvedic texts and supports their integration in modern Ayurvedic practice.

Aim- To study *Kanaksundara Rasa* and its therapeutic uses.

Objective- 1. To study the classical reference of *Kanaksundara rasa*.

2. To understand the method of preparation.

3. To explore the therapeutic indications.

MATERIAL AND METHOD

In present work literature related with *Kanaksundara Rasa* have been studied from *Rasachandanshu*. Work done by researcher and scholars are taken in consideration for interpretation of classical text. Internet source is also used for compiling the information about *Kanaksundara Rasa*.

There are 3 different *granthadhars* available for *Kanaksundara Rasa*. Among the one *Rasachandanshu* is present in market and this is successfully used in various disease. Various combination of ingredients should be considered for better treatment of patients according to

their *Bala*, *Vaya*, *Prakruti*, *Desha*, *Vyadhi* etc., and imbalance of *Dosha-Dhatu-Mala*. This preparation is formed by our ancient *Acharyas* to increase efficacy and enhances the therapeutic uses of *kalpa*.

हिन्गुलं मरिचं गन्धं पिप्पलीं टंकणं विषम्
कनकस्य च बीजानि समांशं विजयाद्रवैः ।
मर्दयेध्याममात्रं तु चणमात्रां वटी शुभाम् ॥
- रसचंडाणु

Table No. 1: Showing Ingredients, proportion and its useful part of formulation.

Sr. No.	Ingredients	Proportion	Upayuktanga
01.	Shuddha Hingula ⁽⁴⁾ (Cinnebar-HgS)	1 Part	Khaneej Dravya
02.	Shuddha Gandhaka ⁽⁵⁾ (Sulphur- S)	1 Part	Khaneej Dravya
03.	Shuddha Tankan ⁽⁶⁾ (Borax- Na ₂ B ₄ O ₇ .10H ₂ O)	1 Part	Khaneej Dravya
04.	Krushna Dhatura ⁽⁷⁾ (Dhatura Metel)	1 Part	Beeja
05.	Takra Shuddha Maricha ⁽⁸⁾ (Piper Nigrum)	1 Part	Phala
06.	Pippali ⁽⁹⁾ (Piper Longum)	1 Part	Phala
07.	Shuddha Vatsanabh ⁽¹⁰⁾ (Aconitum Ferox)	1 Part	Moola
08.	Bhanga ⁽¹¹⁾ (Cannabis sativa)	30 Parts	Patra

Table No. 2: Showing Pharmacodynamic and Pharmacodynamic of contents.

Sr. No.	Ingredients	Rasa	Guna	Veerya	Vipaka	Karma/ Properties
01.	Shuddha Hingula ^[4]	Tikta, Katu, Kashaya	Guru, Tikshna	Ushna	Madhura	Deepan, Pachan, Balya, Vrushya
02.	Shuddha Gandhaka ^[5]	Madhura	Tiksha, Ushna	Ushna	Katu	Deepan, Pachan, Krumighna
03.	Shuddha Tankan ^[6]	Katu, Tikta	Ruksha, Tikshna, Vyavayi, Vikasi	Ushna	Katu	Deepan, Pachan, Strotoshodhan
04.	Krushna Dhatura ^[7]	Tikta, Katu	Laghu, Ruksha, Vyavayi, Vikasi	Ushna	Katu	Nidrajanan, Shoolaghna
05.	Takra Shuddha Maricha ^[8]	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Deepan, Pachan, Krumighna, Shoolaghna, Lekhan
06.	Pippali ^[9]	Katu	Laghu, Tikshna	Anushna-sheeta	Madhura	Lekhan, Krumighna, Deepan, Pachan
07.	Shuddha Vatsanabh ^[10]	Madhura	Laghu, Ruksha, Tikshna, Vyavayi, Vikasi	Ushna	Madhura	Deepan, Shothaghna, Shoolaghna, Jwaraghna, Swedajanana
08.	Bhanga ^[11]	Tikta, Katu, Kashaya	Laghu, Ruksha, Tikshna, Vyavayi	Ushna	Katu	Ruchikar, Pachak, Nidrajanan, Grahi, Madakari, Vedanasthapak

Procedure^[12]- Take purified *Hingula*(Cinnabar) and triturate it in a mortar add purified *Gandhaka*(Sulphur) and grind well. Then add purified *Vatsanabha*(Aconitum ferox) and the paste of *Tankan Kshara*(Borax) and grind thoroughly. Next, add the powder of purified seeds of *Krishna Dhatura* and triturate. After that add the powder of *Pippali* and grind. Finally add the powder of purified *Krishna Maricha*, which has been purified in buttermilk and grind well. Once the mixture becomes uniform add the decoction of *Bhanga*(Cannabis) and give it one *bhavana* and triturate thoroughly. When trituration is complete, prepare pills of the size of 1 *Gunja* i.e. 125mg.

OBSERVATION AND RESULTS – GUNADHARMA^[13]

भक्षणाद् ग्रहणीं हन्ति रसः कनकसुन्दरः ।
अग्निमाध्यं ज्वरं तीव्रमतीसारं च नाशयेत् ॥
दध्यन्नं यापयेत्पथ्यं महातक्रोदनं चाचरेत् ॥
- रसचंडाणु

This formulation having main properties to cure disease

like *Grahani*, *Agnimandhya*, *Jwara*, *Atisara*. It is a *Tikshna*, *Ushna*, *Ampachaka*, *Agnideepaka*, *Kaphaghna* and *Vedanashamaka*^[14] It acts over *antah koshtha*, *Amashaya* and *Pakwashaya*. Due to *Adnideepan Kapha* of *Antra* gets lowers further *Ampachana* happens and cures *Atisara*. It is one of the *Grahi* formulation but it doesn't have *stambhana* property like *Ahiphena*.^[15]

Dose- 1 *Gunja* (125mg)

Anupana- *Nimbu Swarasa*, Buttermilk

Kala- Thrice a day (4 hourly)

Kalamaryada^[16]- 3 to 4 days

Rogaghnata- *Grahani*, *Atisara*, *Agnimandhya*, *Jwara*, *Dantodbhedjanya vyadhi*, *Pravahika*, *Shoola*, *Romantika* etc.

Modern view^[17]- It helps in treating following disease.

Thyphoid, Malaria, Dengue, Chronic fever, Intermittent fever, Diarrhoea, Dysentery, IBS, Malabsorption syndrome, Indigestion, etc.

Contraindications^[18]- 1) This medicine should only taken under medical supervision.
 2) Self medication can be prove dangerous.
 3) Accidental overdose in children may cause poisonous effects.
 4) Pregnant ladies, lactating mothers should take this medicine strictly under medical supervision with prescribed dose and duration.

Manufacturers- 1. Agnivesh 2. Baidhyanath 3. Rasayani 4. Baggewadikar Ayurved Rasashala 5. Arya Ayurved Pharmaceuticals

CONCLUSION AND DICUSSION

This formulation is available in tablet form which having Herbo-mineral ingredient with *Visha - varga's* drugs. It is ancient formulation that balances two of doshas i.e, *Kapha* and *Vata* and treats *Agnimandya* mainly. As it contains most of *Kaphaghna dravyas* hence help in *Aampachana*.

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