

**A CRITICAL REVIEW ON RAMABANA RASA**

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**ABSTRACT**

Rasashastra is a branch of Ayurveda which mainly contains description about various herbo-mineral drugs. This branch of Ayurveda became more evident and popular after around eight century. Parada (Mercury) has been considered the most important drug and the aim of this science is to make the best use of Parada as a means to achieve dehavada (to make body strong) and lohavada (conversion of lower metals to noble metals). Ramabana rasa is a well-known formulation in Rasashastra which has been mentioned in various texts. It is a herbo-mineral formulation which is indicated mainly in conditions of Jwara (fever) alongside many other conditions. Though a few formulations in the name of “Ramabana rasa” have been mentioned, only the one said in “Bhaishajya Ratnavali” is in practice. Hence, this review work was set out to explore the different formulations compiled in various other texts of Rasashastra.

**KEYWORDS:** Ramabana rasa, Parada, Jwara, formulation.

**INTRODUCTION**

Ramabana rasa is a khalviya yoga (trituration preparation) that is in practice and an important formulation of Rasashastra. It has been explained in various texts like Bhaishajya Ratnavali (BR), Rasayoga Sagara, Rasa Ratnakara, Rasa Ratna Samucchaya, etc. There are many references of Ramabana Rasa with change in ingredients which are indicated for a variety of disorders. Among the various formulations a majority of them are indicated in jwara (fever). Among all, only the formulation mentioned in Bhaishajya Ratnavali is in practice for amavata (rheumatoid arthritis). Hence, a need to explore several other varieties of Ramabana rasa is essential.

The reference regarding the name “Ramabana” is not discussed. If the history is traced back in Ramayana, it is

said that Lord Vishwakarma once prepared two of the greatest bows ever created which were called as Shaarang and Pinaka. Pinaka was given to Lord Shiva and Shaarang to Lord Vishnu. Lord Brahma created a duel between the two to know which one was more powerful and finally it came out that Lord Vishnu was towards the winning side. Finally the duel was stopped and Shaarang was given to Richika who later gave it to his grandson Lord Parashuram. He later gave it to Lord Rama. It was said that this bow was so powerful that it could destroy an entire army. So, probably the name was given to highlight its fame.

**MATERIALS AND METHODS**

The ingredients of Ramabana rasa explained in different texts of rasashastra are tabulated and reviewed.

**Table 1: Ingredients of Ramabana rasa as in BR.<sup>[1]</sup>**

Sl. No.	Ingredients	Proportion
1	Shuddha Parada (Mercury)	1 Tola (12g)
2	Shuddha Vatsanabha <sup>[2]</sup> ( <i>Aconitum ferox</i> )	1 Tola (12g)
3	Lavanga <sup>[3]</sup> ( <i>Syzygium aromaticum</i> )	1 Tola (12g)
4	Gandhaka <sup>[4]</sup> (Sulphur)	1 Tola (12g)
5	Maricha <sup>[5]</sup> ( <i>Piper nigrum</i> )	2 Tola (24g)
6	Jatiphala <sup>[6]</sup> ( <i>Myristica fragrans</i> )	½ Tola (6 g)
7	Tintidiphala rasa ( <i>Rhus parviflora</i> )	Q.S. for bhavana

First parada and gandhaka are subjected to mardana (trituration) and kajjali is prepared. The remaining drugs are added in the above mentioned ratio and bhavana is

done with tintidiphala rasa. Vati should be prepared of the size of Masha matra (1g). It is to be taken with appropriate anupana in grahani, amavata and

agnimandhya. It is also said to be jataragnideepana. This is the one formulation which is currently in practice.

There are a total of sixteen formulations mentioned under the name of "Ramabana rasa". For the practicality of understanding the concept, it can be divided as that group of formulations containing dravyas like jayapala, haratala and manashila; and those which don't have these drugs. A total of eleven kalpanas have

vishadravyas and five don't have vishadravyas in them.

Since these formulations differ in greater aspect with respect to their number of ingredients, bhavana dravyas, matra and anupana hence it is quite difficult to compare all the aspects at once. Hence, all the formulations will be divided into list of drugs, bhavana dravyas, matra and indications.

**Table 2: Ingredients of the formulation with indications and dose.**

Sl. No.	Ingredients	Indications	Reference
1	Parada bhasma (Mercury ash), Rajatabhasma (Silver ash), Swarnabhasma (Gold ash), Makshikabhasma (Copper pyrite ash), Vaikrantabhasma (calyx Tourmaline), Rajavarta bhasma, Guduchi satva ( <i>Tinospora cordifolia</i> ) Bhavana dravya- Ankolamoola ( <i>Alangium salviifolium</i> ) & Babbula ( <i>Acacia nilotica</i> )	Prameha (increased Frequency and turbidity of urine) Dose: 1 Valla (375 mg)	RB <sup>[7]</sup> - 1
2	Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Shuddha Vatsanabha ( <i>Aconitum ferox</i> ), Lavanga ( <i>Syzygium aromaticum</i> ), Maricha ( <i>Piper nigrum</i> ), Jatiphala ( <i>Myristica fragrans</i> ) Bhavana dravya- Tintidikaphala ( <i>Rhus parviflora</i> ), Beejapua, ardraka ( <i>Zingiber officinale</i> ), Narangi ( <i>Citrus reticulata</i> ), Dadima ( <i>Punica granatum</i> ), Arka ( <i>Calotropis gigantea</i> )	All types of Jwara (fever) Dose: 1 Ratti (125 mg)	RB <sup>[8]</sup> - 2
3	Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Shuddha Vatsanabha ( <i>Aconitum ferox</i> ), Shuddha Hingula (Cinnabar), Tankana (Borax), Jayapala ( <i>Croton tiglium</i> ), Maricha ( <i>Piper nigrum</i> ) Bhavanadravya- Tintidikaphala ( <i>Rhus parviflora</i> ), Tulasipatra ( <i>Ocimum tenuiflorum</i> )	All types of Jwara (fever) Dose: 1 Gunja (125 mg)	RB <sup>[8]</sup> - 3
4	Parada bhasma (Mercury ash), Shuddha Gandhaka (Sulphur), Vanga bhasma (Tin ash), Shuddha Manashila (Realgar), Ksharadvaya, Khadira ( <i>Acacia catechu</i> ) Bhavanadravya- Nagavallidala ( <i>Piper betle</i> )	Upadamsha (syphilis), Vataroga (diseases due to Vata dosha) Dose: 1 Mudga	RB <sup>[8]</sup> - 4
5	Parada (Mercury), Kharpara (Zinc ore), Shuddha Manashila (Realgar), Shuddha Tuttha (Blue vitriol), Maricha ( <i>Piper nigrum</i> ) Bhavanadravya- Jambheera ( <i>Citrus medica</i> )	Jwara (fever) Dose: Not mentioned	RB <sup>[9]</sup> - 5
6	Shuddha Parada (Mercury), Shuddha Abhraka (Mica), Shuddha Tamra (Copper), Shuddha Loha (Iron), Shuddha Swarna (Gold), Shuddha Hingula (Cinnabar), Shuddha Tankana (Borax), Shuddha Mukta (Pearl) Bhavana dravya- Chandana ( <i>Santalum album</i> ), Gambhari ( <i>Gmelina arborea</i> ), Triphala ( <i>Terminalia chebula</i> , <i>T. bellirica</i> , <i>Phyllanthus emblica</i> ), Hribera ( <i>Cissampelos pareira</i> ), Erandamoola ( <i>Ricinus communis</i> ), Kamala ( <i>Nelumbo nucifera</i> ), Punnaga ( <i>Calophyllum inophyllum</i> )	Gulma (abdominal lump), pleeha (splenic disease), bhagandara (fistula- in-ano), jwara (fever), prameha (increased frequency and turbidity of urine), mootrarooga (urinary disorders) Dose: ½ Masha (500 mg)	RB <sup>[9]</sup> - 6
7	Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Rasa karpooora, Shuddha Vatsanabha ( <i>Aconitum ferox</i> ), Yavakshara (phyto alkali of <i>Hordeum vulgare</i> ), Trikatu ( <i>Piper longum</i> , <i>Piper nigrum</i> , <i>Zingiber officinale</i> ), Jatiphala ( <i>Myristica fragrans</i> ) Bhavana dravya- Nagavallidala ( <i>Piper betle</i> )	All types of Jwara (fever) Dose: 1 Ratti (125 mg)	RB <sup>[9]</sup> - 7

8	Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Shuddha Tamra (Copper), Shuddha Tankana (Borax), Shuddha Vatsanabha ( <i>Aconitum ferox</i> ), Haritaki ( <i>Terminalia chebula</i> ), Amalaki ( <i>Phyllanthus emblica</i> ), Vibhitaki ( <i>Terminalia bellirica</i> ) Bhavana dravya- Karavellaka ( <i>Momordica charantia</i> ), Gunja ( <i>Abrus precatorius</i> )	All types of Jwara (all types of fever) Dose: 1 Gunja (125 mg)	RB <sup>[9]</sup> – 8
9	Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Shuddha Swarnamakshika (Chalcopyrite), Shuddha Tuttha (Blue vitriol), Shuddha Rasaka (Zinc ore) Shuddha Gouripashana (Arsenious oxide), Shuddha Hingula (Cinnabar), Shuddha Manashila (Realgar) Bhavanadravya- Dhatura ( <i>Datura metel</i> )	Jwara (fever) Dose: 1 Masha (1 g)	RB <sup>[9]</sup> – 9
10	Shuddha Tuttha (Blue vitriole), Shuddha Haratala (Orpiment), Shuddha Gandhaka (Sulphur) Bhavanadravya- Kumari rasa ( <i>Aloe vera</i> )	Jwara (fever) Dose: 1 Valla (375 mg)	RB <sup>[10]</sup> – 10
11	Shuddha Tuttha (Blue vitriole), Shuddha Rasaka (Zinc ore), Shuddha Gouripashana (Arsenious oxide)	Chaturthikajwara (fever) Dose: Mudga	RB <sup>[10]</sup> – 11
12	Sudha (Lime), Ksheeratuttha (Blue vitriol), Shuddha Gouripashana (Arsenious oxide) Bhavana dravya- Jambheera ( <i>Citrus medica</i> )	Sheeta vikara (disorders due to cold intolerance) Dose: 1 Chana	RB <sup>[10]</sup> – 12
13	Neelanjana (Galena), Shuddha Tuttha (Blue vitriole), Shuddha Gouripashana (Arsenious oxide), Shuddha Kharpara (Zinc), Shuddha Shwetapashana Bhavanadravya- Jambheera ( <i>Citrus medica</i> )	Sheetavikara (disorders due to cold intolerance) Dose: 1 Masha (1 g)	RB <sup>[10]</sup> – 13
14	Shuddha Neelanjana (Galena), Shuddha Tuttha (Blue vitriole), Shuddha Gouripashana (Arsenious oxide) Bhavanadravya- Dhatura ( <i>Datura metel</i> )	Jwara (fever) Dose: 1 Maricha (0.217 mg)	RB <sup>[10]</sup> – 14
15	Shuddha Gouripashana (Arsenious oxide), Shuddha Haratala (Orpiment), Lavanga ( <i>Syzygium aromaticum</i> ), Jatiphala ( <i>Myristica fragrans</i> ) Bhavanadravya- Dhatura ( <i>Datura metel</i> )	Sheeta (disorders due to cold intolerance), chaturthikajwara (fever) Dose: 1 Gunja (125 mg)	RB <sup>[10]</sup> – 15
16	Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Shuddha Haratala (Orpiment), Shuddha Manashila (Realgar), Shuddha Gouripashana (Arsenium oxide), Shuddha Neelanjana (Galena), Shuddha Rasanjana, Shuddha Tankana (Borax), Shuddha Vatsanabha ( <i>Aconitum ferox</i> ) Bhavana dravya- Jambheera ( <i>Citrus medica</i> )	All types of Jwara (fever) Dose: 2 Valla (750 mg)	RB <sup>[11]</sup> – 16

## DISCUSSION

Ramabana rasa is a popular yoga which is mentioned in various texts like Bhashajyaratnavali, Rasayogasagara, Rasaratnasamucchaya, Rasa chintamani, Rasa manjari and similar books of Rasashastra. Though only the one told in BhaishajyaRatnavali is in practice there are many more yogas which are easy to prepare and with wide range of applicability. A literary analysis into the various yogas mentioned above, puts light that many of these formulations are indicated in the treatment of Jwara. Formulations containing Vatsanabha are indicated in jwara and vatsanabha is known to have a jwaraghna property and Parada is the best Rasayana.

Haratala, Manashila and Gouripashana are arsenic compounds which have fast action due to their Vishaguna. Almost fifty percent of the yogas contain them. The nature of vishadravyas is itself Sheegra and they can enter into the sookshmasrotas. Hence, may be by this property these drugs can penetrate deeply and

provide the required action.

When the bhavana dravyas are analyzed that are used in the yogas most of them are of amla rasa pradhana. Amla rasa is laghu, ushna, agnideepana in nature and these qualities may help in making a good bondage between the dravyas. Also these may help in good absorption in the body.

Resolving the dosage forms in these yogas is a little complicated. Majority of yogas are said to be given in masha pramana and some are also said to be given in Gunja matra, Valla matra and chana matra which is very less compared to masha. In some yogas which contain haratala, manashila, vatsanabha and gouripashana gunja matra is advised owing to the presence of these dravyas that are said as toxic.

The one mentioned in Bhaishajya Ratnavali is not present in the above mentioned sixteen types of

Ramabana rasa. It is mentioned under Agnimandya rogaadhikara. There is a lot of scope to test and try out various other formulations by doing clinical and pharmaceutical trials to test how they act against the one which is currently in practice.

## CONCLUSION

Ramabana rasa is a yoga explained under different rogaadhikaras by different acharyas like Jwaradhikara, Rasayanadhikara and Pramehaadhikara. Each of the reference mentioned is different with addition or deletion of some ingredients. Most of these are mentioned in different types of jwara and the dose is also less. Not much research works have been carried out on these, opening avenues to carry out research in this area.

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