

SHONITARGAL RASA- A UNIQUE FORMULATION

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Article Received on 22/07/2020

Article Revised on 12/08/2020

Article Accepted on 02/09/2020

ABSTRACT

Introduction: Rasashastra is a branch of Ayurveda pharmaceuticals that utilises drugs of mineral, metal, marine origin in preparation of medicine. These are termed as Rasoushadhi, and are said to produce quick therapeutic results in smaller dosage. Rasoushadhis are broadly classified as Kharaliya rasayana Kupipakva rasayana, Pottali rasayana and Parpati kalpana. Shonitargal rasa is a unique formulation comprised of Lauha bhasma, Abhraka bhasma, Yashada bhasma, Rasasindura, Rakta chandana, Laksha, Sphatika bhasma and Rasanjana and mainly indicated in Raktapitta, Raktapradara and Raktatisara etc. **Materials and methods:** Literary search through the texts of Rasashastra and other digital media was carried to collect the details of Shonitargal rasa. **Observations and Results:** After reviewing the details about ingredients, properties of the ingredients of Shonitargal rasa, method of preparation and method of administration was obtained. **Discussion and Results:** Shonitargal rasa is a rasayana indicated in Raktarsha, Raktapradara, Raktaatisara, etc. It is mainly used in bleeding disorders to stop the bleeding in order to protect the strength of the patient.

KEYWORDS: Rasoushadhi, Kharaliya rasayana, Shonitargal rasa, Bleeding disorders, Raktapitta.

INTRODUCTION

Rasoushadhi are important formulations in Ayurveda therapeutics due to lesser dose, enhancement of action of other ingredients of formulation, quicker action and palatability^[1] and have more shelf life. Rasoushadhi are classified as Kharaliya rasayana, Kupipakva rasayana, Pottali rasayana and Parpati kalpana.

The Kharaliya or khalviya rasayana stands foremost in comparison with other three rasayana namely Parpati, Pottali and Kupipakva in terms of popularity, wide range of therapeutic utility and ease of preparation. Parpati, Pottali and Kupipakva rasayana are limited in numbers but the khalviya rasayana are innumerable and most suitably indicated in vast majority of disease conditions.^[2]

The formulations which are completely prepared and obtained as end products in khalva yantra by the act of trituration, they are called as Kharaliya or Khalviya rasayana.^[2] Shonitargal rasa is a unique formulation coming under khalviya rasayana. It comprises of Lauha bhasma, Abhraka bhasma, Yashada bhasma, Rasanjana, Sphatika bhasma, Rasa sindura, Rakta chandana, Swarna gairika and Laksha.^[3] It is mainly indicated in bleeding disorders such as rakta pitta, raktatisara and raktapradara. To prescribe the rasoushadhis in clinical practice, it is

necessary to know about the ingredients, probable mode of action, dose fixation according to the prakruti of the patient. So one should have the detailed knowledge about the formulation. Hence, an attempt is made to review details about the unique formulation Shonitargal rasa.

MATERIALS AND METHODS

An extensive search was carried out for Shonitargal rasa in both print and digital media. Only peer reviewed indexed journals with ISSN number were considered for the study.

Table 1: Ingredients of Shonitargal rasa.^[3]

SI No	Ingredients	English/ Botanical name	Part used	Quantity
01	Lauha bhasma	Iron	-	12g
02	Abhraka bhasma	Mica	-	12g
03	Yashada bhasma	Zinc	-	12g
04	Rasanjana	Extract of <i>Barberis aristata</i>	-	12g
05	Sphatika	Potash Alum	-	12g
06	Rasa Sindura	Mercury preparation	-	24g
07	Rakta Chandana	<i>Pterocarpus santalinus</i> Linn	Heart wood	24g
08	Swarna Gairika	Haematite	-	24g
09	Laksha	Laccifer lacca	Resin	24g

Method of preparation^[3]

All the ingredients i.e., Lauha bhasma, Abhraka bhasma, Yashada bhasma, Rasasindura, Rakta chandana, Laksha, Sphatika bhasma except Rasanjana should be taken in mentioned quantity and triturated and mixed well in khalva yantra. Rasanjana should be mixed with sufficient quantity of water so that it dissolves in water. This

rasanjana jala should be used as bhavana dravya. The mixture should be given bhavana with rasanjana jala till it attains subhavit lakshana (test of perfectness). Then pills of 2 ratti or 250 mg should be prepared, dried under shade and stored in an air tight container.

Dose: 1-2 pill two times a day

Anupana- Usheerasava, Jala

Table 2: Attributes of the ingredients of the Shonitargal rasa.

SI No	Ingredients	Rasa	Guna	Virya	Vipaka	Doshagnata	Karma	Rogagnata
01	Lauha Bhasma	Tikta (Bitter), Kashaya (Astringent)	Ruksha (Dry), Guru (Heavy), Lekhana (Scraping property)	Sheeta (cold)	Madhura (sweet)	Kapha pitta dosha hara (Alleviates kapha and pitta dosha)	Balya (gives Strength), Medhya (improves intellect), Varnya (increases complexion)	Pandu (Anemia), Gulma (Abdominal lump), Pleeha (splenic disease), Krimi (worm infestation), Arsha (piles), Shula (pain), Shotha (oedema), guda roga (Anorectal disease)
02	Abhraka Bhasma	Madhura (Sweet)	Snigdha (Unctuous)	Sheeta (cold)	Madhura (Sweet)	Tridosha hara (Alleviates all tridosha)	Deepana (Appetizer), Varnya (increases complexion), Rasayana (Rejuvenator), Netrya (good for eyes)	All roga (all diseases)
03	Yashada bhasma	Kashaya (Astringent), Katu (Pungent)	Snigdha (Unctuous)	Sheeta (cold)	Katu (pungent)	Kapha, pitta and vata hara (Alleviates kaphapitta and vata dosha)	Balya (gives strength to body), Medhya (improves intellect)	Pandu (Anaemia), Excessive urination, Vrana samsravardhana (it prevents excessive secretion from wound), Regulates excessive menstrual flow, Vata roga
04	Rasanjana	Kashaya (Astringent) Madhura (sweet)	Snigdha (Unctuous)	Sheeta (cold)	Madhura (sweet)	Pitta and vata hara (Alleviates pitta and vata dosha)	Varnya (increases complexion)	Visha (poison) and Mukha roga (Disease of mouth), Hikka (Hiccup), Shwasa (Dyspnoea), Vatarakta (gout)

								and Rakta pitta (Bleeding disorder)
05	Sphatika bhasma	Kashaya (Astringent), katu (Pungent)	Laghu (Light)	Ushna (Hot)	Katu (pungent)	Tridosha hara (Alleviates all tridosha)	Kanthy (Beneficial in throat diseases), Vrana ropaka (Wound healer)	Visarpa (erysipelas), Svitra (Leukoderma), Visha (Poison)
06	Rasa sindhura	-	-	-	-	Tridosha hara (Alleviates all dosha)	Rasayana (Rejuvenator), Vajikarana (Aphrodisiac), Balavardhaka (gives strength to body)	Agnimandya (Digestive impairment), Pandu (Anaemia), Shula (pain), vrana (Wound), bhagandara (Fistula in ano)
07	Rakta chandana churna	Madhura (Sweet), tikta (bitter)	Guru (Heavy), ruksha (Dry)	Sheeta (Cold)	Katu (Pungent)	Pitta hara (Alleviates pitta dosha)	Twachya (Beneficial for skin), Vajikarana (Rejuvenator), Chakshushya (beneficial to eyes)	Rakta roga (Bleeding disorders), Rakta pitta (orificial bleeding), vrana (Wound), Daha (Burning Sensation)
08	Swarna gairika	Madhura (sweet), Kashaya (Astringent)	Snigdha (unctuous)	Sheeta (cold)	Madhura (Sweet)	Pittahara (Alleviates pitta dosha)	Balya (strengthens to body), Chakshushya (Beneficial to eye)	Raktapitta(Bleeding disorder), Rakta pradara (Menorrhagia)
09	Laksha	Kashaya (Astringent), Tikta (bitter)	Laghu(light, Snigdha (unctuous)	Sheeta (cold)	Madhura (Sweet)	Kapha and pitta hara (Alleviates kapha and pitta)	Sandhana (unifying)	Kshatagna (immediate management of trauma)

DISCUSSION

Shonitargal rasa is a unique formulation that comes under khalviya yoga. It is prepared by triturating all the ingredients with rasanjana jala and rolled into pill form. Anupana is said as ushirasava or jala for better therapeutic action. Shonitargal rasa is a rasayana indicated in raktarsha, raktapradara, raktaatisara etc. It is mainly used in bleeding disorders to stop the bleeding in order to protect the strength of the patient.

Pitta is having tikshna (sharpness), ushna (heat), sara (mobility), laghu (lightness), snigdha, etc. properties by which it brings biochemical changes at the cellular and tissue levels. The activities like digestion, thirst, appetite energy production and body temperature, colour and complexion will be maintained by pitta. Pitta is Drava (liquid) in consistency, in spite of which, it performs actions similar to Agni, in the course of process of digestion, largely due to its actual Teja (heat) component (discarding its Liquidity-Drava). This fact is indirect from the way in which Pachaka Pitta (digestive component of biological fire) performs pachana (digestive) Karma (action). The capacity of digestion

also depends on the qualitative increase of Ushna Guna of Pitta. The substances having the properties like ruksha, kasaya, laghu had the effect to decrease the drava guna of pitta and maintaining the proper function of agni. Similarly, substances having madhura, sheeta properties, decreased the ushna property of pitta to maintain the proper function of agni.^[4]

The ingredients of shonitargal rasa almost all possess sheeta virya which helps in stambhana (ceases) of the srava (secretion) and reduce the excessive bleeding. Rakta roga mainly caused by vitiated pitta dosha and the ingredients of shonitargal rasa having pittahara property which helps to reduce the symptoms of pitta vikara. All the ingredients of shonitargala rasa possess balya, rasayana, varnya which helps to give strength to the body. Laksha is an animal origin drug and it is mentioned as agrya aushadha in sadhya kshatagna^[5] (immediate management of trauma) in classics and in this, laksha helps to cease the excess flow of blood and it is one of the ingredient of the shonitargal rasa. Swarna gairika also one of the ingredient of the shonitargal rasa which is mainly indicated in rakta pradara and rakta pitta

and pitta dominant diseases. Rakta chandana is also mainly indicated in rakta vikara. In Shonitargal rasa Rasasindhura is a formulation and which is rasayana and indicated in broad spectrum of diseases. Almost all the ingredients of shonitargal rasa possess stambhana and rakta pittaghna property which in order to helps to cure and prevent the bleeding disorders.

CONCLUSION

Shonitargal rasa is an a khalviya rasayoga that is a combination of herbs and minerals. One ingredient in it is rasasindura that is indicated in broad spectrum of diseases and will give a synergistic action in the formulation. The formulation is indicated in raktapitta, raktapradara, raktaatisara and other rakta roga. The combination of the ingredients is such that all act on pitta, most of the drugs namely laksha, swarna gairika, rakta chandana, sphatika have haemostatic property that is needed in bleeding disorders. Laksha is also a haemostatic drug of animal origin. Thus the combination is unique and more research works could be taken up on shonitargal rasa to prove its efficacy clinically.

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